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Friday, June 18, 1993

Static Electricity



"Watch What Happens to Nancy," directs Ms. Debbie Large at Woodland School. Representing the Franklin Institute, Ms. Large presented a science show on static electricity to students at Woodland School. Nancy Rothfeld (pictured) and her classmates participated in hands-on activities during the demonstration of static electricity.

Reading About Handicapped



Mrs. Leone's first graders at Trinity Lutheran School have been reading about handicapped children who, even though they need help, are just like everyone else. Last week Matthew Hucks invited his special friend, Karen Carlin, who is handicapped herself, to teach the children how she drives a van even though she must use a wheelchair. Karen showed the children how she uses a special beeper to open and close the doors of the van, and how a ramp comes down so she can easily get in. The van is equipped with a handle on the steering wheel that Karen uses as a brake and a car phone to help in case of emergencies. Mrs. Leone's class enjoyed asking many questions of Karen and learned that all people are alike once you look past the outside. In Photo Karen Carlin and her new friends in Mrs. Leone's first grade.

Hicksville F.D. Answers Alarms

A smokey fire in a 3rd floor office at the Chemical Bank offices, 100 Duffy Ave. Brought out Hicksville fire fighters on May 28. The alarm was reported at 1:54 a.m. 75 Hicksville fire fighters with nine units responded under Chief Scanlon.

The fire was located, after a brief search, in a small 3rd floor office, and confined there, but smoke and water damage added to the damage. Mutual Aid Units were requested from Westbury, Jericho and Plainview. All employees evacuated without incident.

Fire fighters were on the scene for three hours. Damage was estimated at \$250,000.

Basement Fire

A basement fire at 2 South Elm Street, Hicksville on June 9 caused moderate damage to the area of origin and the first floor. Hicksville fire fighters were notified at 12:21 a.m. The fire is under investigation, but is believed to have started in an appliance.

All occupants escaped the home without injury but one fire fighter injured his hand when the apparatus door slammed shut on it.

In other F.D. operations, a propane BBQ Leak caused problems for fire fighters at 10 Barry Drive when some neighbors refused to evacuate their homes. This caused a serious delay as more gas leaked out. Burn off operations by the Dept's. Haz-Mat Unit could not be started until the area was cleared. Propane gas is heavier than air and gathers in pockets. The gas ignites rapidly, often without warning, due to that fact evacuation of as many sources of ignition is important. The operation took over two hours to complete.

The Hicksville F.D. Rescue Squad provided mutual aide assistance with their ambulance to the Jericho F.D. on June 2, 4, & 7 for various incidents.

Baseball Card Collecting

Baseball card collecting for enjoyment and profit will be discussed at the Hicksville Public Library at 7:30 p.m. on Mon., June 21. Which sets to invest in, what to look for and the best time to buy are among the topics that will be discussed.

Kiwanis Honors Mid School Students



In photo left to right seated: Award Recipients: Kathleen Larson, Tasia Koulouris, Mariassa Toich and Kevin Chester. Standing: Dr. Ed Saueracker (Kiwanis), Patty LeCompte (Pres.-Kiwanis), Katherine Stafford (English Dept.), Recipients: James Alexander and Joseph Lane, Constance Clarke (Kiwanis), Don Johnston (Kiwanis), Edwin Draycott (Kiwanis) and Catherine Trezza (Special Ed. Resource Room).

The Kiwanis Club of Hicksville was pleased to honor six students from the Hicksville Middle School at the 32nd Annual Kiwanis Physical Fitness and Academic Awards Dinner held at Antun's on Wednesday evening, June 9.

Students are selected for either physical fitness or academic achievements. The 1993 Youth Achievement Awards went to: James Alexander and Mariassa Toich (physical fitness); and Kevin Chester, Joseph Lane, Kathleen Larson and Tasia Koulouris (academic).

The students were selected by teachers and administrators for their outstanding efforts this past year. They and their families were invited to the dinner program as the guests of the

Kiwanis Club of Hicksville. Faculty members Katherine Stafford (English Dept.) and Catherine Trezza (Special Educ. Resource Room) were on hand to assist with the presentations.

Five Hicksville Kiwanis Officers were present to congratulate the students and meet their proud families. They were: Patty LeCompte (President), Donald Johnston (Pres.-Elect), Constance Clarke (Secretary), Edwin Draycott (Treasurer), and Ed Saueracker (Asst. Secretary).

Kiwanis is a community service organization that works closely with the youth of our community and is pleased to applaud their accomplishments.

Save The Environment



Woodland School student winners received savings bonds from the Elks Club Trustee, Mr. Sal Amico. The students designed posters to support the theme "Save The Environment" for the Elks club sponsored contest. Pictured are: Michelle Monti, 2nd place winner, Lorren Saviera, 3rd place winner, Mrs. Mercedes Paulsen, art teacher, and Mr. Sal Amico, Elks Trustee. (Absent from the photo is first place winner, Stephanie Hlapatsos.)

Letters

To The Editor:

The Hicksville community was my second home for the past 33 years. My entire teaching career centered upon and was nourished within this school district and wonderful community.

During those same 33 years, I taught side-by-side with a man who will retire this month and the Hicksville community will not be the same without him; that man is Paul Vetrano.

When Paul Vetrano began his teaching career at Hicksville Junior High School in 1960 he brought to class an enthusiasm for his subject, an appreciation of his students as individuals, and a passion for fair play. Seven years later, he transferred to Hicksville High School. There his impressive background in European/World History quickly led to the establishment of his reputation as a leader of the tenth grade Social Studies program.

Paul has been a truly innovative and creative teacher. Space

does not allow a complete listing here, but this is what one of his students wrote about him.

"Mr. Vetrano's class was a joy to attend. I looked forward to my class each day...I couldn't wait to see what special 'treat' he had for us today, whether it was an interesting video clip or a fascinating article. Mr. Vetrano was simply a wizard, entralling his pupils with a magical weave of history."

But above all, Paul integrated the social studies with every-day life. During the Persian Gulf War, for instance, he initiated a school-wide letter-writing program between our students and the troops. And when a Hicksville family was suddenly confronted with serious financial burdens because its breadwinner had been called up from reserve status to serve the nation, Paul approached our faculty with a proposal to render financial assistance, and a very generous response resulted. Moreover, he founded Teens Against Drug Abuse, a Hicksville High School

organization that motivates students to encourage one another to proudly and openly support the war on drugs.

Paul Vetrano is an outstanding teacher because he is an outstanding person, which is why his colleagues and his students - past and present - constantly seek his insights and advice. All who know him, quickly learn that his wisdom and his ability to counsel and inspire are not confined to curriculum or classroom.

He has never lost sight of the purpose of teaching, to be responsive to the whole person. Year after year, he has held each child in his hands as if he were nurturing a newly born sparrow - gently and with the expectation that, with his guidance, each would grow and reach that potential they were meant to develop. And each was encouraged to learn, not merely to be a successful student, but to be a person of worth and dignity.

Because Paul brought such worth and dignity to our profession, he enabled us all. It is for that, if nothing else, that his colleagues and this community should thank him and wish him well.

Kenneth J. McGinniss
Dept. Chair
Social Studies,
Retired

To The Editor:

This is an open letter to 1,366 residents who cast their vote of confidence for Gary Lewis and Mary E. Carton for the seats on the Hicksville Board of Education.

Gary Lewis and Mary E. Carton, will continue this coming school year to be active in the school community. We will keep you informed. We want quality

education - with fiscal responsibility. We will continue to support our Superintendent of Schools, Mr. Sal Mugavero.

We want to thank the many people who worked on various committees during our cam-

paign, as well as to thank you for the financial support.

Thank you one and all for your vote of confidence.

Gary Lewis
Mary E. Carton

District To Hold Tag Sale

The Hicksville Public School District will hold a Tag Sale on June 19. The Tag Sale will be held at the district Quonset Hut located on Newbridge Road (next to the High School Athletic Field) between the hours of 8 a.m. and 3 p.m.

Items for sale will include excess district furniture, AV equipment and other surplus

items. All equipment offered for sale is between 15 and 30 years old. Cassette recorders, projectors, teacher and student desks and chairs, and ten-year-old Radio Shack computers are some of the items that will be available.

The sale is open to the general public.

College Notes

Giokasta E. Molina of Hicksville, was awarded a Bachelor of Fine Arts degree during Alfred University's commencement exercises May 15.

The commencement address, "Transition, Not Commencement in America, 1993," was delivered by world leader in materials science, Rustum Roy.

Molina was graduated from the NYS College of Ceramics at Alfred University with a major in Art & Design. A graduate of Hicksville Senior High School, Molina is the daughter of Mrs. Genoveva F. Wallach. Molina was also named to the Dean's List for the spring semester.

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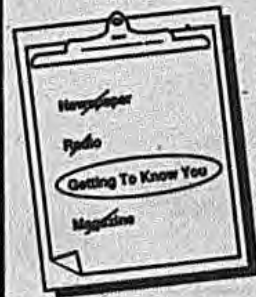
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Band Participates



Oyster Bay Town Councilman Leonard B. Symons, back row left to right, presents a citation Roger Geddes, Director of the Plainview-Old Bethpage John F. Kennedy High School Marching Band, in recognition of his band's years of participation in the community's annual Memorial Day Parade. On hand were, front row, left to right, Robin Matthews, Todd Kirschner, Heather Davenhauer, back row, left to right, Deborah Solnik, Tom Palpakas, Ross Levine, Music Department Chairperson Paul Sulkin, Robyn Altman and Melanie Greenwald.

Assessment Information



Oyster Bay Town Councilman Thomas L. Clark, second from left, and Receiver of Taxes John J. O'Leary, third from left, recently attended a meeting of Hicksville's North West Civic Association and discussed procedures on filing an assessment complaint in Nassau County. On hand, left to right, were 2nd Vice President Leonard Ober, Mildred Jonas, President Maryann Ferrado and 1st Vice President William Spettman.

Graffiti Problems



Oyster Bay Town Councilman Thomas L. Clark, right, and Town Clerk Carl L. Marcellino, center, recently attended a meeting of Hicksville's North West Civic Association and discussed methods to combat graffiti in the community. On hand, left to right, were 2nd Vice President Leonard Ober, 1st Vice President William Spettman and President Maryann Ferrado.

"Treasure Hunt" At Trinity Church

Attention: All Children! Trinity Lutheran Church, 40 West Nicholas Street, Hicksville, will go on a "Treasure Hunt," to discover God's promises, this summer at their Vacation Bible School. The two-week session will be held on Aug. 2-13, from 9 a.m. to 12 Noon, Mon. thru Fri.

Our Nursery classes are filled, but we still have room for kids in Kindergarten thru 5th grade. The program includes

projects, chapel, bible stories, snack, recreation, and special programs including a music festival and marketplace.

We have tailored programs for children in grades 3-6, which include outside trips, out-of-classroom experiences, and more.

For information or a registration form, please call the church office, 931-2225, between 8:30 a.m.-5 p.m. We welcome your participation.

Summer Program At Library

Sign-up for "The Book Banquet" Summer Reading Club 1993 begins on Thursday, June 10.

In addition to two Reading Clubs, one for youngsters who have completed grades 1-6, and a Read-to-Me Club for pre-readers aged 3 1/2-6, the library will offer a fabulous assortment of programs. There will be storytimes galore: pre-school storytime (ages 3 1/2-5), tiny tots time (ages 2 1/2-3 1/2), storytelling at the Bethpage Pool, and evening Teddy Bear Pajama Storytimes.

There will also be a colorful spectrum of program spectacles - magicians, puppet shows, wild animal shows, special Teddy Bears' Surprise Birthday Party, an exciting "Introduction to Spanish," a computer club, science programs, tons of crafts - and more.

Youngsters can also play the exciting "Book Banquet Adventure Hunt Game" sponsored by the Friends of the Bethpage Public Library. The prize is a colorful sun visor. The game is available for two age levels - 5-7 and 8-12. Book reporting begins on June 10 and programs begin the week of June 28.

Youngsters who have completed grades 1-6 can literally read their way to fabulous prizes and surprises - with treats from "The Book Banquet's Treasure Chest," inter-

esting magnets, T-shirt iron-ons, etc. Exciting bowling games have been contributed by Plainview Bowl, 500 Old Bethpage Road, Plainview, and our "Super Readers" will receive a delicious surprise from Carvel, 552 Stewart Avenue, Bethpage. Programs are open to youngsters who reside in District No. 21. For information please call 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!

Bethpage Physician Marks 50 Years



Celebrating fifty years in medicine, Wallace Shaw, M.D., is congratulated by Sharon C.H. Mead, M.D., President of the Nassau County Medical Society. Dr. Shaw was director of the anesthesiology department of Mid-Island Hospital in Bethpage for 35 years, and was an Assistant Clinical Professor at Albert Einstein College of Medicine. A 1943 graduate of New York University College of Medicine, Dr. Shaw is a member of the N.Y. State Society of Anesthesia, Fellow of the American College of Anesthesiology and a Fellow of the American college of Angiology.

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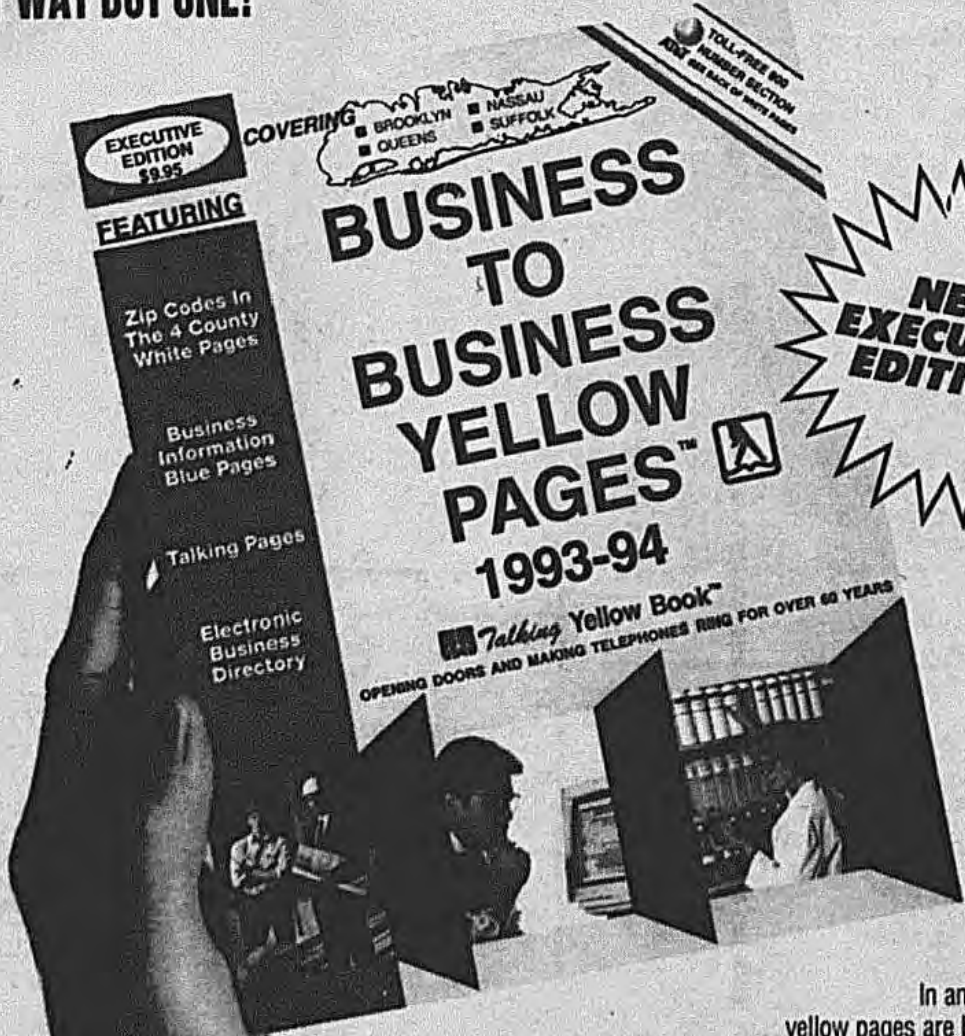
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Woodland Pre School Graduation



Woodland Pre-School graduation was on May 26, volunteer teachers were Kathy Calvanese, Jody Brower, Grace Morton and Maureen McCormick. All enjoyed hearing the children recite nursery rhymes and singing songs. A favorite was the "Wheels on the Bus." The children did a wonderful job and seemed very enthusiastic about attending school in September. A fun time was had by all. The Woodland Pre-School 1993 graduating class was as follows: John Bell, Michael Bonilla, Daniel Ciovorella, Stephanie DeJohn, Dana Ferrara, Colleen Janson, Lauren Klutch, Jonathan Lukasik, Timothy Mertz, Jessica Nami, Jackie O'Connor, Tiffany Tlach and Christopher Williams. In photo Tiffany Tlach and Lauren Klutch.

Car Wash Benefits Marching Band

On Saturday, June 19, from 10 a.m. to 4 p.m., a Car Wash will be held at the United Methodist Church (Old Country Rd. at Nelson Ave.) to benefit the Hicksville High School Marching Band's attendance at summer music clinic. Cars will be washed at just \$3, trucks/vans for \$4, and vacuuming for \$1. For a shining, clean car - and to help the Band - please join us!

Chaminade H.S. Area Graduates

A number of area residents graduated June 6 from Chaminade High School, an all-boys College preparatory school located in Minoala:

Bethpage
Robert Lamberson, Michael Moore, Christopher Parry, Dennis Ryan.

Hicksville
Joseph George, Michael Ioveno, Andrew Rutherford, Bradley Stalzer, Michael Sydor, Christopher Voigt.

Driver Education Registration

Registration for Driver Education for District residents who are entering the 12th grade will take place according to the following schedule:

Wednesday, June 16
11:30 a.m.-1 p.m.
Little Theater, High School

Wednesday, June 23
1:15 p.m.-3:45 p.m.
Little Theater, High School Requirement

A valid birth certificate or passport must be presented in order to register.

A parent or guardian may register an individual on the appointed days if the student is not available.

As in the past a birthdate lottery will be used to allow for an equitable opportunity for class time selection.

Hicksville Athletics Update

On June 10, the Hicksville A's came up against a tough Brentwood Team.

Tommy Kessler was starting pitcher and did a great job, striking out 2 and allowing no walks. Kevin Soper came into pitch the last 3 innings and was superb, striking out 1, allowing no walks and only giving up 2 hits. Keith Engelhardt did a fine job as catcher.

Fielding was strong with several nice plays by Matt McLoughlin in right field, Chris Swier and Adam Geslak in center, Nick Schmidt at 3rd, Josh Strugatz at 2nd and Brian Boyle at 1st.

Batting was strong with Chris Swier going 1-2 with a triple, Kyle Rybak 1-2 with 2 RBI's, Kevin Soper 1-2 and Josh Strugatz 1-2.

Brentwood won 4-2. Friday, June 11, the A's faced off against Brentwood again and were determined to vindicate themselves.

Kyle Rybak was called into pitch and did an excellent job, striking out 10 and only giving up 4 hits.

The infield was sharp with several nice plays by Tommy Kessler at short, Peter Martin at 3rd, Josh Strugatz at 2nd and Brian Boyle at 1st.

The outfield kept some hard hitters in check with some great plays by Craig Delia in left, Chris Swier in center and Adam Geslak in right.

Hicksville's bats came alive with Tommy Kessler going 3-4 with a double, Adam Geslak 2-2, Kyle Rybak 2-3 with a double, Craig Delia 2-3 with 2 RBI's, Peter Martin 2-3 with a double, Craig Delia 2-3 with 2 RBI's, Peter Martin 2-3 with a RBI, Josh Strugatz 2-3, Matt McLoughlin 2-4 with a double and nice hits by Keith Engelhardt, Brian Boyle and Nick Schmidt.

Hicksville won 11-3. The Hicksville Athletics would like to thank Mr. Richard Bloom of Key Corp Mortgage Inc. in Carle Place for his very generous donation. Due to the

generosity of our sponsors the A's will be able to enter several tournaments this summer and will continue to represent Hicksville throughout Nassau and Suffolk.

Bible School At Church of Christ

From June 28 through July 2 the Hicksville Church of Christ will be transformed into a Zoo-rrific Ark Park! Our VBS program features animals this summer and every one of them has a story to tell about their creator.

This free daily program for students ages 3 through 8th grade includes games, crafts, songs, snacks, Bible lessons and lots of fun!

Students can join the Ark Parade at 105 Broadway in Hicksville from June 29 through July 3, from 9:30 a.m.-12 noon.

To register call the church office at 935-3855.

Coming July 1st, Dinosaurs!

A new permanent exhibit is coming to the museum on July 1. Thanks to a generous gift from Mark Newman, the museum now has a four-and-a-half-foot long femur (upper leg bone) more than likely from a creature known as Camarasaurus. It was a member of the group of dinosaurs known as Sauropods which also included Brachiosaurus and Apatosaurus. The bone, found in pieces on a ranch near Moab, Utah, was reconstructed by Mr. Newman. This 20 ton, 60 foot long dinosaur roamed the earth in Late Jurassic time, approximately 140 million years ago. It fed on the lush plant growth in an area that was probably the flood plain of a large river, and is now represented by the Morrison formation, extending from Montana to New Mexico, and from Colorado into Utah.

Our new exhibit will have the bone as the centerpiece. It will also include dinosaur tracks from Connecticut and New Jersey, and teeth from the ancestors of the dinosaurs - the Thecodonts. You will also get insights into what dinosaurs were, and when, where, and how they lived and died. So come to our museum this summer to see our latest addition on display.

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!

THIS IS HOW A DESPERATE DRUG ADDICT SEES YOUR CHILD

AIDS Benefit June 19



Hollywood Director - Producer Robert Spera, donated his time to work with the students from the Martha Merideth School of Dance, in preparation for the upcoming AIDS benefit, Saturday, June 19, at Syosset High School at 7:30. Jennifer Glickman, Jill Futerman and Stephanie Glickman were learning what they see through the camera is what the audience sees too.



Hollywood Director - Producer, Robert Spera, showed Mara Reiner, Shannon Briggs, and Lindsay Rice how to improve their performance for the camera and for the audience. For tickets for the AIDS benefit, call 921-2912.



Hollywood Director - Producer, Robert Spera, along with his assistant Ann, taught Martha a new camera trick. Posing for the phantom audience were: Myra Rey, Matt Duffy, Robert Spera, Jamie Tedeschi, and Martha Merideth. Call for tickets for the AIDS benefit, 921-2912.
Story and Photos by Dale A. Simons

In preparation for the upcoming AIDS benefit, Martha Merideth wanted to expose the dance students to performing for the camera. Martha feels that serious dance students not only need good technical training to perform on stage, but they must be taught how to dance for the camera and the audience for greater appreciation of their art.

Martha sought the help of an experienced director - producer from Hollywood and New York to help with this project.

Robert Spera donated his time for a "Perform for the Camera Workshop." He was very excited to help in this much needed cause. Call for tickets - 921-2912.

The AIDS Benefit "Red Shoes" will be presented June 19 at Syosset High School at 7:30 p.m.

Students Join Albany Policy Forum

Two Jericho High School juniors interviewed New York State Senate Majority Leader Ralph Marino and got an insider's look at the State political process during the New York State Senate Student Policy Forum, held recently in Albany.

