

In Two Sections - Forty Pages

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Mid-Island Times

& Levittown Times

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Friday, July 16, 1993

Bethpage Seniors Installation



Oyster Bay Town Councilman Leonard Kunzig recently attended the Annual Installation Luncheon of the Bethpage Seniors and commended Outgoing President Frank Meuschke, second from left, and Incoming President Helen Berghmans, fourth from left.

Pioneers Thanked



At the June 1 meeting of the New York Telephone Company Pioneers, Nassau County Executive Tom Guletta reviewed the County's programs for seniors, and thanked the Pioneer volunteers for their work in the county and their monetary contributions. Left to right Nassau County Executive Thomas Guletta, Sagamore Chapter President Walter Raltmayer (Seaforth), Vice President Leo Gray (Syosset) and Treasurer William Kelly (Hicksville).

Nursing Home Volunteer



Oyster Bay Town Councilwoman Ann R. Ocker, second from right, recently attended the Central Island Nursing Home Recognition Luncheon and presented a citation to Jaime Roche, a 13 year old Bethpage resident, who volunteers her time to the Nursing Center and its patients. Miss Roche was recognized by the New York State Housing Facilities Association as the Teen Volunteer of the Year. On hand were Central Island Nursing Home Administrator Martha Sweet and Recreation Director Joanie Gorman.

American Legion School Awards

For the 35th year the Charles Wagner Post 421 of the American Legion presented Legion School Award Medals and Certificates to outstanding elementary grade students of Hicksville's public and parochial schools. The much-prized American Legion Annual Awards are presented to youngsters who excel in the study of American history and, at the same time, demonstrate outstanding school citizenship and service.

Among the names of this year's award recipients available at this printing are: Dutch Lane School: Jennifer Elefante, Michael Funk and Heather Isler. Fork Lane School: Jill Cromwell and Timothy Silver; Lee Avenue School: John Kiernan and Toni Ann Mirro. Old Country Road School: Patrick Flynn and Kirk Graepel. Trinity Lutheran School: Bethany Braconier, John Kelly, Peter Komarnicki and Natasha Tutt.

The School Award Program is one of a number of community service activities carried on by Hicksville's American Legion Children and Youth Program. Overall Chairman of this program is John Geiser, Richard Evers, Post 421 Americanism Chairman, coordinates American Legion School Programs.

Presidential Scholars

Lyndon State College has announced Patricia A. Freyelsen, of Hicksville, has been awarded a \$500 Presidential Scholarship. Freyelsen is a junior studying psychology at Lyndon State.

The Presidential Scholarship is awarded to upperclassmen who have a minimum grade-point average of 3.5 and have completed 24 credits at Lyndon. Recipients of the award must also receive recommendations from full-time faculty members.

Teens In Touch

The Hicksville Youth Council has created a new peer empowerment group called Teens In Touch. This ongoing rap group will meet every Thursday from 3 p.m. to 4:30 p.m., starting August 5. It is open to Hicksville/Jericho teenagers grades 7th to 12th. For more information, or to reserve a place in the group, contact Letitia at 822-KIDS.

New Board Seated; '93-'94 Year Begun

By Maureen Traxler

With the reelection of Helen Lafferty as President of the Hicksville Board of Education and the election of Richard Pfaender as Vice President at its July 8th meeting, the School Board launched its 1993-94 school year. Trustee Voley Martin was elected Board Secretary.

Mrs. Lafferty quickly proceeded through the reorganization agenda. The Board unanimously reappointed District Clerk Alice Wider, Counsel Guercio and Guercio, Internal Auditor Joseph Magee, Public Information Officer Maureen Bright, and District Treasurer Tina Inocco. The Board approved the appointment of Health Quest, as school physicians for the coming school year.

The Mid-Island Times was again selected as one of the District's official newspapers.

The Board appointed committee chairs for the 1993-94 school year as follows: Finance - Raymond Manzo; Facilities - Dave Stator; Curriculum - Nancy Calleri; Policy - Voley Martin; In addition, the Board appointed Richard Pfaender as PTA Liaison and Jim Black as Parliamentarian.

There was some discussion concerning the appointment of an official insurance consultant for the coming year. Asst. Supt. Stuart Opdahl reminded the Trustees that an insurance consultant was a recommendation of a previous lay budget committee which requested a third party sit in review of policies which come before the district, rather than relying on agents. The \$3,500-a-year consultant position was awarded to Regent Consultants Corporation.

