

In Two Sections • Forty-Eight Pages

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Friday, May 21, 1993

Poppy Queen Selected By Post



1993 VFW Post 3211 Hicksville "Poppy Queen" Michelle Edwards.

At the last regular meeting of the Hicksville VFW Post 3211, Michelle P. Edwards was selected to represent the Post as Poppy Queen in this year's

Memorial Day Parade in Hicksville. Michelle is the daughter of Bruce and Sharon Edwards, and granddaughter of VFW and Auxiliary members Vincent and Lee Edwards. Mr. Vincent Edwards is also Past Post Commander of VFW Post 3211.

Michelle resides in Ronkonkoma with her parents and younger brother Danny. Michelle attends 2nd grade at the Helen B. Duffield Elementary School in Ronkonkoma. Her teacher is Mrs. McKnight.

Michelle's other grandparents, Ray and Evelyn Reilly reside in Farmingdale. All of Michelle's grandparents, parents, aunts, uncles and cousins were thrilled at her representing VFW Post 3211 this Memorial Day as "Poppy Queen."



Bruce and Sharon Edwards with their daughter Michelle, VFW Post 3211 Poppy Queen.

Contest Winners



Yellow Book representative Howard Hillman presents prizes and gift certificates to Hicksville Bicycle to the winners in the Yellow Book map contest from Old Country Road School, Hicksville, as Mrs. Collier, their teacher, looks on. The winners are: Richard Marby, Brian Deeristan, Mark Hymanson, Jamie Blas, Christine Vicchio, Kim Robeson, Juli Phok and Kathleen Shurley.

Two Year Old Victim Buried

It was a sad service at Trinity Evangelical Lutheran Church in Hicksville Monday, as hundreds of mourners attended the funeral service for the two year old Billy Sheppard who died Friday after being mauled by a 121 pound Rottweiler dog. The Rev. Wayne Puls officiated at the service and gave the sermon in which he tried to console those in attendance.

Billy was the victim of the bizarre attack by a pet Rottweiler while swinging in a swing at the home of Thomas Link of 21 Terrell Lane, Hicksville. His mother, Jill, was babysitting for 4 year old Ryan Link.

The five year old dog named Thor got out of a four foot stockade pen in the yard and attacked the child on the head. The boy's mother tried vainly to beat off the attack. Four police officers responded and gave mouth to mouth resuscitation but to no avail. The dog was tranquilized and removed to the Town Animal Shelter. The dog is being tested for rabies although no outward signs were apparent. No charges have been filed by police.

Ferry Fun On Long Island

The Bethpage Public Library is offering a very special mini-vacation to scenic Shelter Island and Sag Harbor on Tues., Aug. 17.

You will depart the Bethpage Public Library on a luxury motorcoach at 8:30 a.m., and head toward Greenport on the North Shore. In Greenport, you will board a ferry for a leisurely sail to Shelter Island, where you will enjoy a delicious luncheon at the famous Pridwin Hotel. Following lunch, our tour guide will take you on a stroll around this natural wonderland. Finally, you will take another ferry to beautiful Sag Harbor, where you can browse through the quaint shops and galleries before boarding the bus for your return to Bethpage (approximately 8 p.m.).

For further information, please inquire at the Reference Desk. Sign-up begins for Bethpage School District 21 residents begins June 1, and for out of district residents, June 8, with payment of the \$38 fee payable upon registration (NO REFUNDS).

Take advantage of this terrific opportunity to enjoy a beautiful summer's day at some of Long Island's most scenic spots.

Hicks. Plans Memorial Day Parade, Service

By PPC Carmine A. Somma

The Gier-Levitt of the Jewish War Veterans Post 855 will host the Annual Memorial Day Parade And Service.

All Veterans Groups, Boy Scouts, Girl Scouts, Fraternal Organizations and School Bands who wish to participate in the Memorial Day Parade are welcome to attend. For more information call Cmdr. Herbert Gresserat 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 Memorial Day Service at Plainlawn Cemetery, Old Country Road, Hickville. At

10:30 a.m. the UVO of Nassau County will have their 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 Veterans Organizations will have their 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. March south on Broadway to Old Country Road, West on Old Country Road to Jerusalem Avenue. Memorial Day Services will be at the Hicksville Middle School located at the corner of Jerusalem Avenue and 4th Street.

First Place Award



Proud Student and Educators! Jennifer Manzo, an eleventh-grade student at Hicksville High School displays First Place Award awarded to her at the original French Espyry Contest at Hofstra University. She is pictured with her former teacher and mentor, Giedre Kumpikas-Stravinskas, and Richard Hogan, High School Principal.

Hicksville Hist. Society To Meet

On Tuesday, May 25, the Hicksville Historical Society will hold its regular bi-monthly meeting in the Kenneth Barnes Community Room of the Hicksville Public Library at 8 p.m. Our speaker that evening will be Dr. Roger Wunderlich, Editor of the Long Island Historical Journal and Professor of History at Stony Brook University. His topic will be "Long Island as America." Trace with him the growth and progress of

America as it occurred in microcosm on Long Island. Learn about our roots and their development. It should be a very interesting and informative session.

On the same evening, election of officers will take place and we will discuss our agendas for our 1993-94 season, which will begin in September. Refreshments will cap the evening. All are invited.

Hicksville H.S. Scholars Honored



Honored at the Scholars Dinner for distinguished performance are Class of '93 Valedictorian Linda Thomas and Salutatorian Adam Firester pictured with Salvatore Mugavero, Superintendent of Schools.

Sixty-five students from Hicksville High School's Class of 1993 were honored for distinguished academic performance at a dinner May 3. The young men and women, representing the top twenty percent of their graduating class, were joined at the Elks Club by family, teachers and administrators. At the dinner, sponsored by the High School Alumni Association, Parent Teacher Association units and the school district, the students were awarded a golden apple in recognition of their accomplishments. The top twenty percent of the Class of 1993, honored according to the first school they attended in the Hicksville Public School District, are:

Burns Ave. School

Distinguished Students: Karen Conboy, Jennifer Corrado, Maura Johnston, Elizabeth Mueller, Rahul Puri, Allison Rappaport, Judy Woo
Dutch Lane School
Guy Carloni, Adam Firester, Summeet Sondhi

East St. School

Michelle Aversano, Domenick Freda, Laura Mango, Erin Matlack, Patricia Mercurio, Ronnie Park, Jennifer Penge

Fork Lane School

Kerry Lynn Burns, Elaine Chow, Joshua Diamond, Christopher Kemlein, Kathryn Knauer, Mary Rafic

Woodland Ave. School

Jolene Apostolidis, Stephanie Belis, Filiz Dalpiaz, Robert Peters, Jonathan Yee

Middle School

Carl Antaki, Sonia Enriquez, Catherine Hora

High School

Miranda Hatziangelou

The students from each of the district's schools chose a teacher to honor that they felt was the most influential and inspiring teacher they had while students of that building. Each of the following ten honored

teachers were awarded a crystal apple in recognition of their contributions: Stuart Blummer (Burns), Patrick Foley (Dutch), Leo Kanawada (East), Evelyn Grib (Fork), Joseph Magrane (Lee), Renee Blumental (OCR), Barbara Koenig (Willet), Kathy Grady (Woodland), James Bell (MS), and William Horne (HS).

Music Dept. Come To Cabaret

The Music Dept. of Hicksville High School will proudly feature a *Cabaret Night* on Thursday evening, June 3, from 7:30-10:30 p.m. at Antun's. Performing at the Cabaret will be the School's Jazz Ensemble, String Ensemble, Madrigal Singers and Percussion Ensemble. Tickets are \$8 which includes the price of admission and light snacks. Beverages are available. Reserved seating will consist of 10 to a table. Tickets may be purchased through the Music Dept. office (phone 733-6645) or at the Spring Concert on May 18. This promises to be a delightful event the community should not miss!

Steven A. Carney of 12 Basket Lane in Hicksville was among nearly 1,200 baccalaureate degree candidates in the 132nd annual commencement exercises Saturday, May 15, at SUNY Oswego.

He is a candidate for a bachelor's degree in business administration at the end of the spring semester.

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

Hicksville Man 'Regular Guy'

Ed Urbanowski has been selected as New York's most "Regular Guy" in the Aqua Velva/WCBS-FM Search for the Regular Guy contest. The contest is a local spin-off of the nation's third annual Aqua Velva Search For The Regular Guy, which spotlights people whose hearty traditional lifestyles comprise the backbone of the county.

Urbanowski, 33, walks away with \$200 cash, a new color TV, and proceeds to the contest's Eastern Regional Competition next month in Washington, D.C. He will go up against Regular Guys from 9 other eastern cities for the Regional title and compete for the opportunity to progress to the national judging event in New York City.

Born in Queens and raised in Hicksville, Urbanowski has been singled out from scores of entrants as best exemplifying the characteristics of the back-to-basics Man of the 90's. Ed is the proud owner of '76 Chevy Nova, but relies on the Long Island Railroad to rush him into Manhattan every morning. He works as a "coordinator" at Time Warner Cable, which means, according to Urbanowski, that he listens to high-level complaints all day.

Ed was nominated for the contest by his wife, Nancy, who describes him as a devoted husband and father, an avid sports fan, and down-to-earth guy who shys away from "new and improved." Ed and his wife met over 10 years ago in the Hicksville Sears Department Store.

In describing the qualities sought in the grand prize winner, Aqua Velva brand manager Paul Sklar offered, "We are looking for the all-American, traditional guy-next-door; the hard-working, down-to-earth type. He prefers franks over tofu and always chooses Aqua Velva after shave over a fancy designer fragrance."

Regular Guy "searches" are currently being conducted in 28 major cities nationwide. The winners will be culled down via Regional competitions this May. Urbanowski is being flown to Washington D.C. for an all-expense paid trip to the Eastern Regional Competition. He will square-off against nine other city winners hailing from Boston, Pittsburgh, Philadelphia, Atlanta, Washington D.C., Memphis, Charlotte, Tampa and Miami. The winners of the Central, Western and Eastern Regionals will be flown to New York City for final judging on June 17, by a panel featuring baseball pitching legend Don Sutton and an all-expense weekend for two.

America's ultimate regular guy of 1993 will win an all-inclusive trip to the 1993 Baseball All-Star game, plus season tickets to the local team of his choice.

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

Drama Club Rave Performance



Middle School students perform a scene from *The Wizard of Oz* during their production *Broadway Encore*.

An extraordinary event occurred on the evenings of April 29, 30 and May 1. The show, *Broadway Encore*, performed by the Hicksville Middle School Drama Club, drew standing ovations each of the three nights. Close to 1,000 people all agreed this show merited all the accolades it received. A cast of 80 students from the sixth, seventh, and eighth grades performed 23 musical numbers from six different award-winning Broadway hits, such as *Fiddler on the Roof*, *Oliver*, *Annie*, *Guys and Dolls*, *Wizard of Oz*, and *Bye Bye Birdie*. The production numbers ranged in scope from the highly sensitive *Sabbath Prayer* to the highly humorous *Munchkinland*. In each of the offerings, the audience was deeply impressed with the quality of the students' talents, the professionalism dis-

played on stage, and the great number of different students presenting the songs.

The Drama Club Production Staff was greatly enhanced with the help of students from the High School The High School Art Honor Society painted the innovative scenery, and the choreography and blocking was directed by High School students Michael Marchena and Kristin Scafani. The show ran very smoothly with the expert help of Stage Manager Eddie Russo.

Coming back from a three-year hiatus were Director Michael R. Scheck and vocal Director Kathleen J. Scheck. The orchestra was conducted by Don Larson and assisted by pianist Gary Eisele. St. Stephen's Lutheran Church Pastor and Mrs. Nelson hosted a cast party.

LEGAL NOTICE NOTICE OF SALE SUPREME COURT OF THE STATE OF NEW YORK

COUNTY OF NASSAU
NORSTAR BANK n/k/a
FLEET BANK, Plaintiff,
against NORTH SITE
REALTY CORP., THE
STATE OF NEW YORK
DEPARTMENT OF TAXATION
AND FINANCE,
JOSEPH LARY and ZENA
LARY, Defendants.

In pursuance of a Judgment of Foreclosure and Sale duly granted in the above-captioned action on February 18, 1993 and entered with the Clerk of the County of Nassau on February 25, 1993, the undersigned referee, duly appointed in this action for such purpose, will sell at public auction to the highest bidder, on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, New York, on the 14th day of June 1993, at 9:30 a.m., in the forenoon of that day, the mortgage premises directed in and by said Judgment to be sold and therein described as follows:

ALL that certain, plot, piece or parcel of land, situated, lying and being at Syosset, Town of Oyster Bay, Nassau County, New York, more particularly bounded and described as follows:

LEGAL NOTICE

BEGINNING at a point on the Northerly side of Jericho Turnpike said point being distant 55.14 feet Easterly from the corner formed by the intersection of the Easterly side of Florence Avenue with the Northerly side of Jericho Turnpike;

RUNNING THENCE North 14 degrees 13 minutes East, 50 feet;

THENCE South 80 degrees 13 minutes 40 seconds, East, 50 feet;

THENCE South 14 degrees 13 minutes West, 50 feet to the Northerly side of Jericho Turnpike;

THENCE along the Northerly side of Jericho Turnpike, North 80 degrees 13 minutes 40 seconds West, 50 feet to the point or place of **BEGINNING**.

Said premises being known as 365 Jericho Turnpike, Syosset, New York.
Dated:
Port Washington, New York
May 7, 1993
R821

Bertram B. Dalkor
Rusklin, Moscow, Evans
& Faltischek, P.C.
170 Old Country Road
Mineola, New York 11501
(516) 248-8500

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Bethpage Rotary Honors Student



Lauren Moran

Lauren Moran, an extraordinary young woman, was recently honored by the Bethpage Rotary Club for her academic excellence and community service.

Dr. Antoinette MacLeod, principal of Bethpage High School, presented Lauren as Valedictorian for the Class of 1993. Lauren ranks number one in her class with a 105.18 high school average and five A.P. courses completed, with a perfect score of 5 in Biology last year. Lauren plans to major in the biological sciences at Columbia University. Research and development are areas that have always interested Lauren. Named as the recipient in her Junior year of the Bausch & Lomb Science Award, Grumman Math Student of the Month, and the Xerox Award in the Humanities and Social Sciences, Lauren has been recognized for her superior problem solving skills, fantastic memory, excellent associative power and a real love of learning.

Lauren is totally involved in her school and community. She is one of the most vigorous, enthusiastic and versatile students graduating from Bethpage High School. As president of the National Honor Society, captain of the award-winning Varsity Kickline, executive officer of the Italian Society and a member of the Board of Directors of the Student Civic Association, Lauren has always found time for community service. Active in providing leadership in environmental projects, she has bridged the gap between students and the elderly; she tutored elementary students and earned the respect and admiration of her peers and teachers.

Lauren's capacity for learning is unlimited, yet her need to make a social commitment is extremely sincere. She values honesty and integrity and loyalty very highly. Lauren firmly believes that her career interest in science will indeed make a significant difference in the future.

College Notes

Scott L. Iacono of 4 Helena Ave. in Bethpage was among nearly 1,200 baccalaureate degree candidates in the 132nd annual commencement exercises Saturday, May 15, at SUNY Oswego.

He is a candidate for a bachelor's degree in business administration at the end of the spring semester.

Science Student Recognition

Every Hicksville Middle School student who entered the Long Island Science Congress received an award for their project. Diana Fong and Elisa Lee each were awarded High Honors trophies for their exceptional projects. Honorable Mention Ribbons were given to Anthony Bianco, Edward Chu and Shirin Adar, and Red Merit Ribbons were awarded to Ian Rasmussen and Paul Tanck. The students were under the supervision of Mr. Hal Buck and Ms. Marianne Litzman, members of the Middle School Academic Enrichment Team.

Reporter Wanted

Reporter wanted to cover school board and other meetings. Experience in some writing helpful. Should be interested in schools and local happenings. Compensation per meeting covered on assignment. Permanent position. Meetings are generally in the evening. If you have interest call 931-0012.

Dayem-Weeks Wedding

Mary E. Dayem, of Toma River, N.J., announces the marriage of her daughter, Carolyn Amy to Mr. Alexander Kirkland Weeks on November 28, 1992, at the Cathedral of the Air, Lakehurst, N.J.

The groom is the son of John and Mary Weeks of Bethpage. He graduated from Holy Trinity High School, Hicksville in 1981. Mr. Weeks has a BS in Computer and Systems Engineering from Rensselaer Polytechnic Institute, 1988 and an MS in Electrical Engineering from Drexel University, 1993. He is employed by the Naval Air Warfare Center, Lakehurst, N.J.

The Bride has a BS in Electrical Engineering from Rutgers University, 1991 and is currently studying for an MS in Electrical Engineering from Drexel University. She is also employed by the Naval Air Warfare Center.

The couple makes their home in Toma River, N.J.



Mr. and Mrs. Alexander Weeks

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<p style="text-align: center;">10 piece box of Pudgie's Famous Chicken</p> <p style="text-align: center; font-size: large;">\$8.99</p> <p style="text-align: right; font-size: x-small;">Coupon #17</p> <p style="font-size: x-small;">Valid at participating stores only. Not valid with any other coupon. No price selection. ©1993 Pudgie's Famous Chicken. Expires 6/4/93.</p>	<p style="text-align: center;">BREAST LOVERS SPECIAL</p> <ul style="list-style-type: none"> • 4 Breasts • 2 Thighs • 2 Legs • 2 Wings • Large Mashed Potatoes • 1/2 lb. Salad <p style="text-align: center; font-size: large;">\$12.95</p> <p style="text-align: right; font-size: x-small;">Coupon #18</p> <p style="font-size: x-small;">Valid at participating stores only. Not valid with any other coupon. No price selection. ©1993 Pudgie's Famous Chicken. Expires 6/4/93.</p>	<p style="text-align: center;">10 Piece Meal \$10.99</p> <ul style="list-style-type: none"> • 10 pcs. of Pudgie's Famous Chicken • Regular Salad Of your choice • Lg. Mashed Potatoes • W/Country Style Gravy <p style="text-align: right; font-size: x-small;">Coupon #14</p> <p style="font-size: x-small;">Valid at participating stores only. Not valid with any other coupon. No price selection. ©1993 Pudgie's Famous Chicken. Expires 6/4/93.</p>	<p style="text-align: center;">"FREE" XLG. FRENCH FRIES</p> <p style="text-align: center; font-size: x-small;">W/purchase of</p> <p style="text-align: center;">15 piece box of Pudgie's Famous Chicken</p> <p style="text-align: center; font-size: large;">\$14.95</p> <p style="text-align: right; font-size: x-small;">Coupon #8</p> <p style="font-size: x-small;">Valid at participating stores only. Not valid with any other coupon. No price selection. ©1993 Pudgie's Famous Chicken. Expires 6/4/93.</p>
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Hospice Care At Nursing Home

Terminally ill patients at Central Island Nursing Home in Plainview will now have the option of spending their last days in the familiar surroundings of the nursing home, rather than in a hospital setting, as a result of an agreement with Hospice Care of Long Island, which enhances the support system to patients and their families as they encounter the process of death and bereavement of a loved one.

"We are the only skilled nursing facility on Long Island at this time to have a contract for the provision of hospice services to nursing home patients," said Martha Sweet, Administrator of Central Island. The contract, which was approved this week by the New York State Department of Health, was made possible by a broader definition of the concept of "residence." Traditionally, hospice care is provided within the home to patients with a diagnosis of six months or less to live. This allows the patient and family more control over care, in a familiar and comfortable environment. By broadening the definition of "residence" to include a nursing home, the State has made it possible for hospice services to be offered at Central Island Nursing Home.

Defensive Driving Course For All

A two-part course will be offered at the Bethpage Library on Wed., June 23 and Wed., June 30 from 7 p.m. to 10 p.m. Here's your opportunity to save on your insurance costs, deduct violation points and learn safety driving techniques. College students home for the summer take note. This course is open to all ages but enrollment is limited to Bethpage School District residents until June 5 and then open to everyone as space allows. Space is limited so don't delay. Call 931-3907 for further information or come into the library to sign up.

The cost is \$38 per person payable upon registration at the Reference Desk of the Library. The check should be made out to Defensive Driving Program, Inc. There will be no refunds.

The library is located at 47 Powell Ave., two blocks west of Exit 8 on the Seaford-Oyster Bay Expy. (Rte. 135), phone 931-3907.

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!

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

Hicksville In Photos

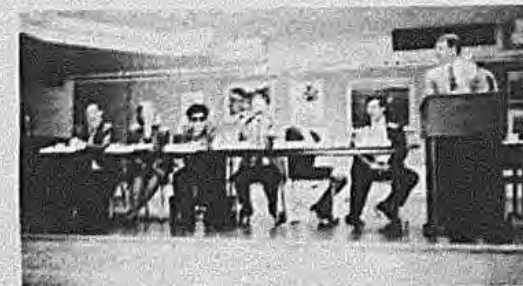


Members of the Ellie Draycott Memorial Committee are seen in the Library Community Activities Room, last week, finalizing plans for a memorial for the late beloved civic leader. Plans call for a flowering pear tree and floral garden with an engraved memorial stone marker. Marc Herbst, President of the Hicksville Community Council, is shown chairing the meeting.

Photo by Dick Evers



At the May Community Council meeting, Hicksville School Superintendent Salvatore Muguvero is seen reporting briefly on the 1993-94 budget to be voted on May 19. Show also are: Reverend Frank Nelson, pastor of St. Stephen's Lutheran Church; Rosemary Barrow, Trustee of the Hicksville Gregory Museum; Marc Herbst, President of the Community Council. The three Kiwanian members (on right) were a panel posing questions, shortly, to candidates running for the Board of Education: Celeste Waitman, Director, Public Library; Patty LeCompte of Antons-Hicksville Restaurant, and Beth C. Dalton, President, Hicksville Chamber of Commerce.

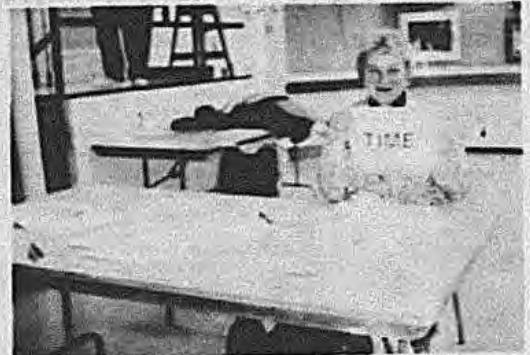


The May meeting of the Hicksville Community Council featured a panel discussion by candidates for seats on the Board of Education. Replying to questions and stating their backgrounds are, left to right: Richard H. Pfaender, seeking reelection; Nancy Callari, Mary E. Carton, Raymond Manzo, Carole Wolf, seeking reelection; and Gary Lewis. Community Council Marc Herbst chaired the program.



Welcoming new member, Henry Arias, to Post 421, Hicksville American Legion, recently were (left to right) past commanders Louis Braun, Arlene Howard, Ray Gamble and Post Adjutant Veronica Spies. New member, Arias, was ball turret gunner with the 8th Air force, in World War II.

Photo by Dick Evers



"Time Keeper" for speakers at the Hicksville Community Council "School Candidates Program," May 6, was Valerie Pakaluk, President of the Hicksville Historical Society. Val is well-remembered for her many years as assistant-editor of *The Mid-Island Times*.



Members of the Charles Wagner Post 421, American Legion, in their clubhouse discussing the post's coming part in the Hicksville Memorial Day Parade and Service on Monday, May 31.

Helping Hands



Participating Exxon retailers throughout the New York metropolitan area have been involved in a highly successful spring food drive to fill food pantries operated by The Salvation Army throughout the area. Thousands of pounds of food were collected by the Exxon retailers at their stores and then the food was brought to Salvation Army food pantries located in the retailers' local communities. The Salvation Army, in turn, is distributing the food to people in these local areas who need it. The wide-ranging food drive covered all of Long Island; the five boroughs of New York City; Rockland, Westchester, Orange and Putnam counties in Upstate New York; and Fairfield County in Connecticut. Helping to unload some of the food collected during the Exxon spring food drive for The Salvation Army are, from left, Salvation Army Maj. Charles F. Olsen, Long Island coordinator for The Salvation Army; Salvation Army staff member Tim Hager (in window); and Brian Zlochower of Hicksville Exxon in Hicksville.

**LEGAL NOTICE
SUPREME COURT
NASSAU COUNTY
THE DIME SAVINGS
BANK OF NEW YORK,
FSB, Plff. vs. KUN
MYONG LEE, et al, Defs.,
Index #11731/91.**

Pursuant to Judgment of Foreclosure and Sale dated March 12, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y., on June 22, 1993, at 9:30 a.m., premises known as 54 Wellesley Lane, Hicksville, N.Y., being on the easterly side of Wellesley Lane distant 850 feet nor-

therly from the corner formed by the intersection of the easterly side of Wellesley Lane with the northerly side of Froehlich Farm Road being a plot 115 feet front and rear by 60 feet on both sides.

Sold subject to terms and conditions of filed judgment and terms of sale.