Sara Finmann and Darren Seifer, members of Jericho's Model Congress Club, spent much of the day in mock Senate committee and plenary sessions. Both students have attended previous model congresses sponsored by Princeton, Harvard, and Cornell Universities. They were accompanied at the Albany event by Jericho teacher Joyce Basso, the club's advisor.

To prepare for the debates, the Jericho juniors spent hours researching the issues specific to their respective committees. Seifer, appointed to the committee on Cameras in the Courtroom, researched statutes and court rulings. "The committee was made up of delegates from all over the state, and the debate was stimulating," he said.

Sara Finmann's committee examined the financial and environmental impact of New York State's Beverage Container Law. In a presentation supported by statistics, she argued that beverage companies are profiting from the present law.

Both look forward to their senior year Model Congress. Sara, one of the club's presidents-elect, admitted, "It is really my favorite activity."

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!

Jericho School District Enrollment At 2036

The Jericho Board of Education met on May 27, at the Jericho High School, with a broad representation of students, parents, community members, and staff members. The enrollment for the District was reported at 2036.

Dr. Mathew Mandery, High School Principal, introduced sixteen Jericho seniors who have been honored by the Merit Scholarship Program.

Finalists in the 1993 Competition for Merit Scholarships:

Jeffrey Burstein, Michael Haberman, Seth Seifman, Daniel Sorgen

Commended Students in the 1993 Merit Program:

Ethan Bloom, Jarrett Brilliant, Adam Fleishmann, Melanie Hersh, Jarred Hohwald, Philip Iordandu, Joshua Lamel, Matthew Levine, Amy Lipman, Stephen Liss, Chawla Mohit, Eric Porres
Middle School Student Council

Christine Cole, representing the Middle School Student Council, reported that the student council received a letter of thanks for their donation to a Jericho alumni who is fighting leukemia. She also cited middle school students who have earned county, state or national recognition:

Honorable Mention in Nassau County Foreign Language Examinations:

Milly Matias, Amy Sekhon, Slade Sohmer

First Place in Division Mathletes Program:

Greg Artzt, Amy Berg, Michael Gelfand, Jeremy Geller, Mena Mesiha, Rachel Pessah, Jamie Rembo, Nirav Shah, Slade Sohmer, Paul Steinberg, Bo-hee Yoon

High Level of Achievement Mathletes Program:

Michael Gelfand
High School Student Council

Matthew Levine, Vice President of the High School Student Council, said that the Scholarship Fund Drive has raised \$4,800. Seth Blum, auctioneer, raised \$1,700 at a Benefit Auction for AIDS Research, Autistic Children's Fund, and the Senior Class. Plus, during the "Weekend of Caring," \$6,000 was raised for the Marty Lyons Children's Foundation, and a picnic was given for twenty-five orphaned children from St. Christopher's. Levine congratulated the Wrestling Team, awarded Scholar Athletes in New York. Dr. Mandery congratulated Matt Levine who won the Alicia Patterson Scholarship Grant in the *Newsday* High Honors Competition. June 24 is set as Prom night; graduation is scheduled for June 27.

PTA Report

The following items were discussed at the May 24 PTA Council Meeting: R&D projects, gift giving, the GEM program, health issues, and the BJ meeting tentatively set for June 22 and 23.

Upcoming Dates:

June 10 Special Meeting - Board of Education
June 16 SEPTA Meeting - Jackson School

June 17 Jackson PTA - Installation Brunch
Special Meeting - Board of Education
June 24 MS Moving Up Ceremony
High School Prom
Regular Board of Education Meeting
June 25 Elementary Dismissal 9:45 a.m.
Last Day of School
June 27 H.S. Graduation - C.W. Post

Bob Perna To Retire From Schools

Robert Perna, Director of Educational Services, will retire at the end of June, following 35 years of service. Mr. Perna began his career at the Robert Seaman School in 1958. He was a founder and first President of the Jericho Teachers Association. Following ten years as 6th grade teacher at George A. Jackson and Cantiague Schools, Mr. Perna became Administrative Assistant to the Superintendent. During his twenty-five years at the District Office, Mr. Perna initiated and helped organize numerous programs, including the Committee on Special Education, the Learning Centers, Child Study Teams, School-Community Counseling, Drug and Alcohol Prevention, Gifted and Talented, Cultural Arts, Adult Activities, Project "Safetime," an after-school child care program, elementary Summer Camps and Saturday Recreation Programs. He also served as chairman of the K-12 Curriculum Committee, overseeing the district's Research and Development projects. Mr. Perna also coordinated Jericho's participation in New York State's three year Title VI-G project in the mainstreaming of learning disabilities. A frequent presenter at local, state and national conferences, he also conducted Project "Streamline," a 60 hour inservice seminar for classroom teachers and specialists, in order to emphasize the inclusion of disabled students. Mr. Perna directed several housing and population studies, and chaired the AIDS review committees. He served as advisor to the new SEPTA organization.

As part of his responsibilities in public relations, Mr. Perna developed *Jericho School News*, press releases, media contacts and such community-wide events as the annual Recognition Reception and the Hall of Fame. He was President of the Long Island School-Community Relations Association.

A longtime Syosset resident, Mr. Perna was also a Scoutmaster, member of the Town of Oyster Bay Youth Board and The Salvation Army. Last year, he received an award from from the United States Department of Education in recognition of his 25 years of service to Title I/Chapter I children.

Students and parents interested in attending the "Bye, Bob Celebration," on Wednesday, June 23, at the Tivoli Terrace, beginning at 7:30 p.m., are requested to contact Rose Bochnovich at 681-4100, ext. 258.

By Dick Evers

The local historian's camera was busy this past week recording the events sparked by the Hicksville Fire Department's Centennial programs: the largest carnival ever in these parts and a parade of fire departments to top all others in a village known for big Labor

Anti-Smoking Campaign At Trinity

Trinity Lutheran school recently held an anti-smoking slogan contest in grades 6-8. One winner from each grade was selected and awarded a gift certificate by the P.T.F.A.

About 100 students participated and all entries will be mailed to a tobacco company to share the students' feelings about smoke and recent advertisements appealing to youngsters. The winning students' slogans were displayed in the school lobby, and are listed below:

- Grade 6: Kathy Lane; "People may think the camel is cool, but all he is, is a great big fool!"
- Grade 7: Laura McLaughlin; "If you smoke, you could die. So take my advice and just don't try!"
- Grade 8: Christopher Scarberry; "Hack, wheeze, rasp, choke. Cigarette smoking is no joke!"

Currently Dean of Students at Hewlett High School in the Hewlett-Woodmere School District where he began his career in 1971, Mr. Edwards had been a junior high and high school social studies teacher prior to becoming an administrator. In addition to responsibilities for attendance, scheduling and grade reporting, Mr. Edwards has developed and implemented, with parents, students and staff, a credit-bearing program of community service. Mr. Edwards also initiated a program of Distinguished Alumni and Distinguished Service Awards and serves as chair of the district committee which coordinates the selection. He has served as Graduation Coordinator since 1984 and has been both Prom Coordinator and Senior Class Advisor.

An Eagle Scout, Mr. Edwards was elected to the Vigil Honor, Order of the Arrow, a Scouting Honor Society. He earned his B.A. in Sociology at SUNY Buffalo, His M.S. in Education and his Professional Diploma in Educational Administration from St. John's University.

The students, staff and community look forward to welcoming Dr. Hunderfund, Dr. Ciuffo and Mr. Edwards when they assume their new administrative positions on July 1.

LEGAL NOTICE

Tor J. Worsoe, CAI Auctioneer as Agent sells July 8, 1993, 3 PM, at 5700 Merrick Rd., Massapequa, NY, 1988 Aero Predator KKK28-AR4D888, 1988 Continental Trailer C7497772246, at 4 PM, at Garvies Point Rd., Glen Cove, NY, 1986 ADSD Lincoln 1LNBP96F8-GY740519 RE: Wesley Werner, William S. McGill, Chemical Bank. MIT 2721 2X 4/18, 25

Faces And Places: Hicksville in Photos

Day fetes. But there were events exciting to other folks as well: graduation parties, school children on sightseeing tours, American Legionnaires at a

convention, a house fire on South Elm St., and a sump (recharge basin, to sophisticates) is again prestine, ready to go back on line.



Mrs. Anne Manzo's Dutch Lane School 2nd graders touring their hometown, on a Gregory Museum sightseeing program. Mrs. Dantuanno and Mrs. Connelly, mothers, are with group at the Veterans Memorial Park.



No Gregory Museum tour of Hicksville misses a visit to the Stolz-Duffy family horse paddock. Historian Dick Evers is showing Dutch Lane kids the safe way to feed apples or carrots to horses.



What fun... we even went to the firehouse, mom! Dutch Lane children, teacher Anne Manzo's 2nd graders at Centennial-ready Hicksville Firehouse.



Right up to Centennial Celebration time, Hicksville fire fighters are in action. Smoke fire on South Elm Street (the home of the late, one-time baker, Mr. Englert) brings out Company 2 and "the biggest pumper in the world."



Here come some Scotties! One of dozens of F.D. bands, approach Hicksville F.D. Centennial reviewing stand on East Marie St.



At the Glen Cove Nassau County American Legion 1993 convention newly-elected officers take their bows. County Membership Officer, past commander Ariens Howard of Hicksville's Post 421, thanks her many supporters. Behind her is new County Commander, Willibe Wilson; on left is Joe Murtha, retiring commander.



Nassau County's Director of Veterans Service Affairs, Dennis Dunne (right), takes a breather at American Legion Convention with two Hickville legionnaires: Hank Braemer and Cliff Doering.



The Hicksville Fire Department's 100th Birthday celebration put up the biggest carnival to ever draw thousands to this community.



Community organization volunteers outdid themselves in hours devoted to the success of the Fire Department's Centennial blast. Selling food tickets at the carnival are Judy Lombard, proprietress of Judy's Chocolate Tree (left), and Celeste Watman, Director of Hicksville Public Library.



Farmingdale fire ladies eager to enter the great Hicksville F.D. Centennial parade, Saturday night, watch some of 80 departments move west on Woodbury Road.

CAREERS AND GRADUATION 1993

CAREER OUTLOOK/HEALTH, EDUCATION

Healthy jobs in medicine, classroom

By Sharon Achatz

No one knows what the future holds, but one thing is for certain: People want to improve the quality of their lives — always have, always will.

As a result, fields that cater to caring for individuals offer steady and secure employment opportunities.

Two strong examples are the fields of health care and education. In fact, the U.S. Bureau of Labor Statistics estimates that about one in every five new jobs created between now and the year 2000 will be in the fields of health care or education.

HERE'S TO YOUR HEALTH

Good health is essential to the good life, and there is no shortage of jobs dedicated to maintaining health, from medicine to dentistry and optometry.

Many health fields will become even stronger employers throughout the '90s due to the demographic fact that the number of people age 75 and over will continue to climb sharply — and it's an uncontested fact that as folks grow older, they require more health care services.

Not only will college-educated physicians, nurses and optometrists be in greater demand, but also high school graduates who have completed the vocational training to become medical lab techs or medical records technicians. Some positions such as live-in aide or admissions desk clerk may not require any formal education beyond high school.

Here are some healthy careers:

- Occupational therapists help mentally, physically or emotionally disabled individuals develop, recover or maintain daily living and work skills.

A bachelor's degree is required. Average salary: \$24,000.

- Pharmacists dispense drugs and advise the public and physicians on the proper selection and use of medications.

A bachelor's degree in pharmacy is the minimum educational requirement; most have doctorates. Average salary: \$37,400.

- Physical therapists work to improve mobility, relieve pain and prevent or limit permanent disability of patients suffering from injury or disease.

A bachelor's degree is required. Average salary: \$27,000.

- Physician assistants perform essential but time-consuming tasks of patient care — such as taking medical histories or giving physical exams — under the guidance of a physician.

The profession generally requires two years of undergraduate education plus two years in an accredited PA education program.



Average salary: \$26,200.

- Opticians fit eyeglasses and contact lenses after an optometrist has examined the eyes.

Educational requirements vary from state to state, but all require extensive on-the-job training or apprenticeships ranging from two to five years. Average salary: \$23,000.

- Licensed practical nurses help care for the sick under the direction of physicians and registered nurses, with most providing bedside care.

Educational requirements include a high school diploma and completion of a state-approved practical nursing program, most of which last one year. Average salary: \$17,500.

- Medical record technicians maintain permanent files for every patient treated by a physician or hospital.

Graduation from an accredited two-year associated degree program is required. Average salary: \$17,200.

BEYOND THE THREE Rs

As for education, it historically has been held to be the key to a better life. Whether higher education toward a professional degree, vocational training or technical fine-tuning, knowledge is power and teaching, therefore, a powerful profession.

The demand for educational services will increase in the areas of elementary and secondary education primarily due to population growth, but the demand for vocational, technical and corporate teachers will increase also because of new technology — people need continual training to keep up with industry trends.

Descriptions of some of the hottest job prospects in health care and education follow, along with a listing of their educational requirements and average annual salary as reported in the "Occupational Outlook Handbook" (U.S. Bureau of Labor Statistics).

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Engineering, science and computing jobs

By Sharon Achats

In this age of microchips and test tubes, high-tech careers hold some of the hottest job prospects for this decade — and beyond.

The spotlight generally falls on the scientists, engineers and technicians who develop new technology. But job growth also will occur in support positions such as salesmen, teachers, technical writers, machinists, data-entry clerks, test-tube washers and equipment installers.

While the U.S. Bureau of Labor Statistics reports that four of the top five fastest-growing fields are in the computer industry, the technical tower of power extends strongly into the fields of science and engineering, as well.

JOBS THAT COMPUTE

As the computer revolution continues to make those machines more a part of our lives, employment opportunities will exponentially expand. Some jobs forecasted for great future demand include:

- Computer operators work with and maintain computer hardware and peripherals.

- Computer programmers design software programs that tell the computer what to do.

- Computer systems analysts provide advice on how a particular computer system can best meet the needs of a specific company.

In addition, as people start trading vast quantities of text and video with computers, companies will spring up to help transmit, coordinate and sift through all that information via networks. Information providers, such as on-line data bases, will grow as well.

COMPUTER NETWORKS

The computer world is gradually moving away from large, centralized mainframe and minicomputer systems toward clusters of more powerful desktop machines called local area networks.

Consequently, demand is skyrocketing for the hardware and software products that link groups of personal computers in an office — and the professionals that make such sophisticated networking work.

Those in the best position to take advantage of the networking boom are software engineers, but even people without a technical background can find opportunities. Companies that use local area networks often need a network administrator to coordinate usage among the many people who rely on its resources, for example, and workers are needed to handle mechanical tasks such as installing cables.

EMPLOYED ENGINEERS

Engineering has been one of the most consistently hot fields in the past decade and should continue as a strong job prospect for the future simply because engineering is about the future — working on new methods to keep people healthy, productive and living the good life.

Engineers can be found in and generally are in demand in every industry, but there are a few areas that seem focused for a '90s employment explosion. Among them are:

- Biomedical engineers apply engineering principles to solve medical and health-related problems.

- Chemical engineers investigate how chemicals can be used for research and manufacturing.

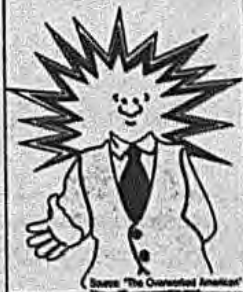
- Electrical engineers work on the design and production of electrical and electronic equipment.

- Environmental engineers work to protect resources, animals and people from exploitation and

CAREERFACTS

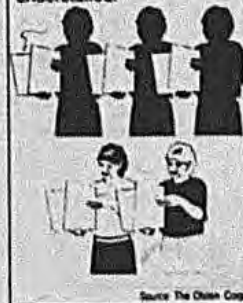
Stress Stat

Thirty percent of adults experience high stress at work at least once a week.



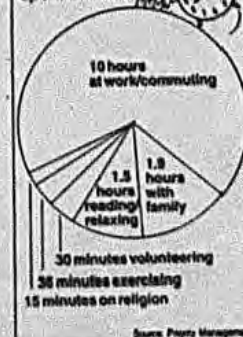
Small Staff

Two out of five human resource executives say their companies are understaffed.



Time Management

Most of our day is spent at work:



pollution.

- Industrial safety engineers help industry develop ways to cope with safety concerns such as asbestos, AIDS, computer glare and electric magnetic fields from power lines.

SCIENTIFIC SECURITY

The '90s focus on medical and environmental issues will also lead to an increased demand for scientists to research those areas. Scientists in demand will include:

- Biologists are called upon for discoveries and developments in a variety of medical fields, particularly cellular and gene therapy.

- Geologists will be in demand to assess soil and groundwater contamination, as well as aid in the never-ending search for petroleum and natural gas.

- Chemists work to develop new uses for chemicals, from the development of food additives and plastics to the prevention of pollution.

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Faces And Places: Hicksville in Photos

Continued from Page 8



Taking a break from F.D. carnival food ticket sales is this duo.



Graduation parties fill lots of calendars. Eileen Boschert of Lady of Mercy Academy (far end), parents, Bernard and Marie Boschert, family and friend, Anne Evers, enjoying dinner at the Davenport Printing Press Restaurant.



Cliff Doering and two Hicksville lovelies watching the endless Woodbury Rd. procession of fire departments here to share Hicksville F.D. Centennial.



No stranger to organizing big parades, Bicentennial parade chairman Steve Didier (right), Mrs. Arlene Didier and son Robert, and grandson, Christopher, on Broadway for F.D. parade.



A beautiful sight for sanitary engineers - water supply pros, is the cleaned recharged water basin (sump) east of LILCO's headquarters. White sand expanse free of four feet of 40-year sludge, will return storm run-off water to the water-table, eventually.

All Photos by Dick Evers

Hicksville Connie Mack St. Ignatius CYO

On Sunday, June 6, Hicksville Connie Mack played Levittown in a double header, at the Hicksville Middle School. The first game was well played and Levittown squeaked a 4-2 victory. The second game was highlighted by superior pitching by Anthony Santori. In the bottom of the 7th inning (Connie Mack plays 7 inning games) Anthony Santori also got the game winning hit. Hicksville won 3-2.

On Sunday, June 13, Hicksville played the North Shore A's. Shennen Maceo pitched an excellent complete game and Hicksville won the 1st game 3-2.

The second game was a real thriller. Anthony Ciacco had a no hitter going all the way till 2 outs in the seventh inning, when an A's batter broke it up with a single to right field. Anthony got the next batter out on a fly ball. Anthony finished with 10 K's. Hitting stars for Hicksville were Danny Paul 2-4 and Anthony Gismondi 2-4. An outstanding double play was started by Greg Lattini. Shaun Hunte was excellent behind the plate and threw out a runner.

Three Finish BOCES Studies

Three students from Bethpage High School have successfully concluded their occupational education programs at BOCES Nassau Tech. They are among 625 youngsters from 43 Nassau County school districts who will be receiving Certificates of Completion at evening ceremonies on Wednesday, June 16.

The Bethpage students and their courses of study are Erik W. Kauhaus, Carpentry; Jaimie McKeon, Plumbing and Heating; and Kristina B. Selhorn, Practical Nursing.

The Old Ball Parks Their Neighborhoods

The atmosphere of the old New York ballparks and their neighborhoods will come to life during a slide show at the Hicksville Public Library at 7:30 p.m. on Tues., June 22.

Fond memories of Ebbeys Field, the Polo Grounds and beloved ballparks in each of the five boroughs will be evoked with humor, anecdotes and insights. How the ballparks reflected the social and economic make-ups of their neighborhoods and how the ballparks and their neighborhoods changed will be explored.

The presenter is Elliot Knispel, author and member of SABR Ball Parks Committee and the Save Tiger Stadium Foundation.

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Scholar-Athlete Award



Oyster Bay Town Councillman Leonard Kunzig recently presented a trophy to Bethpage High School senior Isabel Mantilla, recipient of the school's 1993 Scholar-Athlete Award. The honor is bestowed upon students who excel in two or more varsity sports and achieve a high scholastic average. Isabel maintained a 92.7 average while excelling in soccer, softball and bowling.

Fish Hatchery Trip



Recently Mrs. Komarnicki's first graders at Trinity Lutheran School visited the Cold Spring Harbor Fish Hatchery. The children observed numerous species of fish in the indoor aquariums, and had the opportunity to feed trout, and hold and pet turtles and frogs while learning about their habitats. In photo Andrei Lee, Christopher Chung and Laneya Wiles pet a large turtle.

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career. Ms. Scheck is the publisher/editor of the *People Who Care* newsletter. She will show you how to uncover your hidden employment potential through activities with which you are already familiar. In addition, the lecture will be followed by a workshop and question and answer period.

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Writer's Club

To Meet

The Writer's Club will meet on Saturday, June 26, from 2-4 p.m., at the Hicksville Public Library, 169 Jerusalem Avenue. This will be the final meeting until September.

Dorothy P. Freda, fellow writer, and editor/publisher of the small press, *The Pink Chameleon*, will coordinate the meeting.

Come and join this informal, free gathering of writers, both seasoned and aspiring (you need not be published). Bring your work (fiction, non-fiction, poetry) and present it for constructive criticism, or simply come and listen and offer feedback. Learn or improve your writer's art through feedback. Many of our members, past and present, have gone from aspiring writers to prolific published authors. Learn about new markets and manuscript salability. Also, Mrs. Freda is presently considering submissions from subscribers to Issue No. 8 of *The Pink Chameleon*.

College Notes

David W. Appar, Jr., of Hicksville has graduated from Geneva College, Beaver Falls, PA. He received a B.S./B.A. degree in Aviation/Business.

Ronald and Marlene D'Amelia of Hicksville announce the recent college graduation of two of their children, Kim and Philip. Kim has graduated Magna Cum Laude from St. John's University School of Pharmacy with a 3.76 GPA. She is currently a Pharmacist at Rockbottom Pharmacy.

Philip has just graduated Magna Cum Laude from Polytechnic University majoring in Mechanical Engineering with a 3.62 GPA. He will begin studying in September for his masters Degree in Mechanical Engineering at Polytechnic University on a full scholarship.

They are both graduates of Holy Trinity High School in Hicksville. Their parents are very proud of both of them.

In Service

Marine Pvt. Jorge E. Ospina Guarin, a 1992 graduate of Hicksville High School recently graduated from the Basic Landing Support Course.

During the course, at Marine Corps Engineer School, Marine Corps Base, Camp Lejeune, N.C., students receive formal instruction and practical application in the engineering field at the basic, journeyman and supervisory levels. Course studies also include landing support fundamentals, camouflage, field fortification, mine warfare, amphibious operations and air operation.

He joined the Marine Corps in Sept. 1992.

Jottings From Yesteryear

By Bill Clark

Did you go to the Fire Dept. 100th Anniversary? I did each nite and feel it was the largest with fireworks, carnival and parade. I have seen many, since a boy in Hicksville. The fireworks display was great and different, wellworth seeing. Those displays you see on TV etc., are all like a rerun on TV for the third time. The carnival and food court was active. The only time a carnival or circus in town that left me a memory was seeing Hugo Zuchini, The Human Cannon Ball in the 20's on Eisemann Farm corner of

Old Country Road and Newbridge now a shopping center.