The Trustees tabled a decision on a new district architect. Asst. Supt. Opdahl said that the district has not been fully satisfied with the architects they have engaged in the last several years. There are alternatives, he said, including independent PE's (Professional Engineers) and recent graduates from civil engineering schools. Mr. Opdahl proposed that the district could possibly save \$50,000 by having an in-house position at a \$35,000 salary. He requested that the Board allow the administration to explore the alternatives and report back at the August meeting.

Mrs. Lafferty expressed concern that the district engage someone with experience, noting that the district runs a multi-million dollar plant. Trustee Rich Pfaender asked Mr. Opdahl if this could possibly evolve into a shared position with other districts, and Mr. Martin expressed interest in exploring a contracted-employee position.

The Board adopted a meeting schedule for the 1993-94 school year which included one additional summer meeting, August 4. The district's annual meeting and budget vote will take place on Wednesday, May 18, 1994.

Pursuant to prior discussions of the flexible benefit spending plan, the Board accepted the agreement for full-time employee groups as developed by Peat Marwick, the independent district auditor. Asst. Supt. Opdahl explained that under Internal Revenue Service regulations, Section 125, employees may designate sums of money, within the calendar year, for expenses such as excess health insurance, dental, child care, to be deducted from their salary and placed in a fund to pay these expenses. Excess employee monies at the end of the calendar year are not refundable and are pooled to reduce costs for the next year. A review by district counsel determined that the agreement is in accordance with Section 125 and plans set up in other districts.

However, the Board reserved decision on an Employee Trust Fund designed for the purpose of establishing a self-insured dental program. Mr. Opdahl explained that the fund is not essential to the flex program and the district has an insurance policy to protect itself in the first year. The Asst. Supt. advised that more information is needed before approval.

The Board requested a review by the Asst. Supt. of informational items:

* State Aid - Under a state deficit reduction plan, flat grant districts were to receive additional aid. Although this seemed to be favorable, it appears that this "transitional aid," if dropped by the state, could eliminate transportation aid to districts in the future. Mr. Opdahl called this transition aid a "guise they (the State) use to get rid of aid that is useful for downstaters." The legislation would have its worst effects on Long Island and Westchester dis-

Continued On Page 2

HBA Weekly Update



Team of "The Angels"

Girls Minor Division
Team #4, "The Angels" finished their season at 15-0 with a 15-14 win over the green team on the last day of the season.

Angela Lively's 6th inning double drove in Kaitlin Peterson and Kristen Baglieri with the tying and winning runs in the come-from-behind victory. Krystle Ryback contributed to the winning effort by driving in 3 runs with a triple and a single. Kerri O'Connor also contributed by driving in Lisa Sarandrea, Megan Breen and Shauna Farrell with a clutch double.

The season ended with Cindy McCarthy leading the team with 8 home runs, Melissa Koetter having the most RBI's with 57 and Alyssa Provenzano the highest batting average at .729.

Tara Degoski also contributed to the winning season by banging out 6 doubles and making some outstanding plays in the field.

Boys Major Division

On Saturday, June 26, the Major Division played the pin play-off game, between the play-off winner, the Yankees, and the division first place winner, the Cubs. The Cubs had a great season with 11 wins and 2 losses.

Thirteen boys coming together made a team that played hard for the past two months. There is John Mulcahy, a young fellow who didn't hit a ball when he started, but now he's popping them to the outfield. Others like Mat McNiff and Justin Galacz who without their bats coming around and getting the hits, we wouldn't have done as well.

Talk about bats. Let's talk about Mike Benic who played short stop. He had great games with great plays, week after week. Adam Lachoff made the other guys cringe when he came up to bat. He pitched sometimes, played third, and did a great job wherever he was positioned. Now Mat, his twin, also made the other teams cringe when he came up to bat; he got us those insurance runs that

were so important. Playing defense, Mat Lachoff played many infield positions, and got us some wins when he pitched. He saved a game or two with his fast reflexes on the bases.

When you talk about our outfield, those guys—Mat McNiff, Justin, John, Jason Turnier and Chris Serpico—stayed alert and had to move like a shot, when the ball was hit. They got a big "well done" and a special thanks for their cooperation. Though many boys don't want anything to do with the outfield, a young man named Michael Delaney plays center field like a pro. He runs in and out like a jet and has a great glove. I hope he keeps on improving and keeps on playing. By the way, he also played any position when asked, and has a great bat too.