Richard Ready
Referee
Rivkin, Radler
and Kremer
Attorneys for Plaintiff
EAB Plaza
Liondale, N.Y.

MIT 2708

4x5/21, 28; 6/4, 11

Hicksville's 345th Birthday - Indian Land Deal, May 20, 1648

By Richard Evers

Long Island community birthdays come and go. Scarcely a local resident anywhere recalls how his or her village got its start. But Hicksville has a way of remembering and celebrating its Robert Williams Indian Land Purchase. This is a community with documented roots which extend back to 1648, only 28 years after Plymouth Rock.

This very week is the 345th birthday of Hicksville. On May 20, 1648, a Hempstead cattle-owning settler, Robert Williams, bought 9 square miles of land from the local Matinecock Sachem (Chief) Pugnipan. The deal was concluded between the colonial Welshman and Pugnipan at the Cantiague Woods (today's intersection of Cantiague Road and West John Street). A state historical marker designates the site. The 1745 Cantiague Rock (a boundary marker between Oyster Bay and Hempstead Town lands) is also at the place.

Robert Williams' land "purchase" was as legal as a good, written 17th century land purchase deed could make it. Pugnipan, the Indian leader, even signed the paper Williams carefully wrote out, the Sachem putting his "marks" on ye paper and Williams writing in the redman's name, phonetically spelled. The land contracted for included today's Hicksville, Jericho, Plainview and a bit of Bethpage. Williams gave the Indians a quantity of (to them) valuable English woven cloth, among other useful gifts.

The 1948 Hicksville Tercentennial Celebration was a week-long, never-to-be forgotten 300th Birthday: a great parade, formal huge cake-cutting ceremony, a block-party, school pageants involving hundreds of students at the then Jerusalem Avenue Junior-Senior High School and at East Street School. In retrospect, the 1948 300th Anniversary of the Indian Land Purchase marked the divide between the older Hicksville community and the post-World War II transformation of this wonderful farming community into the suburban commercial-industrial crossroads community of today.

Proud of their village's historic roots, the newer homeowners of Hicksville replayed the Tercentennial with a memorable three-day 325th Anniversary Celebration in May, 1973. Co-sponsored by the Hicksville Gregory Museum and the Town of Oyster Bay Bicentennial Commission, with the cooperation of the Nassau County Boy Scouts Council, the celebration was staged in our schools, at the Hicksville Public Library, at the Old Courthouse (home of the Gregory Museum), at Cantiague Woods, and in a rousing formal program in the church hall of Trinity Lutheran Church.

Looking ahead to 1998, the Hicksville Historical Society president-to-be, Richard Evers, with a gleam in his eye, says: "A 350th Community Birthday Party? Hicksville will be up to it - judging from its love of historical parties."



The Robert Williams Indian Land Purchase, May 20, 1648, is a colorful mural in the Hicksville Middle School auditorium, one of 5 historical scenes created by artist Joseph Pysiec of the W.P.A. Artists Project, in 1938.
Photo by Edward Bady



Scout leaders of Boy Scout Troop 158 reenacting at the Cantiague Woods site, the May 20th, 1648, Robert Williams Indian Land Purchase. Colorful event was part of 1973 325th anniversary program.

Long Island Press photo



At the Hicksville historic Cantiague Rock site, during the 1973 325th Anniversary of the Indian Land Purchase. (Left to right) Stanley Turner, Executive Director, Hicksville Chamber of Commerce; Town Councilmen Warren Doolittle and Howard T. Hogan, Jr.; Dorothy H. McGee, TOBAY Bicentennial Commission Chairperson; Gardiner E. Gregory, President, Gregory Museum, and Siegfried Widder, Co-Chairman of the Land Purchase Commemoration.

Photo by Edward Bady



Ceremonies at the historic Hicksville Courthouse, Helts Place: High School student Donald Smallak, as Town Crier, reads proclamation opening the week-long 1948 Hicksville 300th Anniversary program.



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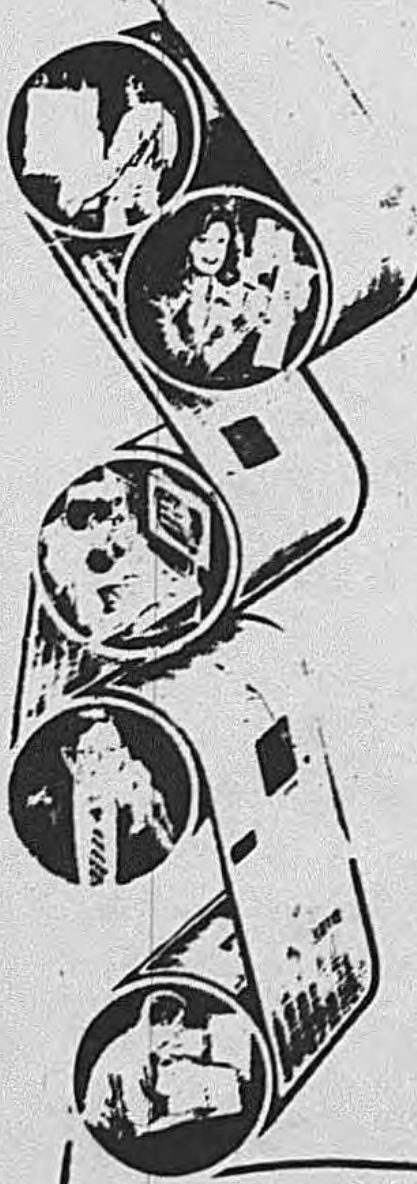
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Seniors Enjoy School Luncheon

One hundred and eighty Senior Citizens from the Hicksville community recently attended the First Annual Spring Luncheon for Senior Citizens sponsored by the school district. They enjoyed a sumptuous luncheon of country-baked breast of chicken and honey-glazed ham served by high school students. Entertainment

throughout the afternoon was provided by various student groups: a Brass Quintet, Jazz Ensemble, Repertory Company drama club, kick line, calendar girls, and vocalist Susan Gaylord. The students and the seniors enjoyed the opportunity that this "intergenerational day" provided for them to get to know one another better.



Board of Education Trustee Carole Wolf joins in the fun at the District's Spring Luncheon for Senior Citizens.

Robert Isernia Honored By Tech

Dr. MacLeod, the principal of Bethpage High School, announced that Robert Isernia has achieved High Honors recognition once again from the Nassau Technology Vocational Program in Carpentry for his excellence in the development of technical knowledge, occupational skills and work habits.

In addition, recently he was awarded third place in a prepared speech in a regional competition on describing techniques of construction technology. Robert has made great

strides in the carpentry program at BOCES, and plans to take advanced studies in carpentry next year and hopes ultimately to attend the SUNY Program at Alfred.

Robert is one of many students at Bethpage High School who attend a vocational program on a half day basis and complete their academic studies at Bethpage High School. The interchange of vocational and academic is very beneficial for many students.

LEGAL NOTICE

NOTICE is hereby given that the fiscal affairs of the HICKSVILLE FIRE DISTRICT for the period beginning January 1, 1992 and ending December 31, 1992 have been examined by an independent public accountant; namely, S. J. Grillo, 333 North Broadway, Jericho, NY., and that the report of external audit or management letter prepared in conjunction with the external audit by the independent public accountant has been filed in my office where it is available as a public record for inspection by all interested persons. Pursuant to Section 35 of the General Municipal Law, the governing board of the HICKSVILLE FIRE DISTRICT may in its discretion, prepare a written response to the report of external audit or management letter prepared in conjunction with the external audit by the independent public accountant and file any such response in my office as a public record for inspection by all interested persons not later than ninety (90) days after the presentation and filing of said report or management letter.

Dated:
May 13, 1993

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Aloha From Burns Avenue Students



Students in Mrs. Rhoda Ostashever's third grade class recently shared their understanding of Hawaiian history and culture with visitors to their class. The students, dressed in tie-dyed shirts and paper leis that they made in class, sang Hawaiian songs for their guests. The visitors enjoyed not only their performance, but also reports and poems written by the students and the student projects of early homes, boats and tools. Adding to the atmosphere were murals and a volcano constructed by the students. Realizing that every trip to Hawaii isn't complete without a luau, the parents prepared a sumptuous luau for all.

Local Issues



Oyster Bay Town Councilman Thomas L. Clark (sixth from right), recently discussed local issues with students from Dr. William Lemmey's (back row, second from right) government class at Hicksville High School.

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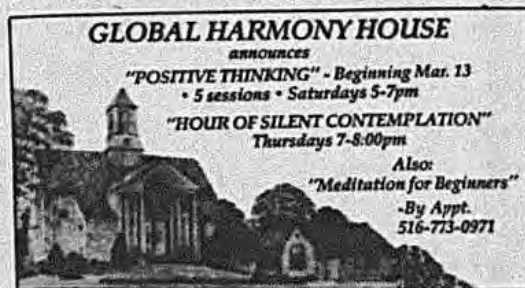
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OPEN WIDE

Dental techniques of the future are here today

By Sharon Williams

There's more to smile about these days.

Thanks to fluoride and better dental habits, fewer adults are plopping false teeth into bedside glasses each night, and the American Dental Association reports tooth decay has been reduced by 50 percent.

Strides also are being taken to make a trip to the dentist less painful. Sealants and fluorides are helping to reduce cavities, while endodontic therapy is helping people keep their teeth. And if your pearly whites are flawed, there are tooth-colored fillings, new orthodontic techniques, veneering and bleaching to make them picture-perfect.

Here's a breakdown of some of the latest from the dental world discussed at the American Dental Association's 127th annual session:

Less pain: Imagine going to the dentist without fear of pain. Dentists hope this will soon be the rule rather than the exception. Researchers are exploring the possibility of controlling pain with electrical current instead of injections. Called transcutaneous electrical nerve stimulation, the procedure relieves discomfort through an electrical current that blocks pain perception.

Meanwhile, techniques and drugs used in traditional local anesthesia have given dentists more options for relieving discomfort. Akinosi, for instance, makes it easier to administer local anesthesia to patients who have trouble opening their mouth wide enough for other techniques, and the periodontal ligamentary technique targets a single tooth, eliminating whole mouth numbness.

Look Mom, no cavities (or visible fillings): To protect a tooth before decay sets in, dental researchers have developed the safety and effectiveness of dental sealants. A sealant is a clear or shaded plastic resin applied to the chewing surfaces of the back teeth where decay most often occurs. The sealant acts as a barrier, protecting the decay-prone areas of the back teeth from oral bacteria. The technique is especially popular with pediatric dentists.

Even if you do have a cavity, you don't have to see it. The same tooth-colored materials that have been used for years to make smiles look better can now be used for fillings. Composite resins, combination plastic and ceramic materials used in bonding, could one day replace standard metal fillings, thanks to improvements in the material's strength and durability.

Tooth fitness: Periodontitis (gum disease) has made headlines in the 1980s, and now researchers have discovered that a person's internal defense mechanisms, white blood cells specifically, play a major role in the disease. Always present in the gums, white blood cells normally seem to guard against bacteria in the mouth. Abnormal white blood cells, however, permit the bacteria to spread and cause infection at an early age. Studying subtle changes in these cells can help distinguish the form of gum disease.

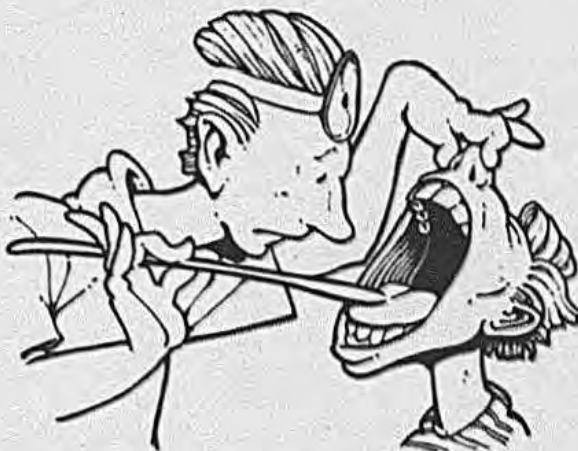
Researchers also have found a blood test that isolates these cells for clinical observation, but the test is not yet widely available. The test, along with improved X-ray techniques that show changing patterns in bone structure, can be used to assist in diagnosing periodontitis.

Looking good: You can still smile even if your teeth aren't perfect. Dental facades called veneers can make aesthetically displeasing teeth look as though they've always been perfect. Veneering is a variation of cosmetic dental bonding, likened to false fingernails, in which tooth-colored plastic, ceramic or porcelain materials are applied over teeth to repair and mask dental imperfections, including chips, cracks and stains.

Bleaching is another procedure that is safe and offers an aesthetic alternative to caps or bonding. Heated chemicals are applied to

the patient's teeth, and there's no need for anesthesia. Usually, the technique is done gradually over a

series of visits to give the dentist maximum control over the results.



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American Heart Association

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Creamy Garbanzo Dip

Whether watching college bowl games or the Super Bowl, you'll score big when your football-watching guests dip into this tasty treat.

- | | |
|---|--------------------------------------|
| 1 20-ounce can no-salt-added garbanzo beans, drained and rinsed | 1/4 tsp. salt |
| 1 Tbsp. olive oil | 1 dash hot pepper sauce |
| 1/2 cup low-fat cottage cheese | 1 Tbsp. sesame seeds, toasted |
| 1/2 cup fresh lemon juice | 1 Tbsp. finely chopped fresh parsley |
| 3 Tbsp. skim milk | |
| 2 medium cloves garlic, minced | |

Combine all ingredients except parsley in a blender or the work bowl of a food processor fitted with a metal blade. Process until smooth.

Pour into a small bowl and sprinkle with parsley. Use immediately or cover and refrigerate for later use. Makes 32 1-tablespoon servings.

Nutritional Analysis per Serving

39 Calories	0 mg Cholesterol	0 gm Saturated Fat
2 gm Protein	25 mg Sodium	0 gm Polyunsaturated Fat
5 gm Carbohydrates	1 gm Total Fat	0 gm Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, 5th Edition. Copyright 1991 by the American Heart Association, Inc. Published by Times Books (a division of Random House Inc.), New York.

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ABOUT FACE

Explore cosmetic surgery for a new image

By Debra Cooper

Most of us spend money to create a better image. We buy memberships to health spas, exercise equipment, expensive clothing and spend countless hours working out and dieting in pursuit of a better image.

Some people even go a step further in the self-improvement game with cosmetic surgery. And they're not just teenagers who are dissatisfied with bumpy noses or senior citizens who want to erase a few years from their faces. More people in the business world — whether it be the CEO of a large corporation or a homemaker who sells makeup from her home — are deciding cosmetic surgery is just one more step in increasing their marketability.

There is a rise in the number of jobs for which the primary qualification is to be able to look as if one knows what one is doing — such as management, consulting, public relations and marketing.

Face-lifts are even income tax deductible as a medical expense because the Internal Revenue Service views the procedure as helping to keep you viable in the job market.

Whether it's to look better or just a few years younger, more men and women are undergoing cosmetic surgery. Between 1981 and 1984, the number of Americans having plastic surgery increased by 61 percent. In an image survey for *Success!* magazine, fashion expert John Molloy found that 44 percent of the top executives interviewed said they would consider plastic surgery, and 12 percent said they had already had some type of cosmetic surgery done.

If you've considered cosmetic surgery, remember that the first step is to approach the surgery with a realistic view. Plastic surgery can help you feel more attractive and thus increase your confidence and self-esteem, but it won't turn your life around.

Once you've made the decision to undergo plastic surgery, how can you find a top-notch cosmetic

surgeon? In her book "Face Value" (Bantam, 1986), author Zia Wesley-Hosford suggests you ask those you know who have had the treatment or surgery you think you require. They've been through it already and can serve as a fountain of knowledge. You also can consult with aestheticians who will know of good doctors through their own clients.

Another way is to check with specialty professional organizations such as the American Academy of Facial Plastic and Reconstructive Surgery (1101 Vermont Ave., N.W., Suite 404, Department MC, Washington D.C. 20005) or the American Society of Plastic and Reconstructive Surgeons (233 N. Michigan Ave., Suite 1900, Chicago, IL 60601). They can provide a list of board-certified physicians. Check for certification in plastic surgery, otolaryngology and even ophthalmology and dermatology, depending on your need.

Referral is only the first step, according to the Wesley-Hosford. You should meet with the physician before making a final decision to make sure you feel comfortable with him and have confidence in his ability.

What surgical options do you have? Here's a rundown of procedures from an article by Dr. Robert Simmons, president of the American Academy of Facial Plastic and Reconstructive Surgery in *McCall's* magazine:

Face-lift: Excess skin is removed from the face. Underlying muscles and remaining skin are stretched and tightened.

Nose surgery: Bone and cartilage are reconstructed and any excess removed from nose to reshape.

Eyelid lift, eye surgery: Fat and excess skin around the eye are eliminated to remove wrinkles, bags and pouches.

Eyebrow lift: A section of skin is removed just above the sagging area of the eyebrow, and the outer portion of the eyebrow is lifted.

Ear surgery: The cartilage of protruding ears is reshaped, thus

repositioning or "pinning back" the ears.

Forehead lift: Lines and wrinkles are modified by removing excess skin and tightening and stretching the remaining skin.

Chin surgery, chin augmentation: A small-grade silicone implant is made to augment a recessed chin. This is often performed with nose surgery to improve profile.

Collagen implant: An injection of the structural protein, collagen, raises and puffs the skin, smoothing out isolated wrinkles and small scars.

Double-chin surgery: Fat deposits beneath the chin, which result in a "double chin," are removed and the underlying muscles and skin of the upper neck are tightened.

Dermabrasion: The face is gently rubbed with a wire brush, removing the outer layer of skin and giving the face a smoother texture. This technique removes superficial scars and age lines.

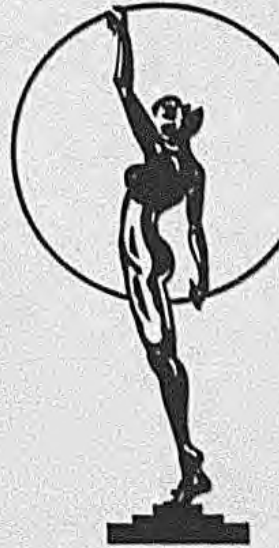
Chemical peel: Through a controlled burn with a caustic solution, the outer layer of skin is removed, giving the face a smooth texture. This technique removes

superficial scars and age lines.

What if your face isn't what you'd like to change? There are other alternatives, like liposuction for reducing fatty areas that are unaffected by dieting and exercise and breast lifts and reductions.

What does the future hold for cosmetic surgery? According to *McCall's*, one of the newest methods for projecting the redesign of facial features is through video computer imaging. The computer can help you visualize the end results since your face is projected on a computer monitor, then manipulated to achieve the desired look.

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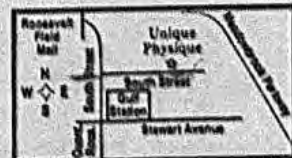
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DISCOVERY

High-tech fossil dissecting

Computerized tomography (CT) scans, usually used for 3-D human X-rays, are proving valuable in the exploration of rock-laden fossils. With CT scans, fossils need not be broken and destroyed.

The CT scanner

The scanner combines a computer with 3-D X-rays to produce cross-sectional diagrams of hidden structures in organs or rocks.



SOURCE: ASA
Encyclopedia of Medicine

Ten tips for successfully coping with psoriasis and important facts that sufferers should know

While virtually everyone has suffered the embarrassment of an unsightly blemish on a visible portion of the body, few of us can imagine the despair of the more than five million Americans who suffer from psoriasis. If you, or someone you know, suffers from this skin disease, there are steps you can take to minimize the physical and emotional discomfort.

The National Psoriasis Foundation offers these tips to help you cope with psoriasis.

1. Take advantage of the positive results sunlight has in the treatment of some psoriasis. Be sure to use a sunscreen that will allow the beneficial rays to reach your skin while filtering out the damaging burning rays.
2. Keep your skin well lubricated. Moisturizers, creams and vaseline-like topical treatments will keep your skin supple, making it more receptive to treatment.
3. Minimize the embarrassment of visible psoriasis by investigating cosmetic cover-ups or masking agents such as Covermark by Lydia O'Leary, Inc., and Dermablend.
4. Avoid emotionally stressful situations and learn to deal with the stress of your psoriasis. "Stress is a significant factor in psoriasis, and the disease in itself is a cause of stress," says Dr. Iona Ginsburg, a consultation-liason psychiatrist with Dermatology Service at New York's Presbyterian Hospital. "As stress can provoke an attack, part of managing psoriasis is learning to manage the feelings of anger and frustration the disease provokes."

5. Investigate new treatment options. Studies were recently conducted by Irving Katz, M.D., clinical professor of dermatology, University of Minnesota Medical School, using a new dosing regimen with Diprolene Ointment. The treatment requires only three applications of Diprolene Ointment per week, and was found to be highly effective in relieving the symptoms of psoriasis for extended

periods. The treatment, called Weekend Therapy, is currently awaiting approval from the FDA.

6. Be sure to check with your physician to avoid drugs reportedly associated with causing a worsening of psoriasis. Such drugs include antimalarials, beta blockers, systemic steroids and some heart medications.

7. Immerse your body regularly in

warm water, consider adding bath oil, and minimize use of harsh soaps or detergents.

8. Begin an exercise program. Many patients report that the relaxing, stress-reducing effects of regular exercise can reduce the occurrence of psoriasis flare-ups.

9. Reduce risk of flare-ups by avoiding skin injuries, including scratches or acupuncture. Skin injuries have been reported to cause psoriasis flare-ups in some patients—a phenomenon known as "Koebnerization."

10. Learn as much as you can about psoriasis and focus on the facts rather than the rumors.

Healthy fast food

You have only seconds for lunch, but you don't want to blow your caloric intake for the day on a high-fat, high-calorie fast-food meal.

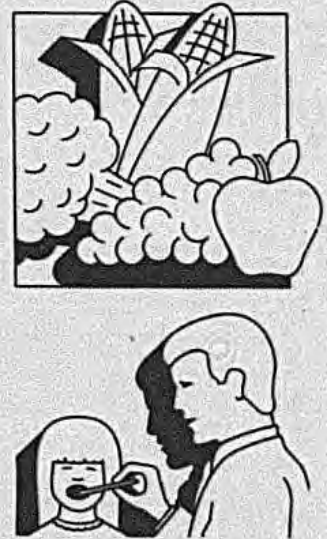
And you don't have to — thanks to the table full of smart, healthy and delicious choices available to those eating on the run.

A few speedy suggestions:

- Pick up the phone and order a light entree from a Chinese restaurant that holds the MSG and goes easy on the stir-frying.
- Head to a fast-food counter and order something from the "light" menu, such as a grilled chicken sandwich, a salad with low-fat dressing, a plain baked potato or lean hamburger.
- Stop at the deli for turkey on whole wheat. Skip the mayonnaise

and opt for fresh vegetable garnishes instead.

- If it's dessert you're craving, find a nearby frozen yogurt shop, and order a low- or non-fat flavor topped with fresh fruit. Or stop at an ice cream parlor that serves up scoops of non-fat ice cream.
- Order takeout and delivery from a restaurant that specializes in healthy meals, such as diet or vegetarian entrees.
- Hit a salad bar at a nearby grocery store, fast-food or full-service restaurant. Load up on fresh vegetables and fruits, and go easy on the dressing, cheese and creamy mixed salads.
- Buy a bagel or whole-grain muffin and fresh fruit or juice at a grocery store, bakery or nearby mall.



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Consumer's guide to indoor allergies

You have survived spring, summer and fall—the red, runny nose, and itchy, watery eyes—only to find that you are sneezing and sneezing even in the dead of winter. Unfortunately, you are one of the millions of Americans who suffer from indoor allergies.

"Because of indoor irritants, eight out of ten allergy sufferers are plagued with allergic-type symptoms all year round," according to Donald W. Aaronson, M.D., president of the American College of Allergy and Immunology. "For these people, there is no 'off-season.'"

House dust, mold and dander may be the root of many year-round allergy reactions. Additionally, smoke and cold may aggravate existing symptoms.

Understanding the allergy facts

Allergies are triggered by chemicals released from mast cells, which are present in the mucous membranes of your eyes and nose. When stimulated by house dust mites, pet dander and other allergens, mast cells break open, releasing histamine and other chemical mediators. This sets off the whole cycle of allergic symptoms, which may include: runny nose, sneezing, nasal congestion and itchy, watery eyes.

Helpful hints

In the bedroom:

- Cover mattresses and box springs with dust-proof covers, which can be easily-removed for frequent cleaning;
- Avoid upholstered headboards and feather pillows;
- Avoid woolen blankets—replace them with cotton or synthetic blankets;
- Avoid a down comforter or chenille bedspread—go with a single-layer bedspread;
- Replace heavy draperies and slatted blinds, which tend to accumulate dust, with washable curtains and roller shades;
- Use mold-proof paint to replace old wallpaper, which harbors mold and dust;
- Books, knick-knacks and toys (especially stuffed animals) collect dust—move them to a closet, and keep the closet door shut;
- Close off forced-air heating/air-conditioning outlets or cover them with double-density air filters to avoid unnecessary exposure to mold and dust;
- Keep your bedroom door shut to prevent dust and pets from entering;
- Keep windows closed to prevent dust and pollen from entering.

