

In Two Sections - Forty Pages

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Good Record



The CYO Rattlesnakes finished season with the best record - 5 wins, 3 losses. Top row: Coach Al Ciaccio. Middle Row: Pam Quinlan, Katie Quinn, Ursula Simicci, Lauren Ciaccio, Valerie Hoyos, Jennifer Lentini, Katherine Castoro, Kelly Monaco. Bottom Row: Melissa Tergersen, Lorie Shephard, Kanchi Kapadia, Karris Antonacci, Kelly Robinson.

Burns Wins Achiever Award



For demonstrating excellence in academics, leadership skills, extracurricular activities and community service, Kerry Burns, a senior at Hicksville High School was recognized as an "Outstanding Young Achiever" by a local bank. In the photo, at a recent school ceremony, Kerry receives a plaque and \$1,000 United States Savings Bond from bank officer Stan Redfearn. Looking on are her parents, Thomas and Pat. Kerry was nominated for the "Outstanding Young Achiever" award by the administrators and faculty of Hicksville H.S.

Tax Bill Due For Second Half

Oyster Bay Town Receiver of Taxes John J. O'Leary reminded residents this week that the second half of the 1992-93 General Tax Levy is due on July 1, and may be paid, without penalty, through August 10.

"By law, a taxpayer has a 40-day grace period from the date the tax is due, during which payment may be made without penalty," explained Receiver of Taxes O'Leary. "After that 40 days, a one percent penalty is added for each month the tax remains unpaid, retroactive to the due date of July 1st."

Residents can pay in person at the Tax Office, Oyster Bay Town Hall West, 74 Audrey Avenue, Oyster Bay, or at Town Hall South, 977 Hicksville Road, Massapequa, or taxes can be mailed to the Office of the Receiver of Taxes, 74 Audrey Avenue, Oyster Bay, N.Y. 11771. The Town Clerk's Annex at Newbridge Road and Duff Avenue in Hicksville, will also

be open to accept payments, by check only, from 9 a.m. to 4:45 p.m. on August 2, 3, 4, 5, 6, 9 and 10. Payments by mail must bear the United States postmark not later than August 10, 1993 to avoid penalties.

When paying the tax bill in person, residents are reminded to bring the entire tax bill with their payment. Payments being made by mail for the second half of the year should include Stub #2. Receiver of Taxes O'Leary urged residents who are mailing their payment to do so at least ten days before the August 10 deadline.

The tax office will be sending a computerized receipt, but Receiver of Taxes O'Leary advised residents to retain their cancelled check as additional proof of payment. Residents are also cautioned not to write on, cut, fold, staple or otherwise deface the tax stub as it can cause the computer to reject the payment.

Bethpage Voters

Adopt Budget

Voters in the Bethpage school district adopted a budget on the second try last night, approving a \$30,826,986 spending plan by a vote of 953-735.

The plan carries an estimated tax rate of \$37.30, an increase of \$1.49 over the current \$35.81.

On June 9 voters rejected a \$30,880,650 budget that would have carried a tax rate of \$37.67. That budget lost by 20 votes, 722 to 742.

Field Days

At St. Ignatius

On Monday, May 24, the fourth through eighth graders at St. Ignatius Loyola School held their annual Field Day at Cantiague Park. Each class competed in a variety of athletic events. There were softball games, kickball, relay races, basketball, a long distance race, and an obstacle course. Everyone had a wonderful day!

On Friday, May 23, the students in kindergarten through grade three enjoyed their Field Day. They participated in events such as dodgeball, tug-of-war, line soccer, kickball an obstacle course and a marathon run. This day was fun for everyone!

The Parents' Association provided lunch, snacks and drinks for both days.

Miss Caparella, the Physical Education teacher, organized both days. She did a wonderful job making Field Day a wonderful experience for every student!

Important To Readers

We receive a great number of items that are submitted for inclusion in this newspaper. We are glad to receive newsworthy non-commercial material and run many pictures and stories. There is never a charge for running stories in this newspaper. We do need your help in giving full identification in photos and material that is in legible form. Many things are not included because they are not legible or not complete. Please help us to be of service by sending material that can be used.

Nursing Home Honors Volunteers



Central Nursing Home this week held a luncheon at the Fox Hollow Inn in honor of its many volunteers, and presented them with certificates for their countless hours of service. From Plainview, are, (back left to right), May Bennett, Karen Riemer, (front left to right), Joanne Gorman, Recreation Director for Central Island Nursing Home, Sister Ann, Millie Mastrocola, and Dora Breitzer.

Upcoming Elections



The Mid-Island Conservatives are active in support of Town of Oyster Bay Conservative and Republican candidates for this autumn's election.

Pictured here are Ralph Groves, center, Mid-Island Conservatives' President, with Angelo Delligatti, right, candidate for Town Councilman and John O'Leary, left, candidate for Receiver of Taxes. Both of these candidates spoke at the Mid-Island Conservatives' meeting of June 22.

Gulotta Speaks at Hospital

Gratefully recognizing the dedication and commitment to our patients and staff demonstrated by each of our volunteers, Mid-Island Hospital honored its entire volunteer force at the Annual Volunteer Awards Dinner on June 15.

County Executive Thomas Gulotta joined the volunteer festivities as guest speaker. Mr. Gulotta highlighted the "selfless service of volunteerism," and spoke about the "wave of joy" created by each and every volunteer. Additionally, proclamations were presented by County Executive Gulotta noting the "dedicated

humanitarian efforts" and paying tribute to both volunteers and volunteers.

"This ceremony gives us the opportunity to recognize the noble work of MIH volunteers since the hospital's inception of the program... and to honor with pride and public praise all individuals who today are continuing the heroic tradition of those devoted volunteers who have nurtured our community," said Robert J. Reed, President, Mid-Island Hospital. Mid-Island Hospital... Where people and progress are making the difference.



Pictured left to right: Robert J. Reed, President Mid-Island Hospital; Marie Iannone, volunteer; County Executive Gulotta; Estelle Prossimo, volunteer and horticulturist; and Charles J. Pendola, President and Chief Executive Officer, Preferred Health Network, Inc.

Letters

To The Editor:

It is with deep regret that I announce that the Kiwanis Club of Hicksville's support and sponsorship of the Sept. 1993 Hicksville Charity Tournament has been formally withdrawn. This will likely result in the cancellation of the annual event, which was to be held for the benefit of the Make-A-Wish Foundation.

In an effort to keep the event an annual one, the Kiwanis Club of Hicksville stepped in last year to provide sponsorship. Our role was to serve as the neutral mediator to bring together the Hicksville softball/baseball leagues for a day of fun and good sportmanship. Our main goal for the day was to raise funds for children with life threatening illnesses.

Run for many years under the direction of Founding Chairman Al Ciaccio, this event gave our able-bodied youth the opportunity to help those less fortunate, and taught them the important lesson of charity. We could hardly be more proud of the outstanding job these players did year after year.

Hicksville Kiwanis has led months of tense, often hostile negotiations in preparation for the 1993 games. Every effort was made to keep our Make-A-Wish fundraising goal foremost, while planning for a day that would minimize the petty differences between the three involved leagues. After many months of participating in the planning, Hicksville P.A.L. has chosen to withdraw their players from the afternoon portion of the event. They no longer choose to stand by a decision they were a part of some six months ago.

As much as Hicksville Kiwanis would like to have seen this event continue we no longer see fit to serve as arbitrators to unwilling parties. The adults involved could learn much by observing the good sportmanship demonstrated by the children they serve.

Patty LeCompte,
President
Board Of Directors
Kiwanis Club of
Hicksville

College Notes

Jonathan N. Provoost of Duffy Avenue in Hicksville has been named to the Dean's List for the spring 1993 semester at SUNY Oswego.

He is a senior studying chemistry at Oswego.

The spring semester Dean's List at Bryant College includes Christine Thels, a sophomore applied actuarial math major, of 17 Ingram Drive, Hicksville. Students earning a 3.2 or higher grade point average qualify for Dean's List honors.

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& Levittown Times

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Open House
At Nursery
School

The Hicksville Nursery School is holding an Open House for Fall registration on Wed., July 28 from 10-11:30 a.m. for parents of 2, 2½, 3 and 4 year olds in the school classrooms at W. Cherry St. and Nelson Ave.

The Hicksville Nursery School is a non-profit, non-sectarian cooperative located in the back of the United Methodist Church. Founded in 1967, it has offered twenty-four years of quality education to hundreds of preschool children as well as serving as field training center for students from S.U.N.Y., Farmingdale, Nassau Community College and Adelphi University.

The school seeks to offer the young child an environment in which he can grow emotionally, socially, intellectually and physically under the careful supervision of a fully trained staff. The program provides varied activities with an abundance of materials and opportunities for free creative expression under the guidance of skilled, N.Y. State Early Childhood certified teachers. Art, media, woodworking, music and rhythmic movement, language arts, storytelling, dramatics, puzzles, doll corner, books and manipulative toys are all part of the daily program. A high indoor playground permits daily large muscle activity even in the worst weather. A mid-session snack of milk or juice and crackers or fruits and vegetables is provided. Field trips are included to broaden the child's understanding of the world he lives in.

All parents who wish to, can share in the administration of the school. Monthly business meetings give parents the opportunity to make decisions on administrative needs. There are lectures, films, and "rap groups" to help parents learn more about parenting. Fundraising projects are most often social events helping young families meet other adults who are at the same stage in life.

We invite all parents of preschool children to join us for a chance to play and learn together in our spacious well-equipped rooms. For further information, call 735-0369 or 681-8246.

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Kathleen Arena
Associate Director



Kathleen Arena

Kathleen Arena of Hicksville has been appointed to fill an unexpired term as Director at Large of the Nurses Association of the Counties of Long Island, Inc. Ms. Arena is also Vice Chairperson of the Public Policy Committee and is an elected delegate to the American Nurses Association House of Delegates. In the past, she has served as Chairperson and Vice Chairperson of the School Health Nursing Clinical Practice Unit with this Association and with the New York State Nurses Association. Among her other activities, Ms. Arena has served on the Committee for School Health and Sports of the New York State Medical Society. She is currently involved on the Development Committee of Nurses House, Inc., a national charitable foundation for nurses in need.

Ms. Arena is a graduate of Mary Immaculate Hospital School of Nursing. She received a Master of Arts degree in Community Health Education from Adelphi University. She holds American Nurses Association certification in Community Health Nursing and New York State certification as a School Nurse Teacher. Ms. Arena has worked in varied positions in many areas of nursing, most recently as a school nurse teacher/health educator.

The Nurses Association of the Counties of Long Island, Inc. is a professional association of registered nurses with more than 4,000 members, predominantly in the counties of Kings, Nassau and Queens.

EQR Meeting

On July 16

A meeting of the Town of Oyster Bay Environmental Quality Review Commission (TEQR) has been scheduled for 9:30 a.m. on Friday, July 16, in the Environmental Control Division Conference Room, 150 Miller Place, Syosset, according to Oyster Bay Town Clerk Carl L. Marcellino. The agenda for the meeting will include discussion of pending projects and other general business.

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

College Notes

Sean P. Burns of Hicksville was recognized for outstanding academic achievement for the spring 1993 semester at Harpur College of Arts and Sciences of Binghamton University.

Kevin Maresca of 15 Country Court, Hicksville, graduated May 23 from Providence College. He received a B.A. degree in Chemistry.

Nancy A. Alexander of West Nicholas Street, Hicksville, was named to the Dean's List at the University of Buffalo for the spring 1993 semester for achieving a grade point average of 3.6 or higher.

Kristen R. Dolena of Fireplace Lane, Hicksville, was named to the Dean's List at the University of Buffalo for the spring 1993 semester for achieving a grade point average of 3.6 or better.

Jennifer A. Gangl of Hicksville was recognized for outstanding academic achievement for the spring 1993 semester by Harpur College of Arts and Sciences at Binghamton University.

Andrew J. Love of Hicksville was recognized for outstanding academic achievement for the spring 1993 semester at Harpur College of Arts and Sciences of Binghamton University.

Eric T. Michaels of Hicksville was recognized for outstanding academic achievement for the spring 1993 semester at Harpur College of Arts and Sciences at Binghamton University.

Tony H. Ng of Hicksville was recognized for outstanding academic achievement for the spring 1993 semester at Harpur College of Arts and Sciences at Binghamton University.

Meaghan L. Ryan of Hicksville was recognized for outstanding academic achievement for the spring 1993 semester at Harpur College of Arts and Sciences at Binghamton University.

Carrie A. Sabato of Hicksville was recognized for outstanding academic achievement during the 1993 semester at Harpur College of Arts and Sciences of Binghamton University.

James S. Sanpietro of Hicksville was recognized for outstanding academic achievement during the spring 1993 semester at Harpur College of Arts and Sciences of Binghamton University.

Andrea Sharetta of Hicksville was recognized for outstanding academic achievement during the spring 1993 semester at Harpur College of Arts and Sciences at Binghamton University.

Rachel E. Tanek of Hicksville was recognized for outstanding academic achievement at Harpur College of Arts and Sciences at Binghamton University during the spring 1993 semester.

Domenick J. Freda, a freshman in the College of Liberal Arts and Sciences at Alfred University, is the recipient of an Alfred University National Merit Scholarship.

A graduate of Hicksville High School, Freda is the son of Mr. and Mrs. Domenick Freda of Hicksville.

National Merit Scholarships are presented to those students like Freda, who indicate Alfred University as their first-choice institution. National Merit Scholarships range from a \$10,000 scholarship for each of four years, up to an award equal to full tuition, room and board, and a \$500 annual stipend for books and supplies.

This year U.S. News and World Report ranked Alfred University fourth in the North among regional colleges and universities.

Pen Pals

At St. Ignatius

Mrs. Ahr's sixth grade class at St. Ignatius Loyola School has been exchanging pen pal letters with a sixth grade class in Cedar Rapids, Iowa. The students have learned much about each others interests and cities.

After exchanging letters and photos the classes decided they wanted a more personal communication. The classes made a video showing what their school and class was like. Then each student had an opportunity to send a personal video message to his pen pal. Both classes enjoyed viewing the videos very much.

This has been a very rewarding experience for both classes.

East Woods' Guest Lecturer

Angel Campos, Associate Dean, School of Social Work, SUNY, Stony Brook spoke to East Woods' parents and faculty about the subtle and often unconscious ways we transmit our biases and prejudices to our children as a result of our own early socialization.

Attitudes encompassing gender roles, racial, ethnic, religious and sexual orientation were explored. Dean Campos acknowledged that even with the most aware parents, children can be influenced by peer group pressures.

He encouraged parents to assist children in questioning the meaning of words they use, the feelings that might arise in over hearing bias remarks while acknowledging that there may be a price to pay for leadership in speaking out against bias remarks.

Dean Campos stated that the goal is to prepare this generation to live with more tolerance for difference. Through continuing discussion and attention to these sensitive issues children learn the importance of their experience and the impact they have on others.

Fire Dept. Holds Installation, 100th Birthday

Story & Photos by Richard Evers
Gregory Museum Historian

An Annual Installation Dinner to top all installation fetes marked the Centennial Celebration of the Hicksville Fire Department at the Galaxie Restaurant, this past Saturday evening. The grand dining room of the Plainview establishment was filled with hundreds of Hicksville firefighters and their ladies, guests and leaders of many Nassau Fire Departments.

Charles DiStefano, past captain of the Fire Police Unit chaired the dinner committee, with Jack Hanifan serving as Master of Ceremonies. Rev. Thomas P. Murray rendered the prayer of Invocation. Guest speakers of the evening included Nassau County Executive Thomas Gulotta; Oyster Bay Town Supv. Lewis Yevoli and Town Councilman Thomas Clark.

A warm welcome was addressed to the huge, enthusiastic gathering by Joseph Giardina, Chairman of the Board of Fire Commissioners. Conducting the installation of Chief of Department, Assistant Chiefs, Department Staff Officers, Company Officers and 9th Battalion Delegate were Commissioners Joseph Giardina, Robert Dwyer, Chief Patrick Scanlon, Commissioner William Schuckmann and Commissioner Thomas Cunningham.

Nassau County Chaplin Father Vincent Kennedy rendered the Prayer of Benediction and Grace, humorously becheeching an early, expeditious serving of supper.

It was a splendid evening of comradeship, the 650 firemen and guests reflecting the spirit of shared fellowship and cooperation which is an outstanding characteristic of the volunteer fire companies which have served America for over 350 years. The esprit de corps of the men and the pride of their ladies was everywhere through a centennial party that honored the Hicksville and all Fire Departments.



Ex-Chief, past Fire Commissioner Medard Ofenloch, 50-year honoree.



John Specht, 40-year honoree, ex-chief, past Nassau County Fire Marshal.



Three 35-year veterans all ex-chiefs - Louis "Red" Merts, Owen Magee and Roy Schaaf honored.



Mrs. Walter Werthessen and daughter, Wendy, receiving 50-year service award for her late husband and ex-chief of Company 5.



Nassau County Executive Thomas Gulotta praising outstanding Hicksville Fire Department.



As cocktail hour gets underway, Dept. Financial Secretary, Richard Hummann of Company 4, Mrs. Bette Hummann, F.D. Ladies Auxiliary and charming companion (left).



Mr. and Mrs. Tom Rossetti, center, and Town Councilman Tom and Mrs. Corlaine Clark.



Ex-captain Joe DiFronzo, Company 1 with Anne and Dick Evers, Gregory Museum Historian, whose touring school kids vastly enjoy Joe's showmanship.



Ex-chief and Mrs. Robert Hammond, Sr., ex-captain Edward and Mrs. Eisemann, and Captain of the Fire Police, James and Mrs. Kershaw.



As the Centennial blast gets warmed up: Denise Sciararasi, firefighters Louis Solicito, Robert Telender and Rita Pendergast.



A partying quartet, off to quick start: F.D. Treasurer and ex-captain Gary Fippinger, past-Nassau County District Court Judge Francis and Mrs. Donovan, and Gregory Museum and Public Library historian - photographer.



Ex-captain Gene Pletzak, ex-captain, Fire Police, Charles DiStefano, who chaired Centennial Dinner; ex-captain Robert Chis and firefighter R. Proffe, F.D. Drill Team Captain.



Typical of many notable families long associated with volunteer firefighting - the Ofenlochs. Left to right: son Thomas of Co. 1; daughter-in-law Deborah; Mrs. Alice and fifty-year veteran ex-chief and ex-fire commissioner Medard Ofenloch.



Dave Daly, Co. 2, is having a good time with Peppercorn's celebrity bartender "Buzzy" Asante and his delightful wife.



Asst. Chief Karl Schwelzger, whose wonderful "Hicks. F.D. History" compilation recalls a century of momentous firefighting service, chats with F.D. dispatcher Mooney, left, and friend.



Enjoying the fruit cup, left to right: Ex-fire Commissioner Michael Krumenacker; firefighters George Pelcher and Robert Lang; Ex-Captain Bob Hammond, Jr., his fiancée, Kara Valukis, firefighter Brian Hirtzel and friend.



First Asst. Chief Albert Merk and the radiant Andrea Mauriello on the busy dance floor.

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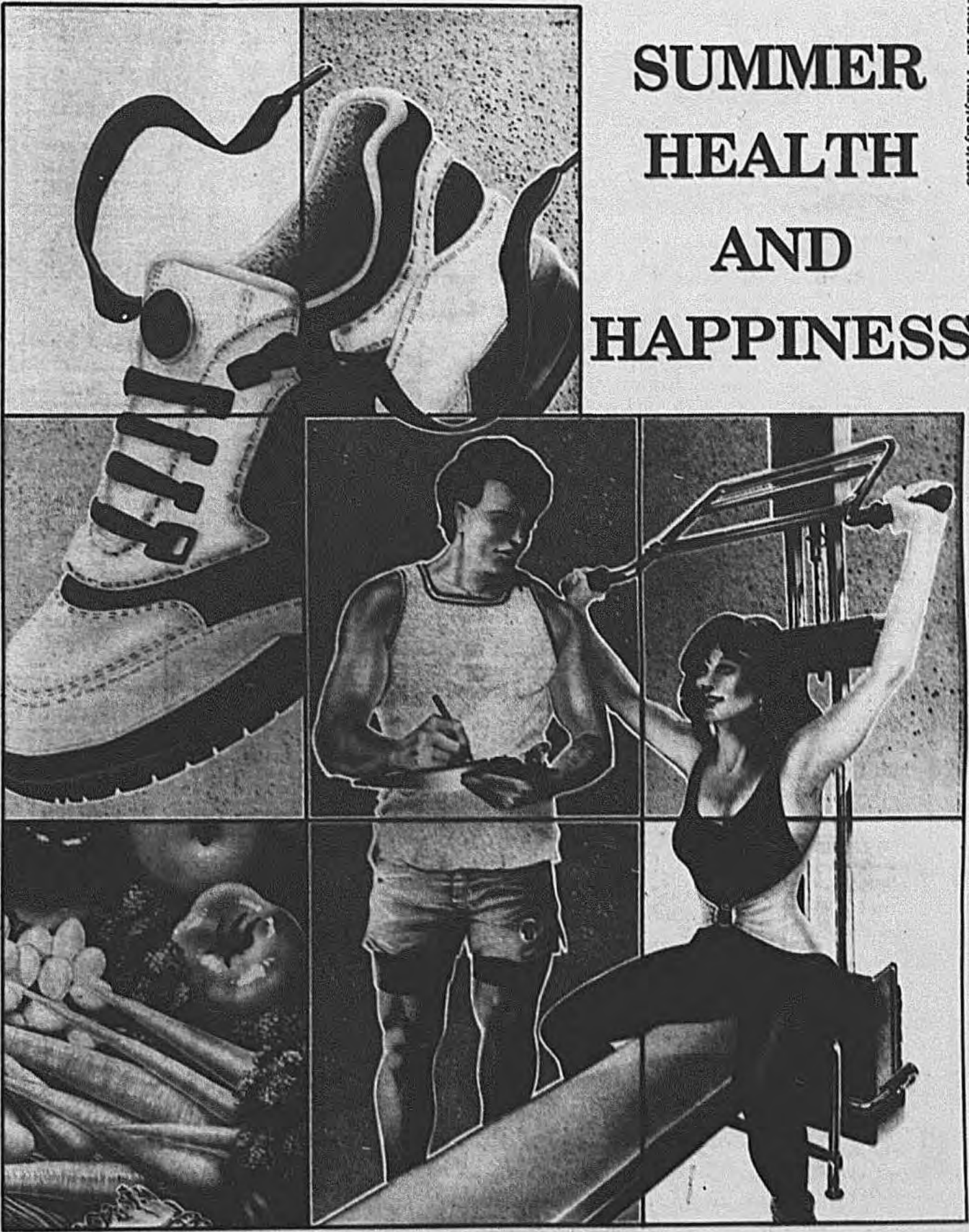
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New pacemakers promote active lifestyles

It used to be that getting a pacemaker meant curtailing many activities that make life enjoyable. But now, a new generation of pacemakers allows those who used to be restricted to a sedentary life the freedom to lead active lives.