Our other boys in the infield were great. A quiet guy who made those plays, from the other bases to first and made it look easy, was Constantine (Dean) Possas. Many times we called on him to pitch those last three innings to take us to victory. Third base was played by Tom Kuck, a tough position on the corner. The throw is tough, but Tom put it all together.

I saved these two teammates, our pitcher and catcher, for last, because they have to work together. A catcher must have many strengths, and Chris Cannizzaro has them all. He is fast, anticipates, and has the stamina to go all the way. Oh yes, he can catch too. Chris is a real team player.

The second half of that dominating duo is the pitcher. Without sounding like a bragging coach, I have to really compliment Howard Sham. When he started to pitch it was something to watch. He played second base as his alternate position and any other place he was needed.

This brings me to the last game of the season between the Cubs and the Yankees. Howard started to pitch the first inning and continued for the full six innings, giving up just one hit, and there were no runs. His arm did not waver at all. This was the first time this young

mates, be good sports, and just play the best they could... Together!

Our coach, Jay Lachoff, and myself, Stan Sham, really enjoyed working with these fine athletes this season.

man went the six and I am sure next year he will be a very strong pitcher.

This season was very special to the Cubs. First place is very special, but, what I hope is more important is that the kids learned how to be good teammates.

Want End To So. Elm Thruway



It happened again. This time a collision with careening cars at Plainview Rd., and South Elm St. They knocked over a mail box, and three people went to the hospital.

By Richard Evers
Concerned parents and homeowners near the

dangerous Plainview Road-South Elm St. corner are urging the Town Board to reduce the car traffic making south Elm St. a thruway to Old Country Road.

Cars have smashed into homes on all four corners of the accident-prone intersection. Last week, a mail collection box was smashed, as a woman driver careened onto a lawn and was thrown clear of her auto. In the demolished other car, two senior citizens were trapped until Hicksville firemen freed them with "the jaws of life" equipment.

Councilman Thomas Clark and the Town Board have received a letter urgently requesting help, to safeguard the over 20 young children living on South Elm Street which is thronged all day with cars short-cutting through the street to get between Old Country Road and Plainview Road. A petition requesting Town intervention with the County Highway and Police Departments has been prepared.

Residents and parents have wanted a traffic light at the intersection, long before the East Street light, one block west, was installed a couple of years ago. Now, local residents are urging that the East Street light be moved one block eastward to South Elm St. It is felt that children will be bused to the soon-to-open Solomon Schecter School (the former East St. School building), and an East Street traffic light will not be necessary for pedestrians.

New Board Seated: '93-'94 Year Begun

Continued from Page 1

tracts. If the aid is dropped, Mr. Opdahl estimated that Hicksville district aid could be reduced by \$2 million in subsequent years. He advised the Board to write to our legislators in Albany.

* **Certiorari Report** - One and a half years ago, the district began a review of the previous five year's state aid wealth formula in order to determine if the district is entitled to state aid due to incorrect assessable property value during that time. If the district can prove its case, it may mean an additional \$2 million in back aid.

* **Budget Report** - Contrary to some perceptions, Asst. Supt. Opdahl assured trustees and residents that the district closed the 1992-93 budget year with sufficient reserve funds to assure the dollar decrease in the tax rate in the coming year. Additionally, he said, the latest figures received by his office, indicate that based on the assessments, the district will easily be able to hold the proposed tax rate of \$31.254 per \$100 assessed valuation for homeowners. "We are looking at two or three years of good figures," Mr. Opdahl confirmed.

* **Recycling** - In response to a request by the Burns Avenue PTA asking the school district to explore the possibilities of recycling the growing number of disposable styrofoam trays now used in the food service program, Mr. Opdahl reported the district has found only two companies with recycling facilities, one in Bridgeport, New Jersey, the other in California. He estimated a district expenditures of \$11,000 to \$12,000 to withdraw the styrofoam trays, and informed the Board that not many companies make paper trays, cups, etc. He offered that the district could put out a bid in these areas, although it may bring additional cost.

* **Pay phones** - Mr. Opdahl reported that the district has received some commission income from its pay phones. The contract with Wiltech Systems basically continues the year-to-year rate schedule with no rate change on these phones. He noted that the district never received a response from New York Telephone when it originally pursued the pay phone conversion.