It is especially important to clean pillows, comforters and draperies frequently, and to be sure to keep shelves and windowsills dust-free.

In the bathroom:

- Use mold-proof paint to replace old wallpaper which has accumulated mold;
- Clean shower curtain and liner frequently to avoid mold growth;
- Scrub floor, bathtub, shower, and grout between tiles frequently with a mold-killing cleaning solution.

In the living area:

- Keep the refrigerator clean to avoid mold growth;
- Beware of house plants and dried and silk flowers—they can gather dust and mold.

In the basement:
 • Remove all unnecessary stored items—those needed should be stored on boxes on shelves, not on the floor;
 • Use a dehumidifier during damp months;
 • A light in dark areas may help to retard mold growth;
 • Dry clothes immediately after washing and vent the dryer to the outside.

If you think you may have indoor allergies, you should consult your family physician or allergy specialist. They can prescribe an allergy-blocker medication, which prevents the allergic reaction as well as clearing up the symptoms.

To receive a brochure about indoor allergies and other allergy resources, call: The Allergy Information Center and Hotline, 1-800-727-5400.



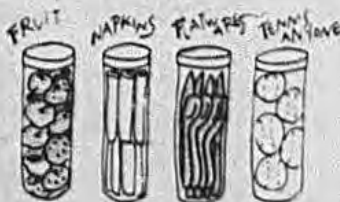
KITCHEN HINTS

Recycling is in

Even odd-shaped containers.

Here's what to do with tall ones:

1. Tennis ball and potato chip containers are great for picnic food.
2. They are perfect for rolled-up paper napkins, cutlery, baby food jars (cushion the jars with paper towels).
3. Even fresh fruit will travel well — apples, peaches, apricots, cherries, tangerines.



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Know your body's needs before popping vitamins

By Carol Roberts

No more stress or PMS. Better athletic performance. Immunity to colds. Can a little vitamin pill do all this?

That's a lot to ask, experts say. Unrealistic expectations from vitamin supplements can lead to unwise choices and uninformed practices. Yet, the promise of better health and relief from specific ailments is enough to send many consumers to the nearest health food store to stock up on their vitamin B6.

Vitamins are essential for the maintenance of tissue functions, growth and repair, largely by regulating, assisting and facilitating specific metabolic functions. Most experts believe the best way to get these vitamins is from foods in a balanced diet.

But lifestyles and eating habits, such as dieting, meal skipping and the consumption of "empty calories" may work against achieving good nutrition through diet.

How can vitamins help? Supplements can be valuable when used judiciously to fill gaps in the diet or boost intakes during periods of increased needs, according to the Nutrition Information Center. But they are not cure-alls.

With vitamins, more isn't better. Once deficient levels are brought up to where they should be, excessive intake of vitamins can do no further good. In fact, in some cases too many can be harmful, since a high intake of

some vitamins can have a drug-like effect on the body. The U.S. Recommended Daily Allowance should be used as a sensible guideline for vitamin intake, according to the NIC.

Before taking vitamins, evaluate your diet to determine whether you are eating a variety of foods from the basic four food groups. Consult with a registered dietitian or a physician if you're in doubt about missing anything. A health professional can help you adequately assess the multiple factors needed to make a correct decision, such as dietary habits, medical and other aspects of lifestyle that affect nutritional well-being.

At the vitamin counter, be sure to read the labels before you buy and ask your physician or dietitian about any questionable ingredients. Here are some tips from the NIC.

- You can group vitamins into two categories: fat soluble (vitamins A, D, E and K) and water-soluble (vitamin C and eight B complex vitamins — thiamin, riboflavin, niacin, B6, pantothenic acid, B12, biotin and folic acid). A vitamin supplement should contain balanced amounts of multiple vitamins. Unless the supplement is recommended to treat a specific deficiency or correct a specific defect, it is usually not necessary to take a product containing only one vitamin.

- "Natural" or "organic" vitamins are not superior to synthetic

vitamins. The body does not recognize the difference.

- In most cases, it's best for a multivitamin product to contain no more than 100 to 150 percent of the U.S. RDA for any one nutrient. Be alert for insignificant amounts of some nutrients when these ar-

present only in token quantities, they add to the cost but not to the nutritional value.

- Choose brands bearing expiration dates.

- Beware of extra ingredients. These are likely to increase the cost of the product while adding no known benefit.

Help Your Heart

American Heart Association

Heart Attack Warning Signals

During a heart attack, your body usually sends out warning signals that your heart is starving for oxygen. An uncomfortable pressure, fullness, squeezing or pain in the center of your chest for more than two minutes is one signal. Chest pain that spreads to your shoulders, neck or arms is another. Dizziness, fainting, sweating, nausea or shortness of breath may also occur. Sometimes the signals may subside, only to return later.

Help your heart! Learn to recognize these signals and take fast action. Remember that each year 350,000 Americans die from heart attacks before reaching the hospital. So don't ignore the warning signals. Act immediately.

If you are having chest discomfort that lasts for two minutes or longer, call the emergency rescue service. If you can get to a hospital faster by car, have someone drive you. Find out which hospitals in your area offer 24-hour emergency cardiac care. Select in advance the facility nearest your home and office and tell your family and friends so they will know what to do. Keep a list of emergency numbers next

to your telephone and in a prominent place in your pocket, wallet or purse.

If you are with someone who is experiencing the warning signals, and if



they last for two minutes or longer, insist on taking prompt action. Expect the person to deny the possibility of anything as serious as a heart attack. Call the emergency rescue service, or get to the nearest hospital emergency room with 24-hour cardiac care. Give mouth-to-mouth breathing and chest compression (CPR) if it is necessary and if you are properly trained.

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Top Athlete Honored



St. Joseph's College (Patchogue) Men's Baseball Coach, Mike Palermo, left, congratulates Mike Invarone of Bethpage, who was named the team's Most Valuable Player. He was honored along with fellow athletes at the College's 13th Annual Athletic Awards Dinner held at the Knights of Columbus Hall in Patchogue. The Awards Dinner hosted over 150 athletes from over 11 men's and women's teams.

Lamb K. of C.

To Be In Plainview Parade

Many members from the Joseph F. Lamb Council No. 5723 Knights OF Columbus, Plainview/Hicksville, will be on hand to march in the Plainview Memorial Day Parade, which will be held on Monday morning, May 31.

The parade, which is co-sponsored by several organizations, will include members from the American Legion, the V.F.W. (both from Plainview); the Plainview Fire Dept.; the Boy Scouts; and other groups.

The parade will start at 9:30 a.m. from the Medical Center on Old Country Road in Plainview. The route-of-march will be east on Old Country Road, then one block north on Manet Hill Road, then again east on Washington Ave., and will end at the Plainview/Old Bethpage Community Park. Ceremonies will take place at 11 a.m., and many dignitaries will be on hand to give brief speeches.

The Joseph F. Lamb Knights of Columbus contingent will be led by P.F.N., F.D.D., Grand Knight Peter Volpe. A station wagon, pulling a special horse cart, will be featured as part of the K. of C. presentation. The cart will be loaded with over 500 balloons, all with the K. of C. legend. All of the balloons will be given out to the young on-lookers and their friends, along the route-of-march.

The chairman for the Joe Lamb K. of C. effort is John Lombardi, P.G.K. and the Co-chairman is Council Recorder brother Robert Andrussi. The Joe Lamb Council has always appeared in the Plainview Memorial Day Parade throughout the years.

On a different note: The Joe Lamb "Knight of the Month" for May is Frank W. Jopp (the writer of this article), who deeply appreciates the honor bestowed on him.

Hicksville Library News

Planning For Long-Term Illness

Managing the finances of an individual or family faced with a catastrophic illness will be the topic of a free lecture/discussion at the Hicksville Public Library on Tuesday, June 15, at 2:15 p.m.

Comic Book Art

Marc Guggenheim, formerly of Marvel Comics, long-time comic book collector and freelance graphic artist will present an illustrated lecture on comic book art (exaggerated proportions, heroic figures, dramatic poses, etc.), with simple step-by-step instructions (using an overhead projector), at the Hicksville Public Library on Monday, June 28, at 7:30 p.m.

Making Crystal Jewelry

Crystal bracelets, earrings (pierced or clip) and 18" necklaces will be designed and created at Esther Tollen's workshop at the Hicksville Public Library at 7:30 p.m. on Monday, June 14. Registration begins Monday, June 7, at 9:30 a.m.

Materials fee are \$7.50 for those who choose to create a bracelet or earrings and \$12.50 for those creating a necklace. Crystal beading on tiger-tail thread (no needle necessary) and clasps will be supplied.

Participants are asked to bring needle-nose pliers (jewelry pliers) and scissors.

Senior Connection

Senior Connection volunteers will be on hand every Monday from 1:30 to 3:30 p.m. at the Hicksville Public Library to provide information and referrals to older people wishing services. The volunteers will assist senior citizens by answering

questions about Medicare, Medicaid, home care, social security, homesharing, leisure passes, transportation and more.

The Hicksville Public Library is participating in this federally funded training project conducted by the Adelphi University School of Social Work. The Senior Connection supplements the library's existing information and referral services. You may ask at the reference desk or call 931-1417 for further information.

The Gingerbread Lady

The Gingerbread Lady, a comedy by Neil Simon, will be performed by The Other Vic Theatre Company on stage at the Hicksville Public Library on Friday, June 11, at 8 p.m.

This touching comedy of lost misfits revolves around Evy, a popular singer trying to keep her sobriety after a drying-out period at a sanatorium. Each of three people to help her has a problem and produces the opposite of the desired effect on poor Evy.

The audience for this free performance will be admitted on a first-come, first seated basis.

Tour of Oyster Bay and Long Island's Gold Coast

A day-long tour that starts with a morning at Theodore Roosevelt's Summer White House, Sagamore Hill, and the charming town of Oyster Bay, will be conducted by the Hicksville Public Library on Wednesday, September 1. Registration begins on Tuesday, June 15, at 9:30 a.m. The tour will continue with a two-hour narrated cruise along Long Island's Gold Coast on the paddleboat "Thomas Jefferson." On board, a box lunch catered by Huntington's Culinary Studio will be served.

The bus will leave the library at 9 a.m. and be back at about 5 p.m. The price of the trip is \$39.

The Hicksville Public Library is located at 169 Jerusalem Avenue, Hicksville (Tel: 931-1417).

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 Roof Repairs & Replacement 1993/94:15 for use in the Schools of the District. Bids will be received until 2:00 P.M. on the 1st day of June, 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 upon payment of fifty dollars (\$50.00) for each set, in the form of a check made out to the BOARD OF EDUCATION, HICKSVILLE SCHOOL DISTRICT. Deposit is refundable upon return of the copies.

The Board of Education reserves the right to reject all bids and to award the contract to others 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
May 17, 1993
MIT 2712
1X 521

The Town of Oyster Bay Community Development Block Grant Program has funding available for eligible residents of the Town's incorporated communities. Eligible residents must be either 60 years of age or older or physically handicapped, own and occupy their own home and meet income guidelines.

For an application and further information, please call the Town's Community Development Office at 922-5800, ext. 2468 or 2463.

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A BJ'S WHOLESALE CLUB AND A UA MULTI-SCREEN CINEMA AT THE SITE OF THE WESTBURY DRIVE-IN MAKE SENSE ...

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**LEGAL NOTICE
NOTICE OF
FORMATION OF
LIMITED
PARTNERSHIP**

Pursuant to article 8 of the Partnership Laws of the State of New York, Peternick Realty Company, L.P.

Notice is hereby given that the persons herein named have formed a limited partnership for the transaction of business in Plainview, New York and elsewhere and have filed a certificate in the Clerk's office of Nassau County of which the substance is as follows:

The name of the limited partnership is Peternick Realty Company, L.P.

The character of the business is real estate holdings.

The location of the principal place of business is 497 South Oyster Bay Road, Plainview, County of Nassau, New York 11803.

The name and place of residence of each member is as follows: Peternick Inc., which is a general partner, 497 South Oyster Bay Road, Plainview, New York 11803, Nicholas J. Damadeo, who is a limited partner, 14 Loft Road, Smithtown, NY 11787, and Peter F. Heaney, who is a limited partner, 93 Wolver Hollow Road, Upper Brookville, NY.

The term for which the partnership is to exist is from the 6th day of April, 1993 until terminated by a notice in writing from one partner to the others or by the death or incompetency of a partner.

The amount of cash contributed by each limited partner is \$33,000. No other property is contributed, and no additional contributions are agreed to be made by the limited partners.

The contributions of the limited partners are to be returned upon dissolution of the partnership.

Each limited partner shall receive annually a 49% share of the profits.

No partner has a right to substitute an assignee as contributor in his place, nor may the general partner have admit additional limited partners.

The certificate referred to above has been acknowledged by the general and limited partners.

Dated:

April 6, 1993

PETERNICK, INC.

By:

**NICHOLAS J. DAMADEO,
SCTY.**

**NICHOLAS J. DAMADEO
PETER F. HEANEY**

MIT 2704

6X 5/7, 14, 21, 28, 6/4, 11

BETH 3168

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**NICHOLAS J. DAMADEO
PETER F. HEANEY**

BETH 3168

4X 5/7, 14, 21, 28

Jottings From Yesteryear

By Bill Clark

An old TV movie reminded me of my LIRR commuting days for 41 years. Many of you saw and long forgot familiar signs, etc., along the route, now gone. Remember the Breyers Ice Cream large leaf sign on Queens Blvd., the huge Sunshine Biscuit sign at Long Island City using only lightbulbs (one time the largest sign of its type, and could be seen from New York City). There was also the Chiclet Gum sign reading Adams & Black Jack Gums. I believe it is now at La Guardia College. At Woodside was the Bulova Watch Building with the large clock. At Jamaica the Sheffield Farms clock.

Those who remember and liked tree-lined streets with the aroma of countryfied areas, should have been with me today riding the tree-lined 107 to Sea Cliff where you can find huge 5-6 story trees, flowers and homes built in the late 1800s

**Fine Collection
System Renewed**

The Oyster Bay Town Board has authorized the Supervisor to renew an agreement with Nassau County and Law Enforcement Systems, Inc., to collect fines on parking tickets issued for violations of Town ordinances, according to Town Councilman Leonard B. Symons.

"The town derives revenue from the payment of fines for parking tickets issued when Town ordinances are violated," said Councilman Symons. "Last year, Nassau county proposed a plan that enabled us to keep 50 percent of the fines collected without having to commit employees or man hours to the project. Under the new contract, the Town will receive 65 percent of revenues collected for summonses."

According to Councilman Symons, the new contract stipulates, as did the previous one, that Law Enforcement Systems, Inc., will collect unpaid parking summonses that remain unanswered or not responded to for more than ten days from the original return date. The necessary information will be provided by Nassau County, which will submit records on summons entries and dispositions dating back to 1988.

**Roman Holiday
For Hicks. Students**

Hicksville High School advanced Italian students spent the spring vacation speaking and studying Italian and they can't remember ever having such a good time. Why? Because they were in Rome! The students accompanied by foreign language teachers Antoinette Gentile and Richard Gentile, toured Rome speaking Italian with the Roman citizens. Not only did they see the glories of ancient, religious and modern Rome, but they also enjoyed the wonders of Italian cuisine. The major highlight of the trip, according to Mr. and Mrs. Gentile, was celebrating Palm Sunday Mass with the Pope in front of St. Peter's Basilica and a view of St. Peter's Tomb below the excavations of the Popes' crypts.

with their shapes and gingerbread decor. A person doesn't have to leave Long Island to see beautiful scenery, hills, parks, ships, shores, and

museums. I even came across Nassau red bricks used on some of the older homes. The bricks were made years ago at Old Bethpage brickyard.



1979 - Former Residence of F. Lange & C. Hoffman on corner of Duffy Ave. and Newbridge Rd., formerly Jackson Ave. before re-routing of Newbridge Rd.



Same corner today, now Hanover-Chemical Bank. T.O.B. Parking Building at left.

Photos by Bill Clark

Hispanic Parents To Meet

Parents of Hispanic children in the Hicksville elementary schools are invited to attend regular meetings at the Old Country Road School to assist them with dealing with language barriers and ease their adjustment to a new country. At each meeting, information concerning important educational and community topics is disseminated in Spanish, with the assistance of a translator. Topics are scheduled for each meeting, and monthly speakers have been arranged to present

topics important to the group.

On April 15, Carmen Fernandez, a professor at SUNY Old Westbury, addressed the Hispanic Parents' meeting. She spoke about cultural differences and similarities with regard to educational expectations in this country. Using an overhead projector, Ms. Fernandez explained the stages children go through acquiring and learning English. The speaker outlined the organization and hierarchy of responsibility in school systems.



Carmen Fernandez, Professor at SUNY Old Westbury, discusses academic learning and acquiring English by ESL students at Hispanic Parents' Meeting at Old Country Road School.

A BJS WHOLESALE CLUB AND A VA MULTI-SCREEN CINEMA AT THE SITE OF THE WESTBURY DRIVE IN MAKE SENSE...

THERE WILL BE SOMETHING FOR EVERYBODY THERE. AND IT'S SO CONVENIENT FROM THE LIE, NORTHERN STATE AND JERICHO TURNPIKE!

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College Notes

Lyndon State College has announced Patricia A. Freyeisen of Hicksville has been awarded the Robert E. Long Memorial Scholarship Award. Freyeisen is a junior psychology major at Lyndon State.

The Robert E. Long Memorial Scholarship awards \$200 to a student exhibiting a cumulative grade-point average of at least 3.75 after the equivalent of two full-time semesters, or longer, at Lyndon State.

This award will apply to the 1993-94 academic school year. Freyeisen will be honored with a certificate for the award at a convocation ceremony early next fall.

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 Roof Repairs & Replacement 1993/94:15 for use in the Schools of the District. Bids will be received until 2:00 P.M. on the 1st day of June, 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 upon payment of fifty dollars (\$50.00) for each set, in the form of a check made out to the BOARD OF EDUCATION, HICKSVILLE SCHOOL DISTRICT. Deposit is refundable upon return of the copies.

The Board of Education reserves the right to reject all bids and to award the contract to others 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

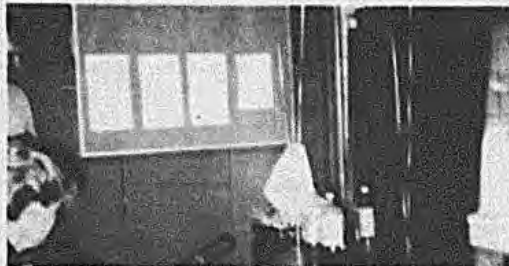
Dated
May 17, 1993
MIT 2712
IX 5/21

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!

Woodland School Carnival

On March 20, Woodland School held their carnival. Kathy Calvanese did a great job as chairperson. The children did sand art, face painting, played assorted games such as ghostbusters, pop gun blast,

fishing and everybody's favorite "Woody's Wheel." If you got hungry, many volunteers were serving hot dogs, popcorn, juice, cakes and cookies. What a treat! Fun was had by all.



Bob Horvath ran the Pop Gun Blast Booth.



People were lined up to play Ghost Buster. Pictured, Lillian Friedman setting up booth.



How would you like your face painted? Pictured, Diane Brousseau, Bill Vernillo, Brian Krummanacker, John Ameratte.



Lots of goodies were sold at the carnival: cupcakes, hot dogs, and popcorn. Pictured, Maribeth Krummanacker selling and Nancy Marks and Donna Kelly trying to decide what to get.



Everybody's favorite game was Woody's Wheel. Many children won goldfish that day. Pictured running the wheel are Debbie Mohrman and Dianne Buderfer.



Sand Art was a smash hit. Pictured, left to right, Lauren Strauss, Tara Lynn Strazzeri, Janice Bachteler.

The 'Chief' Attraction



The Plainview Fire Department had a special visit this week from its neighbors, just in time for National Nursing Home Week. Residents of the Central Island Nursing Home, which is located two doors away on Old Country Road, took the opportunity of a warm spring day to visit department headquarters, where Mitch Kantor and Cindy McKenna greeted them with a discussion of fire fighting techniques, equipment demonstrations, and a tour of the trucks. Here, Cindy and Mitch let Esther Geleman model a helmet. Her reaction: "I can't believe it's so heavy."



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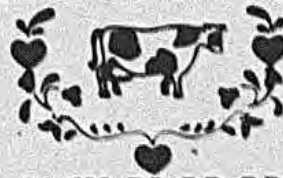
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The children at Trinity Lutheran Nursery School had a day of great fun and activity as they took part in their own version of the Mini-Olympics, performing before parents, friends, and students in the gym arena. Colorful posters were displayed everywhere, along with balloons and decorations in patriotic colors.

All was quiet when a soft drum roll began to play, signaling the arrival of the Olympic torch. As the runner completed the last lap of the journey and set the light in place, the audience cheered, music played, and the parade of athletes began. Each child wore their specially made T-shirt along with shorts of red, white, or blue, and proudly waived an American flag. The ceremonies

opened with the Pledge of Allegiance and singing "You're A Grand Old Flag," followed by warm-up exercises set to music.

Each team of children participated in four Olympic events which included performing on the horizontal bar and balance beam, cycling for many "miles" on tricycles, and running an obstacle course. The entire group completed their activities with a dazzling display of colors in a synchronized routine using ribbons and hoops.

The decision of the judges was unanimous and each child proudly stepped forward to be awarded the Olympic gold medal, along with a loving hug from their teacher.

LEGAL NOTICE

NOTICE OF PUBLIC HEARING

PLEASE TAKE NOTICE that, pursuant to Article 9 of the New York State Constitution, the provisions of the Town Law and the Municipal Home Rule Law of the State of New York, both as amended, a public hearing will be held in the Town Meeting Pavilion, Hempstead Town Hall, 1 Washington Street, Hempstead, New York, on the 25th day of May, 1993, at 10:30 o'clock in the forenoon of that day to consider the enactment of a local law to amend Section 202-1 of the code of the Town of Hempstead to REPEAL "PARKING OR STANDING PROHIBITIONS" at the following locations:

BETHPAGE
NORTH WANTAGH AVENUE (TH-718/67) East Side - No Stopping - starting at a point 14 feet south of a point opposite the north curblin of Boone Street, south for a distance of 38 feet. (Adopted: 12/26/87).

(NR) BETHPAGE
NORTH WANTAGH AVENUE (TH-555/78) East Side - No Stopping Anytime - starting at the north curblin of Carol Road, north for a distance of 80 feet. (Adopted: 1/18/79).

NORTH WANTAGH AVENUE (TH-514/83) West Side - No Stopping Here to corner - starting at the north curblin of Raemar Court, north for a distance of 60 feet. (Adopted: 11/29/83).

The proposed local law is on file in the office of the Town Clerk of the Town of Hempstead, Hempstead Town Hall, 1 Washington Street, Hempstead, New York, where the same may be inspected during office hours.

ALL PERSONS INTERESTED and citizens shall have an opportunity to be heard on said proposal at the time and place aforesaid.

Dated: Hempstead, New York
April 27, 1993

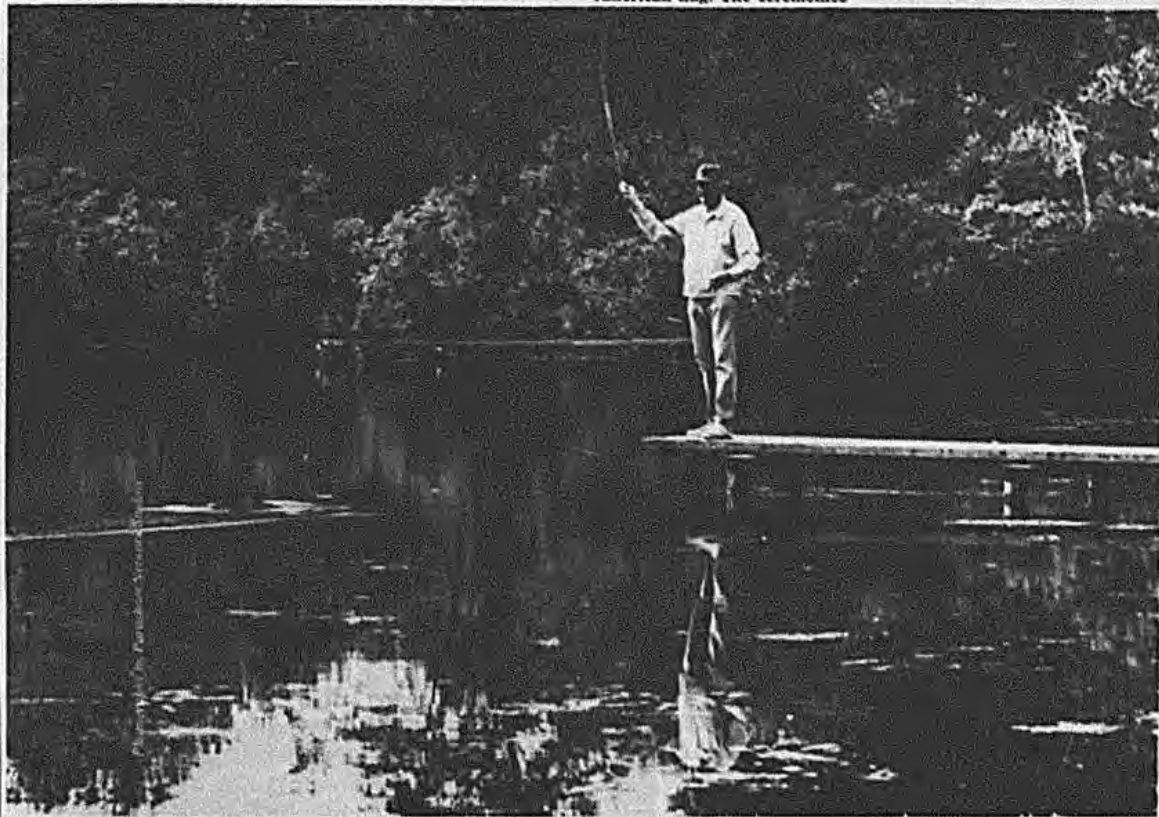
BY ORDER OF THE
BOARD OF THE
TOWN OF
HEMPSTEAD

Gregory P. Peterson
Presiding Supervisor
Richard V. Guardino, Jr.
Supervisor
Daniel M. Fisher, Jr.
Town Clerk

MIT 2710
1x5/21

Award Date Change

The Awards Assembly for Underclassmen Letter Winners in the Hicksville High School Athletic Program will be held on May 27 at 7:30 p.m. The program had originally been scheduled on the district calendar for June 1.