Earlier pacemakers were like a furnace without a thermostat—they could only operate at one setting, no matter what the physical demand. In the 1960s, pacemaker technology advanced considerably, thanks to great strides in miniaturized computer circuitry. In the 1970s, the advent of smaller batteries cut pacemaker sizes in half.

The 1970s and early 1980s also saw the advent of enhanced capabilities for pacemakers in terms of their ability to regulate the heart.

By the mid-1980s, a new breed of pacemaker had emerged—the rate responsive pacemaker that regulates the heart in a way that truly welcomes activity. Rate responsive pacemakers, such as the Meta MV, are designed to "sense" the body's metabolic demands and change the heart rate accordingly.

The rate responsive pacemaker opens a whole new world to its recipients. All ranges of physical activity are now possible—from climbing to bicycling, swimming, hiking and even jogging.

Certainly you have questions about pacemakers. These are some of the most frequently asked questions about pacemakers and what they mean to your lifestyle:

*** What is a pacemaker?**
A pacemaker consists of three parts: 1) A small device, called the pulse generator, that fits in a pocket of skin, generally

under the collar bone. 2) A narrow wire, called a lead, that runs from the pulse generator to the heart. 3) The electrode, which is attached to the tip of the lead to carry electrical impulses directly to the heart.

*** What does a pacemaker do?**
A pacemaker stimulates the heart by converting battery powered energy into appropriately timed pulses. The pacemaker acts to stimulate the heart if it is beating too slowly.

*** Can I return to work after getting a pacemaker?**

Generally, your doctor will prescribe a period for recovery, as your body gets used to the pacemaker and your endurance improves. After that, there is generally no reason why you would not be able to return to your job.

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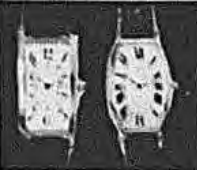
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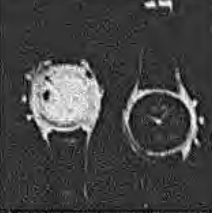
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If You're Under 50, You Still Need a Mammogram.

If you've been reading the news lately, you may feel confused about recent reports that mammograms are not beneficial for women under fifty.

You should be aware that the American Cancer Society and The American College of Radiology have not changed their guidelines and stand by their recommendations that women aged 35-49 should have mammograms.

Great Neck Women's Center rejects recent studies and supports call for continued vigilance.

In accord with the A.C.R., Robert A. Jason, M.D. at Great Neck Women's Medical Care, finds the recent Canadian and other international studies flawed, without significant data to draw conclusions.

At the Great Neck diagnostic center, he continues to follow the American Cancer Society's and American College of Radiology's guidelines, advising a first mammogram at age 35, every 1-2 years from 40-49 and every year after age 50.



"Rather than withdrawing this potentially lifesaving approach we must strive to provide high quality screening to find cancer earlier at a time when cure or mortality deferral is more likely," says Dr. Jason.

High-quality screening is key.

At Great Neck Women's Medical Care, we are dedicated to women's needs and to providing you with the high-quality screening you need to protect yourself against breast cancer at every age.

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HEALTHY WOMEN Medical update on pertinent issues

By Sharon Williams

That old adage about an apple a day keeping the doctor away is as fitting in the 1990s as it was a few decades back.

In other words, health care for women today has much to do with prevention and early detection.

Good intentions, say health-care experts, truly can lead to good results.

Early detection of breast cancer and melanoma, for example, can prove lifesaving. Ditto for the prevention of heart disease, osteoporosis and sexually transmitted diseases such as AIDS.

And when health does fail, effective surgical and drug treatments are ready at the wait — and more high-tech procedures are on the horizon.

Following is a rundown of a few examples in the area of women's health.

BREAST CANCER

Breast cancer used to seem a cruel game of chance as it hit women in what appeared to be a random pattern.

But today, research links breast cancer to several factors, among them a fatty, high-protein diet, hormones, such as estrogen, and heredity.

Medical experts say that thanks to mammography, the percentage of patients diagnosed with breast cancer in the very early stages has increased — good news since this form of cancer is most curable early on.

Physicians also are treating more breast cancer that requires surgery with lumpectomy, when a lump is removed, rather than mastectomy — when the entire breast is removed.

OSTEOPOROSIS

Mother was right when she told you to drink your milk.

Osteoporosis, a condition in which bones deteriorate because of mineral loss, affects as many as half of all women over 45, and 90 percent of women over 75.

Most at risk are those with a family history of the condition, women with a slender build, those who experienced menopause early, those whose diet is calcium-deficient, smokers and excessive drinkers, those who don't exercise regularly and users of certain types of steroids.

There's not yet an easy remedy for osteoporosis. One reason lies in the fact that calcium supplements aren't absorbed into the body as efficiently as nutrients are.

Thus, doctors usually recommend a prevention plan based on a daily dietary intake of adequate amounts of calcium and vitamin D, along with regular exercise.

Estrogen replacement and other drug therapies are among the options for serious cases, and new drugs that may be able to significantly increase bone mass in postmenopausal women are in the testing stages.

MENOPAUSE

Menopause once meant enduring unpleasant side effects such as hot flashes, insomnia and vaginal dryness.

Today, hormone replacement therapy — in the form of either pills, injections or skin patches — can eliminate many of the unpleasant symptoms of menopause, and also can help prevent osteoporosis and heart disease.

Replacement therapy works by replenishing the body's supply of reproductive hormones. The usual pill prescription contains about one-sixth the amount of estrogen and progestin found in birth control pills.

Doctors also are seeking ways to help relieve some of the symptoms of menopause through nutrition.

SEXUALLY TRANSMITTED DISEASES

It used to be that "bad girls" were the only ones who had to worry about STDs.

Today, that's hardly the case. Diseases such as chlamydia, AIDS, human papilloma virus, gonorrhea, trichomoniasis and herpes have reached such epidemic proportions that STDs now worry practically everyone.

One of today's best sources of protection is found in an unexpected source — contraception. Some forms of birth control, such as the condom, diaphragm, cervical cap, spermicides and contraceptive sponge actually fight against STDs as they help protect against unwanted pregnancy.

Treatments, meanwhile, for STDs range from antibiotics and laser removal of warts and lesions to drugs that prolong life for those who test HIV positive and treatments that lessen genital irritations.

COSMETIC SURGERY

Research hasn't yet stumbled upon the fountain of youth, but many of today's techniques practically turn back the hands of time — both before and after the fact.

Sunscreens, high-tech moisturizers, healthful diet and exercise fall into the "before" category.

And, for the aftermath, the newest and most popular breakthroughs in both plastic surgery and cosmetics target the age-old task of making patients appear younger.

Some examples: Plastic surgeons can raise fallen buttocks, firm bulging thighs and tighten sagging skin through procedures such as breast augmentation, liposuction and face lifts.

And the dermatologist can ease years from a wrinkle-lined face through dermabrasion, chemical peels and collagen injections.

HELP YOUR HEART RECIPES

This recipe is intended to be part of an overall healthful eating plan that would not include more than 30 percent of daily calories from fat.

Spaghetti With Zesty Marinara Sauce

Punctuate your passion for pasta with a taste of Italy.

- | | |
|--|---|
| 1 Tbsp. olive oil | 2 tsp. sugar |
| 2 large cloves garlic, crushed | 1/4 tsp. hot red pepper flakes, or to taste |
| 1 large onion, finely chopped | 1 cup water |
| 1 6-ounce can no-salt-added tomato paste | 1/4 cup red wine |
| 2 Tbsp. minced fresh parsley | 1 bay leaf |
| 1 1/4 tsp. Italian herb seasoning | 1 8-ounce can no-salt-added tomato sauce |
| 1/2 tsp. dried basil | 1 16-ounce can no-salt-added tomatoes, crushed, with liquid |
| 1/2 tsp. salt | 16 ounces spaghetti noodles |
| Plenty of freshly ground black pepper | 1/2 cup grated Parmesan cheese, or to taste |

Heat oil in a heavy non-aluminum skillet over medium-high heat. Add garlic and onion and sauté until limp.

Stir in tomato paste, parsley, herbs, salt, black pepper, sugar and pepper flakes. Cook 3 or 4 minutes, stirring often.

Bring water, wine, bay leaf, tomato sauce, tomatoes and liquid from tomatoes to a boil. Reduce heat and simmer 1 to 1 1/2 hours. Remove bay leaf.

Cook spaghetti according to package directions, omitting salt. Drain and serve with sauce. Sprinkle dish with Parmesan cheese.

Note: The sauce freezes well.

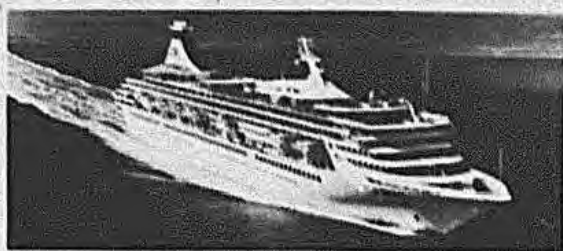
Makes 8 servings (2 ounces spaghetti and 1/2 cup sauce per serving).

Nutritional Analysis per Serving

332 Calories	5 mg Cholesterol	2 gm Saturated Fat
13 gm Protein	195 mg Sodium	1 gm Polyunsaturated Fat
60 gm Carbohydrates	5 gm Total Fat	2 gm Monounsaturated Fat

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

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What every woman should know about her doctor/patient relationship

By DR. MIRIAM STOPPARD

Every author aspires to writing the "definitive book," but few have the opportunity and the assistance to achieve this goal. With *Everywoman's Medical Handbook* (Ballantine Hardcover), I feel I've come close. We live in an age where more and more women see as their unalienable right the freedom to take part in the health decisions that affect their lives. Many of these decisions involve doctors, and without information, a woman goes unarmed and vulnerable into the doctor's office.

I feel many medical practices involving women are less than fair and I think this needs saying — by a doctor, a female doctor. I include myself in these criticisms. As a patient, I have suffered at the hands of other doctors; as a practitioner, I was guilty of some of the following male-oriented prejudices passed on to me by my teachers.

In the past, women have had a notoriously bad relationship with doctors. There is no question that male domination of the medical profession is at the root of women's dissatisfaction. For years, bona fide medical complaints such

as premenstrual syndrome and dysmenorrhea were looked upon by male doctors as "all in the head" or a woman's "natural inheritance" and therefore not in need of proper medical attention. Women's complaints were not seen as deserving first-class attention.

Over the years, the medical profession has done women a great disservice. Women have been unjustly made to feel and think, in some instances, that they were neurotic and that their symptoms were not real. A decade or so ago, however, research showed that there was a real cause for conditions such as dysmenorrhea and premenstrual syndrome. Once this was known, researchers were able to come up with specific treatments which enjoy a high degree of success.

Even so, a conservative medical profession was reluctant to adopt new remedies for the treatment of women's complaints. Women often met with reluctance, even a rebuff, when they tried to discuss these treatments with their doctors.

The advent of the women's movement and publicity given to new remedies for women's complaints has led to a loosening up of the medical profession. If you

find that you have an unsatisfactory relationship with your doctor, there is no reason why you should stay with him. If you are going to change your doctor because he or she is unsympathetic to your medical or health problems, make sure that you tell him so. Like any other person who performs a service for you, your doctor should have the opportunity to put things right if you are dissatisfied and to agree to a change if your differences are irreconcilable.

You should go into your doctor/patient relationship thinking of yourself as an equal. Before you go to see the doctor, go over in your mind what your dissatisfactions are, list your questions and decide what you'd like to get out of the discussion. Most important of all, be aware of your patient's rights.

Every patient has the right to:

- Be listened to.
- A sympathetic hearing.
- Participation in decisions which affect her health.
- An equal relationship with her doctor.
- A full discussion of treatments and side-effects.

- A second opinion.
- Change her doctor.
- Refuse treatment if her concerns cannot be allayed.
- Take advantage of alternative medical practice as well as mainstream medical practice.
- See a specialist.
- Have the most modern treatments available.
- Be informed about potentially fatal conditions such as cancer—if she wants to be.

One of the most uplifting sensations is the awareness that you are in control of your life; lack of control is one of the most depressing experiences. The *Everywoman's Medical Handbook* aims to help you to gain control of a crucial aspect of your life—your health. If you feel in control of your body, its health and maintenance, you are well on the way to finding tranquility and happiness.

Editor's Note: Dr. Miriam Stoppard is the author of Day-By-Day Baby Care, Pregnancy and Birth, and the recently published Everywoman's Medical Handbook (Ballantine Hardcover, \$19.95)

LEARNING DISABILITIES IN CHILDREN ARE MISDIAGNOSED

By GERALD S. COLES, Ph.D.

Nearly two million children in the U.S. are classified "learning disabled." That is, even though they are normally intelligent, they are said to have a brain problem that prevents them from learning with regular classroom instruction. Most of them are also very poor readers, so they may be diagnosed "dyslexic" as well.

Unfortunately, most of these children face bleak academic futures. Even when they are placed in remedial classes, the majority continues to have academic problems. As they go from grade to grade, they fall farther and farther behind their peers.

A main reason for this failure is that teachers, psychologists, and other professionals have been treating a "neurological condition" that has never been shown to exist in the majority of the so-called "learning disabled."

For many years, a long-held view was that "reversals" ("b" for "d," "was" for "saw") were a key symptom of dyslexia—for decades, reversals were included in the diagnosis of learning disabilities.

However, when researchers did investigate assumptions about reversals, the "symptom" was found to have no relationship to neurological problems said to underlie "dyslexia." Rather, the researchers concluded that they were trivial errors, easily correctable with instruction.

There is no question that generally the children who are labeled LD do have serious learning problems that usually begin in the early grades. However, most of the differences in brain function found between them and normal learners are just that—differences, not abnormalities.

The brain differences are simply ones that might be found between any two groups of people with different abilities. For example, the brain activity of two people reading a Spanish text would be different if one understood the language and the other did not. They would be "reading" in different ways and, therefore, what was going on in their brains would not coincide.

The unfortunate outcome is that the children never become the academic successes they are capable of becoming.

Editor's Note: Gerald S. Coles, Ph.D., is Associate Professor of Clinical Psychiatry at the Robert Wood Johnson (formerly Rutgers) Medical School and is the author of The Learning Mystique (Fawcett/Columbine, \$10.95).

The right way to influence smokers to quit

By TOM FERGUSON, M.D.

Most smokers feel that most nonsmokers do not know how best to help a health-conscious smoker. Smokers feel they receive little support or encouragement from their nonsmoking friends. Complaints range from minor nagging to shockingly rude put-downs.

It seems apparent that most nonsmokers with smoking friends are missing an important opportunity. Nonsmoking friends can play a major role in helping a health-conscious smoker cut down or quit, but to do so most effectively, they should reinforce the idea that it is possible for smokers to take control of their smoking, while remaining supportive of the smoker as a person. The ideal approach does not include hostile confrontation, threats, put-downs, preaching or nagging.

The health-conscious smokers I interviewed for my book suggested the following guidelines for concerned nonsmokers who wish to support a friend or family member's efforts to reduce their health risk:

• *Separate the smoker from the smoking.* Let the person know that you will continue to care about them no matter what they decide to do about their smoking.

• *Try to envision the problem from the smoker's point of view.* Smoking can help you deal with stress. It can help you relax. It can help you concentrate. It can keep you from becoming bored. It can be such a cherished part of your life pattern that giving it up would be like losing a good friend.

• *Realize that smoking is a powerful physical and psychological addiction.* Quitting can be painfully difficult. Thus, the temptation to simply ignore the negative health effects of smoking can be very strong. Smokers who do exhibit the courage to confront this dilemma deserve compassion and understanding, not ridicule and blame. A supportive relationship with a caring and nonsmoking friend can make the smoker feel more secure and can thus help provide the positive psychological motivation for change.

• *Don't tell your smoking friends what to do.* Encourage them to do what they think is best. Remember, it is only when they want to do something about their smoking that progress can occur.

• *Encourage your smoking friends to engage in healthful, enjoyable activities that are incompatible with smoking.* Get them involved in sports—walking, hiking, volleyball, swimming, tennis, etc. Accompany them to activities at which smoking is not allowed—religious services, concerts, etc.

Refraining from open criticism does

not mean that you cannot subtly "train" your smoking friends to follow more healthful practices. While you should, at all costs, avoid nagging your friends and family members about their smoking, there is a role for supportive, loving confrontation.

Love and understanding from friends and family are particularly important in the days and weeks immediately after quitting. Here are some guidelines for supporting a friend during this time:

• Let your friend know that you are overjoyed that he is quitting and that you are confident he will be able to remain smoke-free.

• Make a commitment to "adopt" the recent quitter. Tell your friend that during this quitting period, you will be delighted to provide whatever support you can. This should include encouragement as well as such mundane services as preparing food, cleaning house, taking care of the children, doing laundry.

• Make yourself available as frequently as possible, either in person or by phone, for your adoptee's first days as a nonsmoker. Be prepared to listen to his hostile or angry feelings. Accept the fact that he may react to the stresses of withdrawal by lashing out verbally at whom-ever is around—you included. Be prepared for somewhat bizarre behavior. Accept the fact that the loss of his cherished habit may be very painful to him. Be prepared to forgive him in advance, and encourage him to do anything he needs to do to get through this difficult time. Smoking is a habit that takes a long time to learn; it can take a long time to unlearn.

• After the first few days, the worst should be over. Arrange to see your friend regularly for several weeks thereafter, and to check in with him regularly for the remainder of his first year as a nonsmoker.

• Help your friend keep as far away from smokers and from cigarettes as possible. It is worth considerable trouble and inconvenience to avoid a situation in which it could be all too easy for your friend to smoke "just one cigarette."

• Consider giving up something yourself—candy, desserts, or coffee—for the first days or weeks of your adoptee's new life as a nonsmoker to show that you really care.

• Encourage your friend to talk about what he is feeling or experiencing. Listen sympathetically and supportively, without judging or offering advice.

• Send flowers or take your adoptee to dinner (to a restaurant with a no-smoking section) to celebrate the first week or first month as a nonsmoker.

• Offer direct rewards for continued

nonsmoking ("I'll give you \$50 if you can go without smoking for 100 days").

• Offer indirect rewards ("I'll give each of your kids \$50 if you can go without smoking for 100 days").

If you are a smoker, be aware that you may feel threatened by a friend's efforts to quit. Knowing that your friend desperately wants to quit may make you painfully aware of the ways smoking is harming your own body. You may justifiably feel that if she is successful in quitting, she will now begin to avoid you because you are a smoker. Share these concerns with your friend. Make a deal with your friend: You will support the way she has chosen to deal with smoking if she will support the way you have chosen to deal with it.

Realize that to succeed in the decision she has made, she is in great need of your support. Here are some of the things you can do to help:

• The smell of smoke can be extremely tempting to a recent quitter, particularly during the first few days after quitting. Make a commitment to your friend that you will not smoke in her presence until she invites you to do so.

• Your friend may go through a period of being irritable and grumpy in the weeks or months immediately after quitting. She will greatly appreciate it if you are understanding of this short-lived irritability and refrain from suggestions that a cigarette might calm her nerves.

• Be aware that as a quitter becomes a successful nonsmoker, she may become more critical of smokers, cigarette ads, tobacco companies, and everything else associated with her former habit. If this occurs, remind her of your "deal," and gently explain that she is exhibiting some of the warning signs of becoming a righteous ex-smoker.

• Smoking together can be an important part of a friendship. Show your friend you really care for her by working with her to develop other activities that you can now do together.

• If you are supportive and understanding during your friend's efforts to become a nonsmoker, then you can be sure that if and when you decide to cut down or quit, you will be able to count on her encouragement, support, and understanding during this difficult time in your life.

Editor's Note: A graduate of the Yale University School of Medicine, Tom Ferguson, M.D., interviewed hundreds of health-conscious smokers and successful ex-smokers as research for his book, The No-Nag, No-Guilt, Do-It-Yourself Guide to Quitting Smoking (Ballantine Books; \$4.95), from which the previous excerpt was taken.

Consumer's guide to indoor allergies

Understanding the allergy facts

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

Helpful hints

In the bedroom:

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

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

In the bathroom:

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

In the living area:

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

In the basement:

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

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

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



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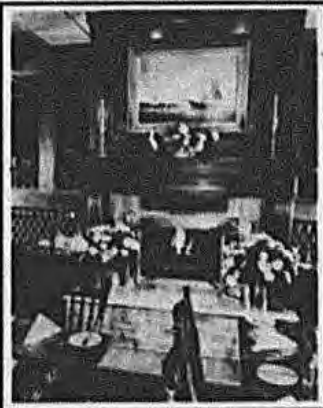
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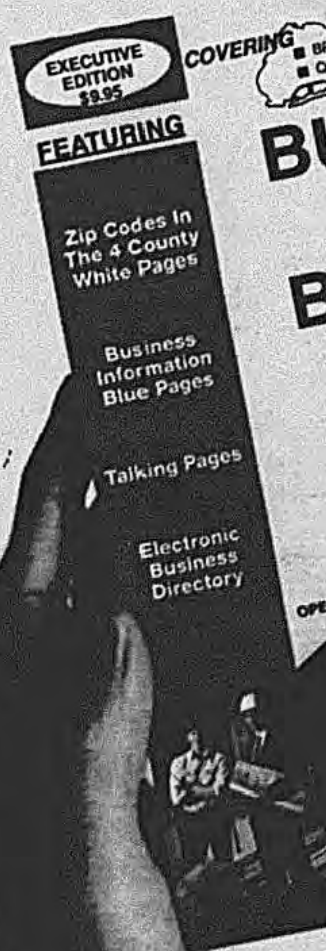
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Friday, July 9, 1993

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Continued From Page 3



John Hanifan, Master of Ceremonies, Rita Hanifan and 55-year honoree, Ex-Commissioner, Ex-Chief Charles and Mrs. Saurer, Company 4.



Ex-Chief Roy Schaaf and his always lovely teacher-wife, Gwen, shine for cameraman Dick Evers.



Stepping lightly are ex-captain and Mrs. Edward Eisemann.



Ex-fire Commissioner James and Mrs. Taxter are a striking duo.



Having a good time, John Swierupski of the Hickville Water District and his lady.



Anne Evers and ex-captain Larry Krumenacker of Company 1.



Ex-chief and current Captain of Co. 1, Gerard O'Brien, and Hickville historian Richard Evers.



Cocktail hour celebrants: Nassau Fire Chaplain Father Vincent Kennedy and his guest, Mrs. Dorothy Guelpa; Hickville Fire Dept. Chief - elect Patrick Scanlon, and Mrs. Anne Evers.

VFW Holds Awards Night

The Wm. M. Gouse, Jr. VFW Post No. 3211, held their 1993 VFW Awards Night Ceremony, on Friday, June 18, at the Post, and its VFW Scholarship Chairman, Bill Bennett, introduced and announced the Scholarship Awards to the winners of two separate VFW Scholarships.

Steven Love, was awarded the 1993 VFW Scholarship, for "Community Service" from the Hickville High School, son of Gary and Pat Love. Steven, was recognized for his contributions to various community activities, such as the PTSA Anti-Graffiti campaign, helping our senior citizens, and getting involved with the Cystinosis Foundation Fund Drive.