At the events I spoke to several men and ladies from Hicksville, OHIO Fire Dept. They told me they have a Jericho Rd. One of the Special Guests was Kevin Shea of F.D.N.Y.

Congratulations should go to all those that put many hours, weeks of planning, working at many of the hidden tasks you don't see being done to put on this event. Did you notice how they kept the food court area clean by another crew. I enjoyed the evening.



Shoe Repair Shop from early years on Broadway showing John Provansano who worked after Frank Russo retired. He now has retired.



Same shop, new owner, Mr. Luigi with redecorated store. Photos by Bill Clark.

LEGAL NOTICE SUPREME COURT COUNTY OF NASSAU

OLD STONE CREDIT CORPORATION OF NY Plaintiff against William Kafka et al Defendant(s). Pursuant to a judgement of foreclosure and sale entered herein and dated April 13, 1993, I, the undersigned Referee will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, NY on the 13th day of July, 1993 at 10:00 AM premises BEGINNING at a point on the easterly side of Wilfred Boulevard distant 240 feet southerly from the corner formed by the intersection of the easterly side of Wilfred Boulevard with the southerly side of Davind Avenue.

LEGAL NOTICE!

being a plot 100 feet by 53 feet by 100 feet by 53 feet, said premises known as 7 Wilfred Boulevard, Hicksville, New York. Approximate amount of lien \$62,988.64 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number 6117/92. Dated: June 10, 1993. Louis Tassan, Referee. Michael Z. Rindenow Attorney(s) for Plaintiff. 1576 Front Street, East Meadow, NY 11554. MIT 2717 4 X 6/11,18,25,7/2

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

The Telltale Signs

Chronic eye redness, sore throat or dry cough.

Chronic lying, especially about whereabouts.

Wholesale changes in friends.

Stealing.

Deteriorating relationships with family members.

Wild mood swings, hostility, or abusive behavior.

Chronic fatigue, withdrawal, carelessness about personal grooming.

Major changes in eating or sleeping patterns.

Loss of interest in favorite activities, hobbies, sports.

School problems - slipping grades, absenteeism.

Take a deep breath.

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

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

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

THE AWARE PARENT IS THE GOOD PARENT.

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

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

THE WARNING SIGNALS.

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

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

But don't jump to conclusions.

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

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

START WITHIN THE FAMILY.

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

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

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

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

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

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

FURTHER ACTION MAY BE NECESSARY.

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

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

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

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

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

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

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

WHATEVER YOU DO, DON'T GIVE UP.

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

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

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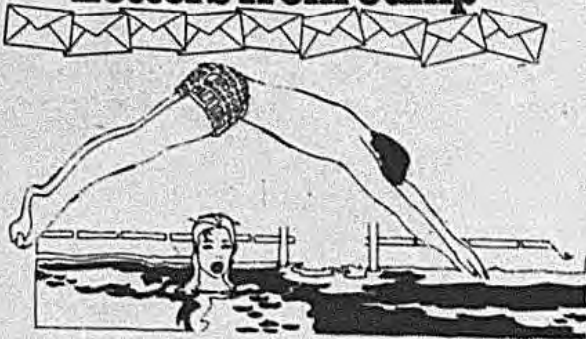
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Lions Instructor



Oyster Bay Town Councilman Thomas L. Clark, right, recently attended the installation of Officers of the Hicksville Lions Club and presented a citation to outgoing President Terry Naylor. The award recognized her dedication to the organization and its humanitarian and charitable concerns. Incoming President George Malda was also on hand for the occasion.

Environmental Commission Scheduled For June

A meeting of the Town of Oyster Bay Environmental Quality Review Commission (TEQR) has been scheduled for 9:30 a.m. on Friday, June 25 in the Environmental Control Division Conference Room, 150 Miller Place, Syosset according to Oyster Bay Town Clerk Carl L. Marcellino. The agenda for the meeting will include discus-

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

Special Sports and Recreation Camp Directory. Appearing in Mid Island Times, Syosset Advance, Bethpage Newswatch, Jericho News Journal, New Hyde Park Herald Courier, Williston Times-Mineola Edition, Garden City News & Great Neck News

FINALS - SCHOOL AND REGENTS EXAMINATIONS JUNE 1993

FRIDAY - JUNE 11TH	MONDAY - JUNE 14TH	TUESDAY - JUNE 15TH	WEDNESDAY - JUNE 16TH	THURSDAY - JUNE 17TH
FULL DAY OF CLASSES	FULL DAY OF CLASSES	CLASS EXAMS	CLASS EXAMS	NO CLASSES
EARTH SCIENCES	EARTH SCIENCES	CLASS EXAMS	CLASS EXAMS	REGENTS
AS Business	AS Business	8:15 - 8:45	8:15 - 8:45	8:15 - 12:15
AS Fine Arts	AS Fine Arts	ENGLISH	SOCIAL STUDIES	1:00 - 3:00
AS Phys. Ed./Health	AS Phys. Ed./Health	AS Honors/Regents/Basic	AS Honors/Regents/Basic	REGENTS
AS Practical Arts	AS Practical Arts	11:00	11:00	8:15 - 11:15
AS Foreign Language (EXCEPT LEVEL III)	AS Foreign Language (EXCEPT LEVEL III)	11:00	11:00	Max. Math 1 and 2
Creative Writing	ICreative Writing	CLASS EXAMS	CLASS EXAMS	U.S. History & Gov't
Public Speaking	Public Speaking	10:30 - 11:30	10:30 - 11:30	REGENTS
Calculus AP	Calculus AP	MATHEMATICS	MATHEMATICS	12:15 - 2:15 PM
SOCIAL STUDIES	SOCIAL STUDIES	Math 10 Basic	Math 11 Basic	Special Studies Program
Electives	Electives	Math 11 Basic	Math 12 Basic	Physics
American Family	American Family	10th, Math 1 Standard	10th, Math 2 Standard	Business Analysis
Criminal Law	Criminal Law	10th, Math 3 Standard	10th, Math 4 Standard	Jumpstart AP/IB
Current Events	Current Events	10th, Math 5 Standard	10th, Math 6 Standard	
Economics Basic	Economics Basic	10th, Math 7 Standard	10th, Math 8 Standard	
Gov't & Pol. AP/IB	Gov't & Pol. AP/IB	10th, Math 9 Standard	10th, Math 10 Standard	
Gov't & Pol. 10th	Gov't & Pol. 10th	10th, Math 11 Standard	10th, Math 12 Standard	
Psychology	Psychology	10th, Math 13 Standard	10th, Math 14 Standard	

FRIDAY - JUNE 18TH	MONDAY - JUNE 21ST	TUESDAY - JUNE 22ND	WEDNESDAY - JUNE 23RD
REGENTS EXAMS	REGENTS EXAM	REGENTS EXAM	REGENTS EXAM
8:15 - 12:15	8:15 - 12:15	8:15 - 12:15	8:15 - 12:15
ACT in Mathematics	Intro. to Occupations	U. S. History & Government	Science
REGENTS EXAMS	Proficiency Exams in:	REGENTS EXAM	REGENTS EXAM
8:15 - 11:15	French	8:15 - 12:15	8:15 - 11:15
Comprehensive English	German	Biology	Chemistry
REGENTS EXAMS	Italian	REGENTS EXAM	
12:15 - 2:15	Spanish	8:15 - 11:15	
Earth Science	Art Portfolio Regents	Global Studies	
Comprehensive French	1:15 - 6:15		
Comprehensive German	Proficiency Exams in:	REGENTS EXAM	
Comprehensive Hebrew	Health Care/Ed. Care	12:15 - 2:15	
Comprehensive Italian	Clothing & Textiles	Sequential Math III	
Comprehensive Latin	Food & Nutrition		
Comprehensive Spanish	Housing & Environment		
	Human Development		
	Communication Systems		
	Production Systems		
	Transportation Systems		
	1:30 - 6:30		
	Guest Exam - Old Gym		

* STATE EXAMS
* SCHOOLS EXAMS

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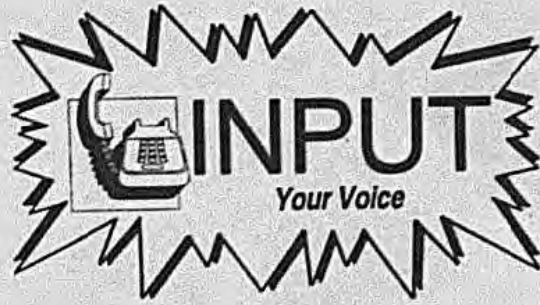


Friday, June 18, 1993

**Driving Isn't Fun
Any More**



SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think the days of royalty in Great Britain are nearly over?



"It's nice . . . but frankly, Graceland has a better gift shop."

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Input Callers Give President Low Marks

Most callers to Input do not think that President Clinton handled the Lani Guinier appointment correctly in answer to this question: "Do you think President Clinton handled the Lani Guinier problem correctly?" Here are some of the answers:

SAME AS OTHER PROBLEMS

President Clinton did not handle the Lani Guinier problem correctly. Why should he have handled it any differently than the other problems he has faced? **J.Q.P.**

ANOTHER DAY

No. But at least this blunder didn't result in the deaths of dozens of innocent children. Just another day at the office of President Clinton. **R.K.**

SHOULD HAVE BACKED HER

President Clinton did not handle the Lani Guinier nomination correctly. He should have stood by the nomination, permitted her record and views to be heard in the course of which the American people would learn the history and meaning of the voting rights act and he should have fought for her confirmation. I have actually read the Guinier law review articles and find them to be extraordinarily positive in every way to find new ways in expanded political participation, minority rights and bi-racial coalitions around interest groupings. She emphasizes voluntary voter selection in one's own self interest rather than government imposed racial districts. Her exposition of the problems that racial, religious, logical, partisan, gender, ethnic minorities have in majority "wins all districts" deserves a serious hearing before the people. **D.S.**

NO CASTING VALUES

The problem is not completely with the candidates being picked by President Clinton and then dumped. The problem is that Clinton has no lasting set of values and therefore he is only interested in appointments that would help him gain popularity. I believe he did know what Guinier had written but when a number of commentators started blasting the choice, he ran for cover leaving her holding the bag. **K.B.**

COMEDY OF ERRORS

It is getting to be a comedy of errors. Apparently Clinton makes nominations and floats them as trial balloons. The problem with Lani Guinier is that her ideas would only be something that minorities would find good. But in doing what she advocates, giving more power to minorities, Clinton would lose the non-minority people who would turn away from him. He didn't want to take a chance so he "chickened out." **G.F.**

MAY GET BETTER

Clinton can benefit from these mistakes in a big way. He now looks so bad that if he does just some little thing right, the public will be so surprised that they will cheer him on. Clinton is not Presidential material but he is the only one we've got for four years. **D.A.**

MINORITY AND WOMEN

Clinton is playing minority and women's politics. He appoints only women to high posts probably because Hillary says so. If he continues to make selections along the women's and minority guidelines he is going to have plenty of trouble. It should be just as illegal for the President of the U.S. to make selections along race and gender quotas as it would be for the rest of the public. Clinton had better get new advisors because on his own and with Hillary they just do not know what they are doing. **J.F.**

GET BUSH BACK

I hate to keep saying this, but I voted for George Bush. I wasn't that satisfied with Bush until now. And now I see that the job is a difficult one and if we had Bush in we would be a lot nearer ending the recession that with this President who knows so little about the job. **N.D.**

MISTAKE CORRECTED

Clinton did the right thing in getting rid of Lani Guinier. It is true that he made a mistake in nominating her, but at least he was strong enough to admit his mistake before she took office and caused us trouble. **F.S.**

HAD TO DO IT

At the time it all happened, I couldn't help but feel a great deal of sympathy for Prof. Lani Guinier. The entire situation was incongruous with President Clinton engaging and practically in the same breath, discharging his appointee and, in fact, friend of long standing. Her education and experience backgrounds certainly qualified her for appointment to head up the Justice Department's Civil Rights responsibilities but if Clinton had actually read what Lani had written he wouldn't have nominated her in the first place. She is apparently a strong defender of civil rights policies and I suppose realizing the quagmire he had established with racism and probable serious and monumental problem, in my opinion the President had no alternative but to "bite the bullet" and reverse his position. **P.G.S.**



Discovery!

Driving Isn't Fun Any More

By Herbert Goldstone

I'm sorry to say this, but driving a car is not much fun any more. Furthermore, I'd bet a lot of people agree with me. And I speak as someone who has spent a good part of his adult life getting from one place to another, for business or pleasure, behind the wheel of a car and always enjoyed it.

It's a bit ironic when you think about it. Cars are so much better than they used to be. They're made much better, they're so much easier to handle and they have conveniences and safety features that the motoring public never dreamed about not too many years ago. Not only that, but most roads, at least the main roads, are expertly built, smooth to ride on and well lit at night.

Nevertheless, I've been driving a car for a lot of years but I can't remember it ever being as tense, as nerve racking, aggravating and all too often downright unpleasant as it is now.

One reason, of course, is the sheer volume of traffic. They refer sarcastically to the Long Island Expressway as the world's longest parking lot. Unfortunately, the LIE is not alone with that dubious distinction. All of Long Island has become one big end-to-end traffic jam.

Day or night, there is hardly a road anywhere in Nassau or Suffolk County, whether a major artery, a secondary road or just a community street of any length, that doesn't have that congested rush-hour look about it.

I'm not even mentioning constantly tied up Brooklyn and Queens, geographically part of Long Island. We have enough traffic problems out here in the suburbs.

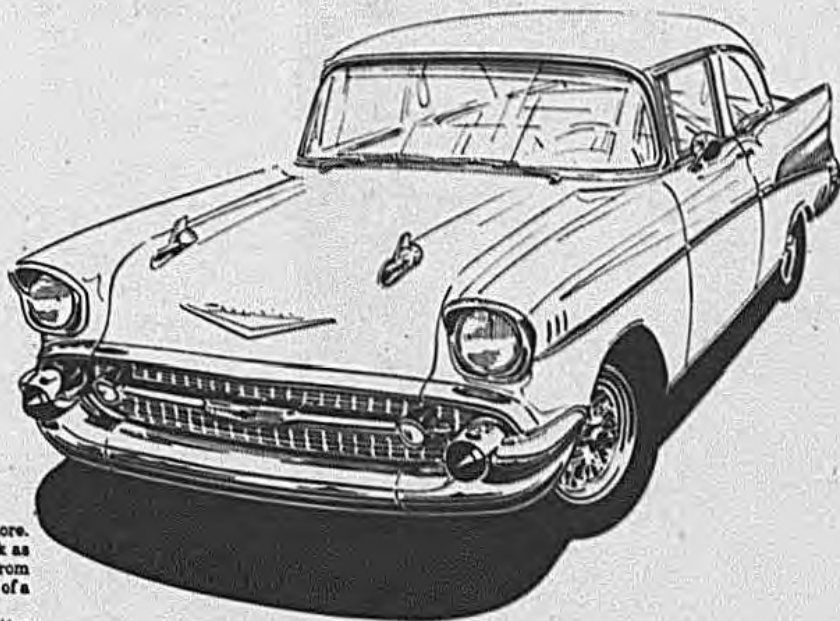
We used to talk about the family car. Now we have to talk about the family fleet of cars, with everybody in the household driving his or her own, and the traffic shows it. My garden apartment complex feeds into Jericho Turnpike and it's not uncommon to sit at the entrance for five minutes waiting for a safe opening to make a right or left turn into traffic.

But it's not so much the heavy traffic that bothers me. What really disturbs me is the matter of driving attitude. I have never seen drivers - not all, of course, but an awful lot of them - as nasty, aggressive and downright belligerent as they are these days, so impatient, so unwilling to give the other guy an inch, so ready to risk a bad or even fatal accident to beat a red light, so determined to pass every car on the road no matter how fast the others may be going or how risky it might be.

Try this when you drive. Pick a spot a good distance ahead that the car that whizzed past you well over the legal speed limit has just reached and count how many seconds it takes you to get to the same spot.

You will probably find that he or she, males have no monopoly on that sort of driving, broke the law, risked a smash up and frayed everyone's nerves to beat you by all of five or six seconds, if that much. Does it make any sense?

I took one of those safe driving courses given by the National Safety Council recently. I highly recommend them, by the way, not only for the insurance discount you get but for the valuable driving tips you get, and the one gripe that everybody shares is anger at the hazardous practice of tailgating, someone driving dangerously close behind you at high speed.



Take a look at what goes on in the left-hand speed lane of any parkway. You'll see a string of cars doing 65 or 70 miles an hour crowding each other only a few feet apart. They just ignore the obvious fact that if the car in front has to stop or even slow down in a hurry, the car in back is going to be in his trunk.

Speed limits are almost a joke. It's bad enough that nobody pays the slightest attention to the 55 MPH limit on the parkways, but they also ignore the 40 MPH limit on a lot of business or residential streets, even speeding past a school.

People who drive ordinary passenger cars are tough enough to deal with, but those driving those big vans that have cropped up in such large numbers lately really think they own the roads. One of these days, I have to take a look at the sales contract for those vans. I'm sure it must have a clause warning the owner that his warranty is void if there is anybody on the road ahead of him.

And don't you just love the guy who insists on passing you, no matter how fast you're going, then pulls over in front of you and slows down?

It's just the way a lot of drivers are, sad to say. You have to fight to maneuver into the right lane at a toll gate because almost nobody gives you room voluntarily. They won't slow down for even a split second to let you onto a parkway or expressway, but they'll scare the daylights out of you by pulling right in front of you, even passing on the right, to get onto a parkway. You can't win.

Personally, I don't consider it a flaw in my character if I let someone get ahead of me once in a while.

You've heard the comment: "I don't know what gets into him when he gets behind the wheel of a car."

I don't buy that. Your personality is your personality whether you're driving or doing anything else. The person who cuts you off on the road is probably the same person who cuts in front of you on the supermarket checkout line.

You are who you are, except that when you're driving you can seriously injure others, not just annoy them.

About The Author

Herb Goldstone lives in Woodbury. He is a retired professional writer who has written for a number of publications. This is his ninth contribution to *Discovery*.

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READER RATINGS



Q. Can you tell me the proper way to eat French fries? At a restaurant recently, I saw a young man spear them with his fork and nibble them in mid-air. I found this appalling!

A. The best way to eat French fries is to cut them with the side of a fork into bite-size pieces. You are right - food should never be eaten while dangled in the air.

Q. Recently my fiance and I ate in an expensive restaurant. The food was excellent and so was the service. However, our table was located quite near the door and we felt a terrific draft anytime someone entered or left the premises. We were both extremely annoyed and will certainly never return to that particular restaurant. What is your opinion?

A. You should have told the maitre d' politely but firmly about the problem. He would certainly have shown you to another table if one was available. Even at this late date, you should consider sending a letter to the restaurant owner. I'm sure he wants to please his customers and will take your complaint very seriously. It would make good business sense for him to eliminate the draft!



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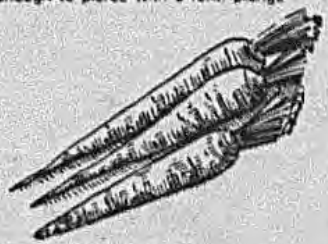
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3. Rub peel off.



READER RATINGS



Q. At the reception, do the bride and groom sit together at one table with their attendants?
 How about the spouses and dates of the attendants — where do they sit?
 And what happens to the two sets of parents?
 A. You might have a "Bride's Table" and a "Parents' Table."
 The bride and groom would be seated at the Bride's Table, obviously, but also the attendants and their spouses and dates.
 At the Parents' Table, you might seat the clergyman, your grandparents, aunts and uncles, godparents and, if there's any room left, anyone very close to your parents.
 If you have a very small wedding party, put everyone of both generations at one table.

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READER RATINGS



Q. While visiting France last year my friend and I ate in an elegant restaurant. We noticed that forks and spoons were facing downward on the tablecloth. Do you know why this was done?

A. This is an old French custom which is gradually giving way to the English and American way of facing forks and spoons upward.

Q. Recently I came across a menu expression that was new to me. Can you explain what "A la burgulgnonne" means?

A. Translated from the French it would mean "in the Burgundy style" and it refers to any dish served with small onions, spices, bacon, mushrooms and, of course, Burgundy wine.

Q. I often eat with friends at a local restaurant known for its beautiful decor and excellent food. However, for some reason the waiters and waitresses seem to wear glum expressions on their faces. They are not actually rude, but their manner is somewhat curt. Would it be a good idea to say something to the owner?

A. I don't know how the owner will take your comments, but you would actually be doing him or her a favor. It would cost nothing to have the employees a little more gracious and it would most likely increase the restaurant's business. Food and decor are important, but so is pleasant service.

Q. We know of at least 80 people who are coming to our housewarming on a Sunday afternoon, and many are bringing little kids. We don't have any children, and we're very worried about what to do with those children who are coming. I wish I could have put on the invitations "Don't bring your kids."

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

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


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

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

(Guide to Good Dining)



By Margaret Wing-Peterson

A healthy Chinese tradition

Chinese food is a durable American favorite, whatever the diner's own heritage. Past canned-chop-suey-frozen-egg-roll tastes have matured into more sophisticated preferences for the fresh and unfamiliar.

Many people consider the cuisine to be especially healthful. This reputation arises from several points: its reliance on vegetables, rice and soybean protein, the secondary role of animal foods, the longtime inclusion of certain mushrooms, herbs and other plantstuffs that may have some basis in medicinal fact.

Unfortunately, still too many Americans have Westernized their menu possibilities, creating a fat-trap every time they "do Chinese." Sweet-and-sour dishes, heavy-on-the-nuts dishes, fried rice, deep-fried egg rolls and the like could be acceptable items when served rarely, as festival foods, like the Chinese do. But too frequently, too-large portions of these fat-rich choices grace U.S. tables.

Take advantage of the best of Chinese: Go for the wide variety; fresh foods that are steamed and poached, in broth soups or in light-on-the-oil stir-frys, tofu, seafood and lots of veggies, including the valuable leafy greens such as bok choy and broccoli.

Use low-salt broths and reduced-sodium sauces; experiment to find the minimum of oil you can use in stir-frying (aim toward no more than a teaspoon per serving). When planning a Chinese meal, consider the seafood contained in all the dishes and adjust recipes to allow 3 to 4 ounces total per person. Reduce the heat when stir-frying seafood and stir constantly; with little fat, it overcooks and toughens quickly.

Better choices include steamed rice, boiled or only pan-fried (soft) noodles, steamed or stir-fried seafood. Place your plate's emphasis on lots of plants and little fatty foods.

When dining out, ask questions about preparation: Are the vegetables deep-fried? Are the noodles boiled only or fried? Which items are steamed? What dishes don't have a lot of oil? Don't be afraid to ask the staff for relatively easy changes such as "please omit MSG" (monosodium glutamate, a flavor enhancer and sodium source), or "Can the chef use half the usual amount of soy sauce?"

WONDERFUL ORIENTAL-STYLE STEAMED FISH

- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon sesame oil
- ¼ teaspoon finely minced OR grated fresh ginger
- 1 tablespoon white vinegar
- 6 tablespoons orange juice

- ¼ teaspoon grated orange peel
- 1 (2-pound) sea bass OR rock cod with head and tail, scaled and cleaned OR 2 pounds fillets of red snapper, sea bass or other firm-flesh fish

4 green onions, cut into 1-inch lengths

- 1½ cups asparagus, green beans OR snow peas, cut into 1-inch lengths

- 1½ cups sliced carrots

Yields 4 to 6 servings.
Combine soy, oil, ginger, vinegar, orange juice and orange peel; set aside for 30 minutes to blend flavors. (Put in saucepan to warm as you prepare fish.)