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

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

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

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

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

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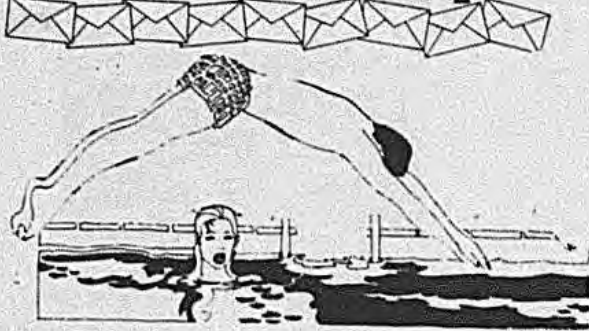
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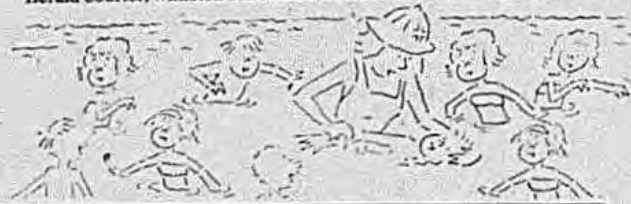
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SUPREME COURT
NASSAU COUNTY
THE GREEN POINT
SAVINGS BANK, Plf., vs.
WERNER HENRY
BUSCH, et al, Defs. Index
#09500/90.**

Pursuant to judgment of foreclosure and sale dated December 5, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY, on June 23, 1993, at 9:15 a.m., prem. k/a 8 North Dr., Hicksville, NY, a/k/a Lot No. 2 in Block 368 on certain map entitled, "Revised Map of Stackler & Frank Homes, Sec. 1, situated at Hicksville, Town of Oyster Bay, Nassau County, NY, surveyed and mapped by William L. Frederick, July 1st, 1948," filed in the Nassau County Clerk's Office on July 7, 1948. Approx. amt. of judgment is \$100,769.65, plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

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Guest Speaker At Kiwanis

On Wednesday, April 21, Capt. Robert Safarik, director of External Affairs for the U.S. Merchant Marine Academy, was the guest speaker at the weekly Hicksville Kiwanis luncheon. His talk included many facts about the Academy that are not very well known by the public.

The mission of the Academy is to train young men and women to serve as officers aboard American flag merchant ships, prepare them as Naval Reservists, and provide an outstanding education to prepare them as leaders of the maritime industry.

The Academy was dedicated in 1943. It is located at Great Neck (King Point), at the mouth of Little Neck Bay. It is one of five federal academies, the other four of course are the Army, Navy, Air Force and Coast Guard Academies. The Academy graduates approximately 200 of its 800 plus student body each year.

The students spend a total of one year at sea during their four year program, six months during their sophomore year and six months during their junior year. There is a flip-flop system so that about 100 each of sophomores and juniors are at sea while the remainder remain at the Academy. The students sail aboard every type of commercial vessel (two students serve on each ship) such as container ships, tankers, cargo ships, etc. They ultimately obtain the degree of Bachelor of Science in Marine Engineering as well as earning merchant

marine licenses and Naval Reserve commissions. To repay their federal government funded education, upon graduation, they must either serve aboard ship, in the landbased maritime industry, or on active military duty for five years. Sixty percent of the graduates find permanent employment in the Maritime Industry.

Captain Safarik invited the Kiwanis group to come on a tour of the campus. The Academy is open to visitors daily and weekends from 9 a.m. to 5 p.m. except on federal holidays, two weeks around Christmas time and during the month of July. For further information, call 773-5527, or write the Public Information Office, USMMA, Kings Point, N.Y. 11024-1699.

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
NEW YORK MORTGAGE
SERVICING CORPORA-
TION, Plif. vs. WERNER
HENRY BUSCH, et ano
Defsa. Index #16211/90.**

Pursuant to judgment of foreclosure and sale dated Feb. 11, 1991, I will sell at public auction at the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY. Said property located on the southerly side of North Dr., 205.55 ft. from the easterly side of North Dr. as the same curves, 50 ft. wide, which is formed by the center line of Brewster Pl. prolonged easterly measured along the easterly and southerly side of North Dr., RUNNING THENCE SE along the southerly side of South Dr. 60 ft.; THENCE SW 125.44 ft.; THENCE SW 32.01 ft.; THENCE NW 43 ft.; THENCE NE 100 ft. to the southerly side of South Dr., to the point or place of beginning. Sold subject to terms and conditions of filed judgment and terms of sale.

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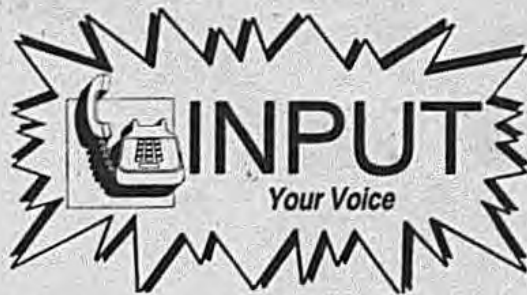


Friday, May 21, 1993

The Mummy's Curse

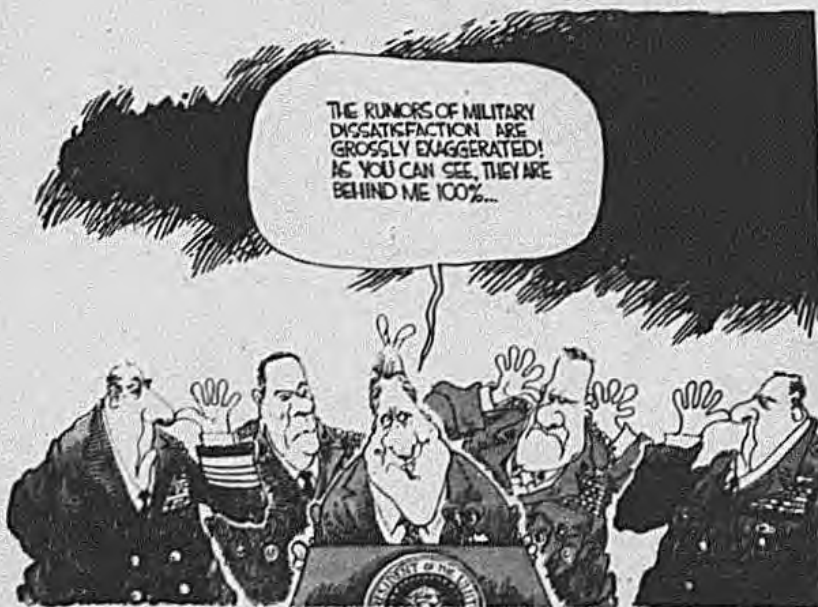


SEE PAGE 3



THE QUESTION OF THE WEEK

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Most Callers Do Not Favor Troops To Bosnia

Most callers to Input do not believe that the U.S. should enter a war in Bosnia at this time in answer to this question: "Do you think we should send forces to Bosnia?" Here are some of the answers: **NO WINNERS IN WARS**

There are no winners in any war. There are only losers. Sending armies into Bosnia would cause even more destruction. We must try to get governments together to work out a peace treaty. This is the only way. There have been too many wars already. To bring in more armies to destroy more homes and make people's lives desolate is wrong. Not even animals do this so why should humans. **K.F. GENERAL CLINTON**

I think we should send troops to Bosnia only on the condition that they are led by General Clinton, whose great military record will certainly get this thing rolling and bring us victory. **A. deP HATRED MAKES WAR**

We should not send troops to Bosnia. The struggle in progress in the Balkans is a continuation of similar savagery in World War II. When more Yugoslavs were killed by Yugoslavs than by Germans. The name of the game is hatred. Hatred of great proportions. Eventually the war will end. But regardless of the outcome, the hatred will remain. American involvement will simply extend that hatred to Americans. It would be a losing proposition for the U.S. to intervene on behalf of any of the combatants none of whom come in with clean hands. As in the Vietnam debacle the best and bravest are urging us toward an aggressive policy toward Serbia. The critics of our policy of restraint claim we have a moral obligation towards Bosnia. Accordingly morality should determine our policy. If the U.S. policy is going to be determined by someone's concept of morality we will have our hands full playing God when we feel some nations' actions are morally repugnant. The world is full of immoral behavior. It is clear now that foreign policy based on idealism leads to disaster. President Wilson took us into WW-1 to keep the world safe for democracy. We made it safe for Communism, Fascism and Nazism and the creation of the artificial state of Yugoslavia whose remains are now rebelling against this creation. Our Vietnam adventure was mostly an idealistic crusade against Communism and thus unattainable. The Cold War was never directed against Russian Communism, but against Russian Imperialism. I have no compunction against a war with Serbia for better reason but there had better be a better reason than morality. **A.B.**

NO WAR

No intervention in Bosnia. What's with Pres. Clinton, anyway? Is he trying to set us up again into a no win war? Trying to be like Truman in Korea, Kennedy in Vietnam? **F.W. ANOTHER MISTAKE**

I think that the vote of the Serbians not to give peace a chance is exactly what would happen if we tried to intervene. There has to be a general feeling among the people to stop a war or it cannot be done. It would be foolish for the U.S. to enter a country and try to force peace on it. We tried things like that in Vietnam and it ended in disaster for everyone. We lost troops. The people had it worse than if we stayed home. How many times do we have to make the same mistake? **J.G.**

EUROPE WON'T JOIN

The European powers understand the situation far better than Pres. Clinton. They will not join in a military intervention in Serbia because they know it will not be a short war and that the intervention might even make it bigger. We cannot run the world. Right now we are having a hard time running this country. Pres. Clinton better back off. He has plenty of problems at home to work on. Leave Bosnia alone at this time. **K.H.**

TOO MANY IDEALISTS

There are too many idealists who will stay home and give directions if we go to war in Serbia. The fact is we don't really know what we will be fighting for. This is one war the U.S. should sit out. **N.F.**

STAY OUT

Theretically our sending troops to Bosnia should accomplish some important objective toward a permanent and successful solution. But, with the absence of uniform and lasting controls, it seems to me to defy the sending of military forces by one nation - the U.S.A. in this case. Discipline has no real meaning, civilians are at great risk all the time. The Muslims appear to ignore the United Nations with consequent penalties in the movement of force, medical services and coordinated discipline. As highly regarded as we are, I don't feel that the U.S.A. can or should take on the responsibility and until some significant change takes place on the part of other highly involved peace-seeking nations, we should stay out. Actually, geographically situated neighbors should feel the greatest responsibility. **P.G.S.**





The Mummy's Curse

By Dr. Arthur A. Delaney

The 70th anniversary of the discovery of King Tut's tomb passed last year without much of a ripple. It was in the late evening of 26 November 1922, in a lonely valley in Upper Egypt that Howard Carter uncovered archaeology's most spectacular discovery—the tomb of Pharaoh Tutankhamun (1352 BC - 1343BC), the shadowy boy-king.

My wife and I visited the tomb many years after Carter and his moneyed patron, Lord Carnarvon, uncovered the first sand-covered step of a sunken stairway to Tut's final resting place. We were impressed, of course, but not as much as I had been with other tombs in Egypt's Valley of the Kings. Tutankhamun had a long name, but he was physically small, and so is his four-room tomb. The impressive is located a thousand miles away in Cairo's Egyptian Museum. Here are found some 5,000 precious objects—gold, semi-precious stones, quartzite all in excellent condition—that had escaped the ubiquitous grave robbers of antiquity. Carter had found the tomb's seal intact.

The story of Howard Carter's seven year search and discovery is well-known and well-documented. The expedition was closely covered by the newspapers of the day, and the British Egyptologist had authored an engrossing three-volume account. In my mind, one quotation stands above all others. It is when Carter breached a small hole in the tomb's door. He inserted a candle.

"At first I could see nothing, the hot air escaping from the chamber causing the candle flame to flicker, but presently, as my eyes grew accustomed to the light, details of the room within emerged slowly from the mist, strange animals, statues, and gold—everywhere the glint of gold.

"For the moment—an eternity it must have seemed to the others standing by—I was struck dumb with amazement, and when Lord Carnarvon, unable to stand the suspense any longer, inquired anxiously, 'Can you see anything?' It was all I could do to get out the words, 'Yes, wonderful things.' Then widening the hole a little further, so that we could both see, we inserted an electric torch."

Generally forgotten, today is the curse. Yes, the curse, and I was quite mindful of it when we traveled Carter's path down the famous sixteen steps. Found supposedly in the tomb was a curious clay tablet inscribed with the words: "Death will slay with his wings whoever disturbs the sleep of the Pharaoh."

This tablet was later to be exposed as a newspaper manufactured fraud. A dispatch released to the press by a bogus archaeologist claimed to have translated a hieroglyphic wall inscription that read: "Let them be destroyed who attach my name and foundation, my effigies, the images like into me!" But stirred in with this fiction was an impressive catalogue of fact.

First, we must start with Carter's pet canary. My wife and I once sat on Howard Carter's shaded veranda at Elwat el-Dibun, the porch where Lord Carnarvon often rested. Here was kept the canary's cage. On the day the tomb was opened, the canary was swallowed by an asp, the same type Egyptian cobra that had done in Cleopatra.

But, on to another pet and to a cast of humans. Most prominent was Lord Carnarvon himself. The wealthy British peer who bankrolled the expedition died suddenly at age 57 in Cairo a few months after having entered the tomb. Of generally weak constitution, his Lordship had been bitten by one of Egypt's notorious mosquitoes. The next day, while shaving with an ivory-handled straight razor, George Herbert, the Fifth Earl of Carnarvon, infected the fateful bite. His death certificate listed "erysipelas" as the cause.

It is said that at the precise moment of death, all the lights of Cairo inexplicably went out for five minutes. The blackout was investigated by British and Egyptian authorities. No explanation could be found. As Carnarvon's son, now Lord Porchester, the Sixth Earl, later recalled:

"I had asked Carter at breakfast if he could translate the two Egyptian papers in which I noticed there were huge mourning bands. He told me that the papers said that King Tutankhamun, to avenge himself, had induced my father's death, and he had plunged the city into darkness. This was the beginning of the legend of King Tutankhamun's Curse."

Carnarvon's demise was compounded by the death of Suzie, his favorite three-legged terrier. As the lights winked out in Cairo, Suzie howled in anguish and dropped dead thousands of miles away in England. The faithful dog had been given to Carnarvon by his son. As the younger Lord Carnarvon continued:

Discovery!

"One final incident may be of interest. I had given my father a fox terrier bitch called Suzie. When I went to Mesopotamia in World War I, I asked him if he'd look after her. He did so. She was ten years of age and had lost a leg in the blackout of 1917 when run over by a taxi. Mrs. McLean, our wonderful Scotch housekeeper at highclere, told me that at five minutes to four, London time being two hours ahead of Cairo, Suzie sat up on her hind legs, emitted a howl like a wolf, foam slobbered from her lips, and she fell back dead."

When asked in a 1977 television interview about the curse, the current Lord Carnarvon replied that he "neither believed nor disbelieved it." But significantly he added that he would "Not accept a million pounds to enter the tomb of Tutankhamun in the Valley of the Kings."

Tutankhamun vengeance was seized upon by the world press as "Death by Association" captured headlines. And, a strange web of events did evolve. The question persisted: Could a curse come down through 30 centuries to bring doom to all who disturbed a pharaoh's body? In addition to Carnarvon, many of those who ridiculed the idea of a curse died in either peculiar ways or by illness difficult to diagnose.

At the opening of the tomb, Arthur E.P. Weigall, the British Inspector of Egyptian Antiquities and special correspondent for the London Daily Mail, remarked to a companion: "If Carnarvon goes on in that jubilant spirit, I give him six weeks to live!" Later, Weigall could give no rationale for his comment other than there was "something" inexplicable in the air that had both surprised and frightened him.

Death came in fast order. In September 1923, Aubrey Herbert, Carnarvon's younger brother and an x-ray specialist died while enroute to Egypt to examine Tut's mummy. He had not even been in Egypt when the pharaoh's resting place was "disturbed."

An early tomb visitor, Sir Lee Stack, British governor-general and commander of the Egyptian army during the Protectorate Period, was murdered by terrorists—shot down—soon afterward in the streets of Cairo. As a result, the British reinstated full colonial authority in Egypt, setting the stage for fiery confrontations yet to come.

Carnarvon's friend, the American railroad magnet Jay Gould, entered the tomb. He caught a cold the day after his visit and died of pneumonia.

Archibald Reid, the man who cut the cords which bound Tut's mummy, also died unexpectedly—and inexplicably. And, Arthur Lucas did an autopsy of sorts on Tut and upon completing his task died of a heart attack.

The French Egyptologist Georges Beneditte toured the tomb, staggered and fell and died. The Egyptian Ali Kemal Fahmy Bey was also there; soon afterward he was shot to death by his French wife. She didn't know why she pulled the trigger.

Carter's second-in-command, Arthur Mace, suffered a physical and mental breakdown, and died before Tut's artifacts had been removed from the tomb. Another Carter lieutenant, his secretary Richard Bethell, died in "unusual circumstances."

They were indeed dropping like flies in Upper Egypt. A catalogue of death and tragedy grew ever larger. But, events juxtaposed in perspective present a different tableau. Let's briefly construct another list.

The Egyptian fellah who actually uncovered the first of the sixteen steps leading down to Tutankhamun's grave died within recent memory. Archaeology's most famous peasant related his tale of discovery to the tourists of five decades. During the same years, of the five who first entered the tomb, all but one lived a long life. Twenty were present when the sarcophagus was opened; all but two lived a normal life-span, as did most who examined the mummy. This list also goes on and on.

And, what of the great man himself, Howard Carter? He lived on almost to the start of World War Two, dying at the age of 66. As to physical harm inflicted by the will of a long dead pharaoh, Carter once said, "There was no place freer from risks than in the tomb." To him, the "curse" was nothing more than another entertaining ghost story.

But, there really is a curse, and I was a small part of it. Ever since 1922, scientists, officials, and thousands of the casually curious have trooped down the mystical sixteen steps to pharonic immortality. Over the years, salt from human perspiration, carbon dioxide from man's breath, the wear and tear of trooping feet, and the baleful glare of flash bulbs have wrecked havoc on the tomb and its artistic inscriptions. Recently, the Egyptian government was forced by events to close Tutankhamun's tomb, perhaps never again to reopen to the public. This is the real mummy's curse!

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About The Author

Dr. Arthur A. Delaney is associated with the Garden City Public Schools. He is a freelance writer who has published some 500 articles in a variety of periodicals, including many in *Discovery*,

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READER RATINGS



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

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

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

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

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

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

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

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DINING GUIDE

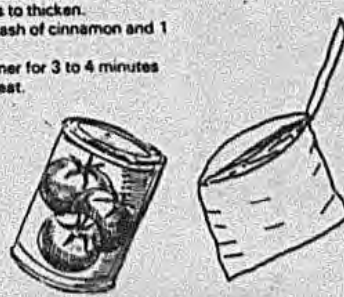
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READER RATINGS



Q. When one approaches a receiving line and is asked to give a name, does one say, "Mrs. Jones" or "Mrs. John Jones" or "Mr. Jones" or "John Jones"?
 T.F.
 A. You just say, "Mrs. Jones" or "Mr. Jones" or more usual now, "John Jones". If you are a very special Jones, the person who introduces you finally to the guest of honor, sometimes has the opportunity to define you as it were. The receiving line should never be held up for lengthy conversations, however.

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READER RATINGS

Excellent Restaurant
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The cuisine in Continental, Northern Italian, the service, superb, the ambience elegant. I would rate it dining at its very best. Whether you are celebrating a special event or in the mood to be pampered, I heartily recommend this very fine restaurant.

Incidentally Giulia's Ristorante is owned and operated by two charming brothers, Ivan and Peter, who will do their utmost to make your dining experience memorable. Truly, you will feel that you are in France or Italy. E.H.

DINING GUIDE

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

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

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

(Guide to Good Dining)

You can apply to join "Reader Ratings"! If your establishment has been missed, or you have not yet answered our invitation, we invite you to call Litterer Publications at WE 1-012 for more details as they might apply to your restaurant.

Litterer Publications
The Reader Participation Newspapers

By Carol Cutler

Talk can be entertaining

Sociologists, social arbiters and grammarians all lament the decline in the art of conversation. People speak in shorthand, and it's up to the listener to fill in the missing syllables. Umpire is ump, and referee is ref. Worse yet, grunts are supposed to be verbal replies.

Today's fast-paced lifestyle is partly to blame. So is television. You can't watch the tube and carry on a dialogue at the same time.

Furthermore, families today are pulled in many directions. George goes off bowling, while Sissy is taking an aerobics class and Marian is off with her reading group. Dinners together are fast fading into quaint old-fashioned memories.

Talk time is critically important in getting along well together. People who discuss their problems, or differing points of view, rarely allow small misunderstandings to balloon into heated hot air.

When we invite people into our homes, we put aside many hours to spend with them, which means entertaining them and conversing. We should also consider being kinder to ourselves and those close to us.

Husband and wife, especially, lack uninterrupted time together. Too often they are just too tired to even want to think. Let alone talk. If that is the case around your house, make it a point to schedule some chitchat time. You'll be surprised how many nice things there are to discuss, not just problems.

Remember in the middle ages when no one had a dishwasher? After dinner members of the family took turns at KP duty. One washed, one dried and maybe still another put everything away. Then came the efficient, noisy dishwasher, and with it, an end to that enforced conversational period.

Washing and drying dishes is a

mechanical procedure that requires little concentration. That leaves one free to turn thoughts to all sorts of subjects. It's the perfect time to indulge ourselves in some constructive talk time — big, little, serious or frivolous.

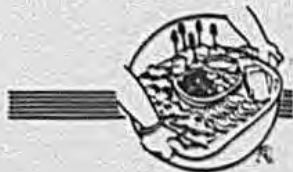
On the rare occasion when you can gather the family together for the evening meal, try to keep a lively and pleasant conversation going during dinner. Then send the children off to bed, to prepare homework, or just to read some worthwhile book. Notice that television is not suggested. Young ones don't need encouragement for that listless pastime.

Then the parents leisurely wind down the evening in the kitchen. The dishwasher is ignored and the dish mop and towel are brought out of the deeper corners of the cabinet.

You will both be surprised how rewarding uninterrupted time to talk can be. You might even find children wanting to participate in this Victorian pursuit. Encourage them.

In fact, why not invite the family to participate in a joint cooking session some rainy weekend day. A single cook who happens to be very fast and nimble could produce these delicious morsels alone. Helping hands make a neater and faster job of it.

Assign one or two helpmates to roll the dough into balls. Someone else to dip the balls into ice water. They are then passed on to the keeper of the sesame seeds, and finally to the baker. Happy togetherness.



HEALTH WATCH

Health care costs expected to more than double by 2000

The average American's yearly health care costs are expected to skyrocket by the year 2000.

Average health care costs per person



SOURCES: Health Care Financing Administration; Self magazine



Fantastic ways with frozen vegetables

By Sharon Achatz

One of the best bags of tricks for a chef on the run comes straight from the freezer — 1-pound or 2-pound bags of cut-up frozen vegetables.

Come time for a faster-than-fast side dish, it's easy recourse to pull a packet from the freezer and microwave or simmer for serving in minutes. An added benefit is that you need use only as much from the bag as you think you'll eat, returning the rest of the frozen fare to the freezer for later use.

The quality of frozen vegetables is excellent and the array of available options enormous, so that a chef with a well-stocked freezer need not offer the same selection twice in several weeks.