Mr. Bennett and Past Commander, William Frohnhoefer, presented Steven with a five hundred dollar check, and wished him well in his pursuit of higher education.

Daniel T. Longo, was the winner of the "Albinus A. Hanlon" 1993 Scholarship. Dan, was selected by a panel of three judges, and graduated from the Hickville High School this past June 27. Daniel has been active in Student Government, sports activity in soccer, basketball, as point guard and awarded "All-Conference 1991-92." His grandfather, Medard Ofenloch, is a member of the VFW Post. Daniels father and mother, Vincent and Patricia Longo, were on hand to see our Commander, Dennis Ladislav present the \$1,000 Scholarship Award to Daniel.

Mr. Bennett thanked and praised the three Judges of the Albinus A. Hanlon Scholarship Committee, they were Seig Widder, Carole Wolf and Marc Herbst, Past Commander, Vincent Ferrara and his lovely wife, Frances, President Elect of the Women's Auxiliary presented Plaques to each of the Judges.

Esther Palladino, President of the Women's Auxiliary presented a plaque to Joe Jablonsky for his past services as a Judge in the Albinus A. Hanlon Scholarship Program.

Commander, Dennis Ladislav, on behalf of the officers and men of the VFW Post, expressed their appreciation and thanks to one of the largest participations of the VFW scholarship by the young Seniors, a total of five candidates were judged by their scholarship record, character, personality ratings and good citizenship, and they all measured up to the task. The three panel judges are allowed to select only one winner and two alternates, and they are: Paul R. Dethlefsen, from St. Anthony's High School in South Huntington, and Michael Bove, from North Babylon High School. Both outstanding Seniors were honored along with last years Albinus A. Hanlon winner, Timothy F. Glover. The two other candidates that entered the Scholarship Program was Matthew Sanginario, who graduated this month from Centereach High School and Michael Longo, a recent graduate of Hickville High School. We are proud of all the young Seniors, and wish them success and happiness in their chosen careers.



VFW "Albinus A. Hanlon" 1993 Scholarship candidates, Daniel Longo, Matthew Sanginario, Michael Bove, and twin brother Michael Longo, waiting to be interviewed by the judges.



Proud VFW member, Frank Bove presenting his grandson Michael Bove with the 2nd alternate VFW Scholarship Award.



Medard Ofenloch presenting his grandson Michael Longo with presentation on VFW Awards Night Ceremony.



Scholarship Judges, Sleg Widder, Marc Herbst, Carole Wolf with Chairman Bill Bennett at Awards Night Ceremony.



Past Commander, Vincent Ferrara presenting award to 1st alternate award winner Paul R. Dethlefsen.



VFW Commander, Dennis Ladislav, presenting Daniel Longo with \$1,000 VFW Albinus A. Hanlon Scholarship 1993 Award.



Steven Love winner of the VFW Hickville H.S. Scholarship with his mother Pat Love.

CYO Connie Mack

Hicksville's Connie Mack Team is still having an excellent season. As of July 4, their record is 8 wins and 3 losses.

July 1, Hicksville played the very tough Levittown team, Shennen Maceo pitched an excellent game and also was 2 for 4. Anthony Gismondi was 3 for 4 and Greg Latini was 1 for 2 with 2 RBI's. The game went 9 innings with Levittown winning 4 to 5.

On July 4, the pitching rich Hicksville swept its 3rd consecutive double header. The first game saw Anthony Ciaccio locked in a real pitches duel. Anthony pitched a complete game had 7 K's and did not give

up an earned run. Mark Micalizzi drove in the game winning RBI with a double and Mike Zollo went 2 for 3. The final score - Hicksville 2 - Plainview 1.

The second game saw Anthony Santoro pitch an excellent game and also went 3 for 4. Jason Andrews went 3 for 4 with 2 key RBI's, Dan Paul went 2 for 3, Charles Dougherty had 1 hit and a sacrifice fly RBI. Final score - Hicksville 15 - Plainview 4.

Hicksville Connie Mack had four of its players make the All Star Team.

Anthony Gismondi - an excellent infielder and the teams power hitter.

Anthony Santoro - an excellent pitcher and a superior hitter.

Anthony Ciaccio - a pitcher who is 3-0 and only gave up 2 earned runs in 21 innings.

Shennen Maceo - an excellent pitcher, an excellent fielder and an excellent hitter.

The All Star game will be played Friday, July 9 at Eisenhower Park, Field B.

Hicksville should be proud of its All-Stars and its excellent team record.

HBA Boys Majors



Top Row, L-R: Coach, Tom Moscato; Manager, Joe Restivo. Middle Row, L-R: Louie Pinto, Voley Martin, Danny Ciaccio, Eric Vosper, Joe Restivo, Jr., Justin Rothenberg, Jake Danzi. Bottom Row, L-R: Tommy Orr, Tommy Moscato, Timmy Kraemer, Lenny DeStefano, Doug Ruderfer, Dave Ruderfer, Anton Bersins.

St. Ignatius Honor Students

Students in grades 4 to 8 at St. Ignatius Loyola School were named to the Principal's List and First Honors List in June. Students who achieved an average of 96 or above and displayed exemplary conduct are on the Principal's List. Students who achieved an average of 90 to 95 and had very good conduct are on the First Honors List.

Students on the Principal's List are:

Grade 4-1 - Michael Allen, Marisa Carrillo, Maria Panarelli, Alexandra Burt, Caitlin Kenny.

Grade 4-2 - Steven Hernandez, Kathryn Napolitano, Jonathan Maier, Brooke Wasilewicz.

Grade 5 - Jamie Costello, Michelle Maier, Lauren Sullivan, Meaghan Kenny, Suzanne Smith.

Grade 6 - Joseph Panarelli, Alana Ample, John Vaz.

Grade 8 - Omar Syed, Joanne Smith.

Students on the First Honors List are:

Grade 4-1 - Vincent Carroll, Lauren Adis, Jennifer Manley, Joseph Whittaker, Matthew Castoro, Judy Koh, Kathryn Sullivan.

Grade 4-2 - Stephen Clark, Sean Quinn, Shannon O'Brien, Vincent Cona, Nancy McGovern.

Grade 5 - Thomas Pereira, Daniel Tergesen.

Grade 6 - Geoffrey Velarde, Patricia Montana, Bridget Donohue.

Grade 7 - Jennifer Przybyzowski, Christina Walner.

Grade 8 - Nicholas Donohue, Antonietta Suppa, Francesca Aquilla, Melissa Zoleta.

Congratulations to each of these students for their commendable achievement!

LEGAL NOTICE

PLEASE TAKE NOTICE That an application has been made to the Town Clerk of the Town of Oyster Bay by the following party for permission to operate a Tow Car(s) upon the highways of the Town of Oyster Bay.
Name: Scrapy Auto Body, d/b/a Sabre Towing Service, Inc.
Address: 400 Duffy Avenue, Hicksville, N.Y. 11801
Loc. of Terminal: 400 Duffy Avenue, Hicksville, N.Y. 11801

No. of Unrestricted Tow Cars: 2

Arguments in writing setting forth reasons why the Town Clerk should or should not find that public convenience and necessity requires the licensing of said vehicle as a Tow Car(s) may be filed with the Town Clerk of the Town of Oyster Bay, at his office at the Town Hall, Audrey Avenue, Oyster Bay, New York, on or before the 20th day of July 1993.

CARL L. MARCELLINO
Town Clerk

Dated: June 29, 1993
Oyster Bay, N.Y.
MIT2724
1x/79

Jottings From Yesteryear

By Bill Clark

Do you know any of the former street names that you can find on old Hicksville maps? Menetto Hill Road, Lincoln Ave., Mary St., Nicholas St. or Duytch Lane and Hempstead Ave. Today's names are in the same order as above. Old Country Rd., Newbridge Rd. from south of Old Country Rd., Marie St., Nicholas St., Stewart Ave. is the former last two on the list. The lane from Park Ave. East later continued the name Helts Pl., and Bethpage Rd. had another name years ago as Lee Ave. now named after an animal. Duffy Ave was Duffy's Lane.

With 90 degree heat I'm sitting

under my trees trying to keep cool along with my with my portable radio, TV combo so light and handy. Years back you carried a large portable radio-phonograph player to the beach. The heavy weight and size was mostly the large heavy battery, tubes and wooden case covered with a cloth material. Records were not tucked in your beach pack or pocket like today's cassetts.

I just saw a 1931 Chevrolet pass the house. It was like the one my Aunt had. I wanted to buy it back from MacPherson's Chevy for \$200 but my Father thought I shouldn't. It had a dark green body and cream wire spoke wheels.



South Newbridge Rd. - late 20's early 30's. I remember small building at left was moved across Old Country Rd. and across potato fields. The road then was MacAdam Lane. Today small building and road, hidden by trees, is now four lanes plus. Trees improved area.

Photo by Bill Clark

The Teddy Bear's Picnic

A Teddy Bear picnic will be held Sat., July 31 at the Gregory Museum in Hicksville. Dress yours with a picnic basket or a patriotic theme; much to choose from. Bring your own bear or select mommy, daddy or baby bear from our selection, \$3.99 and \$9.99. Ages 8 to Adult, 1:30-3 p.m.

Reservation Information
822-7505

Reservations are required for all workshops. Space is limited. Payment must be received within 5 days of reservation in order to guarantee placement.

Reservations are confirmed upon receipt of payment.
To Register: Stop at the

Museum or call and mail check.
All Workshops
Members \$9
Non-Member \$8

No refunds for cancellation three days before workshop. We are very sorry that we must insist upon advance payment before reservations are firm. The useum has been in the unfortunate position of having supplies purchased for workshops with a full registration and an anxious waiting list, then on the day of the workshop unpaid registrants do not show. Thus, The museum has disappointed the waiting list and have lost income to the Museum.

Safety Patrol Awards At St. Ignatius

Several students at St. Ignatius Loyola School helped to maintain the safety of the other students by their service on the school Safety Patrol this year.

The following students received a Certificate of Merit from the Automobile Club of New York in recognition of their service on the Safety Patrol:
Captain - Nicholas Donohue, Lieutenant - Omar Syed, Sergeant - Casey Korech, Patrol Members - Francesca Aquilla, Sabrina Chancy, Jennifer Fahy, Patricia Koh, Meghan Quinn, Joanne Smith, Antonietta Suppa, Michelle Gonzalez, Cydney Hayes, Jennifer Mais, Jennifer Przybyzowski, Christina

Walner, Alana Ample, Anthony Cona, Bridget Donohue, Jesse Lancaster, Linda Loreda and Patricia Montana.

Nicholas Donohue received the Distinguished Service Medal of the Automobile Club for the second time in recognition of his commendable service for the past three years.

The Safety Patrol is coordinated by Miss Scheel.

Congratulations to all the Safety Patrol officers and members for their dedication and outstanding school service!

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Majors Team 2

Mgr., Joe Restivo
Coach, Tom Moscato
Managing the "Cinderella Team" of the Boys Majors playoff Tournament does not make Tom Moscato or Joe Restivo fair princes, lets get that straight, but it definitely was the highlight of the season. The Yankees finished the regular season 2-12, winning their last game going into the playoffs. The record does not reflect it but these kids played every game with 100% effort. They battled and scraped, never giving in, every inning.

The playoffs began with the Yanks vs A's, managed by Jim Dunleavy, in not what I would say was a real pitchers' duel. Everyone's bat came alive on both teams with the Yankees taking it 18-13.

Round two had the Yanks facing the Blue Jays managed by Phil Economou. This day Yankee pitching was very tough on the Jays allowing just 3 hits and 1 run. The Yankees fared better though, sending 8 runners home for another victory.

Round 3 would match the Yankees against a tough Pirates team, managed by Joe Koloaki. The Pirates had beaten the Yanks twice during the regular season. The Game started off simply enough with the Yanks taking a 2-0 lead after 2 innings. The Pirates though came alive in the 2nd scoring 5 big runs, taking a 5-2 lead. The Yanks refused to give up, coming back with 4 runs in the 3rd, leading again 6-5. The Pirates struck again in the 3rd and 4th innings taking a 7-6 lead. Now was pressure time for the Yanks in the top of the 6th. They met the challenge scoring 3 huge runs and taking the lead again 9-7. Pirates came to bat in their half, but were denied by a hungry Yankee team, final score, 9-7.

Yankees! Congratulations to the Pirates for a fine season and making this a tremendous game.

I would like to say thanks to each member of the Yankees for making this a season I will not soon forget: Tommy Orr, Louie Pinto, Justin Rothenberg, Voley Martin, Eric Vosper, Timmy Kraemer, Lenny DeStefano, Anton Bersins, Doug Ruderfer, Dave Ruderfer, Danny Ciaccio, Tommy Moscato, Jake Dams and Joey Restivo. Also to our coach Tom Moscato who found the perfect combination at just the right time, thank you. Have a good summer guys, see ya next season.

Class Adventures At St. Ignatius

Students at St. Ignatius Loyola School went on a variety of class trips this spring.

On April 21, the fourth graders went to Marion Carl Farm in Commack. The children were given the opportunity to examine prehistoric and historic artifacts. They also took part in an actual dig with a certified archaeologist.

In late April, the third graders went to Safety Town at Eisenhower Park in East Meadow. They were instructed in pedestrian and bicycle safety in a classroom setting. The children had fun on their "driving tests" and all received certificates for completing the course.

The children in grades K to 3 went to Westbury Music Fair on May 17. They enjoyed a delightful version of Cinderella.

On May 25, the first graders walked to the Hicksville Gregory Museum. The children were taught about rocks and minerals and were able to examine many samples. They also saw slides of the Mt. St. Helen volcano.

On May 26 and 27, the nursery and pre-K children went to Green Meadow Farm in Floral Park. They were able to pet and feed some of the animals and milk the cows. They enjoyed a hayride and a pony ride.

The fifth and sixth graders went to the Statue of Liberty on June 15. They learned about the Statue itself and its meaning to new immigrants.

All of the trips were educational and enjoyable. Everyone had a wonderful time!



Left to right: Nancy McGovern, Stephen Clark, Brienne Berner and Shannon O'Brien enjoy their dig at Marion Carl Farm.



First graders Vanessa Diaz, Julie Majewski, Michael O'Brien, Michael Kelly, Ryan Roberts, Jennifer Interlandi, Matthew Whittaker and Madeline Bailey get ready to examine some rocks at the Gregory Museum.

Summer Series At Library

Living in the 90's is an ever-growing challenge. Our lives have become constantly turbulent... ever changing - somewhat like rafting the white waters of a raging stream.

Dr. Duffy Spencer will explain that it is possible to navigate the turbulent waters of our lives - we just need the right equipment. Join her at the Bethpage Public Library for her summer series, *Life Skills For The Nineties And Beyond*.

Date: Tues., July 13
Time: 7:30 p.m.

Self-Esteem and Image Building (Learn How To Look and Feel Like a Winner)

Date: Tues. Aug. 10
Time: 7:30 p.m.

The Power of Play and Fun in Your Life (Peak performers work and play well. Learn how to put more fun in your life.)
Tues., Aug. 10, 7:30 p.m.

Attend both sessions and you will be well-equipped to navigate the rough waters of your life that may lie ahead!

Admission Free - All Welcome.

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

Ferry Fun With Bethpage Library

Because of popular demand the Bethpage Library has another bus going on its very popular trip to Shelter Island and Sag Harbor on Tuesday, August 7. So here's your chance to sign up for a special mini-vacation day.

The luxury motorcoaches will depart the Bethpage Public Library at 8:30 a.m. and head toward Greenport on the North Shore of Long Island. In Greenport, you will board a ferry for a leisurely sail to Shelter Island, where you will enjoy a delicious luncheon at the famous Pridwin Hotel. Following lunch, our tour guide will take you on a stroll around this natural wonderland. Finally, you will take another ferry to beautiful Sag Harbor, where you can browse through the quaint shops and galleries before boarding the bus for your return to Bethpage (approximately 6 p.m.)

The cost of the trip is \$38, all inclusive with no refunds, payable at the Reference Desk of the Library. Take advantage of this opportunity to enjoy a beautiful summer's day at some of Long Island's most scenic spots.

The Library is located at 47 Powell Avenue, two blocks west of Exit 8 of the Seaford-Oyster Bay Expressway, (Route 135) phone 931-3907.



The stars at night shine free and bright at Town of Oyster Bay parks and beaches!

Enjoy an entertaining evening of music, theater or comedy, absolutely free, at one of the Town's parks or beaches, nightly at 8:15 p.m., from July 12 - August 22

Music Under The Stars
July Schedule

JULY 12 CONCERT POPS OF LONG ISLAND. Dean Karahalas, Conductor, *Overture to the Summer of '93*, co-sponsored by THE ROSLYN SAVINGS BANK, Ellsworth Allen Pk., Farmingdale

JULY 13 TONY WILLIAMS' FLATTERS and the **INK SPOTS** John J. Burns Pk., Massapequa co-sponsored by Davis Optical

JULY 14 MR. PERSONALITY. LLOYD PRICE, "Personality and Stagger Lee" and **THINGS TO COME**, co-sponsored by STATE BANK OF LONG ISLAND Syosset-Woodbury Community Pk.

JULY 15 THE LONG ISLAND NUMMERS STRING BAND, Captain Jack Hultman, Spectacular hi-stepping strutters/musicians, Bethpage Community Pk.

JULY 16 THE MARCELS and **WALT MADDOX**, "Tribute to Nat King Cole," co-sponsored by THE ROSLYN SAVINGS BANK, Tappen Beach, Glenwood Landing

JULY 17 RANDY AND THE RAINBOWS, "Denise," Marjorie R. Post Community Pk., Massapequa

JULY 18 CONCERT POPS OF LONG ISLAND. Dean Karahalas, Conductor, "Pops Around The World," H.B. Matlin Middle School Athletic Field, Washington Avenue, Plainville

JULY 19 FRANKIE LYMON'S TEENAGERS. "Why Do Fools Fall In Love" and **CHARMER**, Ellsworth Allen Park, Farmingdale

JULY 20 Multi-talented PETER NOONE, 14 Gold Records-"Mrs. Brown You've Got a Lovely Daughter," "I'm Henry the VIII. I Am," John Burns Pk., Massapequa, co-sponsored by Davis Optical

JULY 21 THE CLANCY BROS. and **ROBBIE O'CONNELL.** The acknowledged masters of Irish folksongs and **THE TARA PIPE** and **DRUM CORPS**, Syosset-Woodbury Community Pk.

JULY 22 LENNY DEL'S 1993 DIMENSIONS, Dynamic harmonic & melodic sounds returning to the oldies circuit, Bethpage Community Pk.

JULY 23 CONCERT POPS OF LONG ISLAND, Dean Karahalas, Conductor, "Broadway 1993," Tappen Beach, Glenwood Landing, co-sponsored by THE ROSLYN SAVINGS BANK

JULY 24 Plaza Theatrical Productions, Kevin Harrington, Producer, Presents "FIDDLER ON THE ROOF," Marjorie R. Post Community Pk., Massapequa

JULY 25 A JEWISH FESTIVAL starring **TINA ROBBINS, HAL JEFFRIN,** and **ELLIS ISLAND KLEZMEN** featuring **HOWIE LESHAW,** solo clarinetist of "Those Were The Days," H.B. Matlin Middle School Athletic Field, Washington Avenue, Plainville

JULY 26 The magnificent voice of MARY MANCINI, MARIO TACCO and the **AMORE ORCHESTRA** featuring **JIM FALLONE,** co-sponsored by THE ROSLYN SAVINGS BANK, Ellsworth Allen Pk., Farmingdale

JULY 27 THE JIMMY DORSEY ORCHESTRA, John J. Burns Pk., Massapequa

July 28 The World of Magic and Illusions. Starring **KAMARR, GEMINI, DEVLIN** and your host, **RODMAN THE GREAT,** Syosset-Woodbury Community Pk.

JULY 29 CONCERT POPS OF LONG ISLAND, Dean Karahalas, Conductor, "Dancing in the Aisles," Bethpage Community Pk.

JULY 30 THE NEW XAVIER CUGAT ORCHESTRA, Ada Cavallio, Conductor, co-sponsored by THE ROSLYN SAVINGS BANK, Tappen Beach, Glenwood Landing

JULY 31 "PAT COOPER AND FRIENDS," AN EVENING OF COMEDY, Marjorie R. Post Community Pk., Massapequa

For more information call the Town's Department of Community & Youth Services at 795-6943, ext. 7713.

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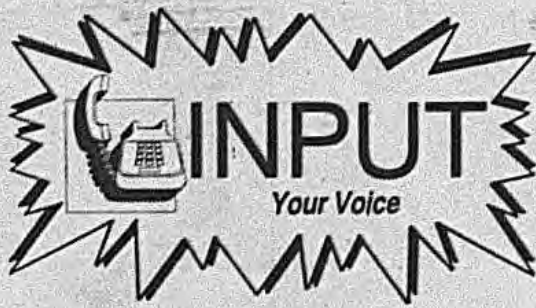


Friday, July 8, 1993

**Love The Second
Time Around**

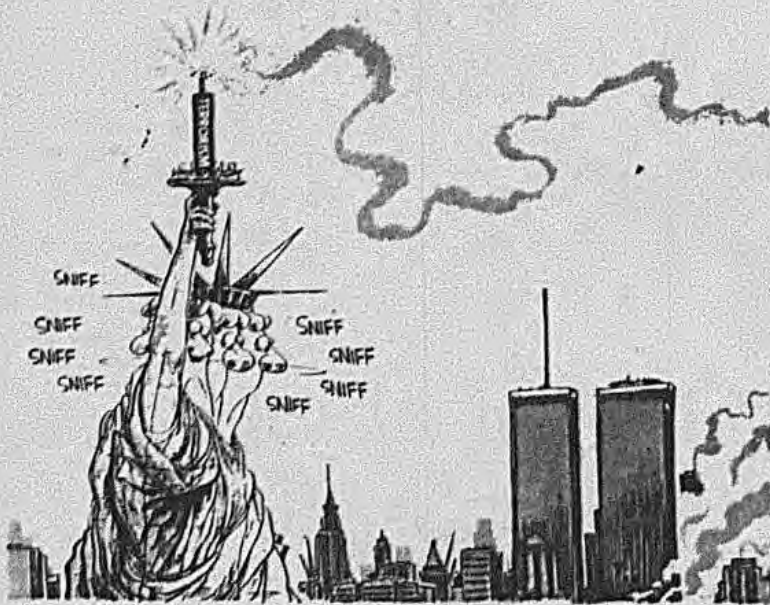


SEE PAGE 3



THE QUESTION OF THE WEEK

Should we close immigration to countries that allow terrorists to publicly state intentions to harm the U.S.?