The next meeting of the Board will be held on Wednesday, August 4, at 8 p.m., in the Board Room of the Administration Building.

St. Dominic High School is...



- **A Private School** with an affordable tuition of \$3,600, a multi-building campus in a picturesque residential community, and a 65-year tradition of value-centered education.
- **A College Preparatory School** with a curriculum that offers four years of honors courses as well as advanced placement and college-level courses; 95% of the senior class is college-bound.
- **A Personal, Caring, Learning Environment**, with a total enrollment of 500 young men and women and an average class size of 25 students, that allows each student to be challenged intellectually and to be a participant rather than a spectator in extracurricular activities.



For information concerning admission to the 9th, 10th and 11th grades for September, 1993, please call Kenneth J. Selvester, Director of Admissions, at (516) 922-4888.

St. Dominic High School

110 Anstie Street, Oyster Bay, New York 11771

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Hicksville Schools Honor Employees



Ruth Silverman and Carol Klid relax with their husbands at the district reception held in honor of retirees and individuals celebrating 25 years of service.

"On behalf of the children of Hicksville Public Schools, I thank each of you for your service, caring and dedication you provide," stated Salvatore Mugavero, Supt. of Schools, as he and the Board of Education publicly acknowledged the contributions of Hicksville Public School District employees.

The district held a special reception prior to their Board meeting on June 23, and a presentation ceremony at the public meeting in recognition of employees who have retired during the 1992-93 school year, as well as employees who have completed twenty-five years of service to the district.

During the presentation ceremony with an audience comprised of family, friends, and colleagues, Dr. Daniel Kremin, Asst. Supt. for Personnel, acknowledged individually the many contributions made by each of the honored employees. On behalf of the Board of Education, Mrs. Helen Lafferty, President, presented the retirees with a plaque of appreciation, and the 25-year anniversary honorees with an engraved silver tray.

The following retirees were honored: William Cadarr, Anthony Carmo, Margaret Costigan, Catherine Dillon, Arnaldo Ferraro, Rose Fugarazzo, Carol Gerald, Joseph Giambalvo, Farrokh Hormozi, Gerald Klein, Carol Klid, Gordon Mackay, Kenneth McGinnias, Theresa McQuaid, Dorothy Pelletier, Laurence Redican, Phyllis Rubin, Rita Sales, Elsa Sharp, Henrietta Shore, Ruth Silverman, Paul Vetrano and Carolyn Weber.

The following individuals

Local Student Wins Scholarship

Mathew Anello of Hicksville has been awarded a \$500 scholarship by the Justice Frank A. Gulotta Memorial Scholarship Fund. Mathew is a graduating senior at Hicksville High School.

Justice Gulotta, the father of Nassau County Executive Thomas S. Gulotta, passed away in 1989. He had served as the District Attorney of Nassau County and later as the Presiding Justice of the Appellate Division of State Supreme Court.

were recognized for twenty-five years of service: Lawrence Baron, Helen Bilancia, Anthony Carmo, Lynn Carpenter, Arnaldo Ferraro, John Field, Tina Glansante, Kenneth Graiser, Ruth Hruaka, Leo Kanawada, Louise Kloenne, William Lemmey, Sophie Milburn, Dorothy Pelletier, Sandra Salat, Michael Scheck, Carl Schultz, Gary Schwartz, Rosalie Sones, Richard Susser, Karen Warner, Robert Zeleski, and John Zaleski.

In Memoriam

Judge Joseph Lebkuecker

Judge Joseph P. Lebkuecker died of heart failure Monday at Mid Island Hospital. Judge Lebkuecker, 92, was one of five original Nassau County District Court Judges. He served from 1938 to 1985.

He was a native of Hicksville, a graduate of Hicksville High School, Fordham College and Fordham University Law School.

Before selection for the County District Court, Judge Lebkuecker was a Justice of the Peace for Hicksville and had a private law practice. He was the first president of the Hicksville Republican Club and a committeeman before his judgeship. When he left the bench he served as assistant committee counsel in state government in Albany and was in the general insurance business.

He was an avid boater and owned a 40 ft. cabin cruiser which he would sail in New England. He sold the boat after a stroke five years ago.

Judge Lebkuecker recently was honored by the Nassau County Bar Association with a medallion noting his 70 years of membership and his distinguished judicial service.

He is survived by his wife, Loretta M., son Joseph P., Jr. of Jamesport, daughter Joan D'Auria of Brookville, three grandchildren and two great-grandchildren.