If prepared simply according to package directions, however, frozen vegetables basically are bland. It's simple, with the addition of just a few herbs and spices — and a few refrigerator staples such as jelly, cheese or orange juice — to transform old standbys into sensational offerings such as the recipes that follow.

MEXICAN CORN

1 (10-ounce) package frozen kernel corn
 ½ cup chunky salsa, drained
 ¼ teaspoon ground cumin
 ¼ teaspoon chili powder
 Yields 3 to 4 servings.
 Preparation time: 10 minutes.
 Cook corn according to package directions; drain.

Stir together corn and remaining ingredients; heat covered with plastic wrap in microwave 1 minute or in saucepan over medium heat 3 minutes, or until warmed through.

HONEY CURRIED CARROTS

1 tablespoon margarine
 1 (1-pound) package frozen sliced carrots, thawed
 2 teaspoons curry powder
 ¼ cup orange juice
 1 tablespoon honey
 Yields 6 servings.
 Preparation time: 8 minutes.
 Heat margarine in frying pan over medium-high heat.
 Add carrots and curry and cook, stirring, 30 seconds. Add orange juice and honey; bring mixture to boil and cook 3 minutes.

Reduce heat to low and cook an additional 2 minutes until liquid in pan is almost evaporated and carrots are crisp-tender.

LEMON ORANGE CARROTS

1 (1-pound) package frozen

sliced carrots
 ½ cup orange marmalade
 2 tablespoons lemon juice
 2 tablespoons margarine
 Yields 6 servings.
 Preparation time: 10 minutes.
 Cook carrots according to package directions; drain.
 In medium saucepan, combine carrots, marmalade, lemon juice and margarine. Stir and cook over medium heat until vegetables are evenly coated and heated through.

CREAMY VEGETABLE MEDLEY

2 cups water
 1 (10-ounce) package frozen sliced carrots
 1 (10-ounce) package frozen cauliflower florets
 1 (10-ounce) package frozen peas
 1 (10½-ounce) can cream of chicken soup
 ¼ cup water
 1 cup grated Cheddar cheese
 1 tablespoon dried minced onion
 Yields 8 to 10 servings.
 Preparation time: 15 minutes.

In saucepan over high heat, bring 2 cups water to a boil. Add frozen vegetables; bring to a second boil, cover, reduce heat and cook at low boil until tender, about 8 minutes. Drain.

In same saucepan blend soup, ¼ cup water, cheese and onion; add vegetables. Heat, stirring occasionally, about 5 minutes or until warmed through.

QUICK TIP

Many recipes call for cut-up cooked chicken. A quick way to keep some at hand is to drop chicken pieces into boiling water as soon as you get home from work.

It cooks while you're preparing the night's meal.

When the chicken is done, pull the meat from the bone — or use boneless chicken breasts to eliminate this step and reduce cooking time. Then, cut up or tear the meat into bite-size bits, cool completely and pack into freezer bags to store for up to two months.

Sharon Achatz is a free-lance writer.

DINING GUIDE

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DISCOVERY

Warming trend in the tundra

The plants of the cold tundra and taiga regions have been building up carbon dioxide over the millennia — an estimated 450 billion metric tons. It is believed the warm '80s may have caused the release of 2 billion tons of CO₂, a greenhouse gas.



KITCHEN KIDS



It's time to enjoy breakfast on the patio

By Rena Coyle

Now that the weather has finally broken and the mornings are warm and clear, having breakfast outside makes a great leisurely way to start the day.

Weekend mornings are a wonderful time for the family to get together and review the past week's activities.

Often weeknights are so busy that the thought of a quiet family dinner is completely out of the question. Here is a chance to make up that lost time.

Children often enjoy preparing a special breakfast. Depending on their ages, you will help them decide what to make.

Younger children, especially those under the age of 5, will need lots of guidance but make terrific sous-chefs.

Each recipe given is full of steps and procedures for those young kids. Older children can easily master all the steps and prepare the recipes on their own.

The Savory Omelet is filled with delicious fresh spinach and lots of fresh herbs. This fragrant egg dish is easily put together and cooks slowly in a covered skillet. The eggs remain moist and won't take on color, just like the true French omelet.

To accompany the eggs, there is nothing tastier than roasted potatoes. Using Red Bliss potatoes about the size of a toddler's fist won't require peeling away the skin. Simply slice and toss with fresh rosemary and olive oil; these potatoes roast while the omelet is cooking. It's a great side dish.

Toast, biscuits or bagels never tasted as good as they will with a fresh strawberry spread.

Once warmed, these berries will burst with flavor, and with a touch of mint, it will be like no other spread you have ever tasted.

Your kids will easily be able to prepare this breakfast in less than an hour. It will entertain them and keep them busy while you get to have a few extra minutes of sleep.

SAVORY PAN OMELET

8 eggs
2 pounds fresh leaf spinach
1 bunch Italian parsley
1 bunch fresh basil
1 cup grated Parmesan cheese
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons olive oil
Yields 4 servings.
Preparation time: 15 minutes.
Cooking time: 20 minutes.

Utensils: medium mixing bowl, whisk, cutting board, knife, large skillet with cover, serving platter.

Crack eggs into mixing bowl, whisk to blend. Set aside.
Rinse spinach under cool water.

Shake off any excess water. If spinach is very dirty, rinse it once more. Pull off stems and set leaves on cutting board. Slice into thin ribbons.

Pull off leaves from Italian parsley and place them on cutting board. Chop leaves into small pieces. Set aside.

Pull basil leaves off stem. Rinse under cool water and shake off excess water. Put them on cutting board and cut into thin ribbons. Set aside.

Combine greens with the eggs, cheese, salt and pepper. Toss until blended.

Heat oil in skillet over medium heat. When hot, add egg mixture and cover. Cook for 20 minutes.

Once cooked, turn off heat and carefully remove skillet from stove. Slide omelet out of pan onto serving plate. Cut into 4 equal pieces and serve hot.

OVEN-ROASTED POTATOES

10 medium Red Bliss potatoes
1 sprig fresh rosemary
3 tablespoons olive oil
¼ teaspoon salt
¼ teaspoon pepper
Yields 4 servings.

Preparation time: 15 minutes.

Cooking time: 20 minutes.

Utensils: cutting board, knife, measuring spoons, cookie sheet, oven mitts, spatula.

Preheat oven to 400 F.

Rinse potatoes under cool water. Place on cutting board and, one at a time, cut into ¼-inch slices.

Pull rosemary leaves off stem. Put them on cutting board and chop into small pieces.

Toss olive oil and rosemary with potatoes until coated. Season with salt and pepper.

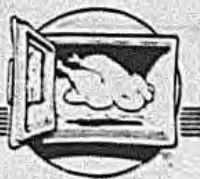
Put potatoes on cookie sheet. Carefully put potatoes in oven and roast for 10 minutes. Using spatula, carefully toss potatoes and continue to cook for another 10 minutes.

Turn off oven and, with mitted hands, remove cookie sheet. Serve while hot.

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

KITCHEN KIDS





Desiree Vivea

By Willard Abraham,
Ph.D.

Healthy contradiction

Peanut butter turned 100 years old in 1990. It started out quietly enough as a nourishing and easily digested food concocted by a St. Louis physician for his patients. Today, almost half the peanuts grown in the United States are made into peanut butter.

America is chock-full of peanut butter lovers. In fact, we consume more peanut butter than any other nation in the world (more than 3 pounds per person per year).

Peanut butter and banana is said to have been Elvis' favorite flavor combination. Kurt Vonnegut, William F. Buckley Jr., Larry King, Chris Evert and even Julia Child are among some of the celebrities who have confessed to a love for the gooey spread.

Shopping tips? Not on this one. One brand of peanut butter is much the same as another. By law, it must contain 90 percent peanuts by weight. The remaining 10 percent will consist of vegetable oils, salt and sugar. So there's not really much variation between brands when it comes to the ingredients.

That still leaves you with a decision to make: creamy or chunky? Studies have shown that men prefer the former, women the latter. Why? That's still a mystery.

Bad news, PB-lovers: It's really fattening. (Even so, at about 190 calories for 2 tablespoons, that's still fewer calories than two slices of American cheese.) For a healthy and relatively guilt-free way to enjoy your peanut butter, spread it in thin layers on apple or pear slices or celery sticks.

While the calories may be numerous, at least they're not empty. Peanuts contain twice the protein of dried beans, and they're a good source of dietary fiber and a variety of nutrients.

Peanut butter is popular with both adults and children. The U.S. government introduced peanut butter sandwiches into school lunch programs in the 1940s, so for many adults, it's one of those comfort foods (like Mom's meatloaf) that reminds them of childhood days.

And more than 90 percent of today's schoolkids say they eat peanut butter at least twice a week. (The average American will consume something like 1,500 peanut butter sandwiches by the time she graduates from high school!)

A good PB&J sandwich is an American tradition, but peanuts can do so much more. They're used creatively in cuisines the world over. West African cuisine, for instance, makes extensive use of peanuts as in the famous "Groundnut Chop," a chicken stew flavored with roasted peanut meal.

In Malawi, peanuts are called "monkey nuts"; peanut butter is "monkey nut butter." Peanuts also play a prominent role in cuisines of India, Southeast Asia and Indonesia.

If you're looking for a new and definitely different way to enjoy

your "monkey nuts," try microwave-easy Thai Palace Noodles or Peanutty Spinach.

And peanut butter lovers will rush to top cakes, cupcakes and cookies with fabulous Peanut Butter Rum Frosting.

THAI PALACE NOODLES

6 cups water
 1/2 teaspoon salt
 1/2 pound thin spaghetti noodles
 1/2 cup chunky peanut butter
 1/4 cup soy sauce
 3 tablespoons water
 2 tablespoons cider vinegar
 1/4 teaspoon ground dried ginger
 2 teaspoons sesame oil
 1/4 teaspoon garlic powder
 1/2 teaspoon red chili garlic paste (available in Asian section of markets)
 1/2 cup chopped cilantro
 3 chopped green onions
 2 tablespoons finely chopped roasted peanuts

Yields 4 servings.

Preparation time: 15 minutes.

Cooking time: 30 seconds to 1

minute (plus time to cook noodles).

Oven setting: MEDIUM-HIGH

(70 percent power).

Boil water and add salt. Cook noodles conventionally according to package instructions.

While noodles cook, measure peanut butter into large microwave-safe mixing bowl. Microwave 30 seconds to 1 minute, to melt. Add soy sauce, water, vinegar, ginger, sesame oil, garlic powder and red chili garlic paste.

When noodles are cooked, drain thoroughly and add to peanut butter sauce. Fold in chopped cilantro and green onions and garnish with chopped roasted peanuts. Serve immediately.

PEANUTTY SPINACH

1 (10-ounce) package frozen spinach
 1/4 cup chunky peanut butter
 1 egg
 2 teaspoons all-purpose flour
 1/4 teaspoon lemon juice
 Dash pepper

Yields 4 servings.

Preparation time: 10 minutes.

Cooking time: 7 to 10 minutes.

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

Place spinach in 1-quart microwave-safe casserole. Cover and microwave at HIGH setting 5 to 7 minutes, until defrosted, stirring to break up halfway through cooking time. Drain thoroughly.

Place peanut butter in medium-size microwave-safe mixing bowl. Microwave at MEDIUM-HIGH setting about 1 minute, or until melted. Beat in all remaining ingredients.

Fold peanut butter mixture into drained spinach. Cover and microwave at MEDIUM-HIGH setting 1 to 2 minutes longer.

MICROWAVE MAGIC

Dr. Abraham: My grandpa smokes like a chimney, bolts down martinis like they are going out of style, laughs at people who do aerobics and eats meals that regularly include meat, rich desserts and lots that are salty or sugary. He is 81 years old and going strong.

So what is all this about not smoking or drinking, exercising and watching your diet? It sounds like a bunch of baloney to me.

You have opinions about a lot of things. How about this one? — Skeptical Me

Skeptical Me: Nobody with common sense would insist that living a so-called healthful life will guarantee to extend one's years — or that ignoring the factors of healthful living (like your grandpa appears to be doing) will necessarily shorten one's years.

Other factors are at work on each of us, like the genes we inherit, the environment we live in, the way we (and others) drive and the stress or lack of it in our daily schedules.

Many, but not all, who adhere to healthful habits may tend toward improving the quality of their lives as well as possibly prolonging them. Although that is what some competent research says, it doesn't mean that the findings apply to all those studied in the research or to all others in our society.

That's why the odds are against those like your grandfather, but fortunately for him they don't work that way against all individuals.

So wish him for me many additional years of good health. And please let your own common sense keep you on the non-smoking, no or at least moderate drinking, stress-controlled, sensible diet and exercise pattern. Your grandfather may laugh at you, but you'll be playing the odds.

Dr. Abraham: For the life of me I can't seem to find anything, nothing at all, that my parents and I look at the same way. Whether it's money, hobbies, choices of movies or TV programs, music, art or politics, having the same likes or dislikes is a total zero.

It hasn't always been like this. I just recently noticed it, kind of suddenly, that if I say "black" or "yes," they will say "white" or "no." See what I mean?

I'm 15 years old, and we will probably live together for three more years, until I go to college, so this is a gruesome long time to live like this.

What can or should I do about it? Or should I even expect them to make some changes? — No Name

No Name: Other teens may not have said all this exactly the way you did, but many do express feelings of this type. And it's no coincidence that such conflicting family attitudes may occur during the early and middle teen years, and sometimes during the later teens.

One book occurs to me that could be helpful to both you and them. If they and you read at least part of it and then talk about some of the ideas, it might be useful in

getting you to see a little more clearly through each other's eyes. I hope so.

Most good libraries have this book on hand: "Between Parent and Teenager" by Haim Ginott (Avon). Although it dates back some years, it is still among the best. Other books on this subject are usually on library shelves near this one.

Dr. Abraham: Maybe I'm missing something because in at least one way I'm not at all like some kids I know. Most of my friends are either 15 or 16 years old (I'm 15), and most of them (all girls) have a really terrible relationship with their mothers. Their dads are OK, but they argue with, clam up or resent their moms.

I have a hard time understanding that because I think my mother is terrific (my dad, too, but that isn't the point here). She is a good listener, lets me discuss things with her and gives me advice but only when I ask for it. We don't agree on everything, but there isn't anything we can't talk about, which of course includes sex.

I think this is just fine, but I wonder if it is unusual with other girls as it is with some I know. What's your opinion on all this? — Satisfied Girl

Satisfied Girl: You are definitely not the only one who has such a comfortable relationship with parents. However, from what I often hear from teens, one might think the parent/teen situation is a constant battle.

Believe me, it isn't. So appreciate your folks as I imagine they enjoy having you around. To establish what you have frequently requires patience, sensitivity to each other's needs and a real desire to get along with one's parents or teen-ager.

How about letting me know what you or they may have done to reach your satisfying goal? Opinions from others are welcome, too. It's a topic of concern in many families.

Dr. Abraham: He won't sit close to me or even hold my hand, and I know that kissing is out of the question. But I do like him so much, so I don't want to scare him off by coming on too strong. What should I do? He is 16 and I'm almost 13. — Wondering

Wondering: Your situation is one I've heard about many times, from boys as well as girls who are around your age. Even older teens sometimes bring it up.

His attitude may be based on a sort of shyness that will probably wear off in time. It is "time" that is the factor here, with the hope and expectation that his attitude will change. It usually does.

So try to hang in there. Enjoy your relationship and put pressure out of the picture. You're no doubt right in realizing that it could be a mistake.

FOR TEENS

Cooking Corner



Serious chefs talk chocolate

By Orlando Ramirez

Is there a food that provokes as much passion as chocolate?

Experts detail the benefits of fresh vegetables and whole grains, while others make the case for fresh seafood or pasta, but if you want to get people excited, just mention chocolate.

Proof — ever hear of a vanilla-holic?

To sate those cravings for the gooey dark mixture of the cacao bean, sugar and butter, the good people of the "Great Chefs" cooking series have a new program and accompanying video titled "Great Chefs: Chocolate Edition" ready to go.

The one-hour special, which airs on PBS stations this spring, is a compilation of various "Great Chefs of the West," "Great Chefs of New Orleans" and other "Great Chefs" series that focus on the world-renowned chefs preparing dessert recipes.

The video is available from Great Chefs products, P.O. Box 56757, New Orleans, LA 70156-6757; (800) 321-1499.

Among the chefs included are Rick O'Connell of San Francisco, and Donna Nordin of the Cafe Terra Cotta in Tucson, Ariz., as well as the three chefs presented here.

These recipes are not difficult. The trick is in the involved preparation, but all four recipes produce a knock-out chocolate dessert.

"Chocolate seems to offer what people want," says Chef Mark Miller of the Coyote Cafe in Santa Fe, N.M., and most recently the Red Sage in New York. "They now seem to be gravitating to sensual foods. But they want a taste experience with a lot of reliance on flavors by using less fats, less butters and creams."

To fit the bill Chef Miller has been experimenting with ethnic and foreign foods since his training at the reigning Chez Panisse in Berkeley, Calif.

In fact, Miller sees himself as something of an academic, having graduated with a degree in anthropology from the aforementioned university, and he sees his experimentation with foods as an outgrowth.

"Many of my ideas come from taking an indigenous technique or ingredients and (using) them in a modern form."

One of these ingredients happens to be chocolate, which is native to North America and was not used by Europeans until Hernando Cortes introduced the concoction to the Spanish court after his conquest of the Aztecs.

Miller says he uses chocolate in non-dessert sauces, similar to how Mexican cuisine incorporates it in-

to mole, the sauce that mixes chilies and chocolate.

For a recent wine-tasting, he served quail in a merlot-based sauce that included ancho chilies, plums, a bit of roasted coffee and unsweetened cacao — the base of chocolate — that brought out the subtle flavors of the wine.

"The American public needs to learn to use sauces not based on stocks, fats or olive oil," says Miller. "They need to learn that ethnic flavors can be subtle and sophisticated."

For his contribution to the "Great Chefs: Chocolate Edition," Miller goes to an indigenous source as inspiration for an Ibarra Chocolate Cake, a flourless chocolate torte.

Ibarra chocolate is a Mexican brand found in most ethnic markets — look for the octagonal red-and-gold packaging. Unlike Nestle's Quick or other chocolate-milk products, Ibarra chocolate is bittersweet and comes in ¼-inch-thick cakes and is blended with cinnamon and almonds. It is melted in a sauce pan with milk, then whisked to make hot chocolate.

Miller doesn't use Ibarra chocolate in this recipe.

"Ibarra is too granulated and won't smooth out," he says. "Though it's a good flavor for a pudding or flan."

The Ibarra Chocolate Cake can be made a day ahead to help the flavors intensify, but Miller suggests you wait to glaze until the day it is served.

Adding excitement to eating is one thing Chef Schmidt, now the partner in four Detroit-area restaurants, including Tres Vite, Cocina del Sol and Buster's Bay, has done well.

Schmidt, who comes from America's Midwest, received the French Classic and Provençal Culinary Arts Diploma from Luberon College in Avignon, then trained under Madeline Kamman at Modern Gourmet Inc. in Newton, Mass.

In 1985 he co-founded The Rattlesnake Club in Denver, then the Ariondacks in Washington and then The Rattlesnake Club in Detroit.

After splitting with his partner in 1990, Schmidt stayed with the Detroit Rattlesnake and added the others. He opened his latest restaurant, Stelline, in Troy, Mich.

At The Rattlesnake Club they let the white chocolate "mellow for a number of hours in a bread proofer set at 70 F. Then we roll them out by the thousands."

Schmidt has experimented with variations on the recipes, saying that they have used raspberry, passion fruit and peach praline stuff-

ings, but that a dark chocolate can't substitute for the *trompe l'oeil* of the white chocolate.

In fact, the white chocolate can fool even the best cooks. Schmidt tells of a time they air-freighted some of the ravioli to a fan in the Washington area.

The fan put the ravioli in boiling water and was outraged when he looked in the pot and there was nothing there but a brown mess.

He called The Rattlesnake Club and was outraged at what he considered to be a shoddy product.

"There's nothing in my pan!" the man sputtered.

"I had to explain there was no need to cook them," laughs Schmidt. "I explained it's kind of like a truffle."

"It can't be raining when you cook this crust," warns Chef Kathy Ruiz, of the self-titled Kathy's Restaurant in Houston.

The crust in question is a delicate meringue that is subject to deflating with just the slightest hint of humidity, for which Houston, being near the Gulf Coast, is famous.

"We get requests for it every day," she says. "But we only make it once a week or twice a week, depending on the weather."

Nonetheless the Chocolate Cream Pie with Meringue Crust is a popular item. The reason, says Ruiz, is the crust.

"Where the crust meets the mousse can get gooey, but the bottom is still going to be crisp," she says. "The point to the dish is texture and contrast."

The idea for a meringue crust came from her grandmother, says Ruiz, a third-generation Texan and native of Houston.

"It's something I remember from when I could barely walk."

Although she has a degree in biology and spent three years working in the oil industry, her passions led her to cooking professionally.

"I learned on everybody else's money," she says of her training under several chefs at many different restaurants before striking out on her own and opening Kathy's, where the menu changes daily and features an "eclectic" selection drawing on basic American cuisine.

To get a successful crust, use a larger-than-normal pie pan and apply the meringue at least 1 inch thick, Ruiz says.

For a variation, she adds 3 tablespoons cocoa powder to the meringue, "to give it a really nice color and flavor."

In fact, according to the chef, the recipe is in a perpetual state of evolution.

"It depends on my mood," she says of the different ingredients she adds to the filling. "There's no limit. Sometimes I add whole raspberries, candied orange peel, chunks of toffee or Baileys liqueur — you name it."

The one thing that she always adds to the chocolate mousse is one-quarter cup Grand Marnier or Chambord.

"When you add the espresso to the chocolate it looks like something burnt," she says. "Right after the espresso, add the liqueur and it smooths it right out."

One last instruction — be sure to serve this pie right away. The me-

ringue crust turns chewy overnight.

If there is one thing all three chefs agree on is their abhorrence for semisweet or milk chocolate.

"Chocolate is underused as a flavoring," says Miller. "The chocolate used in the United States is overly sweet. I don't like milk chocolate at all."

"Milk chocolate doesn't have any flavor," adds Ruiz. "I like to taste the cocoa flavor. Milk chocolate doesn't have that bite."

Schmidt suggests you buy bittersweet chocolate in bulk and use it for all your baking needs.

"You can always sweeten it up by using more sugar," he says, noting that you'll be paying for the sugar with sweeter products and this way you have better control over the exact flavor you want.

IBARRA CHOCOLATE CAKE

- Cake
- 2 cups blanched almonds
- 3 oranges
- 3 ounces bittersweet chocolate, grated
- 1½ teaspoons ground cinnamon
- 6 eggs, separated and at room temperature
- ¼ cup sugar
- 3 tablespoons freshly squeezed orange juice
- 3 tablespoons Grand Marnier Glaze
- 5 ounces bittersweet chocolate
- ½ ounce unsweetened chocolate
- 1 tablespoon light corn syrup
- ¼ cup (1½ sticks) unsalted butter

Yields 10 to 12 servings.

Preheat oven to 350 F. Butter bottom and sides of 9-inch spring-form pan, line with parchment paper and butter and flour parchment paper.

Roast almonds on baking sheet for 5 to 7 minutes, or until slightly browned. Place in blender or food processor fitted with steel blade and grind finely. While almonds are roasting, remove orange zest from oranges with zester or vegetable peeler and chop finely.

In bowl, combine almonds, orange zest, grated chocolate and cinnamon. Set aside.

Beat egg yolks until light and lemon-colored, incorporating as much air as possible, and when thick, add sugar in 2 parts. In another bowl, beat egg whites until stiff. Beat dry ingredients, orange juice and ½ of egg whites into egg yolks, then rapidly fold in remaining egg whites.

Pour batter into prepared pan and bake in middle of preheated oven for 35 to 40 minutes, or until cake pulls away from sides of pan. Loosen sides of pan and cool 10 minutes. Invert cake onto rack to cool and remove paper. When cool, paint with Grand Marnier.

To make glaze, break chocolate into small pieces and combine all ingredients in top of double boiler. Heat pan, and turn off heat as water comes to a boil. Beat with whisk until smooth.

Place cake on rack over pan or wax paper and pour glaze in center. Tilt cake to distribute glaze evenly, and allow cake to sit for 45 minutes. Repeat with remaining glaze and let glaze set for 45 minutes before serving.

Note: Cake can be made up to a day in advance and should be kept at room temperature.

Garden Talk

By C.Z. Guest

Q. Why is the other person's garden and lawn greener? What do you think?

A. If so, perhaps they read the labels on garden and lawn seed packages a little more carefully. This year, gardeners will spend millions of dollars on garden and lawn seed, much of which will be wasted for lack of following the instructions.

For example, purchasing a carton of lawn seed at random and simply throwing the seeds on the ground can be the same as throwing money away. The type of lawn desired, time of year it is to be planted and the area of the country are all critically important factors that many never consider.

Indeed, some top-brand seed package labels have come a long way in recent years, providing a lot more than just plant names and seeding of lawns. Much of the information is useful long after the seed meets the soil, including comprehensive planting instructions and optimal planting dates for each region of the country.