Iraq Bombings Not Supported By Callers

Callers to Input had a variety of answers on the bombing of Iraq in answer to this question: "Do you think the bombing of Iraq was necessary?" Here are some of the answers:

BRING RATINGS UP

The only thing necessary about the bombing of Iraq was that President Clinton had a falling rating in the opinion polls and had to get it up. The idea of just bombing one building and killing civilians who had nothing whatever to do with the decisions made by Saddam Hussein is a barbaric way of proving that the U.S. has more power than the small country of Iraq. **F.V. SHOULD HAVE BEEN SOONER**

I believe we should have bombed Iraq, probably a lot sooner. I believe, though, that the purpose of the Clinton administration to do it was to distract the public from the domestic problems that he was having and certainly Iraq does not agree with anything of peaceful nations out there. For us to get back at them was something we should have done some months ago. Concerning the trouble we are having with Islamic terrorists right now, it just shows that our immigration policy should be a lot stronger and it should be able to decide who can get into this country and it also should be involved with people who have communicable diseases. Americans should have at least some type of say on who comes into this country. **T.F.**

SAD THING

I was quite surprised at the bombing of Iraq. It was a terrible move on the part of our government and I think that Saddam Hussein is going to retaliate. Bombing people is never an answer to a problem. Only peace efforts have an answer. I am very sorry this has happened. I think it is a very sad thing. **K.F.**

DISGRACE, EMBARRASSMENT

The recent bombing of Iraq was obviously a stunt by "Slick Willy" to take attention away from his disastrous Presidency. He is a man lacking any moral code. A disgrace and embarrassment to America. **A.D.**

WHY CIVILIANS?

It is true that Iraq has not fully complied with its agreements to the U.N. on the cease fire. And it is true that Saddam Hussein will try to expand his power when he can. However, I cannot see why we would bomb a building with civilians in occupancy when Saddam Hussein is the real culprit. This certainly is not the thing we should expect from a man who says he was too principled to go to war himself. President Clinton is a total disappointment on everything. **H.F.**

POLITICIANS, WARS

It is gut wrenching to watch what is done by politicians as they pretend to protect the country and the Office of the President. They look for any excuse to rattle the saber. Statesmen seek peace with honor but politicians like war, especially when there are skirmishes in which neither they nor their relatives participate.

The politician wants to be seen as decisive, in charge, manly, that is - not wimpy. To pose the present question as to the necessity for the bombing of Iraq presupposes the answer. The question indicates a lack of trust in the President and in his administration.

I cry for my country. We have been guilty of a sneak attack in the dark. Under the guise that all the facts were in, Clinton became judge, jury and executioner. It became necessary to send the message, delivered in so cowardly a manner. What message, and to what end?

The world is on the edge of a Holy War and for the first time this war will be waged in our cities. We are poorly served by a man without character whose message is robot bombs in the night. General Campbell spoke the truth and for that, and correctly so, he was cashiered. Remember his words and add a few of your own.

Is it the Iraqis who demean the Office of the President or is it the flawed person who presently sits in the chair, wears the hat and is in no way worthy of the honor?

The bombing attack was a P.R. ploy meant to buy a few points in the ratings and to make Clinton appear as a man of character. **E.J.H.**

BOMBING NECESSARY

I fully believe that the bombing of Iraq was definitely necessary giving rise in my opinion to conjectures as to why we didn't go the whole distance this time. Many of us just couldn't understand why we didn't finish off Hussein during our original foray when we had every reason to do so without further ado. I don't know how "necessary" that was but, as far as I am concerned, Hussein obviously always expected a real show-down eventually. He was gambling everything on this eventuality as a successful conclusion to all his "well-planned" preliminaries. As far as I'm concerned, this Iraq situation simply has got to come to a head as otherwise it will constantly serve to act as a perpetual irritant in the Arab world not to mention us and the rest of the peace-loving nations. **P.G.S.**

Call 931-0027

**24
HOURS**

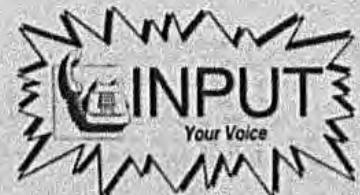
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Discovery!

Love The Second Time Around

By Cami Yates

She finished putting her coffee cup and juice glass away and was straightening the ivy that grew over the sink, when the phone rang.

"Hi mom...How about lunch today? The twins are going on an outing with the class and I'll have some free time for lunch and shopping..." Jennifer, her daughter greeted her breathlessly, as usual, as it seemed she was always in a rush to live her life to the fullest.

"Good morning, dear, and no, thank you, I have someone coming over to see about the crack in the patio, it seems to be getting wider, so I have to hang around. You go out and have some fun for yourself, you need to get away and treat yourself. We'll make it another time." Genny replied feeling guilty. She was named after a favorite heroine of her mother's, Guinevere of Camelot. She hated her name as a child and was forever called Genny, with a G, by everyone. She put the receiver down, and looked in her mirror over the console to check on her hair.

John had been ill for five years and she had put her life on hold to take care of him. It was five years of not taking care of herself, her home, and her social life. John provided well for all of their thirty-three years of married life. They had one daughter, Jennifer, and Genny was happy that John had been alive for her marriage and the twins' birth. He delighted in their presence except for the last month of his life, when he was very ill. After his death, Genny used some of the insurance money to buy new clothes, a new hair-do, and put herself on a diet. At the same time she made necessary repairs to the house, painted inside and got rid of some old furniture. The house now was light, airy with plenty of plants, and she was pleased with the results. Her daughter and sister kept telling her to sell the house and buy a condo, but this was her home since she married and she loved it here and was glad she made the choice to stay.

Yesterday she went to the supermarket, when she heard a voice "Genny Coughlin, as I live and breathe." She turned and looked at her old neighbor Mike Egan...She had not seen him in the last ten years.

"Mike, what are you doing here. I thought you were gone for good?" she replied in surprise, looking up at a six-foot, white haired, blue eyed, Gary Cooper look-alike. He bent and kissed her on the cheek and she was surprised at her reaction of pleasure...

"Well, the lease ran out on my house and the Whites decided not to renew as they are retiring and moving near their children in Colorado...I was thinking of selling it, but after I got here and saw how well they kept it, I got a yen to stay here. Frankly, I'm tired of condo-living, but you know Beth loved it, and that's the reason I kept renewing the lease hoping when I retired we'd move back..."

"I'm sorry to hear about Beth's passing...How long has it been?"

"Four years, and now I'm retired. How's with you? How's John? How's Jennifer?"

"Oh you haven't heard...John passed away a year and a half now." "I'm sorry, I didn't know..."

"Jennifer is married and has twins...and I'm fine," she said smiling answering all of his questions...

They both walked down the aisle companionably as they put foodstuffs in their carts. They discussed the merits of some items and they finally reached the cashier. They paid for their purchases and moved out to their cars. Reaching Genny's first, Mike looked at this lovely woman, almost 5'9" he guessed. He didn't want this moment to end, and took courage in hand and blurted "Genny, would you like to have a drink, or cup of coffee with me before you go home?"

Genny caught by surprise, answered..."Yes, I'd love to...There's a little restaurant right near here where I go to have a snack when I'm through shopping."

They sat comfortably with each other nearly two hours. They caught up on all of the local happenings...He had no children, as Beth's life was with constant doctors and medications. He was delighted when Genny showed him the latest twins photos...They did not want to part, but Mike had an appointment with his lawyer to finalize the sale of his condo and had to leave.

"Can I see you tomorrow? Name the place and time...Early breakfast...afternoon lunch...dinner...just don't say no to me..."

She wanted to say yes, yes, yes, but she hesitated and looked into his eyes, and knew she had to see him again, so she whispered a soft "yes."

"Well, when? what time? Morning?" "Yes," she whispered again breathlessly. He bent and kissed her cheek again and inhaled the flowery scent of her...

So now, she was expecting him. Not to inspect a crack in the patio, but to be near him, to maybe touch him as she mused to herself, "Oh John, forgive me, but it has been so long since I have had someone hold me close...I know you kept telling me to get on with my life...Is this what you meant? I felt so comfortable with Mike



yesterday and I know you liked him as a neighbor. At least he's not a total stranger and I know that you would approve." The phone rang, she was annoyed for the interruptions of her thoughts...It was her sister Ursula...

"Hi sis...How about me coming over to meet this guy about your patio...I was talking to Jennifer a few minutes ago and she told me you had someone coming to look at it..." Ursula had been a great help to her in planning and shopping with her when she was doing over her body and house. Ursula was up to all of the fashions and colors and Genny was grateful for all of her help. Her sister kept talking about concrete, forms etc...Genny listened patiently not answering..."But Lord not today...she didn't need help today. Go away Ursula, go get a facial or something." Finally she broke in and told her sister, that she felt Jennifer needed a day for herself and had declined going shopping with her for that reason...

"Oh, you mean the patio is alright then?" "No, the crack is there, but I'm not in any hurry to get it fixed as I may redo the whole thing...but poor Jennifer never gets a minute to herself and I felt it would do her good..."

"Gee I never thought about that sis, I'm glad you did that...So what are you doing today?"

"Well, I've got some bills and paperwork to attend to and I would like to get it out of the way before the weekend, if we're going to be together for that dance." Genny replied, hoping Ursula would not issue another invitation...

"OK, I'll let you be and I'll be in touch with you later, I'm off for tennis and I'll have lunch with the crowd. Bye now" Her sister hung up...

It was now ten o'clock and no sign of Mike...could be he changed his mind...She looked again in the mirror...her nose was shiny...she applied powder...she walked to the front door and looked through the oval window. No one in sight. Well if he wasn't here in the next fifteen minutes...no make it a half-hour, then it would be near lunch time, she would change clothes and work in her garden. That always helped her when she was disturbed...Thirty minutes passed...tears came to her eyes, "I'm just a foolish old woman...I read too many books...I better get myself out and get a job, or volunteer..." she thought...as she changed to her old worn jeans and sneakers and sweat shirt...she wasn't even hungry. She picked up her basket of tools, clamped an old fishing hat of John's on her head and proceeded down the path beyond the patio. She worked steadily for over an hour, her hands were deep in the soil when a shadow fell over in front of her. Her heart stopped and she slowly turned on her knees and saw a pair of black shoes, grey slacks and as her eyes traveled upward, black turtle neck and his face...Her mouth opened but nothing came out...He stretched out his hands towards her...She threw off her gloves and slowly rose to her feet. He meanwhile put his hands under her arms to help her up, when she was up to her full height, he kept looking down at her...she lost her voice and wanted to say something and couldn't...he kept looking and finally let her go and said..."I rang the doorbell...then I saw the car in the drive and I walked back here...I've been watching you work and was afraid you were angry that I was so late...I was going to turn and go back, but I couldn't get my feet to turn around...I'm sorry I'm late...I had to go back to the lawyer first thing and I didn't have your phone number, and the papers didn't arrive and we had to wait until they faxed another set..." His face was flushed as he tried to explain his lateness. His voice was soft music to her ears.

She put her fingers to his lips to shut him up and finally said "I look a mess...I waited and then I just had to work out here...I thought you might have changed your mind..."

"Me change my mind? I didn't sleep all night...I was so mad when I had to go back in town to the lawyer...I did check with the operator before I left the house and you were unlisted."

"Let's go into the house...I want to shower and change and I'll make some lunch for us...She took his hand and led him through the patio doors into a pleasant den..."Make yourself at home, I'll only be a few minutes"...as she ran up the stairs feeling like a teenager.

She came down refreshed in her best apricot silk pants suit that complemented her thick bronze hair that was sprinkled with grey. He caught his breath, got up from the lounge chair, put his arms around her and held her close. "I never dreamed I would find

Continued On PAGE 21A

DINING GUIDE

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READER RATINGS



Q. What is the policy of restaurants when a waiter spills something on you? **F.P.**

A. There is no set policy except that the management usually is very apologetic. Almost all places ask to assume the cost of cleaning your clothing. Others do this and void the check for the entire meal. On small splashes they usually do what they can at once to clean up the spot. Regardless of what else it usually requires the personal apology of the one in charge.

Q. Many times I find that baked potatoes at restaurants are soggy, even the better restaurants. How come they can't bake a potato right? **C.B.**

A. They can bake potatoes right but the problem is that when you bake a potato it takes a long time and they usually bake a number of them at once. If you happen to hit at the right time you will get the best but later it will get more soggy. The best tip in ordering the potato is to ask the server whether they are freshly baked or not. If not, better take something else.

Q. When figuring the tip for service, how is it figured, on the total bill with tax or on the bill before tax? **E.H.**

A. Generally it is figured before the tax is added although the amount of a tip is a purely personal thing and it ranges from 15 to 20 percent. Usually where the service is great you compute it as high as 20 percent.

DINING GUIDE

Oregon's taste of the old country

By Richard Nalley

If Oregon's winemakers were going to be discouraged easily, they would probably not have started at all.

Back in the 1960s, when California wine was beginning its dramatic renaissance, Oregon State University was issuing publications advising readers that fine wine grapes weren't appropriate to Oregon's climate.

This was a harsh assessment, but it didn't ruffle many feelings since there was only one tiny winery bonded in the whole state. Twenty-odd years and nearly 100 wineries later, however, Oregon State has probably changed its mind.

Oregon's winemakers have not made things easy on themselves. Their production concentrates on the Burgundian grapes Pinot Noir (red) and Chardonnay (white), with a sprinkling of other fine whites such as Pinot Gris and Riesling. Even back in the old country of Burgundy, Pinot Noir and Chardonnay are tricky grapes, especially given the chillier climates in which they yield their most inspiring flavors.

Oregon's industry centers around the Willamette Valley south of Portland, which fits the bill climate-wise. Willamette Valley winemakers believe that their cool, northerly wine region, protected from excess rain by the Coast Range and from arctic frosts by the Cascades, is a far likelier place to duplicate Burgundian conditions than sunny California.

Unfortunately, Oregon is also a place to duplicate Burgundy's annual roll-of-the-dice vintage swings. While Oregon, and the Willamette Valley in particular, has proven itself to be one of America's great wine producers, there is observably more fluctuation in quality than in say, Napa Valley. But when Oregon's weather cooperates, as in the fine 1988 vintage, for instance, you can confidently put its best wines up against fine wines from the old country.

A recent tasting of some two dozen Oregon wines (though not those of such excellent producers as Ponzi, Domaine Drouhin and Eyrie) showed that the vintages of 1990 and 1991 have yielded some very pretty wines.

The following are worth keeping an eye out for.

RED. Amity Vineyards' Myron Redford is a committed Pinot Noir man who, like the best small Burgundian producers, has the dirt of the vineyards under his fingernails to prove it. Redford's hands-on style has yielded a beauty in the Amity Vineyards 1989 Pinot Noir, Willamette Valley. It isn't cheap at \$15, but its aromatic spice, oak and cherry savor would be hard to duplicate in a Burgundy costing 10 bucks more.

St. Innocent wants \$19 for its 1990 Pinot Noir, Seven Springs Vineyard, and it's worth it, too. The wine is probably at least two to three years away from its prime

drinking age, but it's very smooth and balanced, considering its density and depth of extract.

More in the Amity mold of flavorful spiciness is the Cooper Mountain 1990 Pinot Noir, Willamette Valley, a wine with fine, juicy, mainstream Pinot flavors including a smoky, meaty quality that — honest — tastes great.

For about the same \$13-\$14 as the Cooper Mountain, the Nicolas Rolin Winery 1990 Pinot Noir, Willamette Valley, is more stylish and perhaps less nuanced. It is medium-bodied and juicy, with a lovely, silky texture.

Henry Estate has two Pinot Noirs on the market. The Jean's 1991 Umpqua Cuvee gives a good, honest lick of Pinot pleasure for less than \$10. The 1988 Umpqua Valley is a couple of bucks more, and an easy-drinking, soft wine with an intriguing note of mint.

WHITE. In general I was less than bowled-over by the Chardonnays I tasted. None were out-and-out dogs — Oregon's better wineries are way beyond that stage — but they lacked a regional distinctiveness. In general the Oregon Chardonnays are lower in alcohol than their California counterparts (typically around 12.5 percent), which bodes well for their food-friendliness, but few of them really had the balance and character that see a wine-and-food lovers licking their chops.

The best Chardonnay I tasted was the St. Innocent 1991 Chardonnay, Seven Springs Vineyard, at around \$14. It was a shade richer than average, but so creamy, lively and well-balanced that it comes across as almost delicate. It is a perfect wine for lobster with sweet corn, or pasta with cream sauce or buttery roast chicken.

Henry Estate produced a food-versatile Chardonnay for simpler, less full-flavored dishes in its lean, lively Henry Estate 1991 Chardonnay, Umpqua Cuvee. This excellent tuna salad or chicken sandwich candidate has the additional benefit of costing about \$9.

Henry Estate's "regular" Chardonnay, its 1988 Umpqua Valley, is six bucks more. It is tasty, if not exactly mainstream Chardonnay with its fresh, ripe pineapple and melon flavors. Some will find the oakiness a shade heavy-handed, though this is exactly why other people seek Chardonnays out.

Bethel Heights and Oak Knoll produced two of my favorite 1990 Chardonnays. Their 1991s are not as arresting, but both produced very good wines. The Bethel Heights 1991 Chardonnay is a subtle, medium-bodied wine with a smoky, vinous (a wine-word meaning wine-y) character and a nice fruity aftertaste. The Oak Knoll is very fruity, likable, easy-drinking wine with a flavor you often find in California Chardonnays that reminds me of Juicy Fruit gum.

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DINING GUIDE

READER RATINGS

DINING GUIDE



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 grim 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.

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DINING GUIDE

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

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1 rib celery
6 new potatoes, washed
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1 quart milk

1½ cups clam juice
3 cups freshly shucked OR
canned whole clams
2 cups fresh corn kernels
¼ teaspoon fresh thyme
¼ teaspoon salt
2 to 3 dashes of red-pepper
sauce

Yields 6 servings.
Preparation time: 15 minutes.
Cooking time: 25 minutes.

Utensils: cutting board, knife, 6-
quart saucepan, measuring cups
and spoons, mixing spoon.

Secure large onion on cutting
board. Trim off ends and peel skin.
Cut onion in half. Lay each half flat
on board and cut into thin slices.
Cut across slices, making a rough
chop. Set onion aside.

Trim and peel skin off small on-
ion. Press cloves into onion and set
aside.

Cut celery into thin slices, set
aside. Cut potatoes into quarters
and set aside.

In saucepan, heat 2 tablespoons
of oil. Add sliced onion and cook for
3 minutes, adding additional oil if
necessary. Add celery and contin-
ue cooking for 2 minutes. Add flour
and stir to blend. Add potatoes,
milk, clam juice and clove-studded
onion. Stir until flour paste blends
with liquid. Bring to a boil, then
reduce heat to a simmer and cook
for 10 minutes, until mixture thicken-
s slightly.

Add clams and corn, simmer for
10 minutes. Season soup with
thyme, salt and red-pepper sauce.
Remove clove-studded onion and
serve hot.

QUICK GAZPACHO

1 clove garlic
1 medium sweet onion
3 Kirby cucumbers peeled
1 medium zucchini, washed
4 ripe tomatoes, washed
1 roasted pepper
1 quart (4 cups) vegetable juice
6 leaves basil
Salt to taste
Red-pepper sauce to taste
1 cup croutons
Yields 6 servings.

Preparation time: 20 minutes.

Utensils: vegetable peeler, cut-
ting board, knife, food processor,
rubber scraper, large bowl, mea-
suring cups and spoons.

Peel skin off garlic and set aside.
Secure onion on cutting board and
trim off ends.

Peel off skin and cut onion into
quarters. Set aside.

Peel cucumbers, and trim ends
off zucchini. Cut both into large
chunks and set aside.

Trim out core of tomatoes and
cut them into quarters, set aside.

With adult assistance, put garlic
and onion in work bowl of food
processor; process garlic and onion
together. Once pureed, stop pro-
cessor and scrape contents into
bowl. Repeat processing with cu-
cumber and zucchini, adding puree
to bowl. Process roasted pepper
and tomatoes, add to bowl.

Add vegetable juice to bowl and
blend. Cut basil leaves into thin
ribbons and add to soup. Season
with salt and red-pepper sauce to
taste.

Chill soup for about 30 minutes
before serving. Top each bowl with
sprinkling of croutons.

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By Terisha d'Elgin

A new bible for bagel lovers

Many would call bagel-noshing a religious experience. So why shouldn't it have its own special book?

"The Bagel Bible" (Globe Pequot) is a comprehensive guide to one of Earth's greatest breads. Lip-smacking, whimsical and fun — just like a bagel — it's written by a couple destined for bageldom, Marilyn and Tom Bagel.

Purists argue over the genesis of the bagel. "The Bagel Bible" fixes its invention at 1683. In Vienna a Jewish baker made a hard roll in the shape of a riding stirrup (*beugel* in German) as a gift to the Polish king for protecting his countrymen against Turkish invaders. The bagels immigrated to America at the turn of the century and became a product of the industrial revolution.

As the Bagels put it, "You've come a long way, Bagel."

Projected sales for this year approach \$1 billion in the United States alone. Just like pizza and chips, bagels have become part of Americana, a mainstay in the melting pot. Unlike pizza and chips, they are low in calories, fat and salt and have no cholesterol.

Testaments to the bagel's infiltration of the diet are here in a chapter called "Bagel Styles of the Rich and Famous."

From Dr. Joyce Brothers: "Bagels are the best teething rings ever devised."

Dick Clark said, "The strangest combination I've ever had is a bagel with peanut butter and pickles."

Heloise of Heloise's Hints counters with, "Nothing's too strange to put on a bagel."

Actress Shirley Jones confided that her husband, superagent Marty Ingels, said, "Eating bagels with someone other than your husband constitutes some sort of Hebrew adultery."

Paloma Picasso pointed out that there is a definite connection between her designs and bagels.

Making one's own bagels from scratch is no snap. The proper quality of high-gluten flour, water quality, the right amount of yeast and salt and even the weather influence your results. But "The Bagel Bible" has streamlined the process into a Basic No-Fail Bagel recipe. There are adaptations for whole-wheat bagels and cinnamon-raisin bagels, too.

For the calorie-conscious, "The Bagel Bible" includes a chapter on "Low-Fat, Low-Cal Feasts." It sounds sinful, but their Strawberries and Cream Bagels are made from ricotta. The Tuna Trimmer uses low-fat mayonnaise and yogurt with tuna.

Luncheon and dinner bagels are, as their names implies, easy meals in one. The Greek-themed Kojak Bagel supports feta, olives, onions, tomato and anchovies. Or how about a Chili Bagel for a global experience?

By now, everyone is familiar with bagel chips. And the book provides more inventive use of bagels for jobs traditionally left to other starches — bagel croutons, bagel French toast, bagel fondue, bagel garlic bread, Fish and (Bagel) Chips and the tripartite Club Bagel.

The "Bagel Party Fare" and "Children's Favorites" chapters can solve those tear-your-hair-out menu crises. At your next gathering, pass around a tray of Delhi Bagels with curried cream cheese flecked with chutney, peanuts and coconut. Or for those with a sweet tooth, baked Butterscotch Bagels. Kids will swoon over Pizza Bagels and honey-dipped bagels.

As you can see, bagelmania has spawned a dizzying array of possibilities.

THE BIG CHEESE

2 bagels, halved
4½ ounces brie cheese, cut in thin slices
½ cup slivered almonds
Strawberry preserves
Yields 2 servings.
Preheat oven to 350 F.
Cover each bagel half with slices of brie.

Top with slivered almonds and bake on foil-covered cookie sheet until cheese melts.

Serve each half with small spoonful of strawberry preserves.