To cook: Rinse fish with cold water; pat dry. Arrange on heat-proof platter that will fit on steamer rack in pan. Place over boiling water; cover and steam 1 to 2 minutes. Top with vegetables; steam 5 minutes more or until fish flakes easily and vegetables are crisp-tender. Warm sauce as fish cooks.

Pour warm sauce over fish and vegetables. Serve with rice or noodles.

EGGPLANT SZECHWAN-STYLE

- ½ cup vegetable broth
- 1 teaspoon sugar
- 1 teaspoon vinegar
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

- 1 large eggplant OR 1¼ pounds Oriental eggplant

- 1 tablespoon vegetable oil
- ¼ pound braised tofu

- 2 whole green onions, finely chopped

- 1 teaspoon minced fresh ginger
- 2 teaspoons minced garlic

- 2 teaspoons hot bean sauce OR 2 small dried chili peppers, crumbled and seeded (optional) (See note)

- 1 teaspoon cornstarch
- 1 tablespoon water

- 1 teaspoon sesame oil

Yields 4 servings.

In bowl, combined broth, sugar, vinegar, soy and pepper; set aside. Peel eggplant; cut in 2x½-inch strips. (If using Oriental eggplant, do not peel.)

Heat wide frying pan or wok over medium heat. When pan is hot, add vegetable oil.

Add eggplant; stir-fry 2 to 3 minutes, stirring constantly. Remove from pan.

Lightly spray pan with non-stick cooking spray; return to heat. Add braised tofu, onion, ginger, garlic and hot bean sauce or chilies. Toss-cook about 2 minutes.

Return eggplant to pan, pour in broth mixture, cover and cook over medium-low heat until eggplant is tender, about 5 minutes.

Blend cornstarch and water, pour into pan and cook, stirring, until sauce bubbles and thickens.

Stir in sesame oil just before serving.



Pocket sandwiches make super suppers

By Sharon Achatz

Sandwiches are fast supper fare, but they can become a bit boring. One way to enliven this supper staple is to replace slices of bread with pita.

Just slice these flat, round breads into half-circles, then gently open to form a pocket ready to stuff with a chef's filling of choice.

This change of pace doesn't much change the flavor of a sandwich since pitas, like bread, are rather bland, but the texture is definitely different, and there's something simply fun about a finger food that can neatly contain even the messiest fillings — from creamy salads to grilled meats.

For sandwich-making, pita bread should be warmed slightly in the microwave to make it pliable, and the filling should be cushioned by some greenery, such as a nest of shredded lettuce, alfalfa sprouts, lettuce leaves or watercress sprigs placed inside each bread round before spooning in the sandwich filling.

Frantic chefs can simply pick up a pint of crab or chicken salad from the deli on their way home from work to tuck in with their greens of choice. Those with a bit more time can test recipes for Greek Pork Pitas, Salmon Salad Pitas or Lentil Salad Pitas.

GREEK PORK PITAS

For filling:

- 1 pound boneless pork loin
- 4 tablespoons olive oil
- 4 tablespoons lemon juice
- 1 tablespoon mustard
- 1 teaspoon minced garlic
- 1 teaspoon dried oregano

For dressing:

- 1 cucumber
- 1 cup plain yogurt
- ½ teaspoon minced garlic
- ½ teaspoon dried dill weed

For sandwiches:

- 1 red onion
- 2 pita bread rounds, cut in half
- 10 to 12 leaves fresh spinach

Yields 4 servings.

Preparation time: 15 minutes, plus 30 minutes to 8 hours of marinating time.

Cut pork into thin strips. Combine olive oil, lemon juice, mustard, garlic and oregano; pour over pork and allow to marinate minimum of 30 minutes.

Meanwhile, peel and chop cucumber, then stir together with yogurt, garlic and dill; cover and refrigerate. Thinly slice red onion and set aside.

Remove pork from marinade. Stir-fry in non-stick pan over medium heat 3 to 4 minutes.

Line pita pockets with spinach leaves and red onion slices. Fill

pockets with pork. Top with cucumber dressing.

SALMON SALAD PITAS

For dressing:

- ¾ cup mayonnaise
- ¼ cup honey
- 2 tablespoons plain yogurt
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried mustard
- ¼ teaspoon lemon juice

For filling:

- 1 (9-ounce) package frozen lima beans
- 3 zucchini
- 2 pears
- 1 (18-ounce) can salmon

For sandwiches:

- 12 spinach or lettuce leaves
- 2 to 3 pita bread rounds, cut in half

Yields 4 to 6 servings.

Preparation time: 20 minutes.

In small bowl, blend all dressing ingredients. Cover and refrigerate. Cook lima beans according to package directions. Meanwhile, slice zucchini and pears; drain and flake salmon. Drain lima beans; rinse with cold water.

In large bowl, combine lima beans, zucchini, pears and salmon.

Line pita pockets with spinach or lettuce leaves; fill pockets with salmon mixture. Top with honey dressing.

LENTIL SALAD PITAS

- 4 tablespoons olive oil (divided use)

- 1 red onion, finely chopped
- 1 celery stalk, diced
- 1 carrot, peeled and diced
- 1 (16-ounce) can lentils, drained
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon dried basil leaves

- ½ cup mozzarella cheese, cut into ¼-inch diced pieces

- 2 to 3 pita bread rounds, cut in half

- 12 spinach or lettuce leaves

Yields 4 to 6 servings.

Preparation time: 20 to 25 minutes.

In medium skillet, heat 2 tablespoons olive oil over medium heat. Sauté onion until soft, about 3 minutes. Add celery and carrots and continue cooking 7 minutes more.

In medium mixing bowl, combine lentils with vegetables. Add remaining olive oil, vinegar, lemon juice, basil and cheese and mix well.

Line pita pockets with spinach or lettuce leaves; fill pockets with lentil mixture.

QUICK TIP

Keep partially filled boxes of prunes, raisins or dates fresh and ready for quick use by storing them in the freezer.

DINING GUIDE

KITCHEN KIDS



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Making choices

By Rena Coyle

Giving your children healthy foods that they will eat is not easy. With our schedules as busy as they are, we have little time to spend cooking and planning our family meal.

Convenience wins at the sacrifice of health-conscious dinners, whether they are from fast-food restaurants or from the market.

Surprisingly, though, with some forethought you can make some of these changes for your family by buying foods good for them and keeping them in the cupboard.

When they reach for a snack, it comes from the choices already at home. You can slip in the consciousness by what foods you serve at dinner.

For example, instead of serving frozen french fries, make your family baked potatoes. Have frozen low-fat yogurt in the freezer instead of ice cream and keep a supply of English muffins and bagels on hand for breakfast instead of sweet rolls or doughnuts.

Snack time is a dangerous time dietwise in all our homes, so don't buy chocolate chip cookies, but instead keep graham crackers, fig bars, vanilla wafers or ladyfingers handy. And for the potato chip munchers, switch to pretzels. Remember, you're the gatekeeper, and you put the foods in the cupboard from which your kids can choose.

Getting your kids to try new foods can also be a problem. Most kids like the familiar and not the unusual. They will watch parents' and siblings' reactions to new foods before ever trying them for themselves.

One way that you can encourage your kids to try new and different foods is to introduce them through preparing a recipe. Bringing your kids into the kitchen gives the kids a chance to get familiar with the food first, before being presented with it on the battleground of the dinner table.

Another way to get your kids to try new and healthier foods is to introduce them through familiar recipes. Chicken is a very familiar food to kids, but adding fresh tomatoes and rosemary gives it a different twist.

When cooking this recipe for Rosemary Chicken with your preschoolers, remember that they don't have to do every single step to feel they are a part of the recipe. Let them stir, pour and measure the ingredients, but leave the stove and oven work to you.

Instead of serving this recipe with white rice, use brown rice. Brown rice has a natural nutty

flavor and will add an entire new dimension — as well as nutrients — to a familiar dish.

Mealtimes are an ongoing struggle in any household with small children. But eating habits are developed young, and it is in our children's best interest to take the time to encourage good habits and be open to new foods. It isn't always easy, but the rewards are worth the effort.

BAKED ROSEMARY CHICKEN

- 2 medium onions
- 4 large tomatoes
- ¼ cup whole-wheat flour
- 1 4-pound chicken, skinless and cut into serving pieces
- 1 tablespoon safflower oil
- ¼ teaspoon dried minced garlic
- 1 teaspoon chopped fresh rosemary leaves
- 1 cup chicken broth
- 1 recipe Brown Rice Pilaf

Yields 4 servings.

Preparation time: 30 minutes.

Cooking time: 45 minutes.

Utensils: Cutting board, knife, pie dish, oven-proof skillet with cover, oven mitts, mixing spoon.

Preheat oven to 400 F.

Place onion on cutting board and carefully cut through center. Peel off skin and set it flat on cutting board. Slice it as thin as you can and set it aside. Continue cutting rest of onion this same way.

Put tomato on cutting board and cut it in half through core. Place half flat on board, trim off ¼-inch from core and then cut rest into several slices. Cut across slices, making a large dice. Set aside and continue cutting remaining tomatoes in same fashion.

Put flour in pie dish and dredge chicken pieces. Set chicken pieces aside.

Pour oil in skillet on medium heat. Add onions and brown for about 5 minutes. Add garlic and rosemary and cook for 2 minutes.

Make single layer of chicken around skillet and cook for 5 minutes on each side. Add chicken broth and tomatoes. Raise heat to medium high and bring liquid to a boil. Turn off heat and cover skillet. Put oven mitts on and carefully place the skillet into the oven to bake for 30 minutes.

To serve: Spoon some rice on a serving plate and top with the chicken and sauce.

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DISCOVERY

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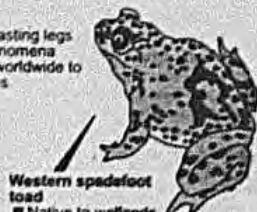
Without frogs and toads, Earth's ecosystems would alter dramatically and drastically. There would also be a potential loss of drugs made from them.

Search for a cause

Pollution, loss of habitat, great-tasting legs and other not fully understood phenomena have caused the number of frogs worldwide to plummet. Here are four U.S. victims.



Yosemite toad
 ■ Lives at high altitudes. Possibly being killed by UV radiation from lessened ozone.



Western spadefoot toad
 ■ Native to wetlands and valleys of Southern California; loss of habitat to urbanization has taken toll.



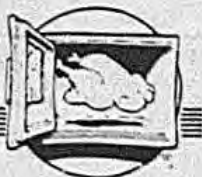
Red-legged frog
 ■ Native to California and hunted for legs. This is the frog of Mark Twain fame.



Mountain yellow-legged frog
 ■ From the Sierra Nevada. Have nearly vanished. Probably eaten by alien trout.

SOURCE: Peterson Field Guide to Reptiles and Amphibians





Desiree Viveca

Hello, Mr. Chips

Chocolate chip cookies, french fries, hot dogs — so maybe they're not so good for you. But, hey, America wouldn't be America without them.

Same with chips. It used to be had one choice: regular potato chips. Now they're ridged for dips, barbecue-flavored, sour-cream-and-chive-flavored and ranch-flavored.

There may be more changes in store for us in the potato-chip department. Frito Lay and Monsanto have been working on developing a genetically engineered potato with less water and more starch. Why? It'll absorb less grease during deep frying, meaning less greasy french fries and potato chips.

We might even be seeing multi-colored potato chips before long. White rose and russet varieties are pristine white, but we now have purple potatoes, yellow Finnish and even an orange potato (resulting from the cross-breeding of plants brought in by U.S. Department of Agriculture researchers from the Andes mountains).

Orange and purple potato chips? Why not? Blue-corn tortilla chips have become popular in recent years. We now have about as many varieties of corn chips as potato chips: nacho-cheese flavored, lime-and-salt flavored, in strips, rounds or triangles.

Whatever kind of chip you favor, the summer months should give you lots of excuses to indulge your passion, with all the seasonal parties, picnics and backyard barbecues. But if you want to be a bathing beauty this summer, don't overdo it: Only about 30 potato chips will land you with about 300 calories and 20 grams of fat. (If you're on a 1,200-calorie-per-day diet, that's one-half of your total recommended fat intake for the entire day!) And, of course, potato chips are loaded with salt.

That's the bad news. Here's the good news: You can make your own lower-fat chips at home and control the amount of salt, too.

You can make your own microwave potato chips. Lightly brush 2 cups thin potato slices with vegetable oil and dust with paprika. Arrange in a single layer on a microwave-safe baking rack. Microwave at HIGH (100 percent power) setting 12 to 15 minutes, turning and rotating halfway through cooking time, until potatoes are crisp. Sprinkle lightly with salt before serving.

To re-crisp potato or corn chips, arrange in a single layer on a paper towel and microwave at HIGH (100 percent power) setting 45 seconds to 1 minute. Let stand a minute or so before serving.

CHIPS 'N' CHICKEN

- 2 cups crushed regular potato chips
- 1/4 cup butter OR margarine
- 1/4 teaspoon salt

- 1/4 teaspoon lemon pepper
- Dash ground oregano
- 1 (3-pound) chicken, cut into serving pieces
- Paprika
- Yields 4 to 6 servings.
- Preparation time: 5 to 10 minutes.

Cooking time: 16 1/2 to 20 3/4 minutes, plus 5 minutes' standing time.

Oven setting: HIGH (100 percent power).

Place crushed potato chips on large plate; set aside.

Place butter or margarine in 9-inch glass pie plate. Microwave 30 to 45 seconds, to melt. Sprinkle with salt, lemon pepper and oregano.

Add chicken pieces to seasoned butter, one at a time, turning to coat. Then dip each piece in crushed potato chips, turning again to coat.

Arrange chicken pieces in shallow 11x12-inch microwave-safe baking dish, with meatiest portions toward outer edges of dish. Sprinkle lightly with paprika.

Microwave 16 to 20 minutes, turning and rearranging twice, until meat near bone is no longer pink. Let stand 5 minutes before serving.

MUCHO NACHO DIP

- 1/2 pound lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 (15-ounce) can pinto beans, with liquid
- 1 cup tomato salsa
- 1/2 cup shredded Jack or Cheddar cheese
- 1/4 cup sour cream
- 1/4 cup chopped black olives
- 1 green onion, chopped
- 4 to 6 ounces corn chips or tortilla strips
- Yields 6 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 7 to 9 minutes.

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

Crumble beef into 9-inch glass pie plate. Add onion and garlic. Microwave at HIGH setting 3 to 4 minutes, or until beef is no longer pink, stirring twice. Drain off excess fat; break meat into small pieces with back of spoon.

Stir in beans and salsa. Microwave at HIGH setting 2 to 3 minutes.

Top mixture with shredded cheese. Microwave 2 minutes longer at MEDIUM-HIGH setting, or until dip is heated through and cheese melts and bubbles.

Garnish with sour cream, chopped olives and green onion. Serve hot with chips for dipping.

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

FOR TEENS

By Willard Abraham, Ph.D.

Can't wait to leave area

Dr. Abraham: We live in a miserable part of the country because of the terrible winters, and I can hardly wait till I'm old enough to get out of here.

Whenever I mention that (which is often), my parents both get upset with me. They talk about all the close relatives and friends I'd leave behind, as if that matters. It certainly doesn't to me.

I am 13 years old, and I wish I'd already be 18 or 19 so that I could move far away.

I hope you agree with me that it is a great idea. — Eager Boy

Eager Boy: Because I grew up in a very cold part of the Midwest, I easily understand your desire. I also can see through your parents' eyes about the importance of family and friends.

Rather than letting weather develop into an obsession with you, you might be willing to try to recognize other factors that also can contribute to the quality of one's life, like availability of a good education, career opportunities, and sports and cultural activities.

And your parents' reference to "close relatives and friends" fits into the picture, too.

To help soften your relationship with them on this issue, you might mention it less often. Keep it in mind if you want to, but reduce its visibility within your family. And consider talking with close, smart friends of yours about all the pros and cons of your thoughts about the future.

Dr. Abraham: I've never been a vain guy, and don't think I am now, but one thing is beginning to bother me. You may be surprised because I've never heard of a guy bothered by this. Girls, yes, or maybe, but not guys.

I've noticed my dad's big, bulbous nose, but never paid much attention to it. In the last year I think that nose has changed for the worse, and is beginning to look like his.

I told my mom that I'm worried about it, and her answer to my doing anything about it always goes like this: "Your dad got me as a girlfriend and wife, and I'm not too shabby. He makes a lot of money. He is respected and has lots of friends."

I have a hard time arguing with any of that.

My dad just says let's wait a few years, and then we can talk it over. But I want to talk it over now. That's why I'm coming to you. — Nose Worrier

Nose Worrier: Your parents sound sensible to me and worth listening to, but let's hit the subject head-on anyway.

Try to think through in what ways the surgery (you didn't use that word, but hinted at it) might help improve the quality of your life now and in the future.

Do you feel pretty good about yourself these days? Do you think a changed nose would change your success with girls or male friends? Do some of the people in the career or careers you may be thinking about seem to have "imperfect" facial characteristics, but are suc-

cessful just the same?

Is there any possibility that if you were to go through with surgery you may be dissatisfied with the results? Have you talked through the whole subject with a competent surgical professional in this field, maybe with one or both of your parents there?

Should you perhaps be giving serious thought to your dad's delay suggestion?

Maybe thinking about questions like these will be worthwhile for you.

By the way, how old are you? You didn't say I don't want to stress an arbitrary age related to this matter because a person's concerns aren't necessarily related to age.

However, if you haven't yet reached your late teens, your father's suggestion may be a target for your serious consideration.

Of course, it also might be if you're already in your upper teens.

Dr. Abraham: Our local supermarket has a sign on the door that says they want to hire part-time carry-out, checkout, stocking and other workers.

That hits close to home for me because I'm in high school, want to go to college and money is a problem.

My parents will help me as much as they can, but it won't be much, I'm sure of that.

My problem is that I've never applied for a job, and need some advice from you. I'm kind of shy, so will that keep me from being hired? — Shy Guy

Shy Guy: The person who will interview you has probably also done so with many other teens, shy, outgoing and all in between.

Because they want several types of new employees, you may stand a good chance of getting a job by answering questions honestly (both orally and on an application form), being neat, knowing and telling the interviewer what you can do for them, being ready to state why you want a job and sharing with him or her what hours you are available to work.

If there is time, ask questions about job-related issues like wages, correct apparel and anything else you wonder about.

Try to recognize when the interview is over. Before leaving you might ask when you will hear about the possibility of being hired and state your willingness to provide any other information they might want. Don't forget to thank him or her for the time shared with you.

Good luck! Please let me know how the interview went.

Cooking Corner



Make ethnic cuisine the main course

By Tershia d'Elgin

Ethnic cuisine provides steady inspiration to many fine vegetarian cooks. Dishes originating in North Africa, the Middle East, South America and the Orient have been a colorful, tasty influence on meatless cooking in this country.

First, they are exotic. Ingredients that are less familiar to the traditional American palate create an instant curiosity. Also, people in other countries can prepare what we consider everyday ingredients in fresh, surprising ways. Consider the presence of Morocco's couscous oiled by tumeric, filo doughs and tabouleh from Greece and Israel and the abundant burritos and tacos in our vegetarian diets.

With all the Japanese, Thai food and stir-fries, the impact of the Far East seems pervasive, too. But we in the United States have just begun to tap the wealth of Oriental food heritage.

Cursory examination of Third World cuisine reflects healthier regimens. In some cases, to be sure, food is scarce and the people undernourished. But what they are eating is, in many cases, better for them than an American diet laced with additives and fat. Fewer preservatives, less fat and fewer calories characterize many of these far-flung confections.

One has only to read about studies of heart disease that include the Chinese to recognize the wisdom of cooking that relies heavily on grains and vegetables.

Further, de-emphasizing protein and eliminating meat corresponds to the new food pyramid touted by so many nutritionists. The broad base of the pyramid is composed of grains. Embracing ethnic fare, we realize this means not just rice and potatoes, but includes a far broader spectrum. We can explore all kinds of beans and legumes as well as grains like millet, cracked wheat, quinoa and amaranth.

Cooking from many other countries uses less butter and other saturated fats. The use of olive oil, canola oil, sesame oil and nut oils significantly lightens a cuisine. Some studies indicate that substituting lower saturated fats in cooking can influence metabolism as well as lower the risk of heart disease.

In India, an ancient system of health care called ayurvedic medicine goes so far as to designate three main body types and prescribe emphasis on different foods to maintain optimum weight and health. "Perfect Health" by Dr. Deepak Chopra (Harmony) shows how choosing whether to eat pun-

gent foods or mild foods can determine how well you digest and metabolize your calories.

It's certainly just as possible to plump up on vegetarian cooking. On the other hand, use the precepts of meatless cooking that require more roughage and cooking that relies less on butter and other animal fat and more on lighter, low-saturated fats; you'll feel purer, more healthy and lighter.

The Cole Group's, California Culinary Academy's book "Elegant Low-Calorie Cooking" (available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95409, 800-959-2717, or your local bookseller, \$9.95) focuses specifically on weight control with sensible recommendations for modifying your diet, exercise and attitude.

It cautions against high-fat foods, sodium and sugar and provides easy-to-read charts on optimum weight and calorie burning. Many of the recipes are vegetarian.

With both vegetarianism and weight control, personal psychology is key. You must have a commitment to both meatlessness and good health. Nothing encourages this commitment like scrumptious food.

Impressions of vegetarian cooking that produces big, brown vats of lifeless grain have turned many potential vegetarians on their heel. However, in the last few years, there have been many imaginative health-conscious cookbooks with imaginative and attractive vegetarian recipes.

"The Greens Cook Book" by Deborah Madison (Bantam), "The Enchanted Broccoli Forest" by Molly Katzen (Ten Speed Press) and "Friendly Foods" by Brother Ron Pickarski, O.S.M. (Ten Speed Press) are great resources for meat-shy gourmets.

Relying on foreign solutions to the protein issue is an adventure. There are endless adaptations for tofu, nuts, cheeses, grains and legumes. And though often a labor-intensive exercise, food-combining along the lines of Francis Moore Lappe's classic "Diet for a Small Planet" provides plenty of protein. Combinations of corn, beans and some dairy sustain many communities south of our border.

How have vegetarian cooks in other parts of the world overcome the need for meat, not just as a source of nutrients, but for flavor? Creating "body" in different dishes is a matter of some experimentation. Sherry and other wines and vinegars add substance; different chilies and peppers, dried toma-

toes, brewer's yeast, hijiki (Japanese seaweed), seeds, ginger and coconut milk are some options. Roasting ingredients like garlic or dried herbs before adding them imparts more flavor.

Some people feel that meals without meat are less satisfying because they seem less substantial. Knowledgeable vegetarian cooks overcome this problem by centering meals around heavier foods. For example, in the recipes from "Elegant Low-Calorie Cooking" that follow, you'll find the eggplant is a sturdy substitute for meat. The black beans are as rich and powerful as any beef chili.

Eggplant and zucchini are ideal for stuffing and baking. You can then serve them as entrees or side dishes.