Those looking for help need not look any further than the packaging to learn everything they need to plan and grow successfully. Finding and succeeding with garden and lawn seed can be as easy as A-B-C.

So take the time to read package information when buying, it may also save frustration, time and even money later.

Q. Will peonies grow well in warm climates such as Florida?

A. No. They require below-freezing temperatures to complete their rest period.

Q. How deep do tree and herbaceous peonies need to be planted? And when should they be planted?

A. This is one of the most-asked questions since most people haven't a clue!

The crown, from which the buds arise, should be only 1 to 2 inches below the soil level. Peonies should be planted in the fall or early spring.

In fact, planting time can be done any time until the ground freezes, but the ideal months are September and October.

This gives them ample opportunity to become partially established before winter.

Q. I never get a crop of lettuce; it seems to go to seed before I can use it. Any suggestions for the coming season?

A. Lettuce will bolt (or set seed) when subjected to warm temperatures. It's generally sown directly into the garden in mid-March to early April while the weather is cool.

If you have transplants, they should be set out in mid-April to early May.

Lettuce is a cool-weather crop; staggered plantings (every 10 days) will extend the period of harvest, as all the lettuce will not be at a harvestable stage at the same time.

Our Children

By Willard Abraham



Troubled teen isn't parent's fault

Q. I am so tired of being blamed for all the terrible things one of our children has done. Carrying around this "guilt load" is just too heavy.

We have three sons, all of whom have been loved, cared for and cherished in every way. If any of them has been treated differently from the others, I just don't see it.

The two oldest ones are mature, bright and independent. Our youngest one has been a problem ever since his early years. He is bright enough to do fairly well in school, but there is a whole history of lying, stealing and cheating.

Now he has started to drink (he is 16), and I'm afraid he will get into the drug scene. With the kind of friends he has, that is a distinct possibility.

I need some consolation and hope you can provide at least a little bit.

A. A concept that has helped some parents like you is based on children who are "vulnerable" and "invulnerable."

The first ones are part of families that sound like yours and yet they cause many kinds of grief for their parents and themselves.

The "invulnerable" ones may grow up in poverty, a questionable type of family situation or with some other serious problem and not only survive but become high achievers and contributors to society.

Although children's environment and the model their parents provide are important, so are the genetic and even unknown factors that affect their development.

Blame put entirely on parents is often misplaced because the burden has to be shared or even totally placed on the child or some other cause detrimental to his or her development. Parental influence is important, of course, but too much emphasis has been put on parental responsibility. Sure, it's significant, but not always the whole story.

Professional counseling might be considered, including parents and child. If not all three, at least the parents should seek help to release them from the burden of guilt that too many carry for too long.

Q. At our pediatrician's office waiting room, I picked up a copy of a magazine that I guess is mainly for professionals like him. I was surprised how readable it was and how useful some parts of it might be for other parents, too.

An article in an issue of *Pediat-*

rics especially caught my eye because I've always wondered about the dangers of children crossing the street. It alerted me to how serious this issue is and the fact that it gets less serious but still is of concern as kids get older.

Three childhood age levels were discussed in this article, with parents' overestimations and expectations most dangerous at the 5- and 6-year-old ages.

Fewer problems were noted at the 7- and 8-year-old levels, and with children 9 and 10 years old, the parents were generally able to accurately assess their abilities to cross safely.

So what's the bottom line for me and other parents? Check on those little ones because as the article said, "Pedestrian injuries remain the most common cause of death from trauma for the 5-to-9-year-old group."

Horrible childhood figures were mentioned, like more than 50,000 annually injured as pedestrians (of whom 1,300 die), 18,000 admitted to hospitals and 5,000 with significant long-term consequences.

That certainly doesn't mean that we parents should ignore the lesser dangers of our older kids. Our parental responsibilities last beyond the younger years.

Doctors' waiting rooms can certainly include more than social chitchat. I just thought this was a good example of how to pass the time.

A. Thanks very much for your input. *Pediatrics*, which is published by the American Academy of Pediatrics, is a highly respected professional journal — and obviously not always just for physicians.



GARDEN TIPS

Soil preparation

- Till soil with a rotary cultivator or long-handled spade when the ground thaws.
- Mix compost or rotted manure into soil in spring and fall.
- Moist soil and let it dry slightly before planting.
- In fall, use shredded leaves as a soil conditioner.



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Fitness Forum

It's never too late to begin exercising, according to Edward Jackowski.

"Engage in regular exercise for one year and the body reacts as if it had been exercising since birth," writes Jackowski in his bantam booklet "America, You're Exercising Wrong" (Exude Inc.).

The manuscript — subtitled "100 Fallacies, Facts and Tips" — is the result of his dozen years of working with thousands of clients as a motivational fitness consultant.

In 1985, Jackowski founded Exude, a fitness company in New York City designed to eliminate loopholes and the excuses people have for not exercising.

Today, having worked with 5,000 individual and corporate clients — ranging from executives to weekend jocks, from children to senior citizens — Jackowski has crafted a number of conclusions about exercise and fitness.

His key finding is that, for years, people have been exercising but not necessarily getting fit.

Jackowski is a professional member of the American College of Sports Medicine, the International Dance Association and American Council on Fitness. He also is certified with the Aerobics and Fitness Association of America.

Before you invest in any fitness program, you must first consider your lifestyle, body type, physical constraints (if any) and budget, according to Jackowski, a nationally syndicated columnist. He also is a fitness adviser to *Parents* magazine.

Exercise to relax, according to Jackowski, who has a bachelor's degree in business administration.

"Escape to your exercise routine for 45 minutes of no phone, no kids, no boss and no problems.

"In time, your body will better be able to adapt to stress," remarks Jackowski, who also has a degree in organizational and behavioral management.

Jackowski initially created his exercise techniques to train as a defensive back for the University

of Missouri football team and later as a professional rugby player.

"Just because you take aerobic classes doesn't mean you are aerobically fit. Most people participating in aerobic classes cannot jump rope for five minutes without resting," warns Jackowski.

He also notes that 60 percent of those who participate in aerobics classes injure themselves because they do not warm up and stretch properly in advance.

Women should beware of stair climbers, according to the fitness author.

"For certain body types, stair climbers will actually increase the size of buttocks, legs and thighs. Medium- to large-framed women should stay from stair climbers and step classes."

Here are other points from Jackowski's book:

- An \$11 jump rope is one of the most important pieces of exercise equipment in which you can invest. Jumping rope reduces fat on legs, thighs and hips, increases agility and strengthens muscles throughout the body, including the heart.

- Exercise can help to combat depression, high blood pressure, high cholesterol and hypertension.

- Muscles generally need four to six weeks to respond positively to exercise.

It's important to work at your pace, not others'.

- An hour of housework burns about 180 calories.

- If the same exercise routine day after day is not getting results, vary it with different exercises.

- Too much exercise can lead to insomnia, stress and injury plus a preoccupation with fitness, diet and body image.

- Six out of 10 individuals who purchase fitness equipment never use it after six months, according to the *Wall Street Journal*.

- Much of the physical frailty attributed to aging can be halted or even reversed through proper eating and regular exercise.

- Only 32 percent of Americans 65 and older exercise regularly.

THE HEALTHY GOURMET

By Kit Snedaker

Italian menu tasty, low-calorie

More pasta books come out every year reminding us that this cuisine is among the world's finest and lowest in calories and fat.

Here is a menu that proves it. Begin with classic Minestrone, move to Sicilian Pasta with Sardines and end with Cappuccino Chocolate Mousse. None of these will break your calorie/fat budget. All of them are wonderful.

Best of all, both the minestrone and the pasta are meals in themselves, and the mousse could be a finish with a flourish for any meal.

MINESTRONE

1 cup coarsely chopped onion
 1/2 cup coarsely chopped carrot
 1/2 cup coarsely chopped celery
 1 teaspoon chopped garlic
 2 tablespoons water
 8 cups low-sodium chicken or beef broth
 1/2 cup tubular pasta such as elbows or ditalini
 2 cups rinsed, trimmed, coarsely chopped Swiss chard or escarole, packed
 1 cup lima beans, frozen or canned, rinsed
 1 cup trimmed and sliced green beans
 1/2 cup trimmed and diced zucchini
 1/2 cup fresh or frozen small peas
 1/2 cup peeled, seeded and diced fresh or canned tomatoes
 Salt to taste
 1/2 cup finely chopped fresh basil or Italian parsley
 1 tablespoon olive oil
 Yields 6 to 8 servings.

Each serving has about 150 calories, 4 grams fat, 1 milligram cholesterol and 480 milligrams sodium.

Combine onion, carrot, celery, garlic and water in large saucepan. Cover and cook over low heat 10 minutes, stirring occasionally, until vegetables are tender. Add broth and heat to boiling. Stir in pasta; cook, stirring over medium heat 5 minutes.

Add Swiss chard or escarole, lima beans and green beans, and cook uncovered for 20 minutes or until vegetables and pasta are tender. Add zucchini, peas and tomatoes and cook 10 minutes. Season with salt to taste.

Whisk basil and oil together in small bowl. Ladle soup into bowls. Swirl 1/2 teaspoon of basil oil into each bowl and serve.

CAPPUCCINO MOUSSE

2 teaspoons unflavored gelatin
 1/2 cup plus 2 tablespoons low-fat milk
 1 ounce semi-sweet chocolate, grated (save 1 teaspoon for garnish)
 1 1/2 teaspoons instant espresso coffee powder
 1 teaspoon vanilla extract
 10 ice cubes
 Cold water
 6 egg whites
 1 tablespoon granulated sugar
 1/2 cup thawed frozen dairy whipped topping, divided
 Yields 8 servings.

Each serving has about 70 calories, 3 grams fat, 1 milligram cholesterol and 60 milligrams sodium.

Sprinkle gelatin over milk in saucepan and let it stand for a minute or until it softens. Cook over low heat until gelatin is dissolved, another minute. Add chocolate, espresso powder and vanilla. Stir over medium heat until chocolate is dissolved.

Put ice cubes in mixing bowl and cover with water. Set saucepan with chocolate mixture on top of ice cubes. Stir until mixture is cold and about the consistency of egg whites.

Put real egg whites in another bowl and beat with electric mixer until soft peaks form. Stir some of whipped topping into chocolate mixture. Fold in a third of beaten egg whites and then alternate with whipped topping. Be sure to save some topping for garnish.

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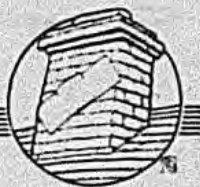
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Here's How



By Gene Gary

Q. The caulking between the tub and tile is cracked and chipping. Is it possible to put a new bead of caulking over the old, or must the cracked caulking be removed? What is the best method of repair? — J.M.

A. Do not put new caulking over the old. Most of the old caulking can be removed by scraping it out with a screwdriver or razor blade knife. Be careful not to scratch or chip the tub or tiles.

Use a solvent such as paint thinner to remove any remaining residue unless your tub is fiberglass. Scrapers and solvents will mar the fiberglass finish. Use a nylon scrubbing pad and fiberglass bathtub cleaner instead.

When the joint is clean and dry, fill with a bead of acrylic latex or silicone-base tub and tile caulk. Smooth the caulk by running your

finger, moistened with water, along the bead. Be sure and remove any excess caulking immediately with a damp cloth.

Q. Recent earthquake activity caused several cracks in the cement floors of our home. We plan to install new carpeting, so repair of these floors may be necessary. What would you recommend? — R.W.

A. It would be wise to repair the cracks. Even small cracks can grow into extensive crack systems, which would impair the structural integrity of the concrete. Very likely you can do this yourself if you have basic mechanical skills. There are a variety of materials available for patching concrete: portland cement concrete, bituminous pavement patching mixture, fast-setting cementitious materi-

als and polymer concrete. The polymer materials are very effective for small repairs.

Softer concrete around cracks and holes should be chipped back several inches in order to expose strong, hard concrete. Use a hammer and cold chisel and undercut the edge of the sound concrete to a depth of 1 inch so the patch will have a lip to which it can bond. The opening should be thoroughly swept with a stiff-bristle brush and vacuumed to remove all chips and dust.

If using a polymer product, prime the area with liquid resin, then fill with patching compound and trowel smooth.

If using portland cement, make up a small quantity of pure portland cement into a gruel-like bonding grout. Wet the area to be patched thoroughly. Then brush this solution on the edge of the old concrete to help the new concrete bond.

Use pre-mixed concrete. For small cracks use what's called sand mix — without gravel; on larger jobs where the concrete must have structural strength, use gravel mix. Fill the cracks with the concrete mix and finish with a

steel trowel for a smooth surface. Let it set for about an hour before final troweling.

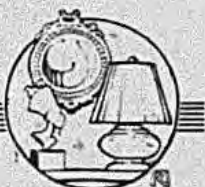
New concrete must dry slowly to cure properly. Re-wet the patch daily for several days, and keep it covered with a vapor barrier. Larger patches should be left for five days or so before bearing traffic.

The repair of small cracks that do not have soft or crumbling concrete on the sides is much easier. Use one of the special epoxy adhesives available today, or sealants recommended for concrete pools. Be sure the concrete is dry and the cracks free of loose dust. Force the epoxy or sealant into the crack as far as possible, and smooth it flush with the surrounding surface.

When using any of these products be sure and follow manufacturer's directions to the letter. If a primer is recommended be sure and use the type recommended for the sealant or epoxy being used.

Patching small repairs yourself is economical, while larger jobs are best handled by experienced specialists.

Decor Score



By Rose Bennett Gilbert

Closing up wide-open spaces

Q. The living room of our new condo is very large. There is a fireplace near one end, so I guess I'll put the sofa there. But we'll have to buy more furniture for the room, and I'd like your advice.

A. If your space is really generous, you might want to use the sofa you already have as the central element in a secondary grouping and buy new pieces for your main seating area. To balance the space in large rooms, more than one center of interest is necessary. Often, a dining table, piano or game table will carry enough visual weight to do the trick. In your case, so might a sofa-side chairs-coffee table arrangement, like the one on the far end of the room we show here.

The designer has angled a contemporary sectional seating group on an area rug, staking the center of interest in front of the fireplace, then balancing it with a secondary grouping against the other wall. Although you can't see them in a black-and-white newspaper, the color scheme of the upholstery and rugs ties the two groups together. So do the throw cushions: Their pattern repeats on both sofas. Also worth pointing out: While the overall attitude of the room and its basic furniture is traditional, the soft edges and curved lines of the sectional seating per se is a contemporary notion.

Q. My husband is planning to put ceramic tile in the basement when he finishes off a playroom for the

kids. I know he's right, that tile is a practical idea down there, but it's going to be so cold for them to play on. Can you suggest anything else quick?

A. I'd suggest that you speed off to your nearest tile store and ask about new low-heat devices you

can build into your floor. One such system, "Warm Touch," consists of a mesh threaded with heating wires that is installed in the layer of adhesive directly under the tiles. Ceramic is a prime conductor, so the low heat will radiate across the floor, keeping it warm and cozy to the touch.

What a nice way to put an end to cold tile floors in the bath, kitchen and sun porch, too. It's not a do-it-yourself idea, however; the manufacturer (WK Heating Systems of Joliet, Ill.) makes it clear that all electrical connections must be done by a qualified electrician.

Q. As a concerned consumer, how can I tell if the furniture I buy is made with wood from an endangered species? Should I just boycott all tropical woods, like mahogany?

A. I'm happy to report that the furniture industry is also concerned about the sources of the woods they use — and for a very logical reason: Without preservation and forest management, they'd soon be out of wood, therefore, out of business. As a concerned consumer, ask your salesman about the source of the wood in the furniture you're considering. If he doesn't know, ask him to find out, but don't just boycott blindly. Tropical timber would then have no value, no reason for locals in the rain forests to practice any kind of conservation or reforestation.

Want more information? Write the Rainforest Alliance, 270 Lafayette St., New York, NY 10012.

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



INNER SPACE — A contemporary seating group angles gracefully in front of the fireplace in a large, open living room.



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Help Wanted

COLLEGE AGED INDIVIDUAL needed for light housekeeping and child care of eleven year old boy, our home, 2:30-5:30 p.m. \$8/hour, Mon., Tues., Thurs. Call after 6 p.m., 248-0044. *gcj1*

LEGAL TYPING WITH Experience for small Mineola law office. Must have knowledge of word Perfect 5.1. Fridays, 9-5 p.m. & Sat. flexible. Send resume with salary requirements to Louis Brush, 101 Front Street, Mineola, N.Y. 11501. *gcmy4*

INTERESTED IN A SECURE second income? Announcing a unique opportunity for you to earn extra income in your spare time. There's no risk. Training Available. Serious inquiries only. Please call Phil, 384-3855. *wmy4*

ARE YOU EARNING WHAT you are worth? ***If you believe in yourself***contact your local OMNITRITION Independent Marketing Associates***No experience necessary. Call 741-7543 or 447-6850. *gcmy4*

GARDENER'S HELPER NEEDED. Approx. six hours weekly. Reliable hard worker. Experience, preferred, but not necessary. Retiree OK, 741-6533, leave message. *wmy3*

REAL ESTATE ACTIVE of fice now hiring sales people, incentives. Call for confidential interview. 742-0900. *gcj2*

MOTHER'S HELPER TO spend summer in Westhampton Beach helping care for my 3 children. Call evenings 739-2241. *gcj1*

PT GARDNER NEEDED for caring for flower beds. 741-5714. *gcj1*

Help Wanted

SUMMER HELP WANTED Apply Village Hall, 61 Baker Hill Road, Great Neck. Must be over 18 years old. \$5.50/hr, 40 hour week. *gcmy4*

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

TEMPORARY P/T Receptionist for local office. Mon.-Thurs., 9-5. 746-0445. *gcMY3*

COLLEGE STUDENTS /TEACHERS need P/T employment this summer? Resorts USA a division of the Rank Organisation needs people to present our vacation program to qualified clients in our Garden City office. Evenings / Weekends, salary / commission. Call 248-2450. *gcMY3*

REAL ESTATE SALES Position - Well established Realty office serving the area for 78 years has openings available. Call R. Valentine for details. Valentine Agency. 746-7200. *wj24*

EXPERIENCED CHILD CARE provider needed for 5 mos. old in my Garden City home. Mon.-Fri., 8-7, English speaking, non-smoker. Checkable references required. 746-9659. *gcj1*

TEACHERS WANTED TO TUTOR: Mathematics, SAT Math, Physics, Chemistry, Biology, Earth Science, European History, American History. Flex. hours. Good pay. Call 741-3550. *wMY3*

LEGAL SECRETARY. SMALL Congenial Williston Park office, must have law office experience, preferably real estate and knowledge of computer; client contact essential. Salary open. 746-2072. *wMY3*

Help Wanted

MATURE, RESPONSIBLE WOMAN need to care for 2 boys ages 1 and 4, for school teacher. Light housekeeping, English speaking, driver's license and references. Call after 4 p.m. 489-5980. *gcj1*

AIDE/COMPANION FOR Elderly Alzheimers spouse. Live in/live out. Neg. days & evenings. Sunday night - Friday. Call Michael 352-1301. *gcmy3*

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. *gcmy3*

MOTHER'S HELPER WANTED P/T. Hours flexible to help with 2 children. Salary open. Franklin Square area. References. call 354-6201 *gcj1*

P/T RECEPTIONIST WANTED Nights & Weekends. Active real estate office. Experience preferred. Light typing, phone & computer. 873-2000. *wMY3*

SECRETARY/RECEPTIONIST FOR construction firm, typing, computer, etc. F/T. New Hyde Park area. 746-3435. *gcMy3*

FULL TIME CHILD care provider needed for infant in our Garden City home (Mon.-Fri.) beginning in August. English speaking, non-smoker, own transportation, checkable references required. 742-4821 after 5 p.m. *gcj2*

CARPENTER/CARPENTER'S HELPER work in Nassau County. Tools & transportation \$6-\$8 an hour. Clean license 746-3435. *gcMy3*

A DOMESTIC TOUCH INC. We provide excellent quality care in Nannies • Housekeepers • Companions Live in/out. References checked. Licensed, bonded & insured. Free one week trial. (718) 225-9194. *hy2*

Situation Wanted

NICE LADY FROM IRELAND, seeking situation for housekeeping/companion for elderly. Excellent references. Williston Park, Mineola, Roslyn area. 5 days a wk. 294-8917. *wj2*

POLISH LADY - RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick, elderly, or children. 292-8116 *gcj2*

Situation Wanted

CHILD CARE AVAILABLE IN my New Hyde Park home, P/T, F/T, Weekends or Overnight. Reasonable rates. \$5 an hour. Excellent references. 354-8158. *wmy4*

AIDE OR COMPANION - MATURE, reliable, honest. Loves working with elderly. Five days, live in. (718) 397-7130. *wmy4*

I AM A MATURED & CERTIFIED Companion & Aide. I have lots of love and care to offer your elderly or sick. I am available P/T or F/T, 785-6469. *gcmy4*

POLISH WOMAN LOOKING for housecleaning job. Experienced and good references. Call Ula 481-5576. *gcmy4*

GARDEN CITY COLLEGE Student seeks job babysitting children 3 - 10 years old. Daytime. Available now until August. (Mon-Fri) 437-0137 *gcj2*

HOUSECLEANING - I HAVE GOOD References available and experience. Honest & own transportation. I do a good job, for small/big house. Please call after 7 p.m. 877-0630. Ask for Cida. *gcmy4*

MATURE WOMAN, SPANISH speaking. Housecleaning or ironing. Live in or out, part time, flexible days. Good references. 485-9215, anytime. *gcj2*

EXPERIENCED NURSE'S AIDE or companion aide with reference, own transportation. F/T position. 565-9142 or 678-7094. *gcmy3*

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

SEEKING HOUSECLEANING POSITION. Willing to work 6 days a week. Own transportation. Speaks English. Reliable. 642-0179 *gcj2*

EXPERIENCED PERSON SEEKING job as companion. Mon. to Fri. preferably. Live out. 485-6276. *wj2*

HOUSECLEANING JOB WANTED. Experienced & references. \$45 for 3 hours. 292-7313 *gcj2*

YOU NEED A BABYSITTER. I'm available any time. Own transportation, good reference with a lot of experience. Please call Anna at 935-4959. *gcmy3*

Situation Wanted

ATTENTION VACATIONERS - WOULD You like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. *gcMy4*

HOUSECLEANING AVAILABLE. Good references, own transportation. Call after 3 p.m. 489-7924. *gcmy4*

RESPONSIBLE, EXPERIENCED Caring mother of 3, loving, well behaved school age boys, will care for your child in my Garden City home F/T, Mon-Fri. References available. 294-6971. *gcmy3*

HOUSEKEEPER AND CHILD Care, Live out, English speaking, 2 years experience, good reference. Call 489-4503. Leave message. *gcj3*

POLISH WOMAN IS looking for housecleaning job. Experienced, own transportation, references. Call after 4 p.m. 538-1328. *gcj2*

RELIABLE POLISH WOMAN looking for housekeeping job. Experience 538-6738. *gcj2*

BABYSITTER, CHILD CARE Mature lady, Monday, Wednesday, Friday, own car, your home, loves children. American, speaks English. Non-smoker. Excellent references. 741-7673. *gcj1*

A CARING TRUSTWORTHY Nursing assistant/Babysitter with 5 years experience and excellent references seeks employment to care for young/elderly (718) 849-0711. *gcMy4*

EXPERIENCED HHA SEEKS job to take care of elderly or sick. Reference available. Interested persons can call Karen at 868-6851. *gcMy4*

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., 488-2047. *gcmy3*

Situation Wanted

SEEKING A POSITION AS Companion/Aide. Live in or out. Contact Theims - 718 527-6937. gcmj4

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

POLISH LADY LOOKING FOR House Cleaning &/or Ironing. Good references and experience. Call 489-8006. gcmj3

EMERALD CLEANERS "Irish cleaning Services" House: Apts: Offices. Now available in your neighborhood. All phases of cleaning. Reasonable rates. Dependability & quality guaranteed. Excellent references. Call Ann (718) 267-1110. gcmj4

RESPONSIBLE, EXPERIENCED HOUSECLEANER available Mon., Wed., & Sat. 474-8875. Call after 6 p.m. gcmj4

HOUSECLEANING POSITION WANTED for any day of the week. 739-2128. Please call after 5:30 p.m. gcmj4

CHILD CARE AVAILABLE NYS certified early childhood teacher with Master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wmy3

BABYSITTER AVAILABLE FIVE days a week, afternoons only. Experienced, good references, own transportation. Please call 338-4306. gcmj2

HATE DOING ERRANDS? Grocery shopping, dry cleaners, birthday & graduation gifts, clothes etc., or even setting up parties? Let someone else do it for you! 2 college students looking for summer work to supplement daytime jobs. Willing to run errands on weekday evenings and Friday mornings. Call Erin and Beth. 775-6822 & 488-7214. gcmj1

LONG TERM GARDEN CITY resident with own transportation desires position with elderly to shop or deliver for those confined at home, or to chauffeur those who wish to be accompanied. Please contact Ms. Susan 742-9030. gcmj2