A Mass was celebrated Thursday in Holy Name of Jesus Catholic Church, Woodbury; burial in Holy Rood Cemetery, Westbury.

Bike Safety Rodeos In N.Y.

The Town of Oyster Bay has designated July "Bicycle Safety Month," and will sponsor four Bicycle Rodeos for children ages 7 through 14, according to Town Councilman Douglas J. Hynes.

"Bicycles are an important form of transportation used by children each and every day," Councilman Hynes said. "They ride alongside cars and trucks on major roadways, and all too often our children have not learned the rules of the road so necessary to preserve their safety."

"Bicycle Rodeos are an excellent way to educate children about bicycles safety because they combine fun with safety instruction," Councilman Hynes continued. "This year we've planned events such as skills tests where children are tested on their use of hand signals and their ability to maneuver on a bicycle. In addition, children will be able to put their bikes through a safety inspection to see that they are in good working order and have the proper safety equipment. Of course prizes and raffles will be awarded this year as well."

Councilman Hynes added that as a result of last year's resounding success, the New York Auto Club has agreed to return "Mike the Talking Bike." "Mike," a well known favorite among children, teaches bicycle safety to children in a unique and riveting fashion.

The Town Bicycle Rodeos, which are being held as part of the Parks Dept. Summer Recreation Program, are scheduled for:

July 14, Marjorie Post Park, Massapequa.
July 16, Bethpage Community Park.
July 19, Ellsworth Allen Park, Farmingdale.
July 23, Syosset Woodbury Park all between the hours of 9:30 to 11:30 a.m.

Old Glory Flies On The 4th Of July

To the delight and wonderment of several thousand homeowners on July 4, they awoke to find small American flags flying on their front lawns. The flags were placed by Caldwell Banker Sammie Real Estate Agency folks, such as Patricia Gambino and family, as part of an ongoing flag usage and education program for the public.

Broadway, Hicksville was decorated with flags all day July 4, through the annual holiday flag program of the Hicksville Chamber of Commerce. Commander Albert Cinotti and members of the Charles Wagner Post, American Legion placed, and retrieved, the flags at sundown in their privileged Independence Day volunteer assignment.

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Awards Assembly



Nassau County Executive Thomas S. Gulotta (far right) recently attended an Awards Assembly for Hicksville High School. County Executive congratulated Community Service Award recipient, John Flynn. Looking on were John's parents, Thomas and JoAnn Flynn.

Miss N.Y. Finalist 'American Princess'



Summer Lynn Krisel

Miss Summer Lynn Krisel, 7, daughter of Steve & Cindi Krisel of Hicksville has been chosen as a State Finalist in the Miss New York American Princess Pageant to be held Aug. 28 & 29 at the beautiful Sheraton New York, 7th Ave. & 52nd St., Manhattan. The pageant is held for girls ages 4-7. The winner of the pageant will receive a \$1,000 cash award, the official crown and banner, and transportation and sponsor fee to compete in the national

pageant. Other pageants are held for the state to include all girls ages 4-19.

Miss Krisel's activities include Running with her CYO track teammates, dancing at Ella Marie's for weekly jazz and ballet classes, and she also enjoys ice skating, reading Amelia Bedelia, and just playing and having fun with her friends. Summer is also a 2nd grade student at Our Lady Of Mercy in Hicksville.

Volunteer Honored



Pictured at the award ceremony, left to right: Giovanni DiStefano, Administrator MIH, with Ether Pincus of Levittown.

For the past ten years Mid-Island Hospital has celebrated the spirit of Volunteerism, and more specifically our volunteer force, at an Annual Award Dinner. This year MIH spotlights a recent addition to the team - Ether Pincus of Levittown.

Ether is a seasoned volunteer (volunteered for many years at the Local Y), who

joined Mid-Island Hospital Volunteer Services in March of this year and has already devoted 50 hours to our patients and staff. Thanks Ether for a job well done. Your acts of kindness are appreciated far more than you will ever know. Mid-Island Hospital...Where people and progress are making the difference.

What To Be?



Maybe I'll be a police officer when I grow up! A sentiment expressed by second grade students at Woodland School, following a visit to their class by Officer Phil Brady. Officer Brady, a NYC Transit Police Officer, was invited to Ms. Cutrone's second grade class to discuss his responsibilities and experiences as a police officer. The students enjoyed Officer Brady's enthusiastic presentation, which culminated their research on careers.

LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF NASSAU, THE GREATER NEW YORK SAVINGS BANK, Plaintiff, vs. EROS RAPINI; If he be living and if he be dead, his respective executors, administrators, heirs at law, next of kin, distributees, legatees, devisees, grantees, assignees, judgment-creditors, receivers, trustees in bankruptcy, trustees, committees, lienors and successors in interest and their husbands, wives or widows, executors, administrators, heirs at law, next of kin, distributees, legatees, devisees, grantees, assignees, judgment-creditors, receivers, trustees in bankruptcy, trustees, committees, lienors and successors in interest, if any and all persons claiming by, through and under any of them, all of whom and whose names are unknown to plaintiff; MARGARET RAPINI, if she be living and if she be dead, her respective executors, administrators, heirs at law, next of kin, distributees, legatees, devisees, grantees, assignees, judgment-creditors, receivers, trustees in bankruptcy, trustees, committees, lienors and successors in interest and their husbands, wives or widows, executors, administrators, heirs at law, next of kin, distributees, legatees, devisees, grantees, assignees, judgment-creditors, receivers, trustees in bankruptcy, trustees, committees, lienors and successors in interest, if any and all persons claiming by, through and under any of them, all of whom and whose names are unknown to plaintiff; ROOSEVELT SAVINGS BANK; EUROPEAN AMERICAN BANK AND TRUST COMPANY; MEENAN OIL CO., INC.; CITIBANK, N.A.; PEOPLE OF THE STATE OF NEW YORK; UNITED STATES

LEGAL NOTICE

OF AMERICA; "JOHN DOE" and "JANE DOE", the names of these defendants being fictitious, the persons intended being tenants in possession of said premises, Defendants. Index No. 10844/92. TO THE ABOVE NAMED DEFENDANTS: YOU ARE HEREBY SDUMMONED to answer the amended verified complaint in this action and to serve a copy of your answer, or, if the amended verified complaint is not served with this supplemental summons, to serve a notice of appearance, on the plaintiff's attorney within twenty (20) days after the service of this supplemental summons, exclusive of the date of service, or within thirty (30) days after service is complete, if this supplemental summons is not personally delivered to you within the State of New York. The United States of America, if designated as a defendant in this action, may answer or appear within sixty (60) days of service hereof. In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the amended verified complaint. Plaintiff designates Nassau County as the place of trial. Plaintiff has its principal place of business in Kings County. Dated: New York, New York May 3, 1993. Robert P. Carlson, Esq. Office & P.O. Address, One Penn Plaza, 27th Floor, New York, New York 10119. TO THE ABOVE NAMED DEFENDANTS IN THIS ACTION: The foregoing supplemental summons is served upon you by publication pursuant to an order of Hon. Edward T. O'Brien, a Justice of the Supreme Court, granted June 15, 1993 and filed in the office of the Clerk of Nassau County, the amended verified complaint having heretofore been filed in said County Clerk's office. The object of this action is to foreclose the mortgage to secure the sum of \$16,850.00

LEGAL NOTICE
and interest duly recorded in the Office of the Clerk of Nassau County on May 7, 1983 in Liber 7334 at page 45 covering the following premises: All that certain lot, piece or parcel of land with the buildings and improvements thereon erected, situate, lying, and being at Hicksville, Town of Hempstead, County of Nassau and State of New York, known and designated as and by the Lot No. 12 in Block 210, on a certain map entitled, "Section 'J' Sub-division Map of Island Trees, owned by Bethpage Realty Corp., located at Hicksville, Town of Hempstead, Nassau County, New York, survey and maps by C.A. Monroe, P.E. and L.S." and filed in the Nassau County Clerk's Office on December 16, 1947 as Map No. 4477, which said lot according to said map is more particularly bounded and described as follows:

BEGINNING at a point on the westerly side of Locustwood Lane, 70 feet southerly from the corner formed by the intersection of the southerly side of Sycamore Lane and the westerly side of Locustwood Lane; **RUNNING THENCE** southerly along the westerly side of Locustwood Lane, 60 feet; **THENCE** westerly at right angles to Locustwood Lane, 100 feet; **THENCE** northerly parallel with Locustwood Lane, 60 feet; **THENCE** easterly at right angles to Locustwood Lane, 100 feet to the westerly side of Locustwood Lane, to the point or place of **BEGINNING**. Said premises being known as 18 Locustwood Lane, Levittown, New York. Dated: May 3, 1993 - Robert P. Carlson, Esq., Attorney for Plaintiff.
MIT 2725
4 x 7/16, 23, 30, 5/6

In Service

Navy Fireman Apprentice Nikolaos G. Yalamos, a 1990 graduate of John F. Kennedy High School of Plainville, recently participated aboard the aircraft carrier USS America, homeported in Norfolk, Va. in "Ocean Venture 93," an Army, Navy, Marine Corps, Air Force and Coast Guard training exercise.