BAGEL CASTANETS

2 eggs
Freshly ground pepper to taste
2 tablespoons water
2 tablespoons finely chopped onion OR scallion
2 tablespoons finely diced green pepper
1 tablespoon finely chopped black olives
2 tablespoons chopped fresh tomato
1 ounce diced pastrami OR corned beef
2 tablespoons margarine
1 bagel, halved, toasted and spread with margarine
Bottled mild taco sauce, warmed
Yields 2 servings.

In bowl, beat eggs, add water and freshly ground pepper.

Add chopped onion, green pepper, olives, tomato and choice of meat. Mix well.

Melt margarine in frying pan over medium heat; add egg mixture and scramble until done.

Spoon half the mixture onto each bagel half; top with taco sauce.



By Sharon Achats

Fresh peaches are a summer sensation — their sweet and juicy flesh serves as a stand-alone snack or the basis for delicious desserts such as homemade pie, ice cream or a dish of peaches and cream.

Summer's fresh peach harvest also, however, can work mealtime magic on main-dish fare.

Chicken With Peach Salsa pairs faster-than-fast boneless, skinless chicken breasts with quick stove-top salsa — the cinnamon-and-ginger-flavored salsa simmers on the stove top while the chicken broils.

Pork and Peaches Stir-Fry combines crunchy pea pods, tender pork strips and peach slices, then coats them all with a sweet-and-sour sauce.

Peachy Pasta Salad combines four Ps — peaches, peppers, pecans and pasta — then pairs that with a tangy garlic-basil dressing.

In selecting peaches for such recipes, there are several dozen varieties of peaches from which to choose, but all can be broken down into two general categories: freestone and clingstone. The fruit of a freestone peach readily breaks away from the stone or pit, while the clingstone fruit adheres to the pit.

When shopping for fresh peaches, rely on fragrance and feel.

Ripe fruits should have a pleasantly sweet fragrance and a slight give to the flesh — but don't squeeze peaches as they bruise easily.

To ripen firm peaches, place them in a brown paper bag and set on the kitchen counter for a day or two.

Promptly refrigerate ripe peaches, and eat them within a week of purchase.

CHICKEN WITH PEACH SALSA

1 teaspoon margarine
¼ cup chopped onion
1 (14½-ounce) can whole tomatoes, drained and chopped
¾ cup diced peaches
¼ cup peach preserves
1 cinnamon stick
1 teaspoon dried coriander
¼ teaspoon dried ginger
¼ teaspoon salt
¼ teaspoon pepper
6 boneless, skinless chicken breast halves
3 cups warm, cooked rice
Yields 4 to 6 servings.
Preparation time: 35 to 45 minutes.

In saucepan, cook and stir margarine and onion 3 minutes. Add tomatoes, peaches, preserves, cinnamon, coriander, ginger, salt and pepper; bring to a boil. Reduce heat; simmer uncovered 20 to 30 minutes or until sauce thickens, stirring occasionally. Keep salsa warm.

When ready to serve, remove and discard cinnamon stick.

Meanwhile, broil chicken 4 to 6 inches from heat for 18 to 23 minutes or until juices run clear, turn-

ing halfway through broiling. Serve chicken breasts on top of rice; spoon salsa over chicken.

PORK AND PEACHES STIR-FRY

¼ cup peach preserves
3 tablespoons vinegar
3 tablespoons soy sauce
1 tablespoon cornstarch
1 tablespoon cooking oil
1 small onion, thinly sliced and separated into rings
2 cups fresh pea pods, cut diagonally in half
1 pound pork, cut into thin, bite-size strips
4 peaches, sliced into wedges
3 cups warm cooked rice
Yields 4 to 6 servings.
Preparation time: 25 to 30 minutes.

For sauce, in small bowl combine preserves, vinegar, soy sauce and cornstarch; set aside.

Pour cooking oil into wok (add more oil as necessary during cooking). Preheat over medium-high heat. Stir-fry onion 2 minutes. Add pea pods; stir-fry until vegetables are crisp-tender, about 1 minute more. Remove vegetables from wok.

Add pork to hot wok. Stir-fry 5 minutes. Push pork from center of wok. Stir sauce; add sauce to center of wok. Cook and stir until thickened and bubbly.

Return cooked vegetables to wok. Add peaches. Stir all ingredients together to coat with sauce; cook and stir until heated through, about 1 minute more. Serve immediately over rice.

PEACHY PASTA SALAD

1 (8-ounce) package bow-tie pasta
4 peaches
1 red bell pepper
½ cup pecan halves
¼ cup non-fat plain yogurt
For dressing:
¼ cup vegetable oil
¼ cup white-wine vinegar
2 tablespoons chopped fresh basil
2 teaspoons minced garlic
¼ teaspoon salt
Yields 8 servings.
Preparation time: 15 minutes.

Cook pasta according to package directions, about 8 minutes. Drain and rinse under cool water.

While pasta cooks, cut peaches into wedges and bell pepper into slivers.

In large bowl, combine pasta, peaches, bell pepper, pecans and yogurt; set aside.

In lidded jar, combine dressing ingredients; shake well. Pour dressing over pasta and toss gently. Refrigerate until chilled.

QUICK TIP

Green leafy salads are less likely to wilt on a hot summer's night if you pre-chill the salad bowl.

Sharon Achats is a free-lance writer.

DINING GUIDE

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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 grim 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. I notice that some restaurants have exceptionally crowded checkrooms. When I see this is so, I usually take my fur coat with me to the table. Frankly, it was expensive and I don't want it to be crushed!

A. It's acceptable to take your coat to the table. You should wear it until you are seated, then allow the shoulders to fall back over the chair. If you have an escort, he may wish to help you in arranging it.

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Desiree Vivea

There are several different kinds of paper and plastic wrap that you can use in your microwave — all good for different purposes.

• **Paper towels:** Dry, they're good for absorbing moisture so your moist-cooking microwave won't turn out food that's soggy when it's supposed to be crisp. Slightly dampened, paper towels can help add moisture when you microwave foods like tortillas or fish.

Be sure to avoid recycled paper products when microwaving. A recycled paper towel containing metal flecks could flare at high temperatures. And stick with white paper towels for cooking purposes — dyes from colored towels can bleed onto food.

• **Plastic wrap:** Use plastic wrap when you want to hold in moisture to steam and tenderize foods like meats and poultry, fruits and vegetables. Plastic wraps made from polyvinyl chloride will expand, forming a bubble that holds in moisture as food cooks. Plastic microwave-safe cooking bags are handy for holding in juices when you cook a roast or a whole chicken.

• **Wax paper:** For some foods, you don't need an airtight seal to hold in steam. This is when wax paper may be perfect for the job. Use it when you simply want to prevent splatters or to keep food from drying out. The bottom of microwaved cakes can be sticky. Cut wax paper into a circle to line the bottom of a cake pan. You'll find cakes easier to remove.

The Reynolds Metal Co. currently is marketing a "microwave wrap" in the Western United States. (It has been available in the Midwest for two years). This is a non-stick cooking paper especially made to withstand high temperatures.

Reynolds claims it "won't melt like some plastic wraps, won't tear like wax paper and won't stick like paper towels."

The company recommends using it as a cover to prevent splatters, as a liner to prevent sticking, or as a wrap to promote even heating.

A 32-page microwave recipe booklet, "Microwave Speed Meals," features recipes using the company's microwave wrap. For a free copy, send your name and address to: The Reynolds Wrap Kitchens, Microwave Speed Meals, P.O. Box 1592, Department A-189, Church Hill, MD 21690.

Today's recipes come from "Microwave Speed Meals."

LEMON BASIL SHRIMP AND RAVIOLI

- 1 (9-ounce) package uncooked fresh cheese ravioli
- 1 tablespoon butter OR margarine
- 1/4 teaspoon grated lemon peel
- 1/2 teaspoon dried basil leaves
- 1 tablespoon lemon juice
- 1/2 pound raw medium shrimp,

shelled and deveined
Yields 2 servings.

Preparation time: 10 minutes.

Cooking time: 3 3/4 minutes to 5 minutes (plus ravioli cooking time).

Oven setting: HIGH (100 percent power).

Prepare ravioli as directed on package. Rinse and drain. Set aside.

In 1 1/4-quart microwave-safe casserole combine butter or margarine, lemon peel and basil. Microwave 45 seconds to 1 minute, or until melted. Add lemon juice; mix well. Add ravioli and shrimp. Toss to coat. Cover with Reynolds Microwave Wrap. Microwave 3 to 4 minutes, or until shrimp is opaque, stirring once.

APPLE CINNAMON PORK CHOPS

4 pork loin chops (5 to 6 ounces each), about 3/4 inch thick

1 large apple, cut into 1/4-inch slices

1/4 cup raisins

1 tablespoon cornstarch

1 tablespoon packed brown sugar

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

1/2 cup apple juice

Yields 4 servings.

Preparation time: 10 minutes.

Cooking time: 14 to 18 minutes (plus 5 minutes standing time).

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

Arrange pork chops in 8-inch-square baking dish. Arrange apple slices evenly over chops. Sprinkle with raisins.

In small mixing bowl combine remaining ingredients. Pour over pork chops. Cover with Reynolds Microwave Wrap.

Microwave 14 to 18 minutes, or until pork is tender and no longer pink near bone, stirring sauce mixture once. Let stand, covered, for 5 minutes.

QUICK APPLE CRISP

1 medium apple, cored and sliced

1 tablespoon packed brown sugar

1 tablespoon golden OR dark raisins

1 tablespoon chopped nuts

Pinch ground cinnamon

Pinch ground nutmeg

1 teaspoon butter OR margarine

1 oatmeal-raisin cookie

Yields 1 serving.

Preparation time: 5 minutes.

Cooking time: 2 to 4 minutes.

Oven setting: HIGH (100 percent power).

Place apple slices in individual-size casserole. Sprinkle with brown sugar, raisins, nuts, cinnamon and nutmeg. Dot with butter or margarine.

Cover with Reynolds Microwave Wrap. Microwave 2 to 4 minutes, or until apple slices are tender. Stir. Top with crumbled oatmeal-raisin cookie. Serve with frozen yogurt or ice cream, if desired.

By Willard Abraham,
Ph.D.

Complaining person

Dr. Abraham: This friend of mine never used to be like this, but she has become a pessimistic, complaining person. I just don't know what has gotten into her. We always had a good time together, but no more. Her mouth is always turned down, and even her eyes look sad.

One problem is that I'm the only friend she has left. She seems to need me more than ever now, but I just don't have the time to spend with her every day. Even if I could, it wouldn't be any fun.

What do you think I could or should do about this? — *Girlfriend*

Girlfriend: It ought to be obvious to her by this time that her loss of friends may be due to her negative attitude. However, she seems to need help in coping with it and returning to the positive, non-complaining person you once enjoyed.

There are many possible causes for her change, including family difficulties, health conditions and relationship problems. Because you appear to have been close friends, you may want to talk to her about such possibilities and what might be done about them.

However, it could be more effective to suggest to her that she discuss this matter with her school counselor or her parents, or perhaps both. Involving another relative may be worthwhile if talking to her parents is somehow too difficult for her to handle. Then her goal could be to identify an adult relative who is a good listener, toward whom her feelings are warm, and who may have ways based on their one-on-one relationship to help solve her problem.

Dr. Abraham: My boyfriend stopped smoking because I asked him to, but now I wish I never brought up the subject. He is doing something even worse these days, and I can't get him to stop.

He now chews tobacco, spits it out (his aim isn't very good), and even lets it drip out of the corners of his mouth. Talk about something that is ugly!

This sweet, good-looking boy is really a mess now. Yesterday he said to me, "I did what you asked me to, so what are you complaining about?"

I told him what I don't like about him now, but he just doesn't listen to me.

Maybe he will if you tell me it isn't good for his health. Then I'd pass that on to him. — *Tobacco Problem*

Tobacco Problem: Good for his health? From what I've read it is exactly the opposite, and it isn't difficult to find a competent physician who recognizes its dangers.

Please consider asking your doctor about this matter, and don't delay. Chewing the stuff is an ugly and health-threatening habit.

Dr. Abraham: Ever since my ex-girlfriend broke up with me three years ago, I haven't felt a need or even a desire to fall in love and/or start another relationship with anyone. She was the first girlfriend that I had truly loved, and it really "shot me down" when she told me that she was not in love with me anymore.

It was as though someone called me up and told me that my best

friend had died; I literally went through the grieving process as if that were the case.

But this is not why I am writing to you, although a current happening in my life is bringing this and other past experiences and memories to mind, along with all of the pain that accompanies them.

I met another girl about a year ago, and have been feeling intense anxiety ever since then, but only when I am around her. Basically, I am petrified whenever she is around; she really scares me, and I don't know why.

Every time she is near I either become like someone else or I automatically shut down and keep to myself, as much as I possibly can without coming off as rude.

I am constantly trying to think of a logical reason for why I have to be on the defensive with her all of the time, and for what seems to be the first time in my life, I don't have the answers I need. There is not one reason, in my mind, to feel threatened around her.

She is the girl I have always dreamed of someday finding and ultimately marrying. She is extremely bright, gentle, loving, friendly, outgoing and any other positive word you can think of.

What do you think is wrong with me? — *Paranoid?*

Paranoid? What a lucky girl she is to have someone like you devoted to her. She will be even luckier if you can manage to overcome the issue you brought up.

It is probably obvious to you that a stranger (no matter how well-meaning and eager to help you) will find it difficult to identify the reason or reasons for your fears and defensiveness. So let me try to help you in another way.

Because of the intelligence and sensitivity displayed in your letter, it has probably occurred to you that you could benefit from contact with a qualified professional who can get to know you on a one-on-one basis.

Through your past educational experiences, a contact with someone in the school or college counseling department should be able to direct you to an individual of that type who has the capabilities to work with you on this situation.

I hope you will consider that suggestion, and keep in touch with me.

Dr. Abraham: This might only be a small problem, but maybe you can help me solve it. I have a lot of friends, more than my girlfriend does. We keep running into mine, but I can't always think quickly what their names are. So how can I introduce them to my girl if I don't know their names? I certainly can't let my girl just stand there like a blank while I talk to my friends.

How can I introduce them to her when I don't remember their names? — *Puzzled*

Puzzled: Your solution may be in the fact that you no doubt do know your girlfriend's name. So you might turn to your friends and say, "I want you to meet Sally Brown" or whatever her name is. A friend will almost always fill in his or her own name and you'll be home free.

Cooking Corner



Special recipes from America's South

By Orlando Ramirez

Say "Southern" and the next word is likely to be "hospitality." The two go together like red beans and rice, fried catfish and hush puppies, or mint and julep.

It's not for nothing that Southern chefs have reputations for being gracious hosts. Their tables are laden with all kinds of dishes that, although simple in preparation, are nutritious and tasty.

This homeyness is not an accident. The one unifying concept in Southern cooking is that a dish be simple to prepare. That way, if a guest should drop in, or there is an extra mouth to feed, then cooks can extend that hospitality for which they are famous without too much fuss.

Many dishes are one-pot meals or use a gravy made from pan drippings. Others are simple combinations of wet and dry ingredients that are then fried or baked.

Only when one gets to New Orleans — a separate cuisine in itself — does one find the complicated concoctions prevalent in European cooking, an example of the French influence in southern Louisiana.

However, like New Orleans cooking and all other American regional cuisines, Southern cooking has its origins on another continent — in this case Africa, particularly West Africa, the homeland of the majority of the slaves brought to the South to work on the plantations.

Over the centuries before Emancipation, one of the tasks of these slaves (and later servants) was to manage the plantation kitchens.

Although they cooked to suit their European-influenced masters' tastes, they brought with them many of the ingredients and methods of preparations indigenous to Africa.

No dish illustrates the West African confluence of cultures better than Shrimp Okra Pilau.

Okra — like yams and collard greens — is a native of West Africa. The tomatoes were brought to Africa from the New World by the Portuguese slave traders. Rice came by way of Europe by way of the Arabs, who were also involved in the slave trade. In fact, all the ingredients for the dish were already in use in West Africa during the 16th century, the height of the slave trade.

Only in the hill country of the Ozarks and Appalachians, where the farmers were too poor to afford slaves, did West African cooking fail to take hold.

The Southern style of cooking continued to evolve after the Civil

War, branching off into "soul food," as the cooking of African-Americans has come to be known.

This style of cooking evolved from slaves "eating low on the hog" while the masters ate "high on the hog," meaning that the slaves ate what was left after the owners had dined on the choice parts.

From this make-do style of cooking came smothered pork chops, greens flavored in bacon, mashed potatoes and gravy, and sweet potato pie.

The hog, although in disfavor during these low-cholesterol times, is one of the main ingredients of Southern cooking. Before the Civil War pork was cheaper than chicken, and Southern smokehouses excelled in a style of curing hams that is still popular today.

Another pork byproduct is lard, which imparts a particular crispness to fried food, especially to Southern-Fried Chicken.

If you shy away from using lard, you can substitute peanut oil successfully.

Besides pork, the South is rich in small game like rabbits, as well as other more exotic animals like squirrels and possums.

Another major ingredient is flour. It is used, for example, in the Shrimp Okra Pilau as a thickening agent, then as a coating in the Southern Fried Chicken, mixed with cornmeal in hush puppies and as a cake in Mississippi Mud Cake.

Self-rising flour is popular in Southern baking for its soft texture. Southern biscuits, using self-rising flour, have a more cakey quality than seen elsewhere in the United States.

Corn, too, is used widely throughout the South. A good portion of the crop goes to distilling whiskey, a "special" ingredient in the Mississippi Mud Cake, which takes $\frac{1}{2}$ cup Tennessee "sippin'" whiskey or Kentucky bourbon to give it punch.

Cornmeal is used often as a coating, such as in the Pan-Fried Catfish, as well as in their accompaniment, hush puppies, and corn bread.

Church socials also had their impact on Southern cooking. They're the reason for the South's renown for cobblers, potato salads and especially fried chicken.

The Basic Southern-Fried Chicken presented here is a simple preparation adding only salt, pepper and cayenne pepper to the flour coating. For a fancy preparation consider Buttermilk-Battered Chicken With Honey Pecan Glaze.

Mix 2 cups of buttermilk, 1 teaspoon Tabasco sauce and 2 cloves of garlic, peeled and crushed. Soak cut-up chicken for at least 1 hour (or overnight) in mixture.

Drain chicken, but do not wipe off, and dredge in self-rising flour, shake off excess and fry as directed for Basic Southern-Fried Chicken.

To make glaze, melt $\frac{1}{4}$ cup butter in small pan. Stir in $\frac{1}{4}$ cup honey, $\frac{1}{4}$ cup halved pecans and, if you like, a dash of Tabasco. Bring to a boil and remove from heat. Be sure to serve the glaze over hot, not cooled, fried chicken.

The secret to perfect fried chicken is in the frying.

- Be sure to keep the pieces from touching while frying.

- Start frying with the meatier leg pieces, ending with the breasts and wings.

- Allow heat to build between batches. The temperature lowers while cooking. To get the coating really crisp, the oil must be hot enough to "surprise" the flour and make it bubble.

- Avoid piling chicken on plate while draining. Let each piece drain directly onto a paper towel, not on another piece of chicken.

- Keep the chicken warm in oven of at least 200 F. Some cooks cook them in the microwave for a minute or two to reheat and/or ensure doneness.

The hush puppies, too, demand to be fried at a high heat. However, most Southern cooks use the oil used to fry fish (or in this instance, the Pan-Fried Catfish) for the hush puppies. Be sure to serve hot. They are best fresh.

If you're not familiar with cooking okra, it can be tricky the first time. During cooking, it goes from crisp to slimy and finally crisp-tender. The trick is to cook it long enough to go beyond the slimy stage.

These recipes are from The Cole Group's, California Culinary Academy Series cookbook, "Regional American Classics," available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95409, (800) 959-2727, or your local bookseller (\$9.95).

SHRIMP OKRA PILAU

3 strips bacon
1 medium onion, finely chopped
1 small green bell pepper, finely chopped
1 pound fresh okra, trimmed and sliced into rounds OR 1 (12-ounce) package sliced frozen okra
1 cup long-grain rice
2 cups cold water
1 pound fresh tomatoes, peeled and coarsely chopped OR 1 (14-ounce) can tomatoes, coarsely chopped
Salt and black pepper, to taste
1 teaspoon flour
1 pound medium shrimp, shelled
Dash of cayenne
Yields 4 servings.

Cook bacon in large skillet until crisp. Drain on paper towels, crumble and reserve.

In bacon fat remaining in skillet (about 3 tablespoons), saute onion and green pepper over high heat, stirring until wilted (about 5 minutes). Add okra and cook over low heat for 10 minutes, stirring frequently.

Meanwhile, place long-grain

rice in $1\frac{1}{2}$ -quart saucepan with cover and add cold water. Bring to a boil, stir once, cover, and cook over lowest heat for exactly 12 minutes.

Drain rice and add it to okra along with tomatoes, salt, pepper, flour and bacon. Cover skillet and continue to cook over low heat until rice is tender, about 15 minutes longer.

During last 7 minutes of cooking, add shrimp and cayenne.

•••

As a bottom feeder, the "wild" catfish has an uncertain culinary reputation, but the rolling green hills of Tennessee are studded with limpid freshwater ponds where catfish are carefully bred and raised.

Typically, a catfish farm includes a ramshackle roadside restaurant, from which an irresistible aroma of crisp, cornmeal-coated fried catfish and new-made hush puppies waft up and down the highway. One taste is enough to improve the catfish's reputation. Don't forget the hush puppies.

PAN-FRIED CATFISH

4 to 6 small catfish (about 1 pound each) OR 2 to 3 pounds thick fillets from larger catfish

$\frac{1}{2}$ cup flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon coarsely ground black pepper
2 eggs
1 tablespoon water
1 cup white cornmeal

Oil for frying

Yields 4 to 6 servings.
Rinse catfish in cold water and roll in paper towels to dry.

Mix flour, salt and pepper. Dredge fish in mixture and shake off excess. Place on wax paper. Place eggs in pie pan, add water, and beat lightly to combine. Spread cornmeal on large plate.

Heat $\frac{1}{4}$ inch oil in large (12-inch) heavy skillet (or 2 skillets, to cook all the fish at once). While oil is heating, dip fish in egg mixture, then roll in cornmeal to coat thoroughly, gently pressing cornmeal onto fish so that it will stick. Place coated fish on wax paper.

When oil is rippling and fragrant (350 F), gently add fish to skillet(s), using long tongs to protect against splattering oil. Fry until coating is browned and fish is cooked through, turning carefully midway through cooking. Whole fish takes about 3 minutes per side, fillets 2 minutes per side.

(For fillets, check doneness by inserting a knife; flesh should flake easily. For whole fish, inspect flesh at the opening. Catfish retains a slightly pink color when cooked, but the flesh turns opaque.)

Drain fish on paper towels and keep in oven at low heat until ready to serve.



Garden Talk

By C.Z. Guest

Gardeners should be aware that a number of hardiness zone maps exist, all differing from one another.

These differences are especially important when considering the hardiness of a specific plant because a zone number from one map cannot be paralleled with that of another without comparing the maps themselves.