NEED A COMPANION for the aged or a baby and children's nurse? Call Rose at (516) 623-8387. gcmj2

EXPERIENCED, RELIABLE LPN with very good references, seeking position to take care of your elderly or sick, P/T. Will do light housework. Call Jennv 623-7604. gc

BABYSITTER/CHILD CARE Retired, licensed, professional nurse will care for your child Monday-Friday. Good references, own car, non-smoker. (718) 276-0655. gcmj1

DEPENDABLE PERSON SEEKING job to take care of elderly on weekend. Contact Ethel McLaren, 546-5459. Live out. gcmj1

Situation Wanted

COLLEGE STUDENT WILLING to care for elderly person. Excellent references. Call Jennifer 488-5332. gcmj2

NURSE'S AIDE AVAILABLE full time. Experienced with references. Call 489-9251 or 481-6366. gcmj1

HOUSECLEANING, OFFICE AVAILABLE. Experienced, responsible and good references. Call Vilma 485-3562. gcmj1

IRISH GIRL/COMPANION, Aide available. Honest, reliable with references. Day/Nights. Linda (718) 347-4345. gcmj2

HOUSEKEEPER/BABYSITTER, OFFICE cleaner, cooking for elderly. Experienced, references available. Own transportation. Call (718) 969-4625. gcmj2

HOUSECLEANER AVAILABLE, EXPERIENCED, references, English speaking, honest, own transportation. Call (516) 747-8523. gcmj2

CERTIFIED NURSE'S AIDE with experience will take TLC of your loved ones. Mon.-Fri. 8 p.m. - 8 a.m. Responsible and reliable. Excellent references. Ask for Rose Mon.-Fri. at 747-7228 between 9:30 a.m. - 5:30 p.m. and 326-2917 other hours. gcmj2

Real Estate for Sale

GREENPORT - STERLING EASTERN Shores, 7-year old Colonial. Excellent condition. 4 BRs, 2 baths, large kitchen, den w/fl, basement, garage, deck, sh/d. 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. 739-6102. gcmj3

STEWART MANOR DUPLEX Move in condition. 3BRs, 1 1/2 Bths, LR/Fpl, FDR, EIK, TV room, finished basement, deck. Walk to all. Principals only. Owner. 326-7847. gcmj1

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. gcmj4

STEWART MANOR, 3 BR's, 2 bath Colonial duplex, LR/Fpl, FDR, EIK, finished basement, new siding \$219,000. By owner 327-0984. gcmj4

SOUTHOLD WATERFRONT HOME 100 feet with deep water dock. Completely modern & newly decorated 3 double BRs, 2 full Bths., Fm. Rm/Fpl., oversized screened deck overlooking in-ground pool. Location! Location! Location! 741-2832. gcmj1

Real Estate for Sale

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

RIDGE, LEISURE GLEN, Beautiful Greenport Model. 2 BR, 2 Bath. Many extras. \$210,000. 744-0915. gcmj3

GARDEN CITY 1.3 ACRES with IGP. Built for entertaining. 4 BR's, 4 1/2 baths, center isle EIK, FDR, LR/Fpl, library, screened in porch, 2 car garage. Principals only. \$675K 248-4182. gcmj4

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

GARDEN CITY - BY OWNER Center hall Ranch, 3 BRs, 2 Bths., New EIK, Garage, roof terrace, CAC, in-ground sprinkler. \$322,000. Call 248-5404. gcmj2

NORTH FORK 2-STORY Dutch Colonial plus auto repair garage on one residential acre in Cutchogue \$218,000. Principals only. 734-6133 9 am to 8 pm. gcmj3

GARDEN CITY ESTATES Mint Colonial 4 BRs, 2 1/2 Bths. 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. gcmj3

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. 741-3556. GCMY3

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

MATTITUCK/WINE COUNTRY Gorgeous 5 year young custom built 5,000 square feet Contemp expansion Ranch. 1 1/2 acres, 5 BR's, 3 1/2 baths, huge LR, DR, EIK, 23 x 30 entertainment room w/wet bar. Open hearth stone Fpl, CAC, full basement, 800 square feet possible apt. 2 car garage, deck, white stone & cedar exterior. Private road leads to beautiful professionally landscaped property. Must be seen. Principals only. \$330,000 Days (516) 298-8398, Eves & W e e k e n d s (5 1 6) 724-9610. gcmj4

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. gcmj2

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 \$ 1 6 5 , 0 0 0 . (7 1 8) 454-8134. gcmj3

GARDEN CITY BORDER/WEST Hempstead. Absolutely mint. LR/FPL, DR, EIK, 3 BRs, 2 baths, patio, porch, 40x100. \$179,000. Principals only 483-4922 gcmj3

GARDEN CITY CONTEMP. Bright & spacious 3 BRs, 3 Bths, study/TV RM., & garage on ground level, finished Bsmt., underground sprinkler system etc. Reduced asking price to \$ 3 5 2 , 0 0 0 by owner. 437-7934. gcm3

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. gcmj3

EAST WILLISTON ENGLISH Tudor, 3 BR's, 1 1/2 baths, den, finished basement, in-ground sprinklers, 2 car garage, totally renovated European kitchen, park-like grounds. Mint condition. Asking \$405,000. Days (212) 309-3125, ask for Joe. Eves (516) 248-0139. gcmj1

GARDEN CITY ESTATES by owner. California Ranch, 4 large BRs, 2 baths, large LR/Fpl, FDR, EIK, study, family room, CAC, 2 car garage, large property \$289K. Principals only. 741-5216. gcmj2

SOUTHOLD TRADITIONAL 3BR, 2B Ranch. LR/Fpl, Fam. Rm., DR, Fin. Bsmt., IGP, Excellent Location. Reduced \$214,000

Cutchogue - Young 3BR, 2B Ranch, Park-like setting. Walk to beach and boating. Better than new. Just listed at \$225,000

Southold, Striking Contemp. on 1 plus landscaped acre in private bay beach community. 3/4 BRs, 2 1/2 Bths, Fpl, Deck and CAC. Just reduced to \$269,000

Nassau Point Bayfront, First Offering! Interesting home plus 2 Room Guest Cottage situated on 1 plus treed acre. Priced to sell \$449,500

Mattituck Waterfront Architect designed Contemp. Ranch. Maintenance free. Deck, decks & deep water. 3BRs, CAC, All Amenities. \$495,000 **Marion King Realty** 734-5657. gcmj3

Real Estate for Sale

CATHEDRAL GARDENS BRICK Colonial, 3BRs, 2 1/2 Baths, 70x125 corner property, \$210K, owner, 538-2082. gcmj3

ESTATES RANCH IMMEDIATE sale. Owner relocating. 4 BRs, 3 New Bths., New Country Kitchen, 2 Car, Sprinklers, Alarms. Price reduced \$425,000. No brokers. E v e & W e e k e n d s , 741-5477. gcmj4

WILLISTON PARK COLONIAL for sale. LR, DR, Oversized Oak Kitchen, 5 BRs, 2 1/2 Bths, Finished Playroom. 2 Car Garage, Patio, \$3,200 Taxes. Must See! 248-8845. wjn2

EAST MARION BAYFRONT Breathtaking views from this 2 story Victorian. Living & Dining Room/Fpl, 4 BRs, Wraparound Porch. Asking \$700,000. Marilyn Lang Realty, 734-6472, 734-6690. gcmj2

MASSAPEQUA SUNNY BRIGHT, 4 BR Hi Ranch with 2 car garage. School District #23. Professionally landscaped property with large back yard. Great for the family & boating \$200's. Mr. Grasso 775-6035. gcmj2

SOUTHOLD MINT COLONIAL in prestigious location features LR/FDR, Fam. Rm./Fpl, Lib., Master BR Suite with dressing room plus 2 BRs, 1 1/2 Bths, CAC, professionally landscaped. Newly listed at \$295,000

Laurel Custom Ranch, LR/Fpl, DR, Fam. Rm., EIK, Sunroom, 3BRs, 2Bs, 2 Car Garage. Reduced to \$170,000 Nassau Point Bayfront Estate, 4.3 subdividable wooded acres with 300 foot waterfront. Luxurious traditional home. 5BRs, 5Bs, plus guest quarters, spectacular views, sandy beach \$1,250,000

Southold Secluded Cedar Shake Ranch on 1 plus wooded acre, great room / Fpl/Cathedral Ceiling, 2BRs, Wraparound Deck. Bike to beach \$175,000

Laurel Bayfront Mini Estate. Mint 4BR, 2 1/2 B, Country Home. Great room/Fpl, Den, Custom Kitchen. Separate Lot included, sandy beach. Forever views. Reduced \$475,000. Lewis Realty, 765-5810, 298-4600, 734-5533. gcmj3

GARDEN CITY RANCH HOME Mint Condition. 4BRs, 2.5Bs, LR, DR, Den, Mod. Kitchen, Fin. Bsmt., 100 x 160. Reduced to \$555,000. Owner 248-7332 after 6 p.m. gcmj2

GARDEN CITY ESTATES Brick & Stucco, Maintenance Free, Corner House, 3BRs, 2 1/2 Bths, Den, Large LR/Fpl, DR, EIK, Detached 2 Car Garage, New Thermal Windows, New Driveway. \$325,000, or best offer. Owner 294-6214. gcmj2

GARDEN CITY ESTATES CH Cape, 3BRs, Den, 2Baths, LR/Fpl, DR, EIK, Gas/Hot Water Heat, All Appliances. Walk to LIRR, All Schools, \$360,000. Principals Only. 294-0124. gcmj2

Real Estate for Sale

CUTCHOGUE WATER-FRONT CABIN - Summer fun is yours in this snug 4 room home with walk way to floating dock & beautiful inlet & Bay views. Short walk nearby community beach. New gas heat, new pump, wood burning Fpl. Just reduced \$20,000 to \$189,000 for quick sale. Hurry in! Bookmiller Real Estate 722-4423. gcMy3

GARDEN CITY - SPACIOUS 3 BR, 2 1/2 Baths, LR/Fpl, DR, EIK, Den, Fin. Bsmt., 2 car, fenced yard with patio. Walk RR, quiet area. \$299,000 Owner (212) 473-0526. gcjn2

MANHASSET CONDO LOCATION, Duke of Gloucester, Williamsburg Town House. First time offered by owner. 2 BR, 2 1/2 Baths, 3 Fpls., private yard. Convenient to all. Walk to RR. \$435,000. 627-1749. gcJn1

GARDEN CITY DUTCH COLONIAL Prime location, immaculate. LR/Fpl with French doors to patio, awning terrace, spacious Master BR/Fpl, Large EIK, 6BRs, 4 1/2 Ba, through CH with Dutch doors, 2 Car Garage, 1/2 acre. Many additional features. Asking \$950,000. Owner 248-9342. gcjn2

GARDEN CITY SPLIT, 3BRs, 2 New Bs, Mod. EIK, New Carpeting. Well Maintained. Must See. Principals Only. \$340,000. 248-8503. gcjn2

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/GREENPORT New Homes at August Acres. Capes, Colonials, Ranches on wooded 1 acre lot w/private beach rights form \$186,000. Open 10-5 except Tues & Wed. Call for details 777-0500. gcjn2

GARDEN CITY ESTATES, 4BR's, 2 baths, expanded Ranch. DR, LR, large family room/Fpl, modern EIK, finished basement with cedar store room, quiet street. Walk to schools, RR. \$425K Principals only. (516)248-3699. gcMy4

GARDEN CITY MINT 3 BR Colonial, 1 1/2 baths, LR/Fpl, DR, family room, EIK partially finished basement, patio, garage, alarm, in-ground sprinklers. Reduced & priced to sell. \$329K firm. Principals only. 747-3604. gcMy4

GARDEN CITY COLONIAL Mint 4 BR's, 2 1/2 baths, LR, FDR, den/Fpl, EIK, laundry room plus 4 room suite, professional/Mother/Daughter, 1/2 bath, CAC, sprinklers, 2 car garage. Asking \$469,000. (516)538-1812. gcMy4

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0019

Real Estate for Sale

GARDEN CITY ESTATES by owner: Mint condition. 4 BR's, 2 1/2 baths, side hall Colonial on manicured lot with beautiful deck. LR/Fpl, FDR, modern EIK. Finished recreation room in basement. New appliances. Low taxes. Principals only. 741-6550. \$379,000. W-MY-4

NORTH FORK, L.I. Prime Gardner's Bayfront Vacation luxury in a 14 acre community. Amenities galore, spacious units starting at \$129K. Susan Hallock, Broker 477-8657. gcMy4

EAST WILLISTON C/H COLONIAL, 3BRs, 1 1/2 Bs, LR/Fpl, DR, EIK, Finished Basement, CAC, patio, Fenced rear yard, 100 x 110. Walk to LIRR. Attached 1/2 car garage. Owner \$320K 741-0489. hj1

GARDEN CITY ESTATES, Section Updated 4 BR. Colonial, 3 Baths, EIK, CAC, low taxes. Reduced to \$399,000. Principals only. 747-2794. gcMy4

EAST WILLISTON WHEATLEY schools. 4 BR's, 2 baths, CH Splanch, FDR, finished basement, California jacuzzi room, immense deck, garage. \$349,500. Keller (516) 747-0535. gcJn1

GARDEN CITY ESTATES, Meadbrook Rd. (Bet. Stewart & Stratford Ave.) 3 story CH Tudor, brick, plank & stucco, 60x110 lot. 4 BR's, 3 1/2 baths, full basement, 2 car garage with storage loft. Walk to LIRR, 1 1/2 blocks to Stratford School. Walk Middle School, High School and Adelphi. Main Floor: Entry vestibule, CH, large EIK, large FDR, large LR/Fpl, den off LR, powder room. Second floor: large Master BR with full bath, 2 double BR's with full bath. Third floor: BR, full bath, good closets/storage throughout. Good condition. 742-8447. Owner \$445,000. gcJn1

GARDEN CITY NORTHEAST Colonial. Perfect condition 3 BR's, 1 1/2 baths, LR/Fpl, DR, finished basement, EIK. No brokers. \$311,000. 746-4118. gcJn1



OPEN HOUSE BY Owner. 30 Middleton Rd., corner of Harvard, Garden City. 4 BR Cape, low taxes. Sat., May 22, 2-4 p.m. gcMy3

SUNDAY, MAY 23, 1-3 p.m., 231 Brixton Rd., Garden City. Stunning Contemp. Splanch. Estates area. Features: LR, Cath. Ceil, ultra Kit, 3 BRs, 2 Baths, & Den. Motivated seller, bring deposit. \$395K. Also Exclusive 3 BR home, large property. Great buy \$285K & 2 BR Co-Ops. Great location. Best buy below market \$90K-\$135K. Wilson Realty. 746-1563. gcMy3

Co-Op For Sale

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 CHERRY VALLEY Co-Op, 1BR, first floor, CAC, great condition in prime location. \$69,500, neg. 742-7642. gcJn1

GARDEN CITY CHERRY VALLEY 2BR Co-Op. First floor, new bath, modern, w/d, A/C, Extras. \$125K. Owner 746-5168 evenings. gcJn1

GARDEN CITY CO-OP Sunny 2 BR, Second Floor, 1 Block LRR and all shopping, refinished floors. \$116,000. Leave message. 873-9469. gcmy3

GARDEN CITY, STEWART/FRANKLIN building. Old World Charm in this spacious 2BR Co-Op. Top floor, LR/FPL, EIK, A/C, \$139,000. Make offers. 294-5696. gcmy4

1 BR CHERRY VALLEY Co-op, totally renovated, storage space, CAC, full amenities, must see. Will take any reasonable offer. Mid \$80's. Owner anxious. 248-5347. gcmy3

CHERRY VALLEY, 1BR Second floor, court yard. \$57,500. Call 775-5736. gcmy4

GARDEN CITY, CHERRY VALLEY Mint, first floor, 1BR, new kitchen, carpet. Maint. 70% deductible. Best reasonable offer, upper \$60's. Principals only. 488-5718. gcmy4

MINEOLA HORTON HOUSE Co-Op: Front apartment, 1BR, New Kitchen, New Bath, loads of closet space, Air Conditioning. Parking available on and off premises. Principals only. \$78,000. 741-5210. gcjn4

GARDEN CITY CHERRY VALLEY Co-op. Spacious 1BR, new EIK. Prime location. Walk to RR and stores. Maint. 80% deductible. Principals only. 742-6843. Mvat see. Mint Cond. \$82,000. gcmy3

CHERRY VALLEY CO-OP First floor, 1 BR, 1 bath. Walk RR, stores. \$68,500. Hubbell & Klapper 747-2900. gcMy3

MINEOLA GARDEN PLAZA, Largest 1 BR, wall to wall, 2 A/C's, Euro kitchen/dishwasher, many closets. Walk to RR & shops. Top floor, courtyard view. Must sell. \$95,000. neg. Owner 746-4032. gcJn2

GARDEN CITY 2BR - Second floor and unit facing 15th Street. A/C, washer/dryer, attic, garage. \$109,000. 294-0269. gcmy4

MINEOLA, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 gcjy2

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

MINEOLA/GARDEN PLAZA - Large 1BR Co-Op, Beautifully Renovated. Ideal location. Walk to RR, shops and hosp. Courtyard view. Must see to appreciate. Owner. 741-8854. wjn2

CO-OPS & CONDOS, ATRIUM PLAZA, 1BR, 1B Duplex, EIK, 1 Gar. Rent/Buy Cherry Valley 2BR, 1B, LR, EIK, CAC \$89,000 2BR, New Bath \$115,000 Mineola's Harrison House 1BR, 1 Bath, CAC, Lndry, 10' ceiling \$129,000 2BR, 1 Bath, CAC, Lndry, 1 Gar \$129,000

Mineola Horton House 1BR, 1 New Bath, Walk All \$70's

Mulford Place LR/Fpl, DR, Den, 1BR, 1B, corner \$85,000 Stewart Franklin 2BR, 1B, LR/Fpl, DR, EIK, Rent or Buy \$129,000 LR/Fpl, DR, EIK, 3BRs, 2Bs, Rent \$225,000 Mint 3BR, 2 Baths, LR/Fpl, DR, EIK \$250,000 Stewart House Lg. Studio, Nothing Cheaper \$75,000 Dougall Fraser Real Estate, 248-6655. gcmy3

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

Real Estate For Rent

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

FURNISHED ROOM FOR rent. Garden City, nice area. Female student, non-smoker preferred. \$85/week. 741-4885. gcM3

WILLISTON PARK /MINEOLA 3 Rooms with full bath. Bsmt. Apt., private entrance. Mature working lady preferred. Non-smoker. \$600 per month. 294-8917 wJn2

BELLEROSE NORTH, 5 Room Apt., 2 BRs, LR, DR, EIK, Bth., Main Floor, Lg. Yard, plenty of privacy \$950 per month plus utilities with garage \$1,000 per month. 486-1868, 248-0753. gcJn2

FLORAL PARK, 159 Tulip Ave. 4 Room Apt., 2 BRs, above Quality Mart. Frost free Refrig., new stove, freshly painted. Move in condition. Parking not provided. Immediate. No fee. \$875. Call owner. 538-0757. gcJn2

Real Estate For Rent

FLORAL PARK, 60 Plainfield Ave. (Corner of King St.) 1 BR, Apt., Frost Free Refrig., freshly painted. Walk to LIRR & Shops. Parking not provided. Immed. No fee. \$783. Call owner 538-0757. gcJn2

GARDEN CITY HEMPSTEAD area, sunny 1 BR apartment. New kitchen, neutral decor, wall to wall, new windows. Garage available. Near RR & buses. Must See! \$800 a month. Leave message. (516) 565-9687. gcJn2

GARDEN CITY CONTEMP - 3 BRs, 1 full & 2 half baths, new kitchen, LR, DR, den., patio. Walk-in cedar closet, washer/dryer. Attic & basement storage. A/C. No pets. \$2,250. Owner: 747-4919. gcJn2

GARDEN CITY LOVELY quiet furnished room. Private entrance, bath. Mature non-smoker preferred. References. 746-0018. gcmy4

BELLEROSE 1 BR APT. LREIK, W/W carpet, newly painted, full bath, near RR, bus & stores \$600 per month. (718)347-4000, (516) 293-0302. wjn2

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

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. wjn2

ALBERTSON: COMPLETELY RENOVATED 2BR Cape, 1 1/2 baths, LR, DR, Bsmt, garage & yard. Herricks School District. Near all. Available June 1st. \$1,300. by owner. 747-6962/748-8023. WMY3

MINEOLA, TWO SEMI-FURNISHED Rooms. Separate entrance, full bath, parking. One year lease. Quiet home. Professional male preferred. \$475. 294-9285. One month security. wmy4

FRANKLIN SQUARE ROOM for rent in private house with kitchen privileges. Walk to stores & transportation. Non-smoker, working female or student preferred. \$375 a month. Call after 6 p.m. except Mondays. 355-0610. Avail. immed. gcmy4

FLORAL PARK APT. Cozy 1 BR, second floor apt. Plenty of windows, new floors. Walk up 3rd floor storage attic. Walk to all. Private entrance. Apartment comes with its own 1 car garage w/electric door. Great location. Single, non-smoker only. Available June 15. \$650 includes all. 746-6860. gcJn1

Real Estate For Rent

WEST HEMPSTEAD - LOVE- LY Large Furnished Room, nice neighborhood. Conveniently located. Private entrance. Non-smoking. Professional male preferred. A/C. Available June 1, 1993. Ref. and Sec. \$450 monthly, excludes electricity. 489-5941 or leave message. gcmj4

ROCKVILLE CENTRE NORTH - 3 1/2 Room Apt., LR, 1 1/2 BR, Kitchen and Bath, private home, off street parking. Use of yard. Available July 1. Calls accepted until 10 p.m. 766-8496. gcmj4

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. gcmj3

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

FRANKLIN SQUARE STUDIO BR/LR Combo, EIK, Bath. Available as of June 1. Private entrance, non-smoking business person preferred. No pets. Call after 5 p.m. \$500 a month, utilities included. 565-2078. gcmj4

TWO ROOM OFFICE Ground floor. Professional bldg. - excellent for Speech Therapist, Psychologist, insurance etc. 99 Hillside Ave., Williston Park. \$500 mo. 742-3644. W-TFN

GARDEN CITY BEAUTIFUL 3BR Apt., 2 Bath, LR, DR, EIK. No pets. Two months deposit. Rent with option \$2,300. 877-2847. gcmj4

GARAGE AVAILABLE, WESTERN Garden City. Walk Stewart Manor RR and New Hyde Park RR. \$85 month. Call evenings or leave message. 354-2401. gcmj4

ROCKVILLE CENTRE - 2BR, large LR, large Kitchen, near RR & shopping. \$950. 763-5350. gcmj3

GARDEN CITY AREA, Large 2BR, LR, dining area, new EIK, windows, carpets & oak floors. Laundry, facilities, walk all. Available immediately. No fee. \$925 includes heat. Call 565-3991. gcnj1

GARDEN CITY-HEMPSTEAD 1 BR Apt. for rent. EIK, LR, full Bth, Dishwasher, garage. Convenient location, walk to all, newly decorated. \$775/mo. 294-6419. gcnj1

FLORAL PARK, 1 BR apartment in private house, second floor. LR, kitchen & dinette, garage. Available immediately. \$700 utilities not included. References & security. (516) 877-0812. gcnj1

GARDEN CITY NORTHWEST 3BR, 3 bath, EIK, family room, patio, 2 car garage, close to school & RR. Lovely section, local pool privileges. \$2,300 a month. 481-4742, Principals only. gcnj1

Real Estate For Rent

LYNBROOK BASEMENT STORAGE. Extra large basement. Ideal for storage, fully insulated, dry as a bone. Plenty of light. Private large outside entrance into 3 big rooms, tall ceilings, closets. \$195 per month. Available now. 746-6860. gcnj1

LYNBROOK 1 BR APARTMENT second floor, all hardwood floors, recently painted. Great location, off street parking, private entrance. Single, non-smoker only. Available July 1. \$650 includes all. 746-6860. gcnj1

Vacation Rental

SOUTHAMPTON, 4 BR's, 2 1/2 Baths, pool, walk to Village, near ocean beach. Families only. July/August. \$8000/month. 283-2434. gcmj3

SOUTHAMPTON SPACIOUS & 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. gcnj2

SHAWNEE ON THE DELAWARE, PA. Aug. 21 thru Aug. 28. Villa, fully furnished. 2 Bths., A/C, Sleeps 8, front porch, 36 hole PGA Golf Course, Tennis, Boating, Game Rooms. Close to amusement parks. 7 days, \$600. Call 747-7159. wJn2

EAST MARION 4 BR Cape on Gardner's Bay. Private beach, sunporch and deck. Available all of July & August 1-15. (203) 972-0949. gcnj2

MONTAUK POINT, 3 BR., Ranch, Deck, Washer, Dryer. Walk 1 Blk. to beach. Avail. July 4 thru July 18. Two weeks, \$2000, no split. 354-0111. Leave Message. wJn2

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. gcnj2

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. gcnj2

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.). gcmj3

Vacation Rental

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. gcnj1

MATTITUCK LOVELY SMALL Colonial cottage, Fpl, heat, furnished & equipped. Suitable for couple. Private bay beach. July to October \$5,500. Will divide. Wingate 477-2642. gcnj2