Yalamos was one of more than 20,500 service members who trained with forces from the United Kingdom, France and the Netherlands. Participants in "Ocean Venture 93," which took place off the coast of Puerto Rico, demonstrated the ability of continental United States-based forces to operate in a joint/combined environment with little or no preparation. The exercise, conducted by the U.S. Atlantic Command, included joint airborne, amphibious and helicopter-borne assaults ashore. These units also showed their ability to provide rapid military support to neighbors and allies of the United States, while the joint force commander and the joint force air component commander demonstrated the ability to operate from ships at sea.

He joined the Navy in August, 1990.

LEGAL NOTICE

**SYOSSET
SANITATION
DISTRICT
P.O. BOX 14
SYOSSET
NEW YORK 11791
COUNTY OF
NASSAU**

NOTICE TO BIDDERS

Public Notice is hereby given that the Commissioners of the Syosset Sanitation District, Town of Oyster Bay, County of Nassau, State of New York, will receive sealed bids for the collection and removal of waste, special waste and recyclables which includes garbage, refuse, rubbish, ashes, recyclables and landscape materials for the period commencing February 1, 1994 and ending January 31, 1997 or, in the alternative, at the sole and absolute discretion of the Commissioners for the period commencing February 1, 1994 and ending January 31, 1995, with the Syosset Sanitation District, Town of Oyster Bay, County of Nassau, State of New York. The territorial description of the District and the conditions and specifications covering such bids for the alternative period may be reviewed and inspected during regular business hours at the offices of Murphy, Bartol and O'Brien, Esqs., attorneys for the Syosset Sanitation District, 22 Jericho Turnpike, Mineola, New York 11501.

The successful bidder will be required to transport, dispose and deliver all waste recyclables and special waste collected in and removed from the District to the Town of Oyster Bay Landfill, Town of Oyster Bay incinerators, town of Oyster Bay Resource Recovery Facilities or any other location or facility designated by the town of Oyster Bay as a place to receive waste recyclables and special waste.

All bids shall be placed in an envelope sealed and addressed to the Commissioners of the Syosset Sanitation District and further marked "Bids for Removal of Waste Recyclables and Special Waste in the Syosset Sanitation District."

All bids must be received by the Commissioners of the Syosset Sanitation District on or before Wednesday, July 21, 1993, at 8:00 pm at the Veterans of Foreign Wars Hall, Queens Street, Syosset, New York, on which day and at said hour the said bids will be opened and publicly read. No bids will be accepted if received after 8:00 pm on the said July 21, 1993.

All bids must be accompanied by a certified check payable to the Syosset Sanitation District in the amount of One Thousand (\$1,000.00) Dollars. Checks of unsuccessful bidders will be returned upon the award of the contract by the Commissioners and the check of

LEGAL NOTICE

the successful bidder will be returned upon the signing of the contract.

All bids must cover back door pick-up and collection and collection of recyclables as provided by the Town of Oyster Bay for the period covering February 1, 1994 and ending January 31, 1997 and the alternate period of February 1, 1994 and ending January 31, 1995 and must provide for pick-up and collection on Mondays Wednesdays and Fridays for one-half of the District and on Tuesdays, Thursdays and Saturdays for the other one-half of the District exclusively in order to be considered.

A performance bond for the full amount of the contract price for the period of the contract to be awarded and a certificate of public liability insurance insuring the Syosset Sanitation District and the successful bidder in the minimum coverage of \$1,000,000/\$1,500,000 for personal and bodily injury and \$300,000 for property damage and a Certificate of Workers' Compensation Insurance coverage in accordance with the provisions of the Workers' Compensation Law of the State of New York shall be furnished to the District at the time of execution of the contract.

Each bidder agrees to abide by the Conditions and Specifications, as set forth by the Syosset Sanitation District by the requirements of Chapter 11 "entitled "Garbage Litter and Waste" of the Town of Oyster Bay Code of Ordinances, as amended, and by the Laws of the United States of America and the State of New York.