For example, a United States Department of Agriculture Zone 4 winter low temperature is minus 30 F to minus 20 F, while an Arnold Arboretum (Boston) Zone 4 low is only minus 20 F to minus 10 F.

The differences between these two most commonly used zone maps are compared below.

USDA

- Zone 1: below minus 50 F.
- Zone 2: minus 50 F to minus 40 F.
- Zone 3: minus 40 F to minus 30 F.
- Zone 4: minus 30 F to minus 20 F.
- Zone 5: minus 20 F to minus 10 F.
- Zone 6: minus 10 F to minus 0 F.
- Zone 7: 0 F to 10 F.

ARNOLD ARBORETUM

- Zone 1: minus 50 F and below.
- Zone 2: minus 50 F to minus 35 F.
- Zone 3: minus 35 F to minus 20 F.
- Zone 4: minus 20 F to minus 10 F.

- Zone 5: minus 10 F to minus 5 F.
- Zone 6: minus 5 F to 5 F.
- Zone 7: 5 F to 10 F.

Use a zone map to select the best plants for your growing area. The first step is identifying the zone in which you live. Then, use that zone number as a reference when ordering your seeds.

Most of the trees, shrubs and perennials offered in garden catalogs will grow over a wide region of the country, and for that reason, a range of hardiness ratings is often given.

Q. How can I get my azaleas to grow more evenly? The tops of the plants are shooting up like crazy while the sides hardly grow at all. Should I fertilize?

A. Pruning is the key to your azalea problem, not fertilizing. If the top growth is extra vigorous at the expense of the side growth, simply prune immediately after blooming.

Make your pruning cuts slightly below the top shoots.

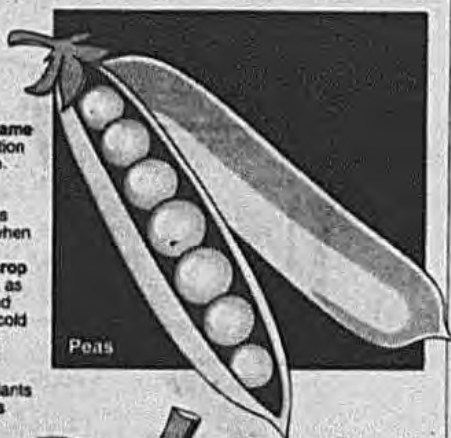
With the dominant top growth removed, side growth will be stimulated, hopefully noticeable by next spring.

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

GARDEN TIPS

Using cold frames

- Keep cold frame open for ventilation most of the time.
- Close cold frame when temperature falls below 50°F or when it rains hard.
- Keep early crop seedlings such as peas, lettuce and radishes in the cold frame for two to three weeks; flowers and warm-season plants such as peppers



and tomatoes should stay in at least two weeks. ■ Keep a thermometer near the cold frame to monitor temperature.

Our Children



By Willard Abraham

Be prepared for visits to the doctor

Dear Parents: A recent issue of a publication called *Take Good Care of Yourself* has many valuable articles in it, as it usually does.

One article that especially caught my attention was titled "When You See Your Doctor: Be Prepared." Because people may go for their appointments unprepared, this advice is practical and sometimes needed.

Even more necessary could be an adaptation I've prepared for you based on that article. I've added one important word to its title, "When You See Your Child's Doctor: Be Prepared." You might want to have some specific important factors in mind whenever you take your child to your pediatrician or family physician. They can help you make the most of your appointment time.

- Write down questions and concerns in advance for easy reference.
- Provide information about existing problems, including a description of symptoms and their duration and frequency.
- Be able to bring up details about your child's medical history that relate to the current visit, including significant illnesses, surgeries and immunization record.
- Bring up facts about any food or medication allergies, including symptoms of allergic reactions.
- Mention medication, both over-the-counter and prescription, which your child is currently tak-

ing. Know the medication name and dosage, by whom and why it was prescribed and length of time it has been taken. Include vitamins, aspirin and related products and laxatives.

• Provide information about other medical specialists your child has been seeing, including specialists' addresses and phone numbers, date of the last visit and the issues discussed at that time.

If you provide all the necessary background data about your child that your doctor may require, he or she will be better prepared to help you.

You should leave your doctor's office with a satisfied feeling that wise recommendations about your child have been made and that you are, as a result, better able to make informed health-care decisions regarding your child's condition.

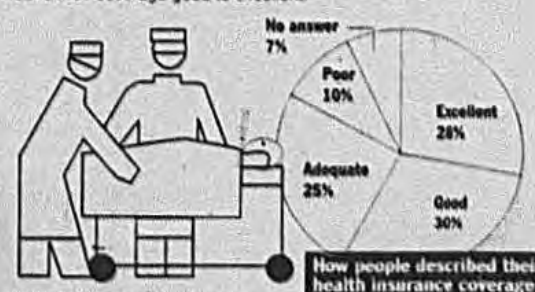
If you would like a copy of the January/February 1993 issue of *Take Good Care of Yourself* that includes the article from which the material above was adapted, you can get one at no cost by writing to Sharon Joseph, Scottsdale Memorial Health Systems Inc., Office of Community Health Education, 3621 N. Wells Fargo Ave., Scottsdale, AZ 85251.

Please enclose a self-addressed, stamped, business-size envelope with your request.

HEALTH WATCH

Health insurance rated satisfactory by most who have coverage

A survey of people who had health insurance revealed that most found their coverage good to excellent.



SOURCE: Self magazine reader survey

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By Kit Saedaker

Pedaling away the pounds

When Kevin "Otis" Tober finally got tired of his 300-plus-pound weight two years ago, he designed his own weight-loss plan.

With no fine print, no diet mixes and no special foods, Tober's plan was simple. But it definitely was not easy.

After half a lifetime as an avid couch potato and loyalist to pizza and ice cream, the 20-year-old Tober mapped out a program that has taken him from 311 pounds to 203, a figure he hopes to reduce by another 20 pounds.

His five-step formula: ride a bicycle, stop eating junk food, ride some more, cut down on television and ride some more.

"When I got hungry, I got on the bike," says Tober, a 22-year-old college sophomore. "I had to stay away from the refrigerator and the TV."

For Tober and others like him, whose weight problems and sedentary lifestyles make some forms of exercise difficult or impossible, the bicycle can provide a challenging form of exercise without the bodily risks that accompany some aerobic workouts.

Where jogging and even walking can be hard on knees, ankles and legs, cycling spares joints by supporting body weight, yet it still offers a vigorous cardiovascular workout.

"Having that weight-supported type of activity is a real advantage," says Dr. Michael Brewer, a family physician and medical director of a hospital weight-management center.

While cycling does not provide the bone-strengthening effect — necessary in preventing osteoporosis — of weight-bearing exercise like jogging and walking, it does have the benefit of being low-risk in terms of exercise-related injuries, Brewer says.

Tober started cycling in January 1991, riding two or three times a week for as long and far as his legs could pedal.

He was introduced to the cycling cult by his older brother, Brian.

"I'd go five or six miles max, and even that was tough," says Tober.

Starting an exercise program is hard enough, but Tober made his efforts even tougher by beginning his bicycle training in midwinter. Still, the snow, ice and cold weather were not deterrents.

"It wasn't easy," he recalls. "I'd just bundle up and go."

Encouraged by his brother, Tober started competing in races and gradually built up both his endurance and enthusiasm.

By summer of '91, Tober managed up to six rides a week and had begun to use hiking as a weapon against eating and vegetating.

"If you're on it a couple times a week and if you push yourself one more mile, then the next time it's going to be that much easier," says Tober. "By summer, I pretty much

stopped watching TV. I'd always get on my bike and go riding."

In addition to being generally out of shape and weighing 311 pounds, Tober had a history of ankle problems that had forced him to wear braces as a teen.

The condition was aggravated by his weight, and Tober's doctor told him it likely would limit him to sit-down jobs.

Since starting his rigorous bike training, however, he has had no signs of ankle injury and believes the weight he dropped cycling has helped him overcome the ankle problems.

Tober's riding regimen has gone from five-mile stretches two years ago to an average of 200 to 300 miles a week now.

Last summer, Tober took his hard workouts (22 mph to 23 mph for up to 60 miles) four days a week, while riding 20 to 30 miles at a slower pace two days a week, with one day off.

"Now it's nothing to do 100 miles," he says.

One reason Tober has been able to stay on his riding program is that cycling has not caused him any exercise-related injuries. The sport is known for being easier on the body than running, but it does have its hazards.

"Probably the biggest safety thing is having an accident and falling," Brewer says. "Of all the injuries with bicycles, usually an accident is what you see."

On the road to losing weight and building endurance, Tober has become something of a cult figure among local cyclists. A hill on the local race course has been nicknamed "Mount Otis."

The riding alone did not take off Tober's weight. As he logged thousands of miles pedaling, he also dropped many of his bad eating habits.

"I didn't eat pizza and ice cream at all until this summer. I'm still not crazy about them. If you look hard enough, you can find replacements. No-fat yogurt tastes as good as ice cream."

Raisins replaced candy, fresh fruit replaced junk snacks. To fuel his long rides, Tober draws carbohydrate power from rice, and he cut down his fat intake by eating more chicken and fish and avoiding fatty kinds of red meat.

Filling idle time with exercise and excising unhealthy food from one's diet might sound a little too sensible for the average dieter, who is searching for a quick way to shed flab. And Tober concedes it is not an easy system.

But after changing almost his entire lifestyle and seeing the hard-earned results, Tober believes he is on a long-term course.

"My whole personality has changed. I used to do nothing, and I mean nothing," he says, glancing through snapshots of the "old" Otis. "I feel like a completely different person."

Spicy sausage returns to breakfast

Say all you want about breakfast, but apparently it's either a feast with eggs, sausage, toast, juice and coffee or it's a cup of coffee and juice on the run. There doesn't seem to be much in between. Oh, some of us are cereal lovers, but that gets dim after a while.

It's the big breakfasts that stick to the ribs and the memory, the pancakes and sausage. In fact, I think it's the sausage that I miss most about Sunday breakfast.

No need to drop this item, it turns out. There are sausages out there that fit right into a busy schedule and a healthful menu. Two of these sausages are made with good old pork, one with turkey, but all three taste like sausage is supposed to. Best of all, they can be made in minutes, patted into proper shape and cooked in a non-stick skillet or broiled.

SPICY SAUSAGE

1 pound ground skinned turkey breast

1 teaspoon chopped fresh rosemary

2 teaspoons chopped fresh sage

1/2 teaspoon ground pepper

Yields 4 servings.

Each serving has about 130 calories, 1 gram fat, 70 milligrams cholesterol and 76 milligrams sodium.

Combine turkey, rosemary, sage and pepper in bowl. Form mixture into 8 patties, each 3 inches across and about 1/4 inch thick. Put patties in non-stick skillet and cook over high heat for 1 minute. Turn patties over and continue to cook for 1 more minute. Reduce heat. Continue to cook, turning occasionally, until patties are golden brown on outside and no longer pink in center.

PORK PATTIES

1/2 cup shreds of whole-bran ce-

real

1/2 cup apple juice

1/2 pound center pork loin, ground

1/4 teaspoon fennel seed

1/4 teaspoon dried rosemary leaves, crushed

Pinch salt

Pinch hot pepper flakes

Yields 6 patties.

Each patty has about 80 calories, 3 grams fat, 24 milligrams cholesterol and 140 milligrams sodium. Combine cereal and apple juice and let stand 5 minutes. Add rest of ingredients and mix well. Shape into 6 patties. Heat broiler and place patties on oiled broiler pan. Broil 4 to 5 inches from heat for 4 or 5 minutes on each side or until no longer pink.

PEPPERED PORK LINKS

1/4 teaspoon beef-flavored bouillon granules

1/4 cup hot water

1/2 pound lean ground pork

2 tablespoons fine dry bread crumbs

1/4 teaspoon crushed red pepper

1/4 teaspoon rubbed sage

Pinch salt

Pinch ground red pepper

Yields 4 servings of 2 links each.

Each serving has about 125 calories, 7 grams fat, 41 milligrams cholesterol and 188 milligrams sodium. Combine bouillon granules and hot water in bowl and stir to dissolve granules. Add pork and rest of ingredients, mixing well. Cover and chill at least 15 minutes and then shape into 8 little links. Cover and chill overnight or at least 8 hours.

Place links in skillet that has been coated with non-stick spray and cook for 9 or 10 minutes, turning often. Drain links on paper towels and serve warm.

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Here's How



By Gene Gary

Q. A glass vase set on my piano was evidently wet on the base and left a white round mark on the wood finish. How can I remove the spot? — J.D.

A. If the piano surface is a varnish finish, I suggest that you try spot removal with denatured or rubbing alcohol. Moisten a small wad of cotton with the alcohol and dab the stain until it disappears. Do not use too much alcohol and do not rub or you may disturb the varnish.

The water has penetrated the varnish and attacked the shellac undercoat, turning it white under the varnish. The alcohol will also penetrate the varnish and re-dissolve the shellac underneath, restoring its original transparency.

Some other methods of removing water spots on varnish surfaces include rubbing the stained area with toothpaste, then buffing,

or using sewing machine oil with cigarette ashes. Either of these can be effective if the water has not penetrated the varnish surface.

The methods suggested here are for varnished surfaces and are not suitable if your piano has a shellac finish.

Q. I have a real brass lamp, which would be expensive to replace. Over the years it has darkened in places where the protective coating has worn off. It also has become pitted in places.

What suggestions do you have to restore this otherwise attractive lamp? — P.M.

A. First, it sounds like you need to remove the remaining protective lacquer coating with lacquer thinner. If the pits are just surface marks, polishing with a good brass polish may be all that's necessary to remove them.

If you can't remove the marks yourself, take the lamp to a brass specialty shop that does repairs, polishing, etc. If they can't polish away the marks, they can fill the pits, using a process that's rather expensive, but that does make brass look like new again.

After the brass is filled and polished, have the shop give it a coat of lacquer that will help prevent the brass from pitting for some time. You can apply a new coat of lacquer yourself, but the professional finish is usually much better.

Q. Recently, we had our flat, tar roof replaced. During the process of hoisting buckets of hot tar to the roof, drops of tar fell on the sidewalk and brick wall.

What is the best way to remove tar from brick and concrete surfaces? — W.O.

A. To soften the dried tar, use a poultice of naphtha and powdered whiting, cover it with a piece of glass or metal to prevent fast evaporation. Aluminum foil should also be effective, and easier to work with on vertical surfaces.

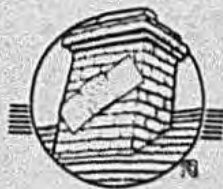
After a couple of hours, scrape off the tar with a dull knife blade and wipe with more naphtha. Be

very careful when working with naphtha because it is inflammable and can be a fire hazard. If used indoors, the area should be well ventilated.

Since concrete and brick are porous, you may have some brown staining remaining on the surface after the tar is removed. If this is the case, try bleaching the area with a solution of 1 pound oxalic acid powder or thioglycolic acid mixed with a gallon of water. Always add acid to water, never water to acid.

Wear protective clothing, eye goggles and rubber gloves. Avoid splashing.

Mop this solution on the stained areas (don't reuse the mop for other projects). After two to three hours, rinse with clear water, scrubbing at the same time with a stiff bristle brush (do not use a metal brush). Repeat with a second treatment if needed.



Decor Score



By Rose Bennett Gilbert

Frame your living room

Q. We have always loved traditional-style rooms and spent a lot of years collecting antiques while we saved for our own home. Now that we have it, however, I can't seem to make things work together. We painted the walls soft white and have white upholstery and a white area rug, but our living room just seems blah. Can you help me "energize" it? — B.S.

A. Color can be a sure cure for the blahs in any style room. Don't think that just because traditional decor is usually built around things that are old, that it can't be colorful, too.

Decorating "archaeologists" assure us that our forebears used the brightest colors they could squeeze out of the natural ingredients they had to work with, such as flowers, tree barks, minerals, herbal brews and such. It's just because those colors faded with time that we think traditional is synonymous with soft and quiet.

Not so, as you can see in some of the authentic restorations going on in America's historic houses today.

The ballroom at Mount Vernon will knock your eyes out! It has been repainted the way George and Martha Washington wanted it originally — in a jubilant blue-green that's anything but quiet!

The point: Consider a dark and dramatic background for your white furnishings. You can see how that adds sparkle to the traditional sitting room we show here. Judith

Slaughter, a Decorating Den designer in Alpharetta, Ga., not only deep-painted the walls, she accentuates the contrast by framing them in white moldings.

Readily available by the running foot in a variety of styles and widths, such moldings are a boon to home decorators struggling to create a traditional ambience in architecturally deprived rooms.



CRISP FINISH — Stock white moldings are added to lend character to a traditional wall.



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NEED LOVING ENERGETIC, MATURE PT 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. 248-0906. wJy2

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LOVING CHILDCARE PROVIDER needed to care for adorable 8 month old girl in my Garden City home. Mon.-Wed., 7:45 a.m. - 6 p.m. P/T hours on Thurs. & Fri. Must have infant care experience. English Speaking, non-smoker, recent references required. Call 877-2137, 7 p.m. - 10 p.m. goJy4

P/T DRIVER to pick up & deliver for Garden City South business 5 days per week. Must have clean license. Retirees welcome. Call from 8 a.m. - 12 noon. 496-3602. goJy3

RESPONSIBLE SUMMER BABYSITTER for 3 children, ages 12, 10, & 8. Driver's license & Garden City pool pass preferred. 8:45-2:45, Mon.-Fri. 742-4438. goJY2

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I AM A CUTE lovable toddler who needs a caregiver, my house in Hicksville. F/T, Mon.-Fri. English Speaking, non-smoker. Must be reliable. Lite housekeeping, references/experience. Call 934-3683 days. Leave message. goJy4

MATURE, EXPERIENCED WOMAN to care for my 3 month old girl, 1 or 2 days a week, occasionally Saturday night. Call Jeanne 742-6814. W-Jy-5

CHILD CARE NEEDED P/T starting Sept. in our Garden City home. Live out, for a 3 year old girl and 1 1/2 year old boy. English speaking, non-smoker, references, driver's license and car a must. Call 437-3872 after 5 p.m. goJy3

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IRISH AIDE/COMPANION Available for elderly care, experience & references. Call (718) 343-8148. goJy5

NURSE'S AIDE WILL WORK nights, overnight, 11 to 7 or 12 to 8. I have experience in nursing home, hospital & private duty, care. Please call 868-3040. W-Jy-5

I WILL TAKE CARE of people in my home, your parents, wife, husband or whoever. I have experience in nursing home, hospital and private duty, and they will have 24 hours a day care. 868-3040. W-Jy-5

LAX DIVISION 1 Lacrosse player available for private lacrosse instruction, weekends & evenings. Call 248-7490. goJy5

HOUSECLEANER AVAILABLE - RELIABLE, experienced, references, own transportation. Call any time 747-7404. goJy5

HOUSECLEANING JOB WANTED. Experienced & references. \$45 for 5 hours. 292-7313. goJy5

POLISH HOUSECLEANER AVAILABLE. Excellent references. Call 294-0029 or 742-3865. Ask for Lucy goJy5

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. wJy3

Situation Wanted

PRIVATE SWIMMING LESSONS, Red Cross water safety instructor, lifeguard, CPR, First Aid, basic life support, certified. Call 326-2659 goJy4

POLISH LADY RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick, elderly or children. 538-2647 goJy4

POLISH LADY - RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick, elderly, or children. (718)894-7759 goJy2

COMPANION/HOME HEALTH AIDE, 10 years work experience. Expertise with elder care. N.Y. State certified. Excellent references. Car available. 483-0910 goJy3

COLLEGE STUDENT WILLING to care for elderly person. Excellent references. Call Jennifer 488-8332. goJy2

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

GARDEN CITY MOM available to babysit occasionally, preferably my home. 248-2309. goJy4

ENGLISH NANNY AVAILABLE - Nanny living with family in Garden City through September, available to work days, evenings and weekends. Call Meg Monahan 738-3437. goJy4

EXPERIENCED HOME HEALTH AIDE seeks live-in job caring for the frail elderly. Has Department of Health certificate and written letters of recommendation. Please call 753-2094. goJy4

MINEOLA MOTHER WILL provide TLC to your child P/T/F/T. Non-smoker. Excellent references. 742-7830. W-Jy-3

DEPENDABLE PERSON SEEKING job to take care of elderly, or babysitting. Contact Barbara at (516)546-5459. Live in or out. goJy3

IRISH GIRL SEEKS position as full time child care Mon.-Fri. Live out, own transportation. Excellent references. Call Maura (718)479-8653. goJy3

Situation Wanted

GOING ON VACATION? I will walk/care for your animals or house sit. Experience, reliable, trustworthy. 22 year old college student from Garden City "Loves Animals." Excellent rates. Save this ad! Call Shannon 746-4307. goJy3

GRADUATE STUDENT IN Speech/Language pathology seeks position as companion/babysitter to persons with communicative handicap. References. Available evenings and some mornings. (516)248-2369. goJy3

BABYSITTER, MOTHER'S HELPER, Garden City. Reliable, creative, responsible high school student available for summer, after school and weekends. Pool pass. Call 746-4708, ask for Katie. goJy3

GARDEN CITY COLLEGE student available to babysit your child. Experienced with references, pool pass, own transportation available Mon.-Thurs. Call 437-0137. Ask for Michelle. goJy3

CERTIFIED TEACHER AVAILABLE to care for your children over the summer. References available. Please call 488-5444. goJy4

15 YEAR OLD MALE, Kellenberg student available to babysit daily or on call. 294-6390. W-Jy-4

FORTY-THREE YEAR OLD Russian male is available for live-in, Fri.-Sun, Handyman/Companion. Extended arrangement preferred. Salary commensurate with services provided. Please call Andrew at 883-5111, Mon.-Fri, between 8 AM and 4:30 PM. hJy4

NURSE'S AIDE FOR ELDERLY: I can work PT mornings, PT evenings. I can do night work for weekends. Have car. Will do all chores for patient & will cook. Have good church references, and from other patients. 747-1710 or 484-4321. wJY2

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

HOUSECLEANER AVAILABLE. Experience, good references. Please call 333-6682. goJY2

HOUSECLEANER AVAILABLE. Experience, good references. Please call 944-7607. goJY2

Situation Wanted

OFFICE CLEANING - EXPERIENCED, reliable, honest. Excellent references. Available after 5 p.m. Call 456-0890 after 2 p.m. wJfn

YOUNG, INTELLIGENT WOMAN with 4 years experience & driver's license needs a babysitting job. Call M Pamela at 342-0337 gJY2

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. gJY2

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. gJY2

HOUSECLEANING JOB WANTED. Experience & good references. 483-7445 gJY3

POSITION WANTED TO DO babysitting or to take care of elderly person with light housekeeping. References are available. 538-5072. gJY2

HOUSECLEANER AVAILABLE, EXPERIENCE, references, own transportation, English speaking. Call 873-9625. gJY2

ATTENTION VACATIONERS - WOULD You like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113 gAu3

CERTIFIED NURSE'S ASSISTANT seeks position. Own transportation. References. 165-1416. gJY2

Real Estate for Sale

GARDEN CITY SOUTH, Adepti area. Mint brick split, 90 x 100. Modern EIK, 3 BR, formal DR, 2 1/2 baths, family room, finished basement, plus 2 room professional suite w/private entrance. Skylight, new windows, sprinklers. Best offer over \$259,000. Owner 485-7880 gJY5

GARDEN CITY - SPACIOUS 3 BR, 2 1/2 Bths., LR/Fpl., DR, EIK, Den, Fin. Bsmt., 2 car, fenced yard with patio. Walk RR, quiet area. \$299,000 Owner (212) 473-0628. gJY2

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. 11601. We'll do the rest!