MT. SNOW/HAYSTACK. Large fully equipped 4 BRs plus loft, 2 1/2 Bths. with color TV, VCR, microwave. Avail. by the week or week-end. Beautiful views, lots of privacy. Near golf courses & lakes. Call 466-6120. gcnj3

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. gcnj3

SOUTHOLD WATERFRONT, 3BRs, 1 1/2 Bath Ranch, Deck, 3/4 acre, \$1,500 monthly for May, June and Sept. \$2,000 monthly for July and/or August. \$7,000 a season. Available yearly. Call 746-0551. gcmj3

MONTAUK - WALK TO Private beach etc. 3 BR, 2 Bths, deck, well equipped kitchen incl. washer/dryer, dishwasher. June 25-July 30 \$4,200, July 31-Sept. 7 \$4,800. Min. 2 weeks. 668-6032. gcmj4

Real Estate Wanted

GARDEN CITY ESTATES 4 BR house wanted North of Stewart. Colonial or Tudor only. Can go to contract any time. No brokers. Call 867-5403. gcnj2

GREAT NECK, LLJ. Resident and wife need one or two BR rental apartment, walk to RR, immediate occupancy. No brokers. (212) 251-2359. gcnj2

PROFESSIONAL COUPLE NOW renting, needs 3-4 BR house in Garden City. Style optional. Prequalified mortgage, up to 400's. No brokers. 564-0475. gcmj4

FORMER GARDEN CITY couple wishes to rent Garden City area house for August. References available. Flexible dates. (212) 222-4355. gcnj2

PROFESSIONAL GARDEN CITY family looking to rent 3BR home. Non-smokers, no pets, immaculate. Excellent references available. June 1 occupancy. Please call 775-1353. gcmj4

3 TO 4 BR HOUSE FOR two sisters to rent. Both quiet professionals. Must be in good condition, have washer/dryer hookups, yard and dishwasher. Prefer Mid-July lease. Call 421-4589 eves or leave message. W-Jn-1

Real Estate Wanted

GARDEN CITY WANTED to rent, 3/4 BR house for long time. Garden City resident. July 1 occupancy. Call days 8-5, 228-3748. goJn1

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. gcmj3

RENTAL - UNIV. PROF. wishes to rent home in Great Neck area June 11-14. Call collect (313) 540-3797 after 9 p.m. hJn2

For Sale

1960 ROCKOLA JUKE BOX 80 plays, good condition. \$750 firm. 488-7330. gcm2

PALE PINK SILK SATIN SOFA, Beige silk brocade wing chair, 2 end tables, matched lamps. Call after 2 p.m., 239-1064. gcnj1

SEARS CRAFTSMAN LAWNMOWER Tractor, 12 HP, 4-speed, 38" blade, ride-on w/grass catcher, etc. Excellent condition. \$500. Call 922-6160. hJ1

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. gcmj3

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. 546-0828. gcmj3

PATIO TABLE & 4 CHAIRS \$250, new leather sofa bed \$750, stereo cabinet \$25. 437-9127. goJn2

4 GE CARRY COOL A/Cs Two 5,200 BTUs, One 4,800 BTUs, One 5,000 BTUs. Like new. All Four for \$450 or purchase separately. 294-4857. gcnj2

ORIENTAL HAND-KNOTTED fine silk rug, 4 1/2'x7'. Ivory/Beige design. \$15,500. 763-2630. goJn1

DINING ROOM BASSETT Italian Provincial, fruitwood, pecan, mint. Buffet, glass top breakfast, table & 4 chairs. \$900. Call 775-7463 evenings. gcmj4

DIAMOND ENGAGEMENT RING - yellow gold, emerald cut. Total weight with enhancer one karat. Appraised at \$3,900, sell for \$1,800 firm. No dealers. 746-2639. wJn1

For Sale

DINING ROOM SET - 6 chairs, china cabinet, \$250. Dark Pine queen size bedroom set, triple dresser, 2 night tables, 2 mirrors, headboard, \$450, neg. Other household items, and much more. 973-1729. wJn2

GARDEN CITY MOVING - LR furniture: Drexel sofa, love seat, 2 chairs, 3 tables, brass/chrome/glass top cocktail table, oil paintings, watercolors, lithograph prints, 2 Chinese oriental rugs, oak knee-hole desk, oak rocker, crystal lamp, 2 small console tables. Excellent condition. Call 352-7190. gcnj2

SOFAS, 2 BLUE cotton prints, \$350 each. L-shaped sofas w/mirrored table in between, \$425. Recliner, \$100. Adult teen bedroom set, two batchelor chairs, hutch, desk & chair, lounge, Hi-riser, \$525. Breakfast room 48" ground glass & 4 chairs w/matching chandelier, \$300. All excellent condition. Appointment only. 496-3549. hJn2

DREXEL HERITAGE BR SET includes storage headboard, 2 attached armoires, mirror, light bridge, entertainment unit, corner shelving unit & desk. Originally \$6,700. Best offer. 437-6750. gcnj2

ANTIQUE CHANDELIER, LAMPS, Jenny Lind Kitchen Bed, picture frames, antique coffee mills, large & small, bric-a-brac and much more. gcnj2

TWO NEW RECLINING CHAIRS, wing back with straight legs. Do not look like recliners with custom navy/white pin dot fabric. Originally \$540 each, \$250 each. 742-0883. gcnj2

UNIVERSAL POWER PAK exercise machine, free standing, brand new \$2,100. 746-4118. goJn1

EXTENSION WOODEN LADDER, 15 feet sections \$25, 22 inch nearly new electric mower \$50, 12 inch electric hedge clipper \$20, d50 feet electric cable \$15, 40 inch round patio table white ornamental iron \$20, golf clubs, men's full set, bag, cart \$50. 747-4774. goJn2

ELEGANT 6 PIECE Bedroom suite. Ivory, gold trim. 239-1064. Call after 2 p.m. gcmj4

QUEEN SIZE SOFA BED, LOVE SEAT & chair. Modern. Like new condition with plastic covers. \$800. A set of three Chrome & Glass white tables, \$200. Butcher block dinette with 4 chairs, rectangle, \$200. 354-8158. wmy4

COLLECTIBLES: YANKEE FANS - 1941 Team Autographed Baseball - Rizzuto, DiMaggio, Ruffing, Crossetti, et al. Authenticated by professional appraiser. Book value \$650. Best offer over \$500. Box 524, Mineola, N.Y. 11501. goJn1

For Sale
MUST SELL! MUST SEE! Antique N.Y. Grand Piano. Very good condition. Call, leave message. Antique dealers welcome. 546-0258. wMy4

ORGAN BALDWIN ENCORE "Real Rhythm" \$450. Moving 488-2156. goJn1

EIGHT DELUXE, BROWN Executive conference chairs. Originally \$3,600, all eight for \$1,000. Wood 3 drawer table desk with Queen Anne legs, originally \$1,700, \$500. Call for immediate viewing 877-1745. goJn1

Car For Sale
 1988 MUSTANG - LX - RED. Auto, A/C, AM-FM, Cruise. Looks and runs excellent. \$1,950. 746-4680. 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

1984 BUICK LE SABRE Limited, fully loaded. Has many new parts, garage kept. 59,000 miles, asking \$2,850. 488-2328. wmy3

1988 LINCOLN MARK VII Bill Blass series. White/blue roadster top. Mint condition, garaged. Immaculate condition. \$10,500. Evenings 248-3769. gcmy3

1985 CHEVY CAPRICE CLASSIC Station Wagon, 3rd seat, CB, 79,000 mi, \$2,800., 741-5466. goJn1

GREAT GRADUATION GIFT. '87 LeBaron Turbo convertible, black/grey interior. 35,500 miles. New top \$6,100 294-0884. goJn1

1988 VW FOX GL Wagon, 77,000 miles. Good condition. \$3,000. 747-6893. goJn1

1989 FORD TAURUS. 59,000 miles, A/C, PW, PL. Excellent condition. \$6,800. 741-5976. goJn1

1985 BMW 325 E, 2 door, auto, black, sunroof, 65,000 miles. Mint. \$7,800 (516) 775-2332. goJn2

'84 CHEVY IMPALA. GOOD Condition, reasonable, call evenings 742-4647 between 5-8:30. hj2

1988 HONDA ACCORD LXI, 4 door black/tan 74K. Excellent car. \$5,900 Dave. 747-4232. goJn2

'77 DATSON 810 (Maxima). Original owner. Moving, must sell. Pet car. Very low mileage, well maintained, great station car. Best offer over \$750. Call 775-6402. goJn2

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 831-0012, 294-8900 or 746-0240 for rates and information.

Car For Sale
 SUBARU WAGON 88 GL 4-W drive, all power autotrans. Cruise AM-FM stereo cassette. Clean \$5,000 firm. Call 546-0828. hMy4

Car Wanted
 SELLING YOUR CAR? Any year, make, model. Cash on the spot. Call 623-6244. hmy3

Motorcycle For Sale
 1989 KAWASAKI KE-100, on an off road Motorcycle. Low mileage, excellent condition. Great first bike. \$1,000. 248-2447 evenings after 6 or all day weekends. wJn2

Services
IVORY TOWER PAINTING - Professional quality by experienced college students at super low prices. Experience includes houses, schools, professional buildings, historic landmarks. Free estimates. Al - 248-1758; Colin - 354-3332; Gregg - 766-5993. gcMy3

Services
THE CUISINE SCENE
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MOVING SALE - SATURDAY, May 22, 10 to 3, 39 Collins Avenue, Williston Park. Toys, lamps, houseware, children's clothes, men's suits, new hand-painted sweats at clearance price. Rain date, May 23. No early bird preview. wmy3

Garage/Tag Sale

MINEOLA BLOCK SALE - Meadowweet Road. Antiques, oak, wicker & other furniture. Tools, new summer sportswear, sample wedding dresses, clothes, crafts & supplies. Toys, lots of bric-a-brac and baked goods. Saturday, May 22, 9 to 4, rain or shine. wmy3

MAY 22, 9:30-4, at 53 Poplar St., Garden City. Multi Family. Hitchcock table & chairs, Voit bike, lawnmower, TV, marble end tables, strollers, designer wallpaper & fabrics, clothing, toys & many other quality items. gcmy3

MAY 21 & 22, 9 A.M.-4 P.M. at 179 Wetherill Rd., Garden City. Crib, piano bench, luggage, bicycles, children's clothing, household, toys, Barbie houses, Precious Places, Little Tyke's, kitchen & picnic table, stroller, microwave oven and much more. gcmy3

HUGE MULTI FAMILY Fri., Sat., May 21 & 22, 10-4 at 8 Warten Pl. (off Washington & Osborne) Toys, 10 speed, 14 K jewelry, clothing, furniture, teak carved inlaid African wall hangings. gcMy3

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

GARDEN CITY MOVING SALE, Saturday, May 22, 10-3, at 33 Wyatt Rd. Antiques, collectibles, coffee tables, end tables, dinette set, books, dishes, high chairs, baby items & more. gcmy3

Garage/Tag Sale

TAG SALE, GARDEN CITY - Selling entire contents of interesting old home. Antique Empire chest, lovely old china and glass, pictures and paintings, pair of Victorian chairs, unique tables, oriental rug. 1950's mahogany BR, lamps, small quilts, linens, antique wing chair, model steam boat, books, records, garden tools, ladders and much miscellaneous. Please join us at 141 Kilburn Rd. (off Stewart Ave. West), Saturday, May 22, 9 a.m. - 2 p.m. gcMy3

QUALITY TAG SALE Dining room set, bedroom set, outdoor furniture, sports equipment and much more. 95 Jefferson Street, Garden City, May 21 & 22, 10am - 3 pm. No previews. hmy3

GARAGE SALE - SYOSSET, Sat. - Sun. May 22, 23. Household items, dishes, serving pieces, paintings, pots, pans, clothing (men's & ladies), handbags, shoes, bric-a-brac, etc. Call for directions. Hidden Ridge Condo, #40 The Mews. 496-3549. hmy3

TWO FAMILY GARAGE SALE Something for everyone at 149 & 151 Brompton Rd., Garden City. Sat., June 5, 9-3. No early birds. goJn1

GARDEN CITY BORDER, 79 N. St. Paul's Rd. Hempstead (parallel with Cathedral Ave.) Sat. May 29 & Sun. May 30, 9-5. Rain or shine. Clocks, stamps, household, bric-a-brac, toys, books etc. gcMy4

FRI. & SAT. MAY 21 & 22, 9 a.m. - 10 Churchill Drive, New Hyde Park (off Marcus Ave. To Park Circle West). Dolls, antique & modern, collectible toys, old baseball cards & much more. gcMy3

ALBERTSON-MULTI FAMILY Garage Sale: Sat., May 22, 9 to 5. Something for everyone, Corner Hampton & Lynton Road off I. U. Willets Road. W-My3

TAG SALE MULTI-Family, Garden City - Hitchcock table and chairs, furniture, lawn mower, clothing, toys, etc. Saturday, May 22, 9:30-4 p.m., 52 Poplar St. gcMy3

GARDEN CITY, MULTI-FAMILY Garage Sale, Sat. May 22, 9am - 2pm. Assorted household items, scarves, women's size 6 & 8 clothes, washing machine, refrigerator, and lawn mower. 33 Hathaway Drive, Garden City. gcmy3

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!

Vegetarian View



By Linda Susan Dudley

Artichokes are easy to prepare

I overheard two women discussing preparation of artichokes in a supermarket produce section the other day.

"You have to scrape out that fuzzy part in the middle," said one.

"Do I cook it first?" asked her puzzled friend.

I didn't linger for the rest of the explanation, but I know artichokes are one of those foods that cause apprehension in the kitchen if the cook isn't familiar with them.

Artichokes are a good addition to a springtime meal as a source of vitamin C, folic acid and magnesium; they contain only about 60 calories per whole choke. And besides that, they taste good and are fun to eat.

Before cooking, artichokes should be kept refrigerated, sprinkled lightly with water and wrapped in plastic until ready to cook.

• **Preparing a whole artichoke:** Cut off stem level with bottom so artichoke will stand easily. Snap off small bottom leaves. Cut off top quarter of whole artichoke and snip off thorny tops of remaining leaves with kitchen shears.

• **To cook: Stovetop** - Stand artichokes in pan (not aluminum or cast iron) in 2 to 3 inches boiling, salted water. If desired, add a little lemon juice to retain color and a little oil to make leaves glisten.

Cover and simmer 25 to 45 minutes, until base can be pierced easily with a fork. Drain upside down.

• **To steam** - Place artichokes upside down on rack or in steamer, over boiling water, cover and cook until tender.

• **To microwave** - For 1 artichoke, place in non-metallic dish with ¼ cup water and 1 teaspoon oil. Cover with plastic wrap pierced with a fork to allow steam to escape and cook on high (100 percent power) 5 to 8 minutes, ro-

tating bowl one-half turn halfway through cooking. Let stand, covered, 5 minutes.

For 4 artichokes, double the water and oil and cook 12 to 14 minutes. Let stand 5 minutes.

• **To serve:** Spread the top leaves and reach in and pull out the cluster of purple-tipped prickly leaves in the center. Underneath is the fuzzy choke. With a spoon, gently scrape out the choke until you reach the smooth heart underneath.

I realize most people know how to eat them, but the uninitiated approach artichokes with uncertainty. Basically, they're a finger food. Pull the leaves off, one at a time; dip the tender, fleshy end into a sauce and draw the end through the front teeth, scraping off the soft, edible part inside.

After the leaves are gone, you'll come to the tasty heart, which is the prized part of this vegetable. Cut the heart into segments and eat with a fork.

The following sauce recipe is a rich flavor contrast to the rather bland artichoke flavor. It's a healthful replacement for the traditional dippers.

HONEY-MUSTARD DIPPING SAUCE

- ¾ cup plain yogurt (low-fat or non-fat)
- ¼ teaspoon fresh lemon juice
- ¼ cup sweet-hot mustard
- 2 tablespoons chopped chives (fresh or dehydrated)

Yields 1 cup (enough for 6 whole artichokes).

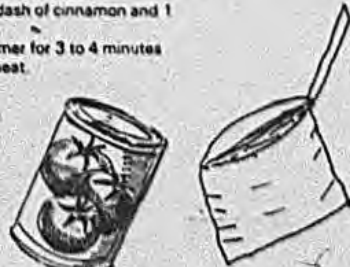
Combine all ingredients until smooth. Sauce may be prepared ahead of serving time and stored, tightly covered, in refrigerator. Serve as a dip alongside artichokes.

KITCHEN HINTS

Homemade ketchup.

Make your own for recipes and garnish.

1. Put 1 (8-ounce) can tomato sauce in saucepan.
2. Heat until sauce starts to thicken.
3. Add ¼ cup sugar, a dash of cinnamon and 1 tablespoon vinegar.
4. Allow mixture to simmer for 3 to 4 minutes before removing from heat.



Kids Home Newspaper



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By J.R. Rose -

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PUP THANKS LISA FOWLER OF CALLAHAN, FL.

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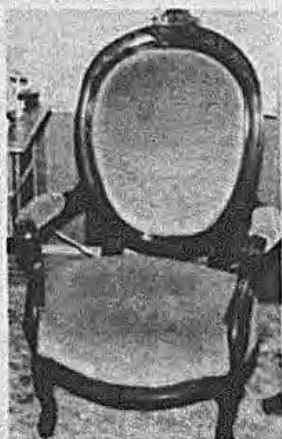


By James G. McCollam

Flowers, birds adorn demitasse set

Q. Enclosed please find a picture of a demitasse cup and saucer. It was made in Czechoslovakia during the 1920s. Each piece is decorated with birds and flowers. The markings on the back are "M.Z. — Altrolau — Czechoslovakia."

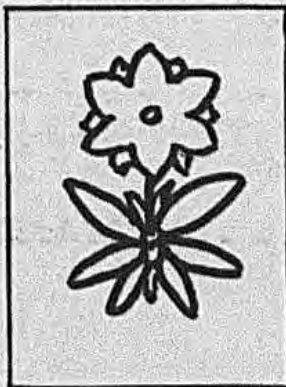
Can you tell me the name of the manufacturer and estimate the current value?



A. Your demitasse set was made by the Moritz Zdekauer Co. in Altrolau, Czechoslovakia, and would probably sell for about \$25 to \$35 for each cup and saucer.

Q. My father brought back from Germany after World War II a set of china. It is a 48-piece service for eight and is decorated with a floral design on the rim. The enclosed mark is on the back of each piece.

Can you provide any information about this set of china?



A. The manufacturer was Retsch & Co. in Wunseidel, Germany. Your set was made in the mid-20th century and would probably sell for about \$165 to \$185.

Q. I have an 80-piece service for 12 of fine china that originally belonged to my grandmother. My

grandmother was born in the 1890s. It has a floral pattern trimmed with gold. It is marked "H.&C. — Selb — Bavaria — Germany — U.S. Zone."

I would appreciate information as to the maker, vintage and value.

A. Since this is marked "Germany — U.S. Zone," it was made between 1945 and 1949 (right after World War II). It was made in Selb, Germany, by Heinrich & Co.

Q. I have a 41-piece service for six of Russell Wright ice-blue china made by Iroquois.

Could you please tell me when this was made and its value.

A. Your china was designed by Russell Wright and manufactured by the Iroquois China Co. in Syracuse, N.Y., during the 1950s. It would probably sell for \$225 to \$250 in good condition.

Q. I have a pocket watch that I would really appreciate knowing more about. It is a 15-jewel Elgin in a 10-karat, gold-filled case. The serial number on the movement is 296333743.

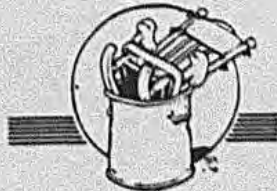
The information on the inside of the back of the case is as follows: "7176694 — Elgin Giant Watch Case Co. — 10K gold filled — Double Stock."

Can you tell me the age and potential value of this watch? Incidentally, the watch seems to be very clean and is in excellent running condition.

The case has ornate edge carvings and evidently was very well cared for.

A. Your watch was made in 1928 and might sell for \$75 to \$100.

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Points on Pets

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

Q. Our curious new boxer puppy often chews on our houseplants. Are these poisonous? He apparently has not suffered from this activity yet. We also have two cats that occasionally nibble on some of the plants.

A. Many houseplants are toxic for pets.

Although not an exhaustive listing, all parts of the following plants are considered to be poisonous for dogs and cats: azalea, bleeding heart, boxwood, castor bean, Christmas rose, crocus, daphne, delphinium, dieffenbachia, dumb cane, elephant ear, English holly, English ivy, four-o'clock, foxglove, hydrangea, iris, Jerusalem cherry, larkspur, lily-of-the-valley, laurel, monkshood, mountain laurel, oleander, philodendron, poinsettia, rhododendron, star-of-Bethlehem, yellow jasmine and yew.

The bulbs of the following plants are poisonous: daffodil, hyacinth and narcissus.

The seeds of the following plants are toxic for pets: golden chain, morning glory and sweet pea.

The berries of lantana and mis-

tletoe and the needles of pine trees are poisonous.

Fortunately, most dogs do not chew on plants after they get past the puppy stage. However, puppies usually are quite curious and enjoy chewing on anything that they can get into their mouths.

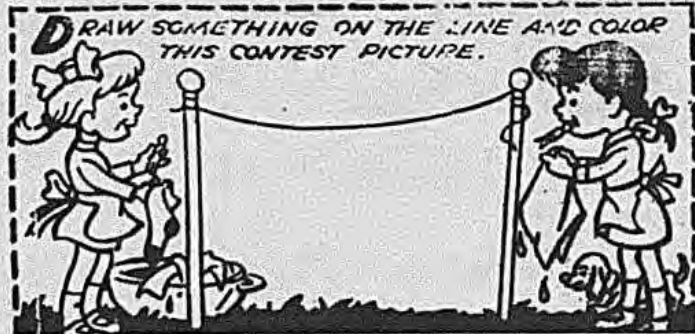
Mature dogs that are fed properly usually do not crave household plants.

If you suspect that your dogs or cats have ingested poisonous plants, you should take them to a veterinarian immediately.

You should also take the plant or any remaining pieces of the plant for identification and because the remains will give the veterinarian an estimation of the amount of plant eaten.



JUNIOR EDITION



Aunt Tilly's Corner

Last weekend as we were driving through Pennsylvania to pick our daughter up from college, our camper broke down. Since there was no way for us to fix it, we had to flag down someone to help us.

Within minutes a huge eighteen wheel truck pulled over to see what the problem was. The driver immediately offered my husband, my son and me a ride to the next truck stop. That was the first time I was ever in such a huge truck. This truck was so big it had a step ladder built in right beside each door. We had to use it in order to get inside. Once we were in we noticed a small bed right in back of the driver's and passenger's seat. Our driver said when he was tired he would pull off the road and that is where he would sleep. That way he prevented accidents.

When we arrived at the truck stop, we made arrangements to have our camper towed to a place where it could be repaired. Then we rented a small van to continue on our way. We thanked the truck driver for all he had done. He was really very nice and we don't know what we would have done without him.

Your friend,
Aunt Tilly

RULES BOYS AND GIRLS

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, May 28, 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

Redetermination of SSI

By William M. Acosta

Q. I started to receive Supplemental Security Income (SSI) disability benefits a year ago. I was recently sent a letter to go into the office for a redetermination. Why do I have to go in again? Nothing has changed. — P.M.

A. The SSI law requires that each recipient's case be periodically reviewed to make certain that the recipient is still eligible for SSI, and that his or her payment is correct.

This review is called a redetermination. You will be asked to provide information about income, resources, living arrangements and bank accounts.

It is a good idea for you to keep savings or checking account statements because you may need them for the redetermination.

Q. I was recently terminated from my employment. I was paid "severance pay." How does Social Security consider this type of payment?

I will be 62 on May 22, 1993, and plan on filing for Social Security. — T.H.

A. Severance pay is paid by an employer to an employee whose services are terminated independently of his/her will, or wishes. The payment is usually made where the employee had not been told in advance that the employment would be ended, and is intended to help a person while they

are seeking, or adjusting to, other employment.

The services for severance pay are considered to have been rendered in the last month you worked, unless the services to which the payment relates were performed in a prior period.

Q. I was told that when I die my family will receive only a one-time Social Security payment of \$255. When a cousin of mine lost her husband, both she and her kids got monthly checks. Have things changed? — B.L.

A. There are two different Social Security death benefits.

The \$255 payment is a one-time benefit paid to a widow or widower, or divided among any minor children.

But, Social Security also pays monthly survivors' benefits to the minor children of a deceased worker, and to a widow or widower, if they are eligible.

As a matter of fact, the average monthly benefits payable to a widow or widower with two children in 1993 is \$1,288.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



We welcome Sean Michael, our special gift from God. Our beautiful grandson was born January 28, 1993. He is the precious son of Jeananne and Kevin Astrup of Irvine, California. Grandson of Marie & Peter Astrup of New Hyde Park and Eileen & Jack Maloney of Floral Park.