This Mediterranean-style stuffed eggplant carries the flavors of tomato, garlic, olive oil and peppers. Steam, bake or blanch the eggplant before using so that the texture is as soft as the filling. This vegetable dish will keep two days in the refrigerator before baking if tightly covered with plastic wrap.

MEDITERRANEAN STUFFED EGGPLANT

- 2 medium-size eggplants
- 2 teaspoons olive oil, plus oil for greasing pan
- ¼ cup dry sherry
- ½ cup chopped onion
- 3 to 4 cloves garlic, minced
- 1 cup coarsely chopped plum tomatoes
- 1 green onion (including greens), chopped
- ½ cup seeded and chopped bell pepper
- ¼ cup black olives, chopped
- 1 teaspoon minced fresh basil
- ½ teaspoon oregano
- Herbal salt substitute and freshly ground pepper, to taste
- ½ to ¾ cup whole-wheat bread crumbs, plus finely ground whole-wheat bread crumbs, for topping
- ½ cup grated Parmesan cheese
- Chopped fresh basil OR parsley, for garnish
- Yields 4 servings.

Preheat oven to 350 F. Slice eggplants in half lengthwise. Place eggplant, cut side down, on an aluminum-foil-lined baking sheet. Brush outside of eggplant with olive oil. Bake until knife inserted into skin pierces easily (about 20 minutes), then remove from oven and let cool.

With sharp-edged spoon, scoop out insides of eggplants into bowl. Place eggplant shells in lightly greased baking dish, wedging them together so they stay upright.

In skillet, heat sherry and saute onion until onion is soft but not browned. Add garlic, tomatoes, green onion, bell pepper, olives, basil, oregano, salt substitute and pepper and saute for 5 minutes, stirring frequently.

Remove from heat and stir in bread crumbs and Parmesan cheese, adding enough bread crumbs to form a thick filling.

Stuff filling into eggplant shells and top with finely ground bread crumbs. Season, if desired, with salt substitute and pepper.

Bake stuffed eggplants until browned and bubbling (about 25 minutes). Serve hot, garnished with basil or parsley.

A favorite dish at Greens at Fort Mason restaurant in San Francisco, this Southwestern chili has been influenced by South American cuisine. Black beans are savory and hold their shape while cooking. In this recipe they are blended with cilantro, grated onion and low-calorie cheese for a meal in one dish.

BLACK BEAN CHILI WITH CILANTRO

- ¼ cup dry sherry
- 1 tablespoon olive oil
- 2 cups chopped onion
- ½ cup chopped celery
- ½ cup chopped carrot
- ½ cup seeded and chopped red bell pepper
- 4 cups cooked black beans (approximately 3½ cups raw)
- 2 cups Vegetarian Stock (recipe follows) OR water
- 2 tablespoons minced garlic
- 1 cup chopped tomatoes
- 2 teaspoons ground cumin
- 4 teaspoons chili powder, or to taste
- ½ teaspoon oregano
- ¼ cup chopped cilantro
- 2 tablespoons honey
- 2 tablespoons tomato paste
- Yogurt, grated onion and aged low-calorie Monterey Jack cheese, for garnish
- Yields 6 to 8 servings.

In large, heavy pot, heat sherry and oil and saute onions until soft but not browned.

Add celery, carrot and bell pepper and saute 5 minutes, stirring frequently.

Add remaining ingredients except garnishes and bring to a boil. Lower heat and simmer for 45 minutes to 1 hour, covered. Chili should be thick with all water absorbed. Garnish with grated onion, cheese and a dollop of yogurt.

Asian flavors blended with the subtle texture of noodles create a spicy pasta salad. The pasta in this recipe can be found in most health-food or Japanese stores.

Szechwan Noodles tastes best when left to marinate for at least 45 minutes before serving, although it can be stored for up to 48 hours.

Add peanuts (a good source of protein) at the last minute so they hold their crunchy consistency.

SZECHWAN NOODLES

- 12 ounces cooked Japanese udon noodles
- 2 tablespoons grated fresh ginger
- 5 ounces sliced water chestnuts
- 2 cups sliced mushrooms
- 2 tablespoons chopped peanuts
- ¼ cup dark sesame oil
- 5 cloves garlic, minced, or more to taste
- 6 green onions (including green part), minced
- 1 to 2 teaspoons cayenne pepper, or to taste
- ½ cup low-sodium tamari OR soy sauce
- ½ teaspoon honey
- Lettuce leaves, for lining bowl (optional)
- Yields 8 servings.

Place pasta in bowl. Mix together remaining ingredients except lettuce and toss with pasta.

Let marinate for 45 minutes before serving.

Serve in lettuce-lined bowl, if desired.

By C.Z. Guest

Many new organic insecticides could be on nursery and garden center shelves in several years.

Chinaberry (*Melia Azedarach*), a plant related to neem, grows widely in tropical areas. Research in the United States, China and Philippines has found leaf extracts from this plant inhibit growth of leafhoppers, corn earworms and plant-hoppers.

Other Chinese botanical insecticides show promise, too, in controlling root weevils and cucumber beetles.

Another product from pawpaw bark extract has worked well against cabbageworms, squash bugs, striped cucumber beetles and bean leaf beetles. The pawpaw tree (*Asimina triloba*) is native to the Eastern areas of the United States.

Similar compounds have been found in the seeds of quanabana fruit, a Central American plant grown commercially for juice.

Many odoriferous herbs show promise, too, particularly tansy as an insect repellent. A 10 percent solution of tansy applied weekly repels Colorado potato beetles and other pests of the cabbage family.

The active ingredients in tansy are camphorlike compounds. Levels may vary from plant to plant, so more research is needed to determine if climate or time of the year affect results.

Until then, you can make your own tansy repellent: Process in a blender (use an old one) 1 ounce fresh-cut tansy with 1 1/4 cups water. Strain through a triple layer of

cheesecloth, then spray on your plants.

Tansy seeds are available from Park Seed Co., Greenwood, SC 29674, and Burpee & Co., Warminster, PA 18974.

The main elements of good organic garden practices include:

- Use resistant varieties. Choose plants for their ability to fend off insects, pests and plant diseases.

- Rotate crops. Keep changing where, when and how you place your plants. Don't plant the same plant in the same place each year. Diversification creates places for helpful insects to live, so get as many different varieties of plants in your garden as you can. Rotating your beds each year stymies soilborne insects and plant diseases.

- Be more tolerant of weeds. Take out unsightly ones and learn which weeds can hurt your plants, and remove them. Many weeds are actually helping your plants by attracting beneficial insects.

- Stop using pesticides. Get to know the good guys, become a student of insect types and habits and you'll start to understand the inner workings of a good organic gardening system.

- Keep feeding the soil. Regular applications of compost for the steady process of transforming organic matter into rich humus.

With the recent media blitz over the dangers of pesticides on food, the nation's organic industry is booming. More and more, state government is becoming involved in organic labeling or certification programs.

Our Children

By Willard Abraham



Preventing child sexual abuse starts early

Q. Sexual abuse of kids has become such a big deal that parents should be informed about it. At least, that is what I think. But what can a parent do to keep it from happening, and what should a parent do if it does happen?

A. We live in a perfectly respectable neighborhood, but I read in the papers about parents, religious leaders, strangers and others having relationships of some sort or another even with little kids, so how can we be sure about our own?

I wish you'd tell me something about all this.

A. When it comes to such subjects I try to find a competent, professional source for accurate, practical information. On this one I located a recent, brief brochure produced by the American Academy of Pediatrics in consultation with the National Committee for the Prevention of Child Abuse.

Its title is "Child Sexual Abuse: What It Is and How to Prevent It." It is available at no cost.

I'll share some of its contents and then tell you how you can get a copy. It provides basic information for parents clearly and simply under several headings. Here they are:

- What is child sexual abuse?
- Could my child be sexually abused? By whom?
- How would I know if my child is being sexually abused?
- If my child reveals sexual abuse to me, what should I do?
- Can I deal with sexual abuse in my family without contacting the authorities?
- What will happen to the child and to the offender if sexual abuse is reported?
- What can parents do to prevent sexual abuse?
As a sample of its coverage and style, here is the prevention plan that is suggested. It is set up on an age basis.
- Eighteen months old: Teach your child the proper names for body parts.
- Three to 5 years: Teach your child about "private parts" of the

body and how to say "no" to sexual advances. Give straightforward answers about sex.

- Five to 8 years: Discuss safety away from home and the difference between "good touch" and "bad touch." Encourage your child to talk about scary experiences.

- Eight to 12 years: Stress personal safety. Start to discuss rules of sexual conduct that are accepted by the family.

- Thirteen to 18 years: Stress personal safety. Discuss rape, "date rape," sexually transmitted diseases and unintended pregnancy.

This brochure includes much additional information and a closing paragraph that states: "Your pediatrician understands the importance of communication between parents and their children."

"Your doctor also is trained to detect signs of child sexual abuse. Ask your pediatrician for advice on how to protect your children."

Parent-child communication is, of course, not limited to this issue. The foundation for understanding between generations has to begin in the earliest days and months in a child's life.

However, since some parents may delay this kind of linkage with their children, the old line of "better late than never" enters this picture.

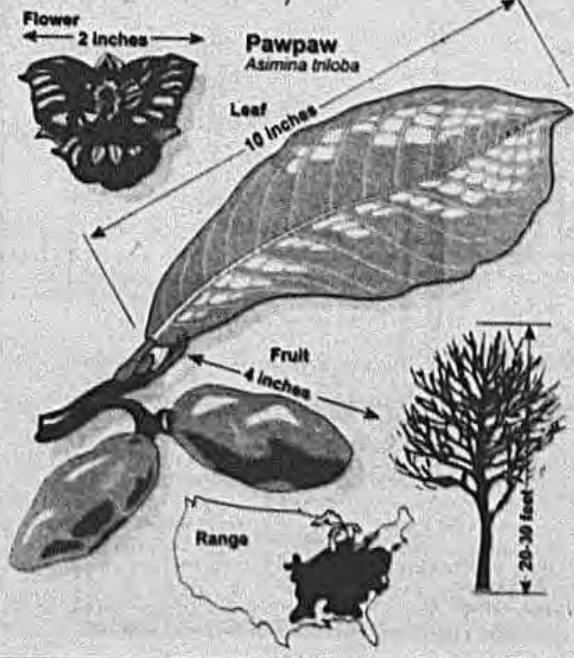
To receive a free copy of this brochure you can write to "Child Sexual Abuse: What It Is and How to Prevent It," American Academy of Pediatrics, P.O. Box 927, Elk Grove Village, IL 60009-0927, and enclose a self-addressed, stamped, business-size envelope.



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Fitness Forum

By Jack Williams

As evidence supporting the therapeutic potential of alcoholic beverages grows like a grapevine, it's not hard to imagine the physician of the future telling his patient something like:

"Take two drinks and call me in the morning."

Or, as cardiologist Dr. Arthur L. Klatsky facetiously suggests:

"Jog to the liquor store for some red wine to wash down your aspirin."

Klatsky, whose landmark study 18 years ago showed that moderate drinkers are less likely to have heart attacks, regularly recommends aspirin to patients because of its demonstrated ability to inhibit blood clotting.

Whether a nip now and then can impart the same protection remains to be seen.

But researchers at Brigham and Women's Hospital in Boston concluded that those who consume up to three alcoholic drinks daily are less apt to suffer from myocardial infarctions, a type of heart attack.

The study, which involved 680 people, indicated that the alcohol may keep the heart healthy by increasing the amount of good cholesterol in the bloodstream: high-density lipoprotein (HDL). Those with normal to high levels of HDL generally have reduced risk of heart disease.

The study reinforced research reported in February by University of California at Davis researcher John Kinsella that "regular consumption of moderate amounts of red wine may reduce the instance of sickness and death from coronary artery disease."

Kinsella, dean of the university's agricultural college, died May 2 of an apparent heart attack.

While the Boston study examined the effects of alcohol in general, the majority of studies linking moderate alcohol and health focus on red wine.

Terrence Leighton, a professor of biochemistry and molecular biology at University of California at Berkeley, makes a case for red wine on the basis of a substance he has discovered in the grape.

It packs a double wallop, he says, inhibiting the oxidation of fats that can lead to heart disease and reducing the risk of cancer. In the oxidation process, bloodstream fats build up on the walls of blood vessels and arteries.

The therapeutic substance Leighton found is quercetin, an antioxidant most plentiful in onions and red wine — especially red wine that undergoes a long fermentation process with the skins intact.

"A traditional production method," as Leighton calls it.

Leighton's findings are similar to those of Kinsella at UC Davis, where chemicals identified as "phenolic flavonoids" were shown to significantly reduce fat buildup.

The protective flavonoids, researchers say, also are found in grape juice and many fruits and

vegetables.

MODERATION IS KEY

Meanwhile, scientists at Cornell University have found that wine that spends more time fermenting on the skins of white and red grapes accumulates more resveratrol, a compound that "may be the active ingredient in wines causing reduction of serum lipids (artery-clogging fats in the blood)."

Resveratrol, it turns out, is an ingredient in Japanese and Chinese folk medicine; and it also can be found in some grapes, grape juices and raisins, according to Cornell scientist Leroy Creasy.

So what does all this evidence mean to physicians?

"If a patient is a moderate drinker, I'll tell him there's no reason to give it up," says Klatsky.

"But it would be irresponsible to recommend alcohol to non-drinkers to reduce the risk of heart attack, even though the evidence is very compelling that light-to-moderate drinking does have a beneficial effect on the heart."

The effect, some research shows, seems to come from elevating heart-protective HDL cholesterol and making the blood less likely to clot by decreasing platelet aggregation.

Adds Klatsky: "Combining aspirin and alcohol might not be a bad one to study, but they may not be better together than they would when taken separately."

Klatsky, chief of the Division of Cardiology at Kaiser Permanente Medical Center in Oakland, Calif., is one of many physicians and scientists who've found medicinal value in one or two drinks per day.

Among the most widely cited research is that of Eric Rimm, a research associate at Harvard University's School of Public Health.

His ongoing study of more than 50,000 men showed that those who drink one to one-and-a-half drinks a day decreased their risk of a heart attack by 32 percent.

THE FRENCH CONNECTION

One study, reported last June in the British medical journal *Lancet*, supported the idea of a "French paradox" suggested more than a year ago on an episode of CBS-TV's "60 Minutes."

The paradox is found in the fact that the French outlive Americans by about two and a half years and suffer 40 percent fewer heart attacks, despite a high rate of smoking and a diet high in fat. (The French, however, are twice as likely as Americans to die of liver disease or of cirrhosis of the liver).

"Alcohol taken in moderation may be one of the most efficient drugs for protection from coronary artery disease," concluded researchers from France's INSERM, the French equivalent of the National Institutes of Health.

THE HEALTHY GOURMET

By Kit Snedaker



Around-the-world recipes for elegant game hens

Cornish game hens, once made popular by comedian Victor Borge, are not gamy and never saw Cornwall. They are, however, perfect, pampered little birds that make a delightful candlelight supper for two, or, served in flocks, an easy, low-fat dinner for more.

The trick with these small fowl is to give them some flavor. Tender, juicy as they may be, these hens taste like nothing at all unless strenuous measures are taken.

They don't need to be wrapped in bacon like grouse or other game birds. They don't need to be braised like guinea fowl or pheasant. What they need is to be rolled, dipped, brushed with something that makes them come alive.

Then Cornish hens are an absolute delight, something every cook wants in his or her repertoire.

In the recipes below I've done hens every way but dull. One is faintly Hawaiian, another Mexican and the third hints of India. Take them on one at a time and see which flavor appeals to you and yours the most because flavor is what this exercise is all about.

HENS WITH CABBAGE

- 1/2 cup unsweetened pineapple juice concentrate
- 2 tablespoons grated fresh ginger
- 2 tablespoons mild soy sauce
- 1 tablespoon lime juice
- 2 1-pound Cornish game hens, halved, skin and fat removed
- 1/2 head cabbage, coarsely shredded
- 1 cup low-sodium chicken broth, defatted

Yields 4 servings of half a hen each.

Each serving has about 300 calories, 9 grams fat, 100 milligrams cholesterol and 375 milligrams sodium.

Combine first 4 ingredients and pour over hens in plastic bag. Marinate several hours or overnight for more flavor. Put hens with

marinate in baking dish and roast uncovered in oven preheated to 400 F for about 20 minutes.

Light hens and place cabbage underneath. Pour chicken broth over everything. Cover, lower heat to 350 F and bake for 30 minutes or until tender.

Serve in baking dish or with some cabbage under each serving.

INDIAN GAME HENS

- 2 large cloves garlic
- 1 small onion, quartered
- 1 1/4-inch slice fresh ginger
- 2 cups non-fat yogurt
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cumin
- 1 tablespoon Worcestershire sauce
- 1/2 cup lime or lemon juice
- 1/2 cup orange juice
- 1 teaspoon Hungarian paprika
- 4 1-pound Cornish game hens, halved, skinned and fat removed

Yields 8 servings of half a hen each.

Each serving has about 225 calories, 9 grams fat, 100 milligrams cholesterol and 120 milligrams sodium.

Put garlic, onion and ginger in bowl of food processor and puree. Add yogurt, spices, Worcestershire sauce, citrus juices and paprika and process just to blend.

Make small slit in breast and legs of hens with knife. Place hens in double plastic bag and pour yogurt mixture over them. Leave them in marinade in refrigerator for at least a few hours and overnight if possible.

When ready to cook, take birds out of marinade and drain. Discard marinade. Grill hens over charcoal or under broiler until brown (about 15 minutes on each side) and serve at once.

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

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Here's How



By Gene Gary

Q. We have a lovely wood deck that over the years has become stained and dingy. We would like to restore the original surface, which had a rich, warm coloring of natural wood. Do you have any recommendations on the best way to clean and preserve a wood deck?

A. Start by removing all furniture and plants from your deck and covering the surrounding vegetation. Sweep the surface thoroughly, and then hose down with the hard spray from a garden hose to remove surface dirt and loose debris.

If you have any buildup of dirt and grime between the boards, use a putty knife to dislodge this matter. If the boards are too narrow, use an old saw to run along the cracks to open a space. Your deck needs good air circulation between the boards and adequate water drainage.

Next, clean the deck with a solu-

tion of 1 cup trisodium phosphate (TSP, available at your local paint dealer) mixed with 1 gallon of warm water.

Scrub the deck with a broom or stiff brush, hose off and rinse surface several times with plain water. Wear rubber gloves and protective goggles.

If you have mildewed areas, apply a solution of 1 part water to 3 parts household bleach. Let set until it soaks into the wood and then rinse the surface with clear water.

There also are a number of commercial deck cleaners now available on the market and they are somewhat less harmful and easier to use than TSP. Commercial cleaners often contain added ingredients such as mildewicides, fungicides and bleaches.

Applications vary. Some require wetting the surface prior to application, and others are used on dry

wood surfaces. It is important to follow manufacturer's directions carefully.

After cleaning, if you still have stains and markings, treat the deck with a mixture of 4 ounces oxalic acid crystals dissolved in 1 gallon of water (use a plastic container and pour acid into the water). Be sure to wear rubber gloves and wear old clothing and eye goggles.

Apply with a sponge or mop, and while solution is still wet, scrub into the deck with a brush or deck broom (do not use any wire brushes or steel wool). Hose off with plain water. This solution should not be applied in direct sunlight. It is best if applied on a cloudy day and left to set a few hours before hosing off.

Let the wood dry thoroughly. Now inspect your deck. Replace any broken or rotting boards, treating joists or beams with wood preservative before nailing and wherever new wood will contact supports. Refasten railings and stairs as needed. Sink any protruding nails. Use sandpaper to remove any markings, such as grade stamps left on wood.

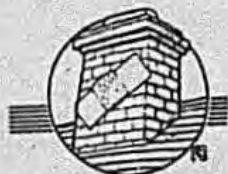
Once your deck is clean and looks great, you will need to apply a water repellent, preservative or

stain to keep it that way, and protect the wood from absorbing water and damaging ultraviolet sun rays. You can use either a clear penetrating finish or an ultraviolet-resistant stain.

If the cleaned wood still has spotted and splotchy areas, a stain will help hide these blemishes and give your deck a more uniform finish. It is best to wait two to three days before applying the final finish to make sure the wood is thoroughly dry.

Both deck cleaners and protectants are available at hardware stores and home centers.

The cleaning methods described here, and most commercial cleaners, are recommended for a variety of woods most commonly used in deck construction, including redwood, cedar and treated pine.



Decor Score



By Rose Bennett Gilbert

A place for everything

Q. I know you write advice about decorating, not psychology, but maybe you can help. I'm going nuts because of my husband's daughter.

She's a terrible little slob — at least, about her room. Never mind that she spends hours in the shower and is meticulous about everything she wears, but her room is like a scrambled egg.

If there's anything I can do (besides nag all the time), I'd be grateful for suggestions. — No Name, Please

A. You didn't say so, but it doesn't take a Ph.D. to figure out that your stepdaughter is in her early teens and discovering that there's more to life than being able to walk across her room!

Having raised two sons, I will pass on three bits of advice born of experience:

Wait. This, too, will pass.

Outsmart her. If you provide enough out-of-sight storage space, some of that clutter just might end up there.

That's the *raison d'être* for the wall-to-wall cabinets in the photo we show here.

They've been custom built by Starmark in a Masco Idea Showhome ... and a good idea they are, indeed, since they offer a place for everything so everything can be put in its place (whether it is or not).

That third bit of advice? It's stolen from a child psychologist who says praise works better than nagging, so the next time you have to confront your stepdaughter's room, find *something, anything*, to compliment, such as:

"My, you keep such a neat ceiling!"

Q. I've just begun to buy furniture at auctions and thrift shops and realized I really don't know what I'm doing. Do you have any tips on how to appraise the quality of a piece of old furniture just by looking at it? — K.G.

A. I'll let an experienced auctioneer answer this one.

Here's what certified appraiser and collector Claire Degnan of Maplewood, N.J., cites as key guides to wise buymanship:

• Beware of badly or obviously repaired pieces (like missing veneer work that will be expensive

and difficult to replace).

• Avoid furniture with mismatched parts, such as a secretary made up of a different top and bottom (often done "in a frugal world," she says, to salvage the best parts).

• Make sure the hardware is correct for the piece, that is, don't accept reproduction Chippendale handles on an Empire buffet (which should have round glass, wood or brass handles).

• Steer clear of pieces with missing parts (you'll often find bedroom bureaus without their matching mirrors).

• Avoid pieces that have been dipped in chemical baths to strip the paint or finish. Dipping weakens the structure, Degnan cautions.

How can you tell? Look for traces of old paint in corners and carvings.



TIDY TRIUMPH — A wall of custom cabinets provides out-of-sight storage and encourages order in a preteen's room.