Real Estate for Sale

GARDEN CITY EXCLUSIVES - New Listing. Mint Western Contemp, LR/FPL, DR, modern EIK, 3 BRs, 2 new marble baths, family room, new gas heat, 2 car, low taxes. \$390,000.

REDUCED TO SELL - Bright, spacious Ranch, Modern EIK, 3 BRs, 2 1/2 baths, secluded location. 1/4 acre. \$335,000.

TURN OF THE CENTURY Colonial - Charm & space, modern EIK, 4 BRs, 1 1/2 baths, family room, sunporch. \$465,000.

CENTRAL SECTION SUPER Ranch - totally updated. 4 BRs, 2 1/2 baths, fabulous modern EIK, family room, CAC, central vac, 2 car, 1/2 acre, landscaped property. \$500's.

NEW LISTING - PRESTIGIOUS Blvd. location-CH Colonial, 4 BRs, 4 baths, family room, 2 car, 1/2 acre. Call for details.

CENTRALLY LOCATED CH Gracious Colonial, 7 BRs, 5 1/2 baths, 2 family rooms, 1/4 acre. Beautiful property \$1 million plus. Vers Atamian 354-1994 gJY2

WALKHILL, N.Y. 10 year old mother/daughter Log home, 2 acres. 3 BRs, 2 1/2 baths, kitchen, Dr, family room. Apt-1 Br, kitchen, bath, LR, sliding door to deck. 2 car garage. Scenic mountain view from large deck. \$239,000. (516) 741-2365 W-Jy-5

E. WILLISTON-ROBBINS HILL, Charming Colonial, 3/4 BRs., 90 x 175 plot. 3 car garage. \$449,000. Open house Sunday, July 11, 1 to 4. Call Anne Hartigan, Smith & DeGroat for details. 516-248-1468 W-Jy-2

MINEOLA: CAPE COD, 3 BRs, 1 bath, fin. bsmt. with separate entrance. Taxes - \$2,728. Great starter/Retirement. Totally Mint. \$184,000. Anne Hartigan, Smith & DeGroat - 516-248-1468 W-Jy-2

GARDEN CITY 3 BR Colonial, 2 B, LR, DR, Den, Gas heat. Principals only \$299,000. Owner 741-0535 gJY5

GARDEN CITY MOTT - Prime location, mint CH Colonial. Totally updated new EIK with skylights adjoining new oversized family room with cathedral ceiling, new wood floors, 3 BRs, new 1 1/2 baths, LR/Fpl, FDR, CAC, alarm, sprinkler, new heating system, finished basement, new roof/interior, new windows throughout, deck, large lot, newly landscaped. Principals only. \$429,000. 746-5822. gJY3

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 248-0763. gJY2

Real Estate for Sale

GARDEN CITY CENTRAL section. Appointment only for Sale by owner. 84 Fourth St. 877-7822. Huge LR/Fpl, FDR, EIK, 3 BRs, 3 1/2 baths plus 2 room prof. suite & second floor laundry, fin. basement. North/South professional tennis court on large fenced in plot. gJY3

CUTCHOGUE, CHARMING CAPE COD in unique private community close to swimming, boating & 2 golf courses. 3 BRs, 3 baths, full DR, LR/FPL, new EIK, CAC, 2 car garage. 1 acre, sprinkler system. Excellent condition. Walk to stores, post office, & bank. Have over \$425,000 invested. Yours for \$350,000 without a broker. (516) 734-5779. gJY5

GARDEN CITY STATELY Colonial Estates section, large LR/Fpl, FDR, 4 BRs, 1 1/2 baths, EIK, slate roof, second floor porch, finished basement, professionally landscaped. Near Stratford & Park. Asking \$415,000. Owner 741-5116. gJY3

FRANKLIN SQUARE, NEW Townhouse, 3 BRs, 2 1/2 Bs, movein condition, skylights, new carpeting and tiles, full basement, CAC. \$170,000 by owner, 488-3287 Neg. gJY4

ESTATES SECTION IMMACULATE - BR Colonial, Eat-in-kitchen, 3 1/2 baths, 2 FPLs, fin. basement, fam., LR, DR, Walk LIRR and schools, 100 x 100, spkld., sec. sys. Principals Only \$675,000 (516) 747-7439 gJY5

SOUTHOLD BY OWNER, remodeled with new addition. 3 BR, 2 bath Ranch. Walk to sandy beach, A/C, new appliances, beautiful Florida room, oversized detached garage. \$179,000. 765-5496. gJY4

GARDEN CITY BORDER Deluxe Townhouse. 2 BR, 2 1/2 baths, EIK, laundry room, garage. Walk to RR. Asking \$150's Owner. (516) 481-7621 gJY5

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 \$489,000. (516) 538-1812. gJY4

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. Bsmt., 2 zone heating, 2 car garage. Many new additional features. beautiful 70x100 landscaped grounds. Low taxes. Convenient to park, RR, Shopping. asking \$349K. Owners. 747-6388. gJY5

GARDEN CITY COLIAL Tudor, 5 BRs, 3 full, 2 half baths, 2 car attached garage. Newly renovated & landscaped, CAC, 100 x 100 \$500's. By Owner 248-2013 gJY5

Real Estate for Sale

GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hepa Allergy System, 1/4 Acre. \$385,000. 352-0608. gJY4

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, gJY3

CUTCHOGUE, NASSAU POINT Bayfront exclusive. Quaint English cottage. Incredible views. Stone fpl, private acre plus. Won't last. \$550,000

LAUREL BAYFRONT, handsome two-story, 5 BR, 3 1/2 baths, LR w/fpl, enclosed porch, OHW heat, panoramic views, excellent condition. Reduced to \$375,000

SOUTHOLD EXCLUSIVE, spectacular open water views, perfectly lovely, 3 BR, 2 baths, Ranch. Very private setting, exceptional property \$235,000

SOUTHOLD BAYFRONT exclusive, well maintained ranch in private community. Enclosed sun room, family room w/fpl, new OHW heat, glorious views. \$475,000

SOUTHOLD SECLUDED, light, bright, 3/4 BR, 2 bath custom built home on lush landscaped acre in finest area. Asking \$315,000

SOUTHOLD, 4 BR Dutch Colonial, EIK, FR w/fpl, FDR, LR w/fpl, 2/1 b's, 2 car garage, IGP, professionally landscaped setting. Mint condition, excellent walk to beach location. \$349,900

Marion King Real Estate 734-6657 gJY2

SOUTHOLD WATERVIEW CONTEMPORARY Ranch home features 3 BR, 3 baths, sun-filled LR, large deck. Only a few steps to private, sandy Bay beach. \$180,000

M A T T I T U C K , WATERFRONT cedar shake home, LR, w/fpl, large country kitchen, 3 BR, 2 baths, new OHW heat, dock, expansive views. \$299,000

LAUREL, motivated seller with custom ranch home, LR w/fpl, DR, Den, Sun room, 3 BR, 2 baths, basement, 2-car garage. \$170,000

M A T T I T U C K , WATERFRONT w/bay views, 4 BR, 3 baths, LR w/fpl, enclosed porch, deep water for sail boats, separate waterfront lot included. Landscaped for privacy. \$389,000

Lewis Realty Group, Inc. 298-4600, 734-5333, 765-5810 gJY2

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. gJY4

E. WILLISTON COLONIAL, 5 Brs., 2 1/2 baths, den off kitchen, 2 car garage. \$369,000. A knockout. Call Anne/Emilia, Smith & DeGroat, 248-1468 W-Jy-2

Real Estate for Sale

GARDEN CITY MINT, brick Split on prestigious Hampton Road. 7 large rooms, 2 baths, new bath & large den. 1 1/4 attached garage. On 1/4 acre. Professionally landscaped grounds. Very suitable for professional. Broker/Owner. Motivated. Asking \$475,000. 516-599-0707 or 516-747-2078. W-Jy-4

GARDEN CITY COLONIAL 3 BRs, 2 1/2 bths, LR/Fpl, DR, large EIK, plastered walls, den, fin. bsmt., garage, screened porch. Walk RR & courthouse. Asking \$325,000. 747-8719. gJY4

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 gJY2

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

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. gJY2

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 gJY2

ADIRONDACKS! FREE LIST Lakelakefront, Camp Lots, Big Acreage. Over 60 parcels at liquidation prices with terms. Ponds, streams, State land too. Call now - 7 day showings. Christmas & Asso. (518) 859-1771 hJY2

STEWART MANOR NORTH, 4 BRs, LR, FDR, EIK, 2 baths, finished basement, wall to wall, 3 zone heat, storms, new gas unit. Near RR, schools, stores. \$245,000. Owner (516) 437-3771 gJY4

GARDEN CITY, OXFORD BLVD. Colonial 5 BRs, 4 1/2 Bths., LR/Fpl, FDR, Den, Hugh Mod. EIK, Full Bsmt., Atch. garage, 1/2 acre. asking \$795,000. Flexible owner. Fin. to fit your needs. 248-2450. gJY3

HEMPSTEAD, HOUSE ON Long Drive. 3/4 BRs, 1 1/2 Bths., LR/Fpl, DR, EIK, Lrg. Den, Fin. Bsmt./Fpl. Must be seen to appreciate. \$159,990. Principals only. 565-4132. gJY2

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 631-0012, 294-8900 or 746-0240 for rates and information.

Co-Op For Sale

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. \$73,000. 741-5210. gc53

GARDEN CITY CO-OP, 2 BR, second floor, center of village. 1 block LIRR, refinished floors, new windows. \$116,000. Leave message. Owner 873-9469. goJy5

GARDEN CITY 1 BR Co-Op, A/C, Lg. LR, dining area, new kitchen, wall to wall. Walk to LIRR, hospital & stores. Drastically reduced. \$85,000 owner 245-7640. goJy5

CO-OPS & CONDOS

ATRIUM PLAZA 1 BR, 1 bath Duplex, EIK, 1 gar Rent/Buy CHERRY VALLEY 2 BR, 1 Bath, LR, EIK, CAC \$89,000

HAMILTON HOUSE 2 BR, 2 bath, front w/ extras \$175,000 MINEOLA'S HARRISON HOUSE 1 BR, 1 bath, CAC, Indry, 10' ceiling \$129,000

2 BR, 1 bath, CAC, Indry, 1 gar \$129,000 MINEOLA HORTON HOUSE 1 BR, 1 new bath Walk all \$73,000

MULFORD PLACE LR/Fpl, DR, den, 1 BR, 1 bath corner \$85,000 Lg Foyer, 2 BR, 2 bath, EIK, LR, DR \$75,000

STEWART FRANKLIN 2 BR, 1 bath, LR/Fpl, DR, EIK, Rent or \$129,000

LR/Fpl, DR, EIK, 3 BR, 2 bath Rent or \$225,000 MINT 3 BR, 2 bath, LR/Fpl, DR, EIK \$250,000 SUPER 3 BR, 2 bath PENTHOUSE Rent \$2,100

STEWART HOUSE P I E D - A - T E R R E Studio \$75,000 Dougall Fraser Real Estate 248-6655. goJy2

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 goJy2

GARDEN CITY CHERRY VALLEY Co-Op, 1BR, first floor, CAC, great condition in prime location. \$67,000, neg. 742-7642. \$67,000. gcJy2

GARDEN CITY CHERRY VALLEY Co-Op, 1BR, first floor, CAC, great condition in prime location. \$67,000, neg. 742-7642. \$67,000. gcJy2

CHERRY VALLEY CO-OP, 1BR, Second Floor, inside building, courtyard view. \$57,500. Owner, Available immediately. 775-5736. goJy2

E. WILLISTON CONDO - Wheatley House. Gorgeous 2 Br., 2 Baths, hardwood floors, huge LR/DR, closets galore. Walk RR, shops. \$239,000. Call Lois at Homes America, Smith & DeGroat, 516-248-1468. W-TFN

GARDEN CITY 2 BR Cherry Valley Co-Op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 741-2763. goJy3

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. gcJy3

MINEOLA 1 BR, 1 Bth., LR, dining area, Kitchen, lots of closets. Across from Winthrop Hospital. Top floor in secure building. \$75,000. By owner. 873-1236. goJy3

GARDEN CITY CO-OP 2 BR, 2 bath, new kitchen w/dishwasher, washer/dryer, A/C, new wall to wall, ample closets. Walk to all shopping. Owner anxious to sell. \$175,000. Please call 767-1093 or 741-3709. goJy3

MINEOLA, GARDEN PLAZA Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 gcJy2

MONTAUE, 2 ROOM Furnished Co-Op, 100 feet from beach. Electric heat/AC. Asking \$35,500. Great rental history. 724-5572. goJy2

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. goJy2

MINEOLA JR. 2BR CO-OP, LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$91,000. Owner (516)743-0229 goJy4

GARDEN CITY 2BR - Second floor and unit facing 15th Street. A/C, washer/dryer, attic, garage. \$109,000. 294-0269. gcJy2

LONG BEACH EAST-Sunny modern corner furnished, newly decorated, carpeted, across from ocean. Maintenance \$274. High write-off. Vacant, ready to move in. \$39,900. 747-5703 Leave message or 431-5592. goJy3

GARDEN CITY CHERRY VALLEY 1 BR, first floor. Excellent location private entrance. 70% deductible. Principals only, best offer. 488-5718. goJy3

MINEOLA/GARDEN CITY BORDER, Garden Plaza - large 1 BR Contemp. Style, 24 hour security. Renovated Euro kitchen & bathroom, wall to wall, A/C. Financially stable Co-Op, no flip tax. Walk to courts, hospital, LIRR. 35 minutes to Penn. \$85,000. Owner 746-4078. goJy3

FLORAL PARK - RENOVATED 1 BR Co-Op. Walk to LIRR, bus, stores. 35 minutes to NYC. Low maintenance. \$80,000 Owner. 775-7820. goJy2

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 831-0012.

Real Estate For Rent

FRANKLIN SQUARE, 3 1/2 large rooms, BR, LR, dining area, EIK, (between Southern State/Hempstead Tpk.) 1 block bus/all conveniences, second floor, private home. Mature business, non-smoker \$750. electricity. 328-9175 goJy5

GLEN OAKS, UPPER. Corner, Large LR, BR, New kitchen. Just painted \$750 includes heat, (516)765-2945 or 437-8825 goJy5

FRANKLIN SQUARE APARTMENT, LR, separate BR, full EIK, full bath. No pets. One month's security \$675. Owner 354-4207 goJy5

LYNBROOK, 1 BR APT., second floor, private entrance, freshly painted, hardwood floors, off street parking, great location. Single preferred, couple considered. \$650. incl. all 746-6360, 775-4256. Also very large basement, 3 rooms with electricity. \$195. a month. goJy5

EAST MEADOW - FURNISHED rooms for rent. Share bath, private entrance, no-smoking, no pets, professionals only. Quiet neighborhood. 221-0940 goJy5

WEST HEMPSTEAD, BASEMENT 1 BR Apt. private entrance, utilities, cable, heat, electric. One price pays all. Walk to LIRR & stores. Call 483-6443 evenings. goJy5

FLORAL PARK, 60 PLAINFIELD Ave (corner King St.) 1 BR apt., frost free refrig. freshly painted. Walk to LIRR & shops. Parking not provided. No fee. For more info call owner, weekdays (212) 962-3500, eves or week-ends (516)538-0757 goJy3

EAST MEADOW: 1 Br. Apt., small EIK, full bath, brand new. Non-smoker. Female preferred. Immediate occupancy. \$575. 579-8489. Leave message. W-Jy-4

FLORAL PARK 2 BR furnished, second floor, private entrance includes solarium. Vacant July 1. Business couple preferred \$850 not including utilities. Owner (516) 352-6433. goJy3

GARDEN CITY CHERRY VALLEY Apt. for rent 1 BR, First Floor, CAC, completely refurbished. Parking. Avail. Aug. 1 occupancy. Please call 742-5577 between 9 a.m. and 5 p.m. Mon.-Fri. and weekends. 877-0133. goJy3

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 goJy2

WEST HEMPSTEAD, 1 BR w/LR, small kitchen & bath, lots of storage, second floor, private entrance. Good location. Single female preferred, 1 child OK. No smoking, no pets. Available Sept. 1 \$650 all 292-3901 goJy4

Real Estate For Rent

GARAGE SPACE FOR 1 car. Great rate, references available. 483-4015 goJy3

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. goJy2

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. \$2,600 a month. Royal Int'l. 742-3355. wJy2

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. goJy2

CHARMING 3BR ENGLISH TUDOR, Garden City, 1 1/2 Bths, new EIK, LR, DR. All new heating, gas burner, new stucco. 60x100 \$1,800 monthly. 739-6102 goJy4

MINEOLA/WESTBURY Apts For Rent Beautiful 1 Br. Apt. 2nd floor, private house. Large living/terrace. only \$750. Big 2 Br. Apt. \$850. 3 Br. Apt. \$950. 3 Br. Private house \$1,100. Royal Int'l 742-3355. wJy2

GREAT NECK APARTMENT for rent. New furnished studio. Private entrance, driveway included. Walk all including LIRR. One business person, no pets, reference. Security. \$650 including utilities. 829-5258. hJy4

GARDEN CITY / HEMPSTEAD, OWNER - Sunny 1 BR apartment, new appliances, neutral decor, wall to wall, laundry facilities, security system. Near RR & buses. No fees. \$850 with parking. Leave message (516)565-9667 goJy4

STOREFRONT FOR LEASE, Mint condition. Available immediately. Willis Avenue between Fordham & Harvards Sts. Perfect for retail store or professional office. 2100 sq. ft. \$1,300 per month. No fee. Contact owner. 756-3141 W-Jy-3

FRANKLIN SQUARE/WEST HEMPSTEAD Bamt. Apt. 1 BR, full Bth., LR, Kitchen, dinette area, Cable, Private entrance. No pets. Non-smoker. \$625 all. Available 7/1. Owner 481-1487 John. goJy2

GREAT NECK - LARGE house to share. Separate BR. Close to LIRR, market & shopping. Kitchen & washer/dryer privileges. Professional only \$550/mo. 482-5203, lv. message. goJy4

GARDEN CITY SOUTH, 1 BR basement apartment, large LR, kitchen, bath, private entrance, all new. Mature, single working, no pets, non-smoker. \$625 includes utilities. 489-9835. goJy4

Real Estate For Rent

WANTED, ROOMMATE TO Share 2 BR apartment, LR, kitchen, full bath \$400 a month includes utilities. Parking available. 873-0245 (home) Leave message. 294-0424 Ext. 6316 (work) goJy4

TWO ROOM OFFICE Ground floor. Professional bldg - excellent for Speech Therapist, Psychologist, insurance etc. 99 Hillside Ave., Williston Park. \$300 mo. 742-3644. W-TFN

GARDEN CITY SOUTH, Nassau Blvd., 8 room apt., 3 BRs, LR, FDR, EIK, bath, terrace. Walk to shopping, LIRR, Adelphi. \$1,000 per month plus utilities, Avail July 1, 488-1868, 248-0763 goJy2

GARDEN CITY COMFORTABLE furnished room. Business man preferred. Positively no smoking, no drinking. Interview, reference, security. 742-2728. goJy2

GARDEN CITY, FURNISHED room for rent, private entrance, non-smoker, share bath, appliances available. Near RR, \$475. 742-7708. gcJy3

GARDEN CITY SOUTH, basement apartment, kitchen, dinette, 1BR, private entrance. Mature male preferred \$575 includes all. One month security required. 485-0630 goJy4

ONE (1) LARGE ROOM FOR RENT. Private entrance. Quiet area. Near all transportation. (share bath) Call 741-4294 W-Jy-3

GARDEN CITY LOVELY quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References. 746-0018. goJy4

GARDEN CITY - 4 BR Colonial, 2 1/2 baths, LR, DR, EIK, garage, A/C, FPL, patio, appliances, tiled basement. Walk to train \$1,900 a month. Owner 827-4112 goJy4

Vacation Rental

MYRTLE BEACH, 2BRs, 2 Bths 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 goJy3

CUTCHOGUE, DELIGHTFUL NORTH Fork Retreat, own brick patio, beach, boat dock. Peaceful & idyllic, completely modern, every amenity. Mature couple preferred. July and/or August. Call weekdays after 7 p.m. 734-7168. gcJy3

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. \$8,000 per month. July and/or August. Owner 746-1681 goJy2

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. gJy2

SOUTHOLD COUNTRY HOME, 3 BRs, fully equipped, large screened porch. Walk to private beach. Washer/dryer, cable, immaculate. July, August, Sept., Weekly \$650. 334-0196 gJy2

EAST QUOQUE ON Shinnecock Bay Condo Complex. 1BR, Furnished, Sleeps 4, In-Ground Pool. Available July & August, \$1,700 a month. 538-2806 or weekends 653-8819 gJy2

HAMPTON BAYS - JULY & AUGUST, near ocean and bay. 3 BR Ranch, LR/Fpl., Sunroom, Lg. Deck, Five appliances, basement, garage. \$3000 monthly. 742-2709. wJy2

MARCO ISLAND 2 BR, 2 Bth., Condo on gulf beaches, tennis, pool. South Seas East Midrise, 271-6479. gJy2

GREENPORT - E. MARION, Bayfront Beach Cottage Condo, dock, swim area, tennis court, cabana, 5 minutes walk to golf course, 2 weeks - \$1475. Tel. 746-2475. wJy3

MYRTLE BEACH, GRAND Strand area. 1 BR, Oceanfront condo. \$600/week. Daily rates available. Call (516) 482-1575 or (516) 724-8092. hJy4

POCONOS 3 BR RANCH in Lake Community. Swimming, tennis & vacation activities. House spotless, washer/dryer, microwave, 2 decks, FPL. Walk to lake, horseback riding, quality restaurants & shops nearby. \$350 a week. 379-8447 gJy4

SOUTH JAMESPORT RANCH - 3 BR, 1 1/2 baths, washer/dryer, deck. Private beach community. Available weekly. 775-0814. gJy2

MONTAUK - SUMMER GET-AWAY 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, \$39,500. Immaculate. Call 724-5572. gJy2

BEACH FRONT PECONIC bay between Hampton Bays & Southampton, well furnished 3 BRs, 3 baths Split. August 1 - Labor Day \$4,900 (516) 723-3380. gJy3

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 gJy3

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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. gJy2

GARDEN CITY HOUSE wanted to rent by long time resident. 3 BRs, 2 Bths., References available. 746-1361. gJy3

GARDEN CITY VICINITY, wanted to rent, 3 BR, family room, garage, quiet street. Principals only. 741-3747 after 6 p.m. gJy2

GARDEN CITY ESTATES North of Stewart. Tudor only. \$400's. Principals or brokers. (718) 680-3540 gJy4

HOUSE WANTED IN GARDEN City, East Williston or Syosset. 3/4 BRs, Maximum mid \$300's. No brokers please (516) 338-4282 gJy3

COUPLE SERIOUSLY LOOKING to purchase home in Western or Estates sections only. Priced up to \$300,000. (516) 488-1975. Please leave message. gJy5

GARDEN CITY HOUSE wanted in Western or Estates section. 3/4 BRs, sold home, ready to move, up to \$400's. Principals only. 872-2905. gJy5

FAMILY SEEKS HOUSE in Garden City. Any condition. \$300's. Principals only. Weekdays 481-8500. Evenings/weekends 679-1851. gJy5

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

BICYCLE, SCHWINN WORLD Sport, men's 21" frame, 27" quick release, alloy wheels, alloy cranks, 12 speed Shimano deralleur, black. Perfect \$145. 741-4650 gJy2

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. gJy2

TAN LEATHER GOLF bag with cover, wood covers, travel cover, shag bag. Tennis rackets, Wilson, Head. All excellent condition. 746-5762. Leave message. gJy2

MOVING-LIVING ROOM Sofa, coffee table, end table. Cherry wood. Magnavox stereo cabinet. Humidifier. Large antique bureau w/mirror, amoire. All in excellent condition. 741-3625 gJy3

For Sale

VICTORIAN COUCH \$50, club chair \$75, folding cot \$25, rotisserie \$25, 6 lined drapes 84" \$10 each. Call after 5 p.m. 248-8864. gJy2

2 ANTIQUE LAMPS w/brass bases \$100, antique folding needlepoint rocker \$125, Shirley Temple rubber doll \$90, antique print \$50 & more. 352-0855. gJy2

MOVING - FOR SALE: Hand crocheted bedspread 84 x 104, \$100. Martha Washington sewing cabinet, \$50. Teac turntable & tape deck \$125. Mink fur jacket \$50. (516) 742-2952. gJy3

KERMAN ORIENTAL RUG, 18' 6" x 11', beige background. Mint condition. Asking \$5,000. 747-0412. gJy3

DINING ROOM SET, Colonial w/2 Captain's chairs and 4 side chairs plus pine hutch. \$600. 873-0338. gJy5

FRENCH PROVINCIAL DINING room set, oval table w/3 leaves, 4 chairs, triple size breakfast w/glass shelves, lights, fruitwood. Good condition. \$700 neg. (516) 354-7443. gJy5

TWO (2) FRIEDRICH WALL air conditioners. 6 years old. 9 & 14.2 BTU. Evenings, 742-1358. W-Jy-5

CHERRY ANTIQUE WHITE DR SET, with breakfast & misc. items. Wedding Gown with Headpiece. 741-5908. W-Jy-5

TOROSSPEED LAWMOWER, 21 inch, rear bag mower. Excellent condition. \$100. Call 747-7159. W-Jy-5

SOLID CHERRY DINING ROOM set, \$1,500. Miscellaneous furniture. Best offer. 747-5631. gJy3

SMITH CORONA STAND-ARD Typewriter \$25, Electric hedge trimmer nearly new \$20, Garrard 3 speed record changer in carry case, needs adjustment \$10, new dishes set 20 pcs, unopened carton \$8, ladies handbags, new \$10 each, binoculars in case, good, 7 x 35, \$25. Call 747-4774. gJy3

GARDEN CITY MOVING - "New" White Westinghouse front load washer, stack up dryer, John Stuart executive walnut desk 30" x 66", Herndon English 3 tier trolley server, campaigne bunk beds, cabinet w/hutch, book stack, round dinette set, bar cabinet, Chippendale mirror, pair Stiffel lamps, chandeliers, brass fireplace set, various lamps, various area rugs, A/Cs, Tunturi rower, window shutter panels, upright piano & microwave. 742-8447. gJy4

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 \$600. Call 248-6786. wJy2

For Sale

MOVING - HABITAT: BOYS Pine - blonde bedroom furniture. 2 beds, night table, hutch & dresser \$350. (516) 742-2952. gJy3

SOLID CHERRY CABINETS, over 108 upper/lower custom, raised panel, pewter hardware. 5 blade Casablanca fan computerized/light. 2 Andersen 28" x 48" casement windows/ screens. 5' Almond cabinet/pewter hardware. All appliances. 248-9822. gJy3

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. gJy2

BEAUTIFUL BLOOMINGDALE black floral chain stitch area rug, 8 1/2' x 11', 9 months old. Bought \$1600, sell \$1300. Unusual antique Apothecary Chest \$100, Beveled Glass Cocktail Table with wrought iron base, pine frame, \$250. 746-1415. wJy2

BEAUTIFUL FIELDSTONE FAUX Fireplace with logs, 63" long, 52" high, \$300; White French curio 72" high, 30" wide, \$300. Dark Oak Curio/China closet, 77" high, 38" wide. \$400. All mint condition. 354-5288. W-Jy-4

ONE HOUR MINI SALE of odds & ends incl. electric lawn mower, Porego carriage, Century car seat. Sat. July 10, 9-10 a.m. \$1-\$5-\$10-\$25, 265-07 East Williston Ave., Floral Park, Queens. gJy2

LADY'S DIAMOND ENGAGEMENT ring, 3/4 carat, brilliant cut, VSI, yellow gold diamond setting. Appraised at \$7,000. Best offer 741-6942 after 5:30. Ask for Liz. gJy4

PANOSONIC MICROWAVE CONVECTION oven for all your cooking needs. \$175. Call 742-2197. gJy4

KITCHEN TABLE, butcher block, 40 x 60 oval, 4 Breuer chairs, tan vinyl seats. Great condition. Asking \$250. Beautiful painting, peaceful water scene \$75. 2 large wall mirrors, 3' \$10 each. 922-6160. gJy4

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

BABY GRAND PIANO, Young Chang, Prestine cherry mahogany with bench, 4 years old. \$3,500. 746-5826 gJy2

Car For Sale

1984 PLYMOUTH RELIANT, Maroon, 72,000 miles. Good condition. New parts plus extra parts. Asking \$500. Neg. Runs well. Call 248-0596, leave message. wJy3

Car For Sale

MUSTANG 90 LX, Conv. 5.0 a/t, 29K, white, blk leather, stereo/cassette, loaded, all power. A/C, alarm, habied, garaged, 1 owner, Serious only \$12,000 (516) 292-8999. gJy5

79 OLDS, DELTA 4 Dr., air, auto, beige. 746-7171. \$250.00 W-Jy-5

1982 DATSUN 210 - 4 door Sedan. Tan, A/T, 71,000 miles, original owner, non-smoker. Very good condition. Asking \$850.00. 516-354-2558. W-Jy-5

COLLECTIBLE 1974 AMC Ambassador, 8 cycles. P/S, P/B, A/C, automatic, 34,000 original miles. Excellent condition \$2,000 firm. 747-4564 gJy4

1988 HONDA ACCORD LXI, 4 door black/tan 74K. Excellent car. \$5,700 Dave 929-4325 gJy4

'88 CADDY ELDORADO, One owner, A/C, loaded, excellent condition, 91,000 miles \$7,200. Call evas 747-4678. gJy4

1988 JEEP CHEROKEE, new tires, new stereo, 45K miles, red, A/C, roof rack. Excellent condition \$7,500. 747-6812. gJy4

1984 CHEVY CELEBRITY, 4 door, A/C. Power steering, power brakes, power locks, cruise control. AM/FM cassette. Asking \$1,795. 775-2528. gJy3

1986 BUICK REGAL CLAS SIC, hard top convertible, 58,000 miles. Original owner \$5,000. 747-7465. gJy3

'85 SAAB SKYBLUE, standard 5 shift, excellent condition. New muffler, engine, starter, brakes. Grad student leaving for Europe. Must sell. \$2,900. 741-1775, 427-7848. Leave message. gJy3

1984 AUDI 5000's 4 door, dark grey, good condition. Asking \$2,800. Neg. Call 248-0596. New parts. 65,000 miles. Leave message. WJy3

1987 HYUNDAI EXCEL, grey, 4 door Sedan, 40,000 miles. Asking \$3,500. Great condition. Call 248-0596. Leave message. wJy3

'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. gJy2

'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. gJy2

1987 TOYOTA CAMARY LE Low mileage, sunroof, A/C, alloy wheels, loaded. Excellent condition, garaged. \$7,350. 747-3616 gJy2

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Lost and Found Pets

LOST, SMALL FRIENDLY gray striped & white female house cat, spayed, declawed, no collar or I.D. Brixton Road area. Four-year-old heartbroken. Name: Gera. Reward. 746-0959. gJy5

Personal

WALTER A. DARBY or family: Disc scaling game. Please contact author of Frisbee book. Victor Malafrente, P.O. Box 4020-002, Alameda, CA 94501. (510) 465-3869. hJy2

Fair

VENDORS WANTED FOR Crafts Fair to be held at St. Joseph's School, Garden City on Sat., Oct. 23. For further information call 741-3427, 742-8556 or 741-5976. gAu4

LINEN & TOWEL SALE

Notre Dame Parent's Association will be sponsoring a Gigantic Linen & Towel Sale from July 29th thru August 1st, in the school auditorium located on New Hyde Park Road & Evans St. Doors open at 10 AM. New merchandise at low prices. Please don't miss it! W-Jy4

Garage/Tag Sale

RELOCATING. MUST SELL Lacquer BR set, Sansui amplifier stereo w/speakers, Kit. Butch. Block Table w/2 chairs, Westinghouse refrig., gas range, orthopedic mattress w/box & frame, computer compacted desk, folding bed, microwave, lamps. 328-6964. goJy2

YARD SALE, JULY 10, 9-4, 51 Russell Rd., Garden City. Antiques, clocks, furniture, adult new tricycle, regulation shuffleboard, clothing, Queen, King size headboards, bookcases, desks, books, new speakers, bar refrigerator. goly2

TAG SALE, GARDEN CITY - Relocating, selling handsome antique Grandfather's clock, beautiful old 11 x 18 Kerman oriental rug, 8 x 10 Chinese rug, antique 2 weight Vienna regulator clock, unusual hanging display cases. Bolex cameras & lenses, antique school master's desk, wicker plant stand, brass student lamp, cherry console, antique oak table, lovely paintings, pictures & frames. Baskets, antique scale, insulators, wrought iron patio table w/6 chairs, stuffed fowl, bird cage, pot belly stove, filing cabinets, books, records, much miscellaneous. Please join us at 230 Stewart Ave. (corner Nassau Blvd., park on Kilburn Rd.) Sat., July 10, 9 AM to 2 PM goly2

TAG SALE - JULY 10, 9 AM to 6 PM. Bedroom furniture, beds, chairs, tables, drafting table, new Andersen window, glassware, misc. appliances, jewelry. 89 Second Street, Garden City. goJy2

Garage/Tag Sale

SATURDAY, JULY 17, 9-4, 14 Wellington Rd. South, Garden City South. 1 sofa, 1 sofa bed, computer desk, bike, skates, toys, clothes, etc. goJy3

TWO FAMILY GARAGE SALE, July 17, 8:30 - 3:00 PM Absolutely No Previews. 149 Oxford Blvd (East of Nassau Blvd, north of Stewart Ave.) Portable bar, large dog cage, many new items, samples, crafts, tools, books, furniture, antique spinning wheel & clothes mangle, housewares, vertical blinds & valance, baby items. Rain or shine. goly3

An Experience in Good Taste



DINING GUIDE

In the Discovery Section of this newspaper

Novenas

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. M.E.F. Jy2

O Mary, Queen of All Hearts, Advocate of the most hopeless cases; Mother most pure, most compassionate: Mother of divine love, full of divine light, we confide to thy care the favors which we ask of thee today.

Consider our misery, our tears, our interior trials and sufferings! We know that thou can help us through the merits of the Divine Son, Jesus. We promise, if our prayers are heard, to spread thy glory, by making thee known under the title of Mary Queen Of All Hearts, Queen of the Universe.

Grant, we beseech thee, hear our prayers at thine altar, where every day thou givest so many proofs of thy love and power to heal both body and soul.

We hope against all hope: Ask Jesus to cure us pardon us, and grant us final perseverance.

O Mary, Queen of All Hearts, cure us, we have confidence in Thee (3 times).

Recite this prayer for nine consecutive days. hJy2



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Love The Second Time Around

Continued From Page 3

someone again...Genny, I'm not rushing you, I only want to know if there is anyone in your life...I thought all romance was over when Beth died, but I have to tell you I feel like a boy again...I don't want to be apart from you...I've spent too many lonely nights and I'm hoping you feel the same way...Please say something, anything, but please say yes."

"Yes, Mike, you have no idea how I really feel, I never expected this to happen to me either. John told me to get on with my life and I never really understood what he meant, but now I know...He bent down to kiss her on the lips and she responded immediately by her arms around him holding tightly and she felt that she had just stepped through a door into his heart. They stood clasped to each other without a uttering a sound as two lonely souls found the warmth and need for each other. He bent to kiss her again to make sure he wasn't dreaming and found her response to him exciting. She pulled away from him and asked breathlessly, "I really have to get us some lunch...He holding on to her-"I'm really not hungry now all I want to do is hold you...I'm afraid you'll disappear if I let you go," she pulled him over to the couch and they both sat side by side with their arms entwined. He put his face into her mass of hair and inhaling the scent of her. She, sitting very still and thinking that she did not want to be rushed, knew that she could not, and would not live too many more days alone. She was excited, and knew in her heart she would be happy with him, but her sister, always the practical one, told her that her daughter, her sister, her in-laws would be appalled at this sudden turn of events...

ABOUT THE AUTHOR

The above story was mailed in by a reader, Cami Yates. Unfortunately we do not know her name and address or much other information about her.

Kids Home Newspaper

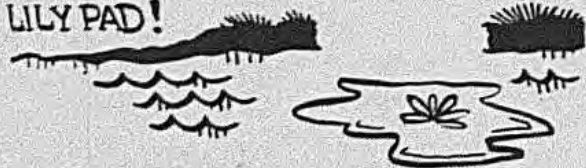


Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

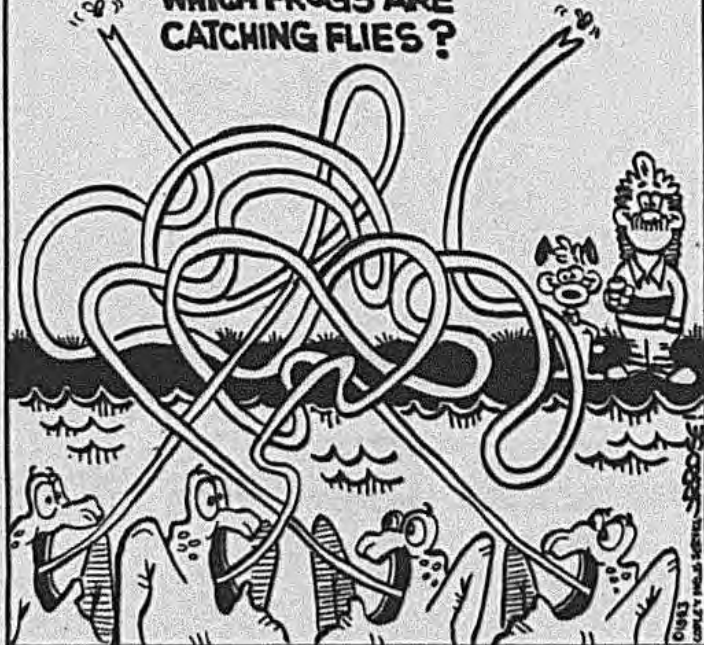
DRAW IT!

DRAW A FROG ON THIS LILY PAD!



AT FIRST THEY ALL WERE POLLIWOGS, BUT NOW THEY ALL ARE GROWN-UP FROGS! FROGS FIND BUGS AND FLIES SO YUMMY THAT THEY PUT THEM IN THEIR TUMMY!

WHICH FROGS ARE CATCHING FLIES?



PUP THANKS DAVID MERONI OF LAKE VILLA, IL.



WRITE US!

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

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

IN WHICH YEAR ARE MOST FROGS BORN?



PUP THANKS PERRIN DWALL OF VA. BEACH, VA.

ANTIQU OR JUNQUE



By Anne McCollam

Unmarked chair is late Victorian

Q. Enclosed is a picture of a chair that has been in our family for many years.

How old is it, who made it and how much is it worth?

I would appreciate anything you could tell me about it.

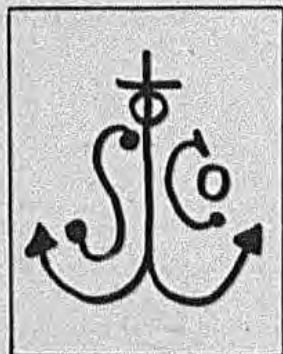


A. Your chair is late Victorian and was made around 1875. It is unmarked. Therefore, the maker is unknown.

It would probably be worth about \$365 to \$385.

Q. Enclosed is the mark on the bottom of my porcelain creamer and sugar. They are decorated with pink carnations, and green leaves on a white background, and have gold handles.

Can you tell me where they were made, and what the value is?



A. Your creamer and sugar were made by Oscar Schaller & Co. in Schwarzenbach-Saale, Germany.

Their value would be about \$55 to \$65.

Q. I have an 11-piece berry set that appears to be quite old. It belonged to my aunt and no one in the family remembers when or where she acquired it.

I'd never sell it, as it's appreciated for its sentimental value, but I'm curious as to how old this might be, and its value.

Each piece is marked on the back with the words "Royal Rudolstadt."

A. This berry set was made by a company founded by Ernst Bohne in Thuringia, Germany, in 1854. Your berry set was made in the early 20th century.

It would probably sell for about \$225 to \$235.

Q. I've had a porcelain plate for many years. It is marked "Royal Bayreuth, Bavaria" on the back. It is 7 1/2 inches in diameter, and has a scene of "Jack and the Beanstalk" on the front.

Can you provide me with information about the value of my plate?

A. Your plate was made by Royal Bayreuth, Bavaria, Germany, around the early 1900s. It currently lists for \$145.

Q. I have my great-grandmother's silver basket. I think it is sterling. It is about 12 inches long with a scalloped edge decorated with flowers. It stands on four feet and has an ornate handle. On the bottom it is marked "Barbour Silver Co. — Quadruple."

Could you please give me a date and value of this piece?

A. Barbour Silver Co. was in business from 1882 to 1898, when it was taken over by International Silver Co. This is not sterling. Quadruple means it was silver-plated four times.

It might sell for \$125 to \$135 in good condition.

Q. My husband and I own a six-piece Wedgwood plate collection of Bicentennial of American Independence 1776-1976. All six of the plates are in excellent condition.

We contacted Josiah Wedgwood & Sons Inc. in New York to try to find out the value of this collection, but our letter was returned to us marked "Return to Sender."

We would appreciate any information you can provide as to the value of the plates.

A. Each Wedgwood Bicentennial plate in your collection would probably be worth about \$25 to \$35. They were made in 1976.

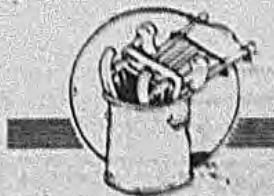
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Points on Pets

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

Q. Our 7-year-old retriever has bloody sores on the tips of her ears every summer. She does not have this problem during the winter months. Our dog stays outside most of the time. Is there anything that we can do to prevent this problem this summer?

A. The description that you give of your dog's ear problems is typical of fly bite dermatitis. Adult stable flies, *Stomoxys calcitrans*, are particularly adept at attacking the skin of the ears of dogs. Multiple bites are commonly located on the tip of the ears or at the folded edge of the ears in dogs whose ears are usually tipped over.

Hemorrhages, oozing serum and black crusts are often seen on the ears of dogs with fly bite dermatitis. Affected dogs are often housed outside and confined where they cannot escape from the fly attacks. Fly repellents, fly or flea sprays, flea powders or pastes applied to the affected skin will usually prevent repeated bites by flies.

Dogs with fly bite dermatitis should be housed inside during the day until the sore spots are com-

pletely healed. Straw piles containing manure or other decaying organic debris should not be allowed to accumulate near populated areas. If necessary, manure piles can be treated with fly sprays to help control the production of flies.

You should have your dog examined by your veterinarian to determine the exact cause of the bloody crusts on your dog's ears and for advice regarding how to avoid the problem.



Aunt Tilly's Corner

I know many boys and girls have started enjoying their summer vacations. Most are finding the most longed for weather is suddenly too hot and are heading for beaches, pools and air conditioned places.

One of my sons is going to visit Chile this week. This is a country right at the lower edge of South America. It is a fourteen hour trip by plane. Among some of the things my son packed were his heavy clothes and winter jacket. In Chile when we have summer, they have winter. So while you are enjoying your vacation here, the children of Chile are in the midst of another school season.

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, July 16, 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

Home care services

By William M. Acosta

Q. My mother needs skilled health care services in the home and was referred to a local Medicare-participating home health agency. How much of this is covered by Medicare? — J.K.

A. Medicare will pay for the full approved cost for all medically required covered home health care services. When you no longer need intermittent skilled nursing care, or physical or speech therapy, Medicare will continue to pay for covered home health services if you continue to need occupational therapy.

However, general household services — someone to do the laundry, prepare meals or do your shopping — are not covered by Medicare. Nor are other home care services that mainly meet personal, family or domestic needs.

Q. Will my current spouse lose any benefits because my ex-spouse also will be eligible for Social Security benefits on my record? — T.W.

A. No. Benefits payable to a divorced spouse who is 62 or older are not affected by the family limit provisions mentioned above. So any dependent's benefits due your ex-spouse will not reduce the payments made to your current spouse, or to any of your children who are receiving benefits.

When you die, the same rule applies to widow's benefits if your ex-spouse is 60 or older (50 or older if disabled). Generally, if you are divorced and your ex-spouse is currently unmarried, she or he can receive benefits on your Social Security record (provided the other eligibility requirements are met) if you were married at least 10 years.

Q. I am currently receiving Social Security retirement benefits. Will the benefits my wife receives on my record reduce my monthly benefit? She never worked. — J.S.

A. No. There are no other Social Security benefits that reduce the amount of money we pay you if you worked and earned a retirement or disability benefit.

If you are eligible for your own Social Security benefit, you will receive the full amount you are entitled to no matter how many other people receive benefits on your account.

YOUR SOCIAL SECURITY

Most Beautiful Grandchildren



I am enclosing a photo of my granddaughter. I think she is a living doll! Her name is Alyssa Contegiacomo, and she was born January 29, 1993. At the time the picture was taken, Alyssa was 4 mo. 3 wks. old. She weighed 14 pounds 10 ounces, and was 25" tall.

I am so proud of my granddaughter. I hope she wins the "World's Most Beautiful Grandchildren" designation.

Grandma Contegiacomo
Manhasset Hills



Miss Nicole Sangen poses with her umbrella. She is the darling daughter of Kathy and Fred from Floral Park, the granddaughter of Mr. & Mrs. Corkhill of Fordham St. in Williston Park. She turned two this past winter.