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Help Wanted

NEED LOVING ENERGETIC, MATURE P/T permanent babysitter for active 3 year boy & 6 year girl in my Garden City home. Tues. & Thurs., 10:30 a.m. - 7 p.m. Fri., 10:30-7 p.m. (starting Sept. until midnight). Must have good references & speak English. Driver's license & car a must. Must know how to swim. Non-smokers only. Light housekeeping, kid's meals & laundry. 747-8810. goJY2

LEGAL SECRETARY, FULL TIME. Busy law office. Estate work experience necessary. Williston Park. 248-0908. wJN4

HOUSEKEEPER/BABYSITTER. Mon-Thurs, 11 a.m.-7 p.m. References required. Clean Driver's license, non-smoker. 1 toddler in my home. Garden City area. 292-2112 goJY1

BABYSITTER, 2 to 3 days a week. (daytime). References, own transportation. Non-smoker. 484-8835. wJY2

SUMMER BABYSITTER WITH transportation to care for 4 year old. 7:45-9:45 a.m., Tues.-Fri. my Garden City home. Light housekeeping. Call even. 741-6188. goJY2

RESPONSIBLE, ENERGETIC PERSON to live in to care for 1 year old & 4 year old. Must drive. Experience / References 437-8615 after 7 p.m. goJY2

HAIRDRESSER WANTED: Mature, experienced. Four days to take over following. Call and ask for Barbara, Wednesday to Saturday. 248-7980. W-Jn-2

CHILD CARE NEEDED for our 4 month old son, approximately 40 hours a week, our home. Must have references. Call 485-3440. goJn4

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LEGAL SECRETARY, TOP SALARY, Full/Part Time, Established Law Office, Mineola/Garden City area. Good shorthand/typing a must. Experience not necessary. 747-1141. goJn3

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NURSE'S AIDE SEEKS position as a companion to elderly person. Will live in or out; have excellent experience and references; will also work in child care; Monday to Friday. Call Hortense at 379-4677. goJY1

HONEST, RELIABLE & EXPERIENCED female with references seeks job as companion to elderly or child care. Call 718-657-5768. W-Jn-4

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IRISH NURSE'S AIDE-COMPANION, housekeeper seeks live out position. Kind and considerate. Experience w/references. Call Anne 437-5320. goJY1

Situation Wanted

CERTIFIED HEALTH HOME AIDE looking for work as Aide or Companion. Non-smoker, 10 years experience. Have references. Call Maria after 5 p.m. (516) 481-3984. goJn4

HOUSECLEANING AVAILABLE, EXPERIENCED & good references. Please call after 5 p.m. & weekends 292-8210. goJn4

I AM A MATURE Woman whose job is to care for the elderly in the privacy of their home. If you need quality care, please call Amanda at (718) 337-2501. All references are available upon request. goJn4

FEMALE COLLEGE STUDENT seeking employment as a mother's helper, part time. Experienced with children of all ages. Transportation available. Call 746-0154, preferably evenings. goJY1

QUALITY CHILD CARE Available in my New Hyde park home. P/T/F. Reasonable. Excellent checkable references. Fenced yard. Available from 6:30 a.m. 741-9163. wJn4

BABYSITTER COLLEGE STUDENT available after 12 p.m. on week days. Own transportation and experienced. 437-6961. goJn3

MINEOLA MOM WILL GIVE TLC to your child in a child proof and happy environment. FT/PT. Non-smoker. References. 742-3402. W-Jn-3

POLISH WOMAN LOOKING for a cleaning job. Please call (516) 775-3793. goJY2

EXPERIENCED, HARD WORKING young man seeking job as assistant welding, mechanic helper, gardener. Checkable reference. Call Astley any time. (516) 292-6813. goJY2

HONEST MIDDLE AGED lady seeks live in position as housekeeper or babysitter. Willing to work for \$200 per week. Call Rebecca at (718) 771-5913. Excellent reference. goJY2

GARDEN CITY HIGH SCHOOL student, experienced, reliable, dependable babysitter/mother's helper available for summer, weekends & after school. Pool pass. 741-7154. goJn4

BABYSITTER, GARDEN City mother with older children wanting to babysit occasionally in your home, daytime. 248-5896 goJn3

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. wJn2

HONEST, RELIABLE PERSON seeks position as a Companion, Housekeeper, Babysitter or P/T Cleaning. Live in or out. References available. Please call (718) 771-8030. goJn3

HOUSEKEEPER, EXPERIENCED, References. Available days, weekdays or weekends. Call 486-0088. goJn3

YOUNG, INTELLIGENT WOMAN with 4 years experience & driver's license needs a babysitting job. Call M Pamela at 342-0337. goJY2

COLLEGE STUDENT WILLING to care for elderly person. Excellent references. Call Jennifer 488-5332. goJY2

IRISH GIRL SEEKING job to take care of elderly, Monday-Friday, day work, own transportation. Excellent references. Call Maura (718) 479-8653. goJY1

YOU NEED A BABYSITTER - I'm available any time. Own transportation, good references with a lot of experience. Please call Anna at 935-4959. goJn4

IRISH MATURE WOMAN seeks companionship and aid to elderly. Own transportation. Fourteen years experience, excellent references, hours flexible. New Hyde Park/Garden City for surrounding areas. Live out. Phone 488-7368. goJn4

HOUSECLEANING LADY WITH Experience, very responsible with good reference and own transportation. For more information please call Susan at (518) 485-2136 or 481-7063. goJn4

HOUSECLEANING POSITION WANTED. Have good reference, experience & own transportation. Call evenings 486-2604 goJn3

RELIABLE WOMAN SEEKS position as companion for elderly. Also available for babysitting, light housekeeping. Experienced, excellent references. Please call 489-8032 goJn3

DAY CARE FOR NURSERY or preschool child of executive mom. Language enrichment in loving Garden City home. 747-8253 after 4 PM goJn3

Situation Wanted

HOUSEKEEPER/BABYSITTER, Mon-Thurs, 11 a.m. - 7 p.m. References required. Clean driver's license, non-smoker. 1 toddler in my home. Garden City area. (516) 292-2112. gcjn4

SEEKING HOUSECLEANING JOB. I have good reference, experience & own transportation. Please call any time. 292-3074. gcjn3

COMPANION - MATURE RELIABLE experienced woman seeks position as companion/elderly care/babysitting. Live out. Nights. Tuesday to Thursday. References. Call (718) 479-3783 after 6 p.m. gcjy2

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. wjn3

HONEST, RELIABLE, CLEAN person seeks position as a cleaning person or caregiver to elderly. Please call 481-6151. Ask for Pat. gcjy1

POSITION WANTED TO DO babysitting or to take care of elderly person with light housekeeping. References are available. 538-5072. gcjy2

HOUSECLEANER AVAILABLE. Experience, good references. Please call 333-6682. gcjy2

HOUSECLEANER AVAILABLE. EXPERIENCE, good references. Please call 944-7507. gcjy2

CERTIFIED NURSE'S ASSISTANT seeks position. Own transportation. References. 565-1416. gcjy2

NURSE'S AIDE FOR ELDERLY: I can work PT mornings, PT evenings. I can do night work or weekends. Have car. Will do all chores for patient & will cook. Have good church references, and from other patients. 747-1716 or 494-4321. wjy2

LOVE CHILDREN, EXPERIENCED College student seeks FT or PT child care or mother's helper position. Hours flexible. Excellent references. Garden City pool pass. Please call 248-3788. gcjy1

ENERGETIC, RELIABLE, MINEOLA MOM & P/T Student, available for house cleaning jobs, mornings. Own transportation. References on request. Leave message. 294-1669. wjy2

CHILD CARE - ALBERTSON Mom would love to care for your infant or young child in my home FT/PT. References. Please call Erin at 873-7910. wjy1

OFFICE CLEANING - EXPERIENCED, reliable, honest. Excellent references. Available after 5 p.m. Call 486-0890 after 2 p.m. wfn

Situation Wanted

BABYSITTER-COLLEGE STUDENT available to babysit for the summer, do errands, shopping, etc. Flexible, experienced, with own transportation. Call 742-0308. wjy1

NURSE'S AIDE WISHES to work with sick or elderly. Will do chores. Have good references. Will work FT or PT. Have car. Leave message. 747-1716 or 484-4321. wjy1

RESPONSIBLE ADULT AVAILABLE weekdays for the summer to babysit or be companion for elderly person in your home. Will provide own transportation. \$8 per hour. Syosset area or Woodbury area. Call 692-7381. Leave message. hjn4

TEACHER, 20 YEARS, will babysit evenings and weekends. Available daily after June 28. Call 352-7323. Ask for Debbie. gcjy1

IRISH GIRL LOOKING for summer work to take care of children &/or housekeeping. Live in or out. Good experience, very dependable. Also references available. 354-9035. gcjy2

HOUSECLEANER AVAILABLE, EXPERIENCE, references, own transportation, English speaking. Call 673-9625. gcjy2

Real Estate for Sale

SHELTER ISLAND RESORT home. 1/2 acre plus 5 BRs, 3 1/2 baths, 2 Fpls, private development with private mooring and beach 20 x 40 built in pool, outdoor Tiki bar, bocci ball court. \$305,000. Ask for Pete days 328-0333, eves 269-4036. gcjn3

POCONOS, FOUR SEASON Townhouse on top of Camelback Mountain, 3 state deck view, ski on/off, 4 BRs, 2 kitchens, 4 bathrooms, loft, Fpl, furnished club house with heated pool, indoor/outdoor tennis, 2 hour trip. \$115,000. (516) 747-7019. gcjn4

GARDEN CITY ESTATES Section Georgetown CH Brick Colonial in prime location. 3/4 BRs, 3 Bths, 2 car gar. Must see. By owner \$469,000. 741-3656. gcjn3

CUTCHOGUE - NEW SUFFOLK area. Just listed. Charming English cottage w/water frontage and pristine waterviews. Features LR w/fpl, dining, kitchen, den, bath, and 2 guest BRs on 1st floor plus master BR suite w/bath on 2nd floor. Partially finished basement with family room and fireplace. Two car garage. Perfect at \$325,000. Abatelli Realty 734-6000. gcjn3

SOUTHOLD - LARGE CONDO Townhouse for sale overlooking Long Island Sound at South Beach. Retiring to Florida. Will also trade for condo or house in South Florida. Prefer Clearwater to St. Petersburg on the West Coast, or from Jupiter to Ft. Lauderdale on the East Coast. (516) 486-1868 or 248-0753. gcjy2

Real Estate for Sale

MINEOLA/WHEATLEY SCHOOLS. Expanded Cape for sale. Move-in condition. 4 BRs, 2 Bths, carpeted, finished bmt., detached garg closets galore. 50x100. Low taxes. Low \$200's. No fee. 746-3141. wjn3

GARDEN CITY COLONIAL 3 BRs, 2 1/2 bths, LR/Fpl, DR, large EIK, plastered walls, den, fin. bmt., garage, screened porch. Walk RR & courthouse. Asking \$325,000. 747-8719. gcjn4

CHARMING 3BR ENGLISH TUDOR, Garden City, 1 1/2 Bths, new EIK, LR, DR, All new heating, gas burner, new stucco. 60x100. Asking \$270,000. Also for rent \$1,800 monthly. 739-6102. gcjn3

GARDEN CITY CENTRAL Expanded Ranch overlooking golf course. 5BRs, 4Bs, FDR, LR/Fpl, EIK, Fla. Rm., Flagstone Patio, 2 Car Garage, Circular Drive, 1 Acre. Room for pool and/or tennis court. \$400's. Principals Only. 741-7427. gcjn3

GARDEN CITY CENTRAL Section. Lovely young Colonial, 5 large BRs, 3 1/2 baths, country kitchen, large family room/Fpl., Florida room, very large master BR/Fpl, private guest quarters first floor with bath. Good for out-laws, CAC & alarm. Nestled on 1/2 acre. Drive by if interested. Call for appointment only. 92 Second Street. Owner \$710,000. 741-8533. gcjn4

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. gcjy1

GARDEN CITY ESTATES mint Colonial 4/5 BRs, 2 1/2 baths, LR/Fpl, FDR, den, possible professional office. EIK with 20x20 family room, private Master BR with luxurious bath, cozy backyard, CAC, detached 2 car with loft. Low taxes. Walk RR. On prestigious Nassau Blvd. Must see. Priced to sell. Principals only. \$439,000. 742-1316. gcjn3

STEWART MANOR DUPLEX Move in condition. 3BRs, 1 1/2 Bs, LR/Fpl, FDR, EIK, TV room, finished basement, deck. Walk to all. Principals only. Owner. 326-7847. gcjy1

GARDEN CITY 3BR COLONIAL 2B, LR, DR, DEN, Gas Heat. Principals only. \$340,000 (neg.). Owner 741-0535. gcjn4

GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Heps Allergy System, 1/2 Acre. \$385,000. 352-0608. gcjn4

GARDEN CITY ESTATES Section. Updated 4 BRs, 3 bath Colonial EIK, CAC, low taxes. Principals only. Reduced to \$399,000. 747-2794. gcjy1

Real Estate for Sale

E. WILL 3 BR 2 Bath Split Cul-de-sac. Walk to all. Ask \$315K. For sale by owner. (516) 746-5350. hjn3

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. gcjn3

HOUSE IN THE HAMPONS, Remsenburg, 6BRs, 2Bs, 3Fpls, Large Recreation Room, all large rooms. 17 natural acres, indeck pool, all appliances. Low taxes...\$249,000. 325-8157. gcjn3

RIDGE LEISURE VILLAGE Carlton Model. Attractive end unit, 2BR, 2B, LR, DR, Kitchen, Garage, \$81,500. Principals only. 821-1856. gcjn4

NEW SUFFOLK EXCLUSIVE Bayfront Estate. Spectacular private setting. 1930's home features LR/Fp, country Kit, 3 BRs, CAC, Lovely Deck & Patio, beach cabana, sugar sand beach. \$595,000. Cutchogue Charming Country Cape on treed lot. LR/Fpl. & beamed ceiling, FDR, Master BR suite plus 2 BRs & Bth. deeded boat rights \$165,000. North Fork Bayfront Charming older 2 story features LR/Fpl, FDR, 3 BRs, 3 Bths, closed porch A1 sandy beach. Forever views. \$450,000. Mattituck Mint Ranch home with beach rights. LR/Fpl, FDR, EIK, 3 BRs, 2 1/2 Bths. 2 plus car garage, professionally landscaped. \$179,900. Southold Waterfront with bay views. New custom 2 story traditional home. 3 BRs, 2 1/2 Bths, LR/Fpl, DR/Fpl, Den, EIK, Deck, Boat Dock, CAC, private lane. \$565,000. Lewis Realty. 298-4600, 765-5810, 734-5533. gcjn3

SOUTHOLD WATERFRONT COLONIAL. Classic 2 story home offering 5 BRs, 2 1/2 tile Bths., all in A1 condition. 135' waterfront floating dock (3 ft. low tide) Worth immediate inspection. Lustral, Bayfront Beauty with guest cottage on wooded 1/4 acre plot with bulkheaded sandy beach. Fpl, heated, appliances. Asking \$355,000. Cutchogue, Fisherman's Cottage with 2 BR home, Dock on inlet to bay. Fpl, new gas heating, views, short walk to Community Beach. Reduced to \$189,000. Bookmiller Real Estate 722-4423. gcjn3

ENGLISH TUDOR IN ESTATES -Unique split layout-5 firs; LR/FPL; DR w/built-ins; EIL for 2; 3-4 BRs; 1 1/2 baths; fin basement; 1 car garage. Screened porch; manicured yard; excellent closets/storage; easy maintenance. 40' x 100' plot. Prime location: near schools, trains, stores. \$310,000. Call: 747-4572. gcjy1

JAMESPORT LARGE 7 ROOM Ranch. Private Peconic Bay beach. LR/DR, 3BRs, 2Bs, Country Kitchen, Den, Screened Patio, Garage, all appliances, oil heat. \$169,000. Owner 722-4158. gcjn3

Real Estate for Sale

ESTATES RANCH IMMEDIATE sale. Owner relocating. 4 BRs, 3 New Bths., New Country Kitchen, 2 Car, Sprinklers, Alarms, Price reduced \$399,000. No brokers Eve & Weekends, 741-5477. gcjn4

SOUTHOLD NEW 4 BR CH COLONIAL LR/Fpl, DR, Lrg. Country Kit with corner windows, attached garage, underground utilities. Walk to town \$159,000. Cutchogue, Just Listed Country Cape. LR/Fpl, DR, Kit, Lrg. Fam. Rm. (could be Master BR), upstairs 2 BRs, full Bth. Walk to beach & boating \$165,000. Southold, 2 BR Condo. LR/Fpl, EIK, 2 BRs, 2 Bths., Deck, Walk to town. \$172,000 Marilyn Lang Real Estate. 734-6472, 734-6690. gcjn3

GARDEN CITY ATTACHED Colonial. 2 BRs, 1.5 Bths, LR, DR, EIK, Rec Rm., Patio, 1 car. Low taxes. Fully updated, Stewart Sch. Mint, Raymond Court. Owner. Asking \$210,000. 741-3156. gcjy2

HAMPTON BAYS, 1 BR CONDO, w/w, LR, EIK, Deck, overlooks pool. Tennis, exercise room, min. to beach. Walk to stores and RR. Must see. \$82,000. Owner. 728-0477. gcjn3

GARDEN CITY SPACIOUS Contemp. 3 BRs, 2 1/2 Bths, Fam. Rm., Lrg. EIK, Fin. Bmt., 2 car \$200's. Western Colonial Stone & Cedar Shake. 3 BRs, 1 1/2 Bths., Fam. Rm., EIK, convenient location. \$300's. New Listing Estates Colonial Tudor, 4 BRs, 2 Bths., EIK, Jacuzzi. Must see. \$400's. Central Section Baronial Colonial. 7 BRs, 4 1/2 Bths., Fam. Rm., Lrg. EIK, over 1/4 acre. \$700's. Vera Ataman. 354-1994. gcjn3

HEMPSTEAD, HOUSE ON Long Drive. 3/4 BRs, 1 1/2 Bths., LR/Fpl, DR, EIK, Lrg. Den, Fin. Bmt./Fpl. Must be seen to appreciate. \$159,990. Principals only. 565-4132. gcjy2

GARDEN CITY - SPACIOUS 3 BR., 2 1/2 Bths., LR/Fpl, DR, EIK, Den, Fin. Bmt., 2 car, fenced yard with patio, Walk RR, quiet area. \$299,000 Owner (212) 473-0528. gcjy2

GARDEN CITY IMMACULATE Contemp Split, brick/aluminum, low maintenance. Move-in-condition. Cath. LR/Fpl, FDR with parquet floors. 3 BRs, 2 full Bths., new lrg. EIK, Den, fin. Bmt., 2 zone heating, 2 car garage. Many new additional features. beautiful 70x100 landscaped grounds. Low taxes. Convenient to park, RR, Shopping, asking \$349K. Owners. 747-6386. gcjy1

GARDEN CITY COLONIAL Mint 4 BRs, 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)536-1812. gcjn4

Real Estate for Sale

GARDEN CITY, OXFORD BLVD. Colonial 5 BRS, 4 1/2 Bths., LR/Fpl., FDR, Den, Hugh Mod. EIK, Full Bmnt., Atch. garage, 1/2 acre. asking \$795,000. Flexible owner Fin. to fit your needs. 248-2450. gcy2

JAMESPORT BAYFRONT: METICULOUS 3 BR, 1 1/2 Bths., Beauty: Completely remodeled in 1985. LR/Fpl., Fam. Rm., opens to picturesque deck, EIK/dinette, full bmt., and lrg. 2+ car garage. Unaffected by Dec. 1992 storm. One of the finest beaches on the North Fork. estate Sale. Ask \$439,900. Call Bob Celic, Executor/Broker, 298-8000. gcn3

SOUTHOLD OWNER RELOCATING, 3 BRs, 2 bath Ranch, vinyl siding, Florida room w/skylights, country kitchen, split design. A/C, oversized detached 2 car garage. Walk to LI Sound. Mint condition. Priced to sell. 765-5496. gcn4

MANHASSET CONDO LOCATION, Duke of Gloucester, Williamsburg Town House. First time offered by owner. 3 BR, 2 1/2 baths, 3 Fpls., private yard. Convenient to all. Walk to RR. \$435,000. 627-1749. gcy1

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, 60x100. \$229,000 437-7372. Principals only gcy2

CUTCHOGUE COUNTRY CHARM at its best. Cathedral Ceiling LR w/fpl, DR, enclosed front porch, 2 baths, peaceful location. \$195,000 Southold - Just reduced to steal. Three BR, 3 bath Cape, in-ground pool, separate apartment for income or in-laws. Surrounded by evergreens and ever green lawn. \$250,000 Nassau Point bayfront beauty on over an acre. Entertain summer and winter in gracious LR, DR, Library, Family Room. Lots of sleeping room too. Fairly priced at \$600,000 Nassau Point, high over Peconic Bay with a long stretch of beach. Six (count 'em) bedrooms, LR w/fpl, EIK, watch the sun set and the moon rise. \$595,000

Peconic. A winner at \$275,000...a bargain now at \$169,000 Vaulted ceiling great room, 3 BRs, 2 baths. See Goldsmith's Pond and walk to Sound beach! Marilyn Lang Realty 734-6472 734-6690 gcn2

RED CREEK SECTION of Hampton Bays-Baywoods. Spacious 2,400 square feet cedar Contemporary, very private, perfect for entertaining. Sun filled great room with fireplace/cathedral ceiling, large kitchen, den, 3 bedrooms, 2 1/2 baths, jacuzzi, 1,400 square feet deck with 16'x 32' pool, 2 car garage, many amenities. One acre. \$330,000. By owner. Call 728-9494. gcy1

Real Estate for Sale

STONYBROOK RETIREMENT COMMUNITY, club house, pool, walking distance to stores, 6 rooms, 2 baths, garage, 2 patios, wall to wall, a/c's burglar alarm, all electric. Low maintenance \$113,000. 741-6581 gcy1

GARDEN CITY SPEC-TACULAR Tudor in desirable Mott section. Totally updated, large foyer, state of the art kitchen, new oversized family room and den w/skylights. 3 large BRs w/maid's quarters, 3 new baths, deck. Featured in recent Garden City house tour. Principals only. \$489,000. 294-9594 gcy1

GARDEN CITY CENTRAL, 4 Br Ranch, 2 1/2 baths, modern EIK, large property, private yard backs golf course, many extras. Mint condition - must see! Motivated seller. \$500's 294-7434. gcy1

CUTCHOGUE/NASSAU POINT Waterfront retreat on peaceful lagoon with easy bay access. 2 BRS, 2 Bths. plus guest cottage on shy acre. Reduced \$325,000. Cutchogue to Settle Estate. Farmhouse on over 3 acres with beautiful old barn plus out buildings. Unusual opportunity \$179,000. East Marion Doll House Cottage. 2 BRS, Den, Walk to beach, Boating, Lovely garden. A great renovation. \$139,000. Mattituck. Lauren Pristine Cape on 1 acre. 3/4 BRS, 2 1/2 Bths., Fam. Rm/Fpl., 2,200 sq. ft. of living space, Deck, satellite dish. \$230,000. Southold Waterfront with full bay access. Exquisitely landscaped Custom built Cape in highly desirable area. 5 BRS., 3 1/2 Bths. A must see. \$475,000. Southold 4 BR Dutch Colonial, EIK, Fam. Rm's pl, LR/Fpl, FDR, 2 1/2 Bths, 2 car garage, IGP, professionally landscaped setting. Mint condition. An excellent. Walk to beach location. \$349,900. Marion King 734-6657. gcn3

GARDEN CITY CENTRAL Section for the discerning buyer. Tennis court, 1 acre, 3 BRS, 3 1/2 baths, huge LR/FPL, FDR, professional 2 room suite, second floor laundry, finished basement & more immaculate. Drive by if interested. Call for appointment only. 84 Fourth St. Owner \$880,000. 887-7822 gcy2

TUDOR GARDENS CONDO, 1 BR, LR, EIK, new bath, top floor southern exposure. Taxes \$2,000, monthly maintenance \$170 per month. \$165,000. 746-4165 gcy2

GARDEN CITY ESTATES, Spacious expanded Ranch, LR/Fpl, DR, Fam. Rm. w/vaulted ceiling, fin. panel bmt., 3 Bths., main bath brand new. 3 BRS., pleasant yard, near RR. In the \$300's 741-9197. wJY2

EAST WILLISTON WHEATLEY schools, 4 BR's, 2 baths, CH Splanch, FDR, finished basement, California jacuzzi room, immense deck, garage. \$339,500. Exclusive Keller 747-0535. gcn3

Real Estate for Sale

GREAT NECK CONDO, 2 BLOCKS LIRR, 21 min. NYC. Top floor, safest building. 24 hours doorman. 2 BRS., 2 Bths., 1,375 sq. ft. Price reduced to \$279K. Call 773-4741. gcy1

GARDEN CITY ESTATES Relocating and motivated. Dutch Style, 4/5 BRs, 3 full baths, LR/Fpl, den/Fpl, FDR, EIK, breakfast room, butler's pantry. Gracious and elegant. Asking \$549,990. Principals only. 746-4003. gcn3

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 \$389,000. Days (212)309-3125, ask for Joe. Evs (516)248-0139. gcy1

GARDEN CITY EXPANDED Ranch, 4 BRS, 2 baths, LR/FPL, EIK, DR, den. Excellent condition. Good location. \$298,500. Principals only. No brokers. 248-7595 gcy1

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. gcn3

MONTAUK, 2 ROOM Furnished Co-Op, 100 feet from beach. Electric heat/AC. Asking \$38,500. Great rental history. 724-5572. gcy2

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. gcn4

GARDEN CITY CHERRY Valley, 1 BR, second floor, new kitchen, new bath, CAC, pd check full amenities. Must see. Asking \$79,000. Looking for any offer. First three months free maintenance. 248-5347. gcy2

FLORAL PARK - RENOVATED 1 BR Co-op. Walk to LIRR, bus, stores. 35 minutes to NYC. Low maintenance. \$80,000 Owner. 775-7820. gcy2

MINEOLA, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 gcy2

CHERRY VALLEY CO-OP, 1BR, Second Floor, inside building, courtyard view. \$57,500. Owner, Available immediately. 775-5736.

GARDEN CITY 2BR - Second floor and unit facing 15th Street. A/C, washer/dryer, attic, garage. \$109,000. 294-0269. gcy2

GARDEN CITY CHERRY VALLEY Co-Op, 1BR, first floor, CAC, great condition in prime location. \$69,500, neg. 743-7642. gcy2

Co-Op For Sale

GARDEN CITY GREAT 2 BR Co-Op overlooking prestigious Stewart Ave. Walk to all. \$170,000. Taylor Warner Corp., 741-4422. gcn3

GARDEN CITY 3 BR CO-OP on Seventh Street. Extra large LR & DR, working FPL, foyer, 2 full baths, EIK, washer/dryer, A/C, new windows. Walk to all. Must sell \$169,000. Call (908)449-3048 gcy2

MINEOLA, 1 BR, LR, DR Co-Op. Perfect condition. Secure building. Near RR, hospital, courts & shopping. \$64,500. Will finance. Please call 248-2139 after 6 p.m. gcy1

CO-OPS & CONDOS

Atrium Plaza 1BR, 1B, Duplex, EIK, 1 Gar Rent/Buy

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

Hamilton House 2BR, 2B, Front w/extras \$175,000

Mineola - Harrison House 1BR, 1B, CAC, Lndry, 10' ceiling \$129,000

2BR, 1B, CAC, Lndry, 1 Gar \$129,000

Mineola Horton House 1BR, 1 new B, Walk All \$70's

Mulford Place LR/fpl, DR, Den, 1BR, 1B, Corner \$85,000

Lg. Foyer, 2BR, 2B, EIK, LR, DR \$75,000

Stewart Franklin 2BR, 1B, LR/fpl, DR, EIK, Rent or \$129,000

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

Mint, 3BR, 2B, LR/fpl, DR, EIK \$250,000

Super 3BR, 2B, Penthouse, Rent \$2,100

Stewart House Lg. Studio, Nothing Cheaper \$75,000

Dougall Fraser Real Estate, 248-6655 gcn3

MINEOLA/GARDEN CITY Border, Mint condition Co-Op. One BR, top floor, Park view, walk to LIRR - shopping - Courthouse. Wall-to-wall, 2 ACs. Maintenance \$491. Includes parking, 24 hour security. \$79,000. Call 741-8342 gcy1

Real Estate for Sale



JUNE 13 & JUNE 27 1-5 p.m. Garden City vicinity, Cathedral Gardens, School District #27. Low taxes, 1/2 acre. Brick CH Colonial, 4 BRs, 3 1/2 baths, FDR, new gourmet kitchen, 26 foot solarium, deck, 2 car garage, sprinklers \$420,000 neg. 100 St. Paul's Place, Hempstead (off Cathedral Ave.) 485-6053. gcy1

OPEN HOUSE CO-OP, GARDEN CITY June 19 & 20: 12-5 p.m., 223 Seventh St., Apt. 1-D 2 BR, second floor, 1 block LIRR/all shopping. Owner \$116,000. 873-9469. gcn3

Real Estate For Rent

GARDEN CITY SOUTH 2 BRs, large living area, full bath, EIK, Near all. \$925 mo. 1 month security. Call (516) 596-9312. gcn4

FRANKLIN SQUARE, 1 BR basement apt. Private entrance \$550 a month, includes all. Call 481-7934 and 489-0275. Leave message. gcn4

GARDEN CITY / HEMPSTEAD, 2 BR, EIK, Dining Area, wall to wall carpet. Uniquely decorated. Laundry facilities. Indoor parking available. Must see \$950 month. 481-9001. gcy2

FRANKLIN SQUARE/WEST HEMPSTEAD Bmnt. Apt. 1 BR, full Bth., LR, Kitchen, dinette area, Cable, Private entrance. No pets. Non-smoker. \$625 all. Available 7/1. Owner 481-1467 John. gcy2

ROSLYN HEIGHTS; BEAUTIFUL 4 BR house for rent. 2 full baths, large LR, DR, Fam. Playroom. Big EIK, Washer, Dryer, Dishwasher. One of a kind. \$2,750 a month. Royal Int'l 742-3355. wJN3

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 gcy2

VALLEY STREAM VERY large 4 BR, 2 bath, LR, FDR & more, School District # 13. No pets, non-smokers. \$1,700 per month includes ALL. 872-1565 after 6 p.m. gcy2

SOLD YOUR HOUSE? Need a home to live in? Rent/share our house in Valley Stream. Older woman, non-smoker, parking, includes all. Only sincere people call after 6 p.m. for appointment. 872-1565. gcn4

GARDEN CITY SOUTH, Nassau Blvd., 6 room apt., 3 BRS, LR, FDR, EIK, bath, terrace. Walk to shopping, LIRR, Adelphi. \$1,000 per month plus utilities, Avail July 1, 486-1868, 248-0753 gcy2

GARDEN CITY WESTERN Section: Living room with fireplace, dining room, Eat-in Kitchen, 4 Bdrms, 2 baths, screened porch. Walk to all \$2,200. Call Kathy or Steve Gamp. Stutzmann Realty 742-8888, 746-5449. gcn4

SOUTHAMPTON OTB SHOPPING Center, North Highway. Heavy traffic count. 1,200 sq. foot store. Good lease \$1,250 per month. (516) 283-2244, (516) 287-0553. gcy1

SPEONK, RIVERHEAD RD. Available immediately. 2,100 sq. feet, 20 foot clear, 16 foot overhead door, 200 amp, 3 phase electric heavy duty concrete floor. \$850 per month (516) 283-2244, (516) 287-0553. gcy1

VALLEY STREAM, MALVERNE LYNBROOK border 5 rooms plus bath EIK, second floor, private entrance. \$750. (516) 872-3221. gcy1

Real Estate For Rent

FLORAL PARK VILLAGE
Bright 5 room apt., 2 BRs, EIK, LR, FDR, oak floors \$1,050. Also office for professional, 700 sq. ft., 2 rooms. \$500 monthly. (718) 931-8192. gcn4

FURNISHED ROOM & BOARD in Garden City home for female student. Must be non-smoker. \$600 per month. 741-3408. gcy3

GARDEN CITY BORDER
Large bright rooms in luxury apartment building. Private parking 1 BR apt. with den, new kitchen, bath, A/C \$850, no fee. 489-3010 days, 483-7449 eves & weekends. goly1

GARDEN CITY, FURNISHED room for rent, private entrance, non-smoker, share bath, appliances available. Near RR, \$475. 742-7706. gcy3

FOR RENT IN Beautiful Bronxville. A very special 2 BR apt. has become available as of July 1. Many plus's +- in this very desirable community to live in. Convenient transportation to Manhattan. Ideal for couple, single or a small family. Principals only. (516) 741-5267, (914) 779-9505 Leave message. goly1

VALLEY STREAM, FIRST floor, 2 family house. 5 rooms, basement, yard, modern kitchen & bath. Quite street. Walk to RR & stores. \$775 a month plus utilities. Available Aug. 1, 488-2544. goly2

GARDEN CITY COMFORTABLE furnished room. Business man preferred. Positively no smoking, no drinking. Interview, reference, security. 742-2728. goly2

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. gcy1

FRANKLIN SQUARE, second floor, legal 2, EIK, LR, BR, Full Bath, sundeck, lrg. closets. No pets. \$725, one month's security. 354-4207. goly1

GARDEN CITY LOVELY quiet furnished room. Private entrance, bath. Mature non-smoker preferred. References. 746-0018. gcn4

WEST HEMPSTEAD, NICE-LY furnished room, suitable for professional mature male. Refrigerator, share bath, laundry facilities plus use of pool, semi-private entrance. \$400 a month, security. 1 block RR & buses. Immediate occupancy. 538-3013. gcn3

TWO BR'S, FIRST FLOOR, includes Basement and Yard. Herricks Schools. Available June 1. \$975. 248-0674. hjun3

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

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. wjn3

GREAT NECK, NEW FURNISHED Studio, Private entrance, driveway. Walk-all included, L. I. RR, 1 business person, no pets, reference, security. \$650 including utilities. 829-5256. hjun4

OFFICE SPACE FOR RENT
Ideal location, Garden City vicinity. Beautiful office suites from 150 sq.ft. to 3500 sq.ft. Owner. 538-7476. gcn4

EAST MEADOW: 1 BR, Apt., small EIK, full bath, brand new. Non-smoker. Female preferred. June 1st occupancy. \$575. 579-8489. Leave message. wjn3

GARDEN CITY MOTT SECTION house for rent. 3BRs, L/R/Fpl, D.R., Den., Washer/Dryer, Garage, Yard. \$1,400 mo. No fee. Principals Only. Available July 1. Leave message. 538-9427. gcn3

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. gcy1

WEST HEMPSTEAD - LOVE-LY Large Furnished Room, nice neighborhood. Conveniently located. Private entrance. Non-smoking. Professional male preferred. A/C. Ref. and Sec. \$450 monthly. 489-5941 or leave message. gcn4

Vacation Rental

MYRTLE BEACH, 2BRs, 2 Bth Condo near Restaurant Row. 1-1/2 blocks off beach, CAC, CTV, VCR, Washer/dryer, dishwasher, indoor/outdoor pools, 2 balconies. Sleeps 6. Reasonable rates. Call 294-8132. gcy3

FIRE ISLAND - KISMET (Dream Maker) 3 BRs, Fully equipped kitchen, lrg. deck. July \$3,900. 2 weeks \$2,000 583-9100. gcy1

SOUTHOLD COUNTRY HOME, 3 BR, fully equipped, large screened porch. Walk to private beach. Washer/dryer, cable, immaculate. July, August, Sept., weekly \$850. 334-0196. gcy1

NASSAU POINT - JUST Listed! Gracious waterfront home with private beach on 2 secluded acres overlooking Peconic Bay. Beautifully renovated with 5 Bedrooms, 3 1/2 Baths, large LR, DR, 2 screened porches, fully equipped kitchen and laundry. Immaculate with many extras. Available July and August to the discerning renter. 747-0688. gcy1

Vacation Rental

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. gcn3

MADEIRA BEACH, FL., Gulf Coast, efficiency, sleeps 4, Ltd. pool, kids OK, Family oriented area. \$279 per week. Call toll free 1-800-847-0196 for information. gcn3

SOUTHAMPTON 4 BRs, 2 1/2 BATHS, pool. Walk to Village. Near ocean beach. Families only. July/August. \$8,000/month. 283-2434. gcy1

SHAWNEE ON THE DELA-WARE, 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

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. gcn3

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, \$6,000 plus utilities. 477-2642 (res.), 765-1844 (bus.). gcn3

FLORIDA - MARCO ISLAND Condo, 2BRs, 2Bs, pool, steps to gulf beach. Available weekly/monthly. Seasonal rates. (718) 352-5798. hjn4

CHALET IN THE POCONOS 3BR, 1 1/2 B, in a community with 3 lakes, tennis courts, fishing, many fine restaurants. \$375 a week 352-3345. gcn4

SOUTH JAMESPORT RANCH - 3 BR, 1 1/2 baths, washer/dryer, deck. Private beach community. Available weekly. 775-0814. goly2

MONTAUK-BEAUTIFUL 4 BR, 3 bath Contemp, 5 years young. Complete outdoor decking, FPL, beautiful vistas overlooking Lake Montauk. Available July and also for sale. (212) 988-8088, (516) 266-1569. gcn3

ADIPONDACKS - TRADI-TIONAL Mountain House on beautiful upper Saranac Lake near Lake Placid. 6 BRs, each with bath. Huge LR/fpl. Perfect for large family or groups. Free use of resort beach, docks, boats, tennis, etc. Magnificent mountain and lake views. 742-2478. wjy1

HAMPTON BAYS NEW CO-OP overlooking Shinnecock Canal. Two blocks from beach, dockage, boating, swimming, fishing. Dish. washer, microwave, wash/dry, cable, VCR, jacuzzi, 2 patios. Please call 775-5943 or 723-0312. hjn4

Vacation Rental

MT. SNOW, VERMONT. Large fully equipped luxury Condo. Beautiful, private views, large deck, golf, tennis, lake, swimming pool, mountain biking, horseback riding, hiking, fine dining., outlet shopping. Rent by week or weekend. 741-1824. goly2

MONTAUK - SUMMER GET-A-WAY Special, 3 nights \$395 a couple. 2 room suite, A/C, full kitchen, sleeps 4. Walks, dining, shopping. 100 feet to beach. Also for sale. \$38,500. Immaculate. Call 724-5572. goly2

MARCO ISLAND 2 BR, 2 Bth, Condo on gulf beaches, tennis, pool. South Seas East Midrise, 271-6479. goly2

EAST QUOQUE ON Shin-cock Bay Condo Complex. 1BR, Furnished, Sleeps 4, In-Ground Pool. Available July & August, \$1,700 a month. 538-2806 or weekends 653-8619. gcy2

HAMPTON BAYS - JULY & AUGUST, near ocean and bay. 3BR Ranch, LR/fpl, Sunroom. Five appliances, basement, garage. \$3000 monthly. 742-2709. wjy2

SOUTHOLD COUNTRY HOME, 3 BRs, fully equipped, large screened porch. Walk to private beach. Washer/dryer, cable, immaculate. July, August, Sept., Weekly \$650. 334-0198. goly2

NASSAU POINT RANCH, Bayfront, 100 feet on beach with magnificent view. Watch boating, sailing and glorious sunsets from deck on beach. Large LR/FPL, with wonderful view of bay. Family size DR/FPL, sunporch, 5 BRs, 2 1/2 baths. \$6,000 per month. July and/or August. Owner 746-1681. goly2

SOUTHOLD/PECONIC, OPEN bay view. Large deck, 3 BR's, 2 baths, sandy beach. Children OK. \$3,600 each, July & August or longer. Marilyn Lang Realty 734-6472, 734-6690. gcn3

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. gcy2

GARDEN CITY VICINITY, wanted to rent, 3 BR, family room, garage, quiet street. Principals only. 741-3747 after 6 p.m. goly2

GARDEN CITY HOUSE WANTED for young family. Western Section or Estates preferred. LR, FDR, EIK, 3/4 BRs, Low \$300's. By owner only please. 487-4060. gcn3

BUSINESS PROFES-SIONAL RELOCATING TO Port Washington/Williston Park area, wants one bedroom or equivalent living space. Should be able to accommodate one (1) roommate & a very small dog. Must be available on or before July 3. Looking \$500 to \$700 range. Please contact Jeff Thur 212-940-5570 AM or 212-737-2691 PM. WJy1

Real Estate for Sale

CONNECTICUT
Small one-family waterfront community; builders closeout. New construction to your specs; property & house maintained for you. Low interest mortgage. Linda Mills, Broker, 203-245-3100.

For Sale

5 PIECE WALL UNIT \$300; cocktail table, and table \$150 both; dinette set, light oak, four chairs, bone leather seats \$300; Nintendo \$50, tapes \$10 each. Best offers accepted. Call 873-0023. gcn3

NORTTAKE IVORY CHINA "Asian Song", 25 place settings includes soup plates, fruits, platters, creamers & sugars, 12 demitasse cups & saucers & veg. bowls. over 200 pieces. \$350 Firm. 747-0858. goly1

DR PLUS TWO BR SETS -one twin, one full, mattresses included. Hutch, glass-topped DR table and 5 chairs, full set of dishes, books. Call Vikki 877-9010. goly1

BABY GRAND PIANO, Young Chang, Prestine cherry mahogany with bench, 4 years old. \$3,500. 746-5826. goly2

BICYCLE, SCHWINN WORLD Sport, men's 21" frame, 27" quick release, alloy wheels, alloy cranks, 12 speed Shimano derailleur, black. Perfect \$145. 741-4650. goly2

4 GE CARRY COOL A/C's Two 5,200 BTUs, One 4,800 BTUs, One 5,000 BTUs. Like new. All Four for \$450 or purchase separately. 294-4857. goly1

CEDAR CHEST, LARGE MIRROR, two rockers, sewing machine, generator, radiator enclosures, Caruso records. Call 488-6261. njn3

GREY CONTEMPORARY BR set, platform bed, mirrored armoire, Art Deco 1920's Bar (lighted), must sell. Please call. Leave message 742-4301. njn3

STEREO, ORIGINALLY \$800, AIWA CX 77. Fully remote, dual cassette, CD, turntable, 2 speakers plus 2 surround speakers. Now \$300. Jason 248-4586. Leave message. gcy2

TAN LEATHER GOLF bag with cover, wood covers, travel cover, shag bag. Tennis rackets, Wilson, Head. All excellent condition. 746-5762. Leave message. goly2

VICTORIAN COUCH \$50, club chair \$75, folding cot \$25, rotisserie \$25, 6 lined drapes 84" \$10 each. Call after 5 p.m. 248-8864. goly2

2 ANTIQUE LAMPS w/brass bases \$100, antique folding needlepoint rocker \$125, Shirley Temple rubber doll \$90, antique print \$50 & more. 352-0855. goly2

For Sale

ROLLED ARM SOFA/LOVE SEAT, large floral print, off white background w/mauve, cranberry & hunter green. Matching cornices. Asking \$425. Kitchen table & 4 chairs, white formica top with pine legs, white wood chairs w/cane seats. Asking \$150. 248-2009. goJn4

INGLESINA TANDEM STROLLER, reversible positions, full recline, barely used. \$600, new. Best offer. 741-0610. goJn4

WEDDING GOWN - ILLISSA Dimetros. Silk taffeta, size 7/8, high neck, delicate seed pearl top. Designer headpiece. Originally over \$2000. \$850 (718) 352-5798. hJn4

WICKER FURNITURE, 1 side chair, 1 easy chair w/hassock. Also 2 bicycles, 1 men's 26" 3 speed, 1 girl's 24" 10 speed. 354-2808. Call after 7 p.m. or weekends. goJn4

BEAUTIFUL DINING ROOM table and 4 arm chairs with cane backs, solid oak, like new. 8 foot sofa. Both very reasonable. 333-2651. Call mornings before 12 or after 7 p.m. goJn4

BEDROOM SET - GREAT condition. Contemporary, solid oak, walnut finish. Triple dresser, one mirror, chest on chest. Double bed headboard & frame. Two night tables. \$500. 742-0704. W-Jy-1

SMALL ELECTRIC ORGAN \$75. 741-4048. goJn3

FRENCH STYLE FAUX Fireplace with andirons & logs. 52" L, 44" H. 1" curved top, marbled base. Asking \$300. 483-9116. goJy1

FURNITURE FOR SALE Cherry, Queen sized head and foot board, triple dresser, mirror, two night stands, chest-on-chest. \$750. Two girl's Colonial beds plus matching pieces - \$750; or \$450 each set. GE Micro/exhaust built-in fan, never used - \$250. 354-7947. goJn3

SOHMER PIANO, WALNUT excellent condition. Asking \$750. Call 328-7088. Leave message. goJy1

36" ATTICH/CEILING EXHAUST fan with shutter, 1/2 HP, 2 speed motor, 2 speed timer switch. \$75. 352-0208. goJy1

BEAUTIFUL BLOOMINGDALE black floral chain stitch area rug. 8 1/2' x 11', 9 months old. Bought \$1800, sell \$1300. Unusual antique Apothecary Chest \$100, Beveled Glass Cocktail Table with wrought iron base, pine frame, \$250. 748-1415. wJy2

SELLING APPLIANCES - ADMIRAL self-defrost 21 cubic ft. Refrigerator. Sears Kenmore Miser Dishwasher - 3 wash cycles. Caloric pilotless self-cleaning Oven/Broiler. Asking \$200 each or set of 3 for \$500. Call 248-6786. wJy2

For Sale

PALE PINK SILK SATIN SOFA, Beige silk brocade wing chair, 2 end tables, matched lamps. Call after 2 p.m., 239-1064. goJ1

QUEEN SIZE CONVERTIBLE sofa, 36" kitchen table w/2 chairs, leather chair & hassock, china, 2 modern paintings. 354-2245. goJy1

8 PIECE RATTAN set (for indoors), 3 piece Italian Provincial decorative marble end tables & coffee table, TV/bar antique white & gold, and much more. Best offer. 354-2941. goJy2

ANTIQUE CHANDELIER, LAMPS, Jenny Lind kitchen bed, picture frames, antique coffee mills, large & small, quilts, brass scales, bric-a-brac etc. 742-0883 goJn3

BAHAMA CRUISE 5 days/4 nights, underbooked! Must sell! \$279/Couple. Limited Tickets. (407)767-8100 ext 728. Mon - Sat 9 am - 10 pm. hJn3

WROUGHT IRON PORCH furniture, Couch, 2 arm chairs, coffee table and end table. 36" x 36" table & 4 chairs. \$400. Call 742-2952. goJn4

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. 873-1729. wJn3

MATCHING LOVE SEATS, oversized arm chair & ottoman set, red plaid, used condition. Ideal for playroom. Best offer above \$50. 741-0121. goJn3

MOVING: MUST SELL! Girl's Brass & White wrought iron trundle bed, new mattresses, new "Laura Ashley" quilt & dust ruffle. Asking \$350. White wicker desk & chair & seat cushion. Asking \$200. Call 739-1703. Leave message to arrange appt. goJn3

TWO ENTRANCE DOORS, Like New & Ready to install, 33" x 80", all wood, stained, full lead glass panels; 36" x 80" Stanley Steel Door, painted white. Both doors include all hardware. Best offer. 354-0222 evenings or weekends. goJn3

MOVING - SELLING CONTENTS of Home. Yellow & White Bistro set, table and 2 chairs, \$290. 8' couch and club chairs, \$450. Formal DR w/8 chairs, breakfront, table 50x78 with two 15" leaves, walnut, \$1,500; sofa, club chair/ottoman, corner table and lamp, \$500. All items mint condition. 741-0441 after 6 p.m. or leave message. goJn3

EXERCISE EQUIPMENT, BENCH w/weights \$75. Rowing machine \$50 741-4048. goJn3

SOLID OAK TABLE, 44" diameter \$600 and solid oak table 44" diameter with 6 matching camel back chairs \$600. 741-0121. goJn3

For Sale

MOVING: DINING ROOM SET Council Craft, mahogany Queen Anne oval dining table, 45" x 68", 2 leaves and pads, 4 mahogany Queen Anne side chairs. All like new - \$2,300. Call 742-2952. goJn4

Car For Sale

1988 LINCOLN MARK VII Bill Blass series. White/blue roadster top. Mint condition, garaged. Immaculate condition. \$9,975. Evenings 248-3769. goJn3

1987 TOYOTA CAMARY LE Low mileage, sunroof, A/C, alloy wheels, loaded. Excellent condition, garaged. \$7,350. 747-3616 goJy2

'88 NISSAN MAXIMA, 43,000 miles. Immaculate, clean, Mint condition. One owner. Full power, automatic, sunroof, 4 door, silver gray. Must see \$8,000. Call after 4 p.m. 248-6884. goJy2

'85 OLDS CALAIS Supreme, 2 door, loaded, leather interior, removable stereo, sunroof, alloy wheels, 5 speed, 87,000 miles. Original owner. Like new. \$2,650. 354-6229. goJy2

1976 MERCEDES 280SEL - beautiful condition. Best offer. 747-8759 Leave message. goJn3

1979 LINCOLN CONTINENTAL White w/blue vinyl top. Absolutely perfect mechanically, body/paint very good. Maintained like a baby. \$2,500. 481-2884. goJn3

1989 FORD TAURUS, 59,000 miles, A/C, PW, PL. Excellent condition. \$6,100. 741-5976. goJy1

1992 LEXUS SC 400, Black/grey, 20K, Nak. CD, tract, sunroof, spoiler, phone. \$38,900 (516) 877-1813. goJy1

'89 DODGE VAN, LUXURY seats, couch/bed. All removable for work van. Original owner. Low miles. Prime condition. Still under warranty. \$8,000. 775-8875. goJy1

1989 MAZDA 323 Hatch, 5 speed, 20,000 miles. Great car, great condition. \$3,800. 292-3901. goJy1

1963 VW BUG (HERBIE) Waiting to be restored. Best offer. 743-1073. W-Jy-1

1983 CADILLAC PARK AVENUE - 4 Dr hardtop. Runs fine. Factory A/C, dual braking, tinted glass, good chrome. 3K on tires & interior. Little rust, one dent. \$2,200 or best offer. Alex 742-3877 or 741-3070. W-Jy1

1983 PORSCHE - 914 - Very low mileage, garage kept. Immaculate. Asking \$9,999. 516-488-8168. W-Jy-1

1982 BUICK CENTURY, 4 DR. 80,000 miles \$900. 746-1721 call after 7 p.m. goJy1

1991 FORD MUSTANG, LX5.0 Coupe, 19K, Emerald, AT-AC, alarm, full power, mint, clean. \$10,900. Call 798-4250. goJy1

Car For Sale

1988 NISSAN 300 2X 2+2 Low mileage, 5 speed, T top, new tires, fully loaded, slate blue. Exc. Cond. \$6,800. 746-5340 goJn4

Services

HANDYMAN: QUALITY HOME repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe. 746-7517 wJn3

CELEBRATE Christenings, Birthdays, First Communions, Confirmations, Graduations, Bridal and Baby Showers or any function with excellent food, superior service and peace of mind. Call Celestial Catering 294-6315 goJy2

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TELEPHONE INSTALLATION & Repair: TV cables and modular jacks installed. Electrical wiring and fixtures. Prompt, reliable and reasonable. Fully insured. Free estimates. Over 30 years telephone experience. Residential/Specialists in Business Systems. Call Al at 481-4663. goJ1

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746-1243. wJN3

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liard Graduate. 354-3732. gcjn3

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binoculars, old knives, hunting
knives and pocket knives.
Jewelers lathes. Call 825-0979
or 354-1943. gcjy3

ANY TYPE ANTIQUE, Vic-
torian or other furniture
wanted. Also cut glass, silver
jewelry, paintings, bronzes,
dolls frames, clocks, rugs,
liner, trunks, china lamps,
book. Will call for any time,
any place. Call Kay & Tom,
Westbury, 334-4117. gojy5

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I collect dolls and other doll
memorabilia, new or old. What
do you have for sale? Call me at
747-8496. gcA1

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City High School Y or Book.
248-3733. gcjn3

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Crafts Fair to be held at St.
Joseph's School, Garden City on
Sat., Oct. 23. For further infor-
mation call 741-3427, 742-8556
or 741-5976. gcAu4

Garage/Tag Sale

MOVING AFTER 25 YEARS
Lots of goodies. Sofa, love seat,
large desk with return. Much
more. Sat. June 19, 9-1. 157
Brompton Rd., Garden City.
Rain or shine. gcjn3

JUNE 19, 9 A.M. - 4 P.M., 7 &
12 Wilson St., Garden City. 2
Baker Chairs, 2 Eastlake
chairs, breakfast, bookcase,
baby furniture, tablecloth,
toys, clothes, much more. gcjn3

JUNE 19, 9-3, 127 Brook St.,
Garden City. Furniture, moped,
wheelchair, lawn mower, china
cabinet, rattan couch/bed,
bicycle, nice assortment of use-
ful and interesting articles.
Raindate June 26. gcjn3

GARDEN CITY SETTLING
ESTATE. Must sell entire con-
tents of elegant home. Lovely
old mahogany furniture
throughout. In mint condition.
Classic DR with handsome
breakfront, beautiful antique
china, cut glass & bric-a-brac.
Tea sets, costume jewelry,
mahogany & walnut BRS
(1930-1940) Camel back Sofa,
lrg. quantity of crocheted
bedspreads & cloth, linens, in-
teresting LR, old Philco cabinet
radio, bridge set, golf clubs, gar-
den equipment & much miscel-
laneous. Please join us at 6 Glen
Road (off Tannerspond Rd. at
Fenimore) Sat., June 19, 9
a.m.-2 p.m. gcjN3

MOVING SALE, 114 WIL-
SON ST., Garden City, June 18,
19, 9-5. Oak knee hole desk, 2
console tables, oil paintings,
prints, books, golf cart, garden
tools, lamps, vacuum cleaners,
1 dry vac, 14' extension ladder,
lawn chairs, wheelbarrow,
sterling and costume jewelry,
whirlpool foot bath and more.
gcjn

SATURDAY, JUNE 19, 9
a.m.-3 p.m., 130 Meadow St.,
Garden City, Rain or Shine.
Lots of stuff, new and old. Anti-
ques, knick-knacks and more.
Come by for bargains, bargains,
bargains! gcjn3

Garage/Tag Sale

JUNE 19, 9-4 P.M., MOVING
Sale, 197 Stewart Ave., Furni-
ture, Tools, Toys, Kitchen
Items, Office Supplies. No
previews. Rain date June 26.
gcjn3

FRIDAY, JUNE 25, 12-4 &
Saturday, June 26, 9:30-4, 22
Lindbergh St., Garden City (off
Meadow Street). Clothing,
household items, toys, furniture
and much more. Something for
everyone. gcN4

SATURDAY, JUNE 26, 9-5, 98
Amherst St., Garden City
(corner New Hyde Park Rd. and
Cambridge Ave.). Many, many
items. Don't miss it. gcN4

WILLISTON PARK, JUNE
19 & 20, Rain date July 10 and
11, 20 years accumulation, fur-
niture, hospital bed,
housewares, bric-a-brac, books,
records, comic books, fishing
gear, 20 Charles St., West of
Willia Ave., 8 to 6. wjn3

OLD FASHIONED YARD
SALE! Jewelry, household
items, toys, books, memorabilia,
baseball cards. Saturday, June
19, 9 a.m.-4 p.m., 33 Kenwood
Rd., Garden City (1 1/2 blocks
east of Washington Ave.) gcjn3

GARAGE SALE, SAT., JUNE
26, 10 a.m., at 118 Moudbrook
Rd., Garden City (four blocks
west Nassau Blvd. between
Stewart & Straiford Aves.), 26
years accumulation. Kitchen-
ware, dishes, glasses, linens,
workshop and garden tools, out-
door furniture, bike, lamps,
games, books, toys, microwave,
baby furniture, frames, desk,
chair, bric-a-brac and more.
No previews. gcjn4

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nificent complete Tudor DR
suite, rattan set, Porch Furn.,
Country BRS, Twin & Double.
Unusual old bric-a-brac. Minton
Japonica, crystal, cut glass, sil-
ver & plate, antique Russian
Samovar, Pictures, old Violin,
old FPL & Equipment, Books,
Linens, Luggage, Dehumidifer,
loads of miscellaneous. Please
join us at 933 Lincoln Ave.,
Baldwin off Grand Ave., 1.7
miles off Southern State) Sat.,
June 19, 9 a.m.-2 p.m. gcjN3

JUNE 26, 9a.m.-4 p.m., 4 Ken-
wood Rd., Garden City (off
Washington Ave.). Furniture,
appliances, tools, luggage, etc.
Much more. gcjn4

Novenas

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and
Martyr, great in virtue and rich in
miracles, near kinsman of Jesus
Christ, faithful and intercessor of
all who invoke your special
patronage in time of need, to you
I have recourse from the depths of
my heart and humbly beg to
whom God has given such great
power to come to my assistance.
Help me in my present and
urgent petition. In return I
promise to make your name
known and cause you to be
invoked St. Jude, pray for us all

Novenas

who invoke your aid. Amen. Say 3
Our Fathers, 3 Hail Marys, 3
Glorias. Say for 9 consecutive
days. Publication must be pro-
mised. This novena has never
been known to fail. Thank you for
answering my prayers. M.S. jn3

PRAYER TO THE BLESSED
VIRGIN (Never known to fail).
Oh, most beautiful flower of Mt.
Carmel, fruitful vine splendor
of Heaven, Blessed Mother of
the Son of God, Immaculate
Virgin, assist me in my neces-
sity. Oh, Star of the Sea, help
me and show me, herein you are
my mother, Oh, Holy Mary,
Mother of God, Queen of
Heaven and Earth! I humbly
beseech you from the bottom
of my heart to succor me in this
necessity. There are none that
can withstand your power. Oh,
show me herein you are my
mother. Oh, Mary conceived
without sin, pray for us who
have recourse to thee (3X). Holy
Spirit, you who solve all prob-
lems, light all roads so that I
can attain my goal. You who
gave me the divine gift to for-
give and forget all evil against
me and that in all instances in
my life you are with me, I want
in this short prayer to thank
you for all things as you confirm
once again that I never want to
be separated from you in eter-
nal glory. Thank you for your
mercy toward me and mine. The
person must say this prayer 3
consecutive days. After 3 days,
the request will be granted.
This prayer must be published
after the favor is granted. S.S.
jn3

PRAYER TO THE BLESSED
VIRGIN (Never known to fail).
Oh, most beautiful flower of Mt.
Carmel, fruitful vine splendor
of Heaven, Blessed Mother of
the Son of God, Immaculate
Virgin, assist me in my neces-
sity. Oh, Star of the Sea, help
me and show me, herein you are
my mother. Oh, Holy Mary,
Mother of God, Queen of
Heaven and Earth! I humbly
beseech you from the bottom
of my heart to succor me in this
necessity. There are none that
can withstand your power. Oh,
show me herein you are my
mother. Oh, Mary conceived
without sin, pray for us who
have recourse to thee (3X). Holy
Mother, I place this cause in
your hands (3X). Holy Spirit,
you who solve all problems,
light all roads so that I can at-
tain my goal. You who gave me
the divine gift to forgive and for-
get all evil against me and that
in all instances in my life you
are with me, I want in this short
prayer to thank you for all
things as you confirm once
again that I never want to be
separated from you in eternal
glory. Thank you for your mercy
toward me and mine. The per-
son must say this prayer 3 con-
secutive days. After 3 days, the
request will be granted. This
prayer must be published after
the favor is granted. T.H.

Novenas

Kids Home Newspaper

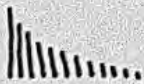
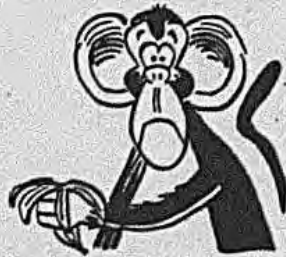


Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

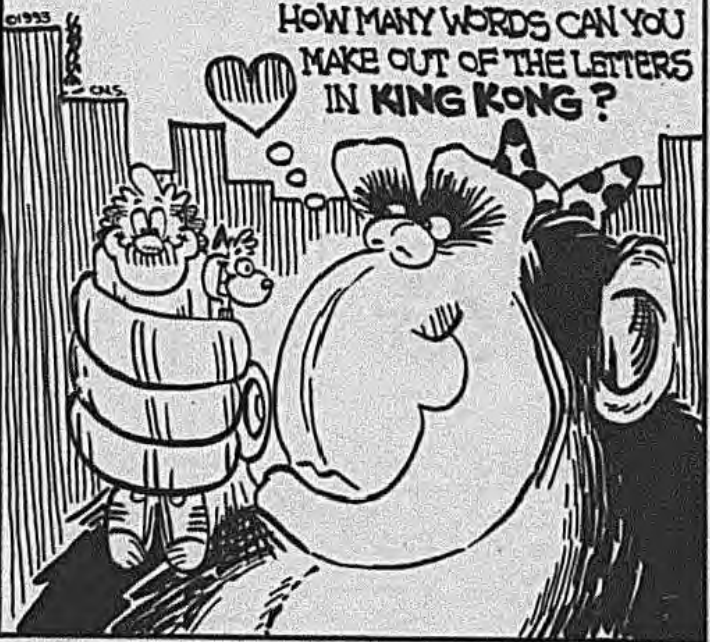
DRAW IT!

DRAW A BANANA IN HIS BANANA PEEL!



USING THE GRID ON THE RIGHT - DRAW A MONKEY LIKE THE ONE SHOWN!

GORILLAS SURE ARE BIG AND STRONG. THIS BIG ONE'S NAME IS MRS. KONG! I THINK THAT SHE'S IN LOVE WITH PUP - SHE REACHED RIGHT DOWN AND PICKED US UP!



WRITE US!

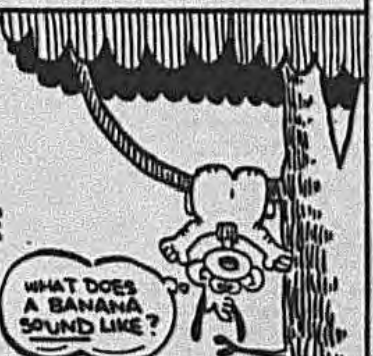
IF YOU HAVE ANY FUN GAMES OR JOKES SEND THEM TO : PUP

81 EAST BARCLAY STREET
HICKVILLE, NEW YORK 11001

WHICH SHAPE CORRECTLY COMPLETES HIS SWEATER?

HOW DO YOU CATCH A MONKEY?

HANG UPSIDE DOWN IN A TREE AND MAKE A SOUND LIKE A BANANA!



PUP THANKS ALISON MOORE OF BETHLEHEM, CT.

ANTIQUE OR JUNQUE



By Anne McColiam

Roseville vases

Q. Enclosed is a picture of a pair of vases that has been in our family approximately 60 years. The bottom of the vases reads "8-10 Roseville U.S.A."

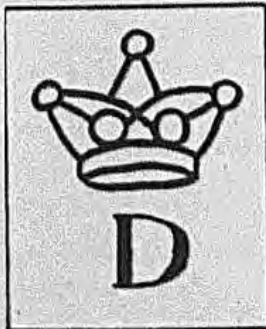
Could you please tell me if they are of any value?



A. Your Roseville vases were made in the mid-20th century. The pattern is Dahirosa, which was first made in 1924. The pair would probably sell for around \$165 to \$185.

Q. The enclosed mark is on the bottom of a porcelain figurine of a young girl holding a kitten. It is 8 inches tall and apparently hand-painted.

Could you tell me who made it, and its worth?



A. This mark was used by the Duchov porcelain factory in Czechoslovakia. Your figurine was made in the third quarter of the 20th century. It would probably be worth \$75 to \$85.

Q. I inherited a china tea set from my grandmother that consists of six cups, saucers and dessert plates. Gold leaves are painted on the rims and a spray of pink flowers, possibly old-fashioned roses, against a green background. The mark is a shield with

the word "Weimar" in it, and "Germany" beneath the shield.

Do you know anything about this set, and what its worth might be?

A. Your tea set was made by C.&E. Carstens Porcelain Factory, Blankenhain, Thuringia, Germany, in the mid-20th century. Its worth would be about \$125 to \$135.

Q. I have a Royal Doulton figurine of Lady Charmian. Could you tell me what its value is?

A. The Royal Doulton figurine was made in the mid-20th century. Lady Charmian wore either a green dress and red shawl or a red dress and green shawl.

Its value would be about \$175 to \$200.

Q. I have a collection of some 30 or more pieces of Irish Belleek.

Recently, I bought a cup and saucer at a flea market. The mark has the letter "L" inside a circle, and a palette at the top of the circle. The word "Belleek" is at the bottom of the mark.

I've read a little about American Belleek. Have you any insight about the age and value of this cup and saucer?

A. Your cup and saucer were made by the Lenox Co., Trenton, N.J., around 1905 to 1910. The value would probably be \$65 to \$75.

Q. I have a 12-gauge double-barrel Colt shotgun with 30-inch Damascus barrel in good condition.

The number is 6479, Patented Aug. 18, Sept. 22, 1882.

There is a picture of a colt on the stock, and the following information is on the barrel: "Colts of F.A. Mfg. Co. Hartford, Conn."

What would this gun be worth? Do you know of any collectors who would be interested?

A. Your Colt shotgun would be worth about \$600 to \$900. I don't have a list of buyers.

This shotgun should not be fired with modern loads.

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Points on Pets

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

Q. Our veterinarian recently recommended that we put our 15-year-old collie to sleep. The dog was nearly blind and could not control her bladder. She seemed to be miserable most of the time. We agreed with our veterinarian and had her put to sleep. We did not watch the procedure.

Is this procedure painful for the animal? Do most people have a funeral for their pets? We feel we were too attached to our dog and are grieving too much.

A. For most veterinarians, euthanasia or "putting an animal to sleep" is the most unpleasant task of their profession. Most veterinarians are in the profession because of their love of animals and their dedication to improve and prolong life. The death of animals, especially the decision to end life voluntarily, is contrary to all of their goals.

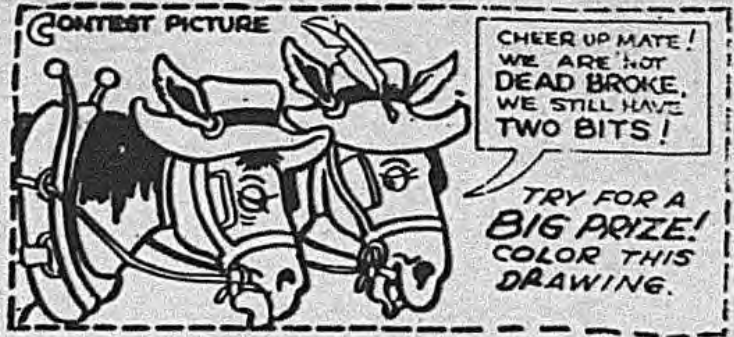
However, euthanasia often is necessary to end unwarranted pain and suffering. The word "euthanasia" is derived from the Greek language and means "easy death."

The American Veterinary Medical Association has issued guidelines detailing approved methods for performing euthanasia. The animal does not experience any pain if euthanasia is performed correctly. Most veterinarians use a special anesthetic solution to euthanize pets. An intravenous injection of the solution causes the pet to lose consciousness almost instantly.

Loss of a pet can cause great grief and stress for the entire family. Pet owners should feel free to discuss their feelings openly with their veterinarians. Together, the veterinarian and the owner can decide what is really best and most humane for the pet and how to cope with the loss of a loyal family member.

Many owners request that the veterinarian return the body following euthanasia to them so that a pet funeral can be participated in by the entire family.

JUNIOR EDITION



Aunt Tilly's Corner

Last week two young friends of ours came over to our house and planted gardens of their own in our backyard. (They don't have a yard in the apartment they live in.) Each boy was allowed to choose two kinds of seeds at the store. One boy planted radishes and the other planted a flower called a cosmos. Both of them picked jack-o-lanterns as their second kind of seed.

We go out every day to water the gardens and pull out the weeds. We hope that in a couple of weeks when the boys come to visit again there will be plants growing in the garden.

**Do you have a garden? What are you growing?
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, June 25, 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

Signing up for Medicare

By William M. Acosta

The World's Most Beautiful Grandchildren



This is our stunning daughter Rachel Danielle, 3 months old. Her Great Grandma is Minnie Schermer, Grandma Barbara Crawford, Grandpa & Grandpa Lynne & Fred Cooper of Syosset.

Proud parents, Dawn and Rob Leinson of Germantown, MD formerly from Syosset



Q. Whom do I call to get more information about Medicare? — D.N.

A. If you want to know how and when to sign up for Medicare, or how to change an address or replace a lost Medicare card, contact our toll-free telephone number, (800) 772-1213.

Q. What types of income do not count toward the earnings limit for Social Security benefits? — A.W.

A. The following types of income do not count toward the earnings limit for Social Security:

Investment income, interest, Social Security, veterans, or other government benefits, annuities, capital gains, gifts or inheritances, rental income (unless you are a real estate dealer, or you rent a farm to someone and take an active role in the production or the management of production of farm commodities.

Also, income from trust funds, sick pay after the sixth full month you last worked, or were paid after the employment ended, moving ex-

penses, travel expenses and jury duty pay.

Q. How is the Supplemental Security Income (SSI) program financed? — W.T.

A. Although this program is run by Social Security, the money to pay for SSI benefits does not come from Social Security taxes or Social Security trust funds.

SSI payments are financed by the general revenue funds of the U.S. Treasury.

Q. My husband and I have been married for 32 years. We have been legally separated for the last 15 years.

I am 63 years old and receive a small Social Security check. He is 60 years old.

Is there any way I can get spouse's benefits? — W.M.

A. Your husband must be age 62 and entitled to benefits before you could become entitled to spouse's benefits.