The Syosset Sanitation District reserves the right, in its sole and absolute discretion, to waive any informalities in or to reject any and all bids in whole or in part, which in its judgment is in the best interests of the Syosset Sanitation District.

Dated:
Syosset, New York
July 1993

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Chairman
Jack Gioelli,
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Thomas Duncan,
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If you want to be published and be part of an issue of Discovery, you may submit your article to Litter Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

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Runaway Unicorn



Lee Avenue School Second graders Search for the "Runaway Unicorn." As the audience delighted over their performance, the students in Ms. Joan Flanagan's class traveled through Bookland hunting for the missing unicorn. The students, all dressed as famous storybook characters, journeyed down Storybook Lane. With the assistance of a real child, played by Anita Watterson, and the Wizard of Oz, played by Gabriel Palacio, a tender trap was set to bring the unicorn, played by Elise Gramaglia, home. And, of course, the superb performance concluded with the return of the unicorn as King of Bookland.

Soda Fountain At High School

High School students looking for a place to go in the evenings can now meet their friends in the new Soda Fountain at Hicksville High School. Mon. through Fri. evenings, students are welcome to enjoy the company of their friends in the relaxed atmosphere of the Soda Fountain, located in the school's cafeteria. In describing the many offerings available to purchase at the soda fountain, Renee Lotvin, Food Services' Director, commented "We have every flavor of ice cream under the sun; you name it, we have it!" Ice cream sodas, malts and sundaes of all kinds are available. In addition, hot dogs, hamburgers, nachos and snacks may be purchased.

On Thurs. evenings, (July 15-Aug. 5), students are invited to join in the fun with the popular

Japanese style entertainment, Karaoke, at the Soda Fountain. If you are a young person in grades 9-12, and a resident of Hicksville, why not join in the fun and come sing your favorite songs on Thurs. evenings from 6:30-9:30 p.m.?

The programs are offered as part of the Hicksville Public Schools Summer Recreation Program. Mon. through Fri. evening, students are welcome to participate in the open recreational program at the High School. Stop in, challenge a friend in a game of pool, enjoy some video games, work out in the weight room, keep in shape with aerobics, or play a game of basketball or tennis. Why stay home or just hang out and complain you are bored when you can meet your friends at Hicksville High School.

Summer Employment Program Underway

Once again the Hicksville Youth Council is working hard this summer to provide employment for the young people in the community. The employment program provides services for youth ages 14-21 in everything from babysitting and mowing lawns to clerical work and jobs in local businesses.

The Rent-A-Kid program is designed for young people ages 14-16 looking to make extra money. It places teens in "odd jobs" with local residents. Jobs in this program include those such as babysitting, mowing lawns and many others. The Vocational program helps youth ages 16-21 find jobs such as clerical work and positions in local businesses both small and large. An underlying goal of the Vocational program is to assist kids in identifying possible future career goals.

The Youth Council's Employment Program is a referral service for young people which links them to jobs that meet their needs and interests as closely as possible. The Youth Council encourages any teens looking for summer jobs to call and make an appointment. In addition, if you are a local employer looking for part-time or full-time summer help, the Council encourages you to call as well.

For more information, contact Chris Romano, Employment Coordinator, at 822-KIDS.

College News

Jennifer Moran, daughter of Virginia and Thomas Moran of Hicksville, has been named to the spring term Dean's List at Hartwick College. Moran is a sophomore majoring in psychology.

Inclusion on Hartwick's Dean's List is an indication of excellent academic work, including the completion of a full course load with at least a 3.40 grade point average.

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RONEL REALTY ASSOCIATES, L.P., has been formed as a domestic limited partnership (L.P.) and states the following:

1. The name of the L.P. is RONEL REALTY ASSOCIATES, L.P.
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3. The county in which the office is to be located is Nassau County.
4. The S/S of the State of N.Y. is designated as the agent of the L.P. upon whom process against the L.P. may be served. The P.O. address to which the S/S of the State of N.Y. shall mail a copy of any process against the L.P. served upon him is c/o Fein & Fein, 99 Woodbury Road, Hicksville, N.Y. 11801.
5. The name and address of the sole general partner is available from the S/S of the State of N.Y.
6. The latest date upon which the L.P. is to dissolve is December 31, 2090.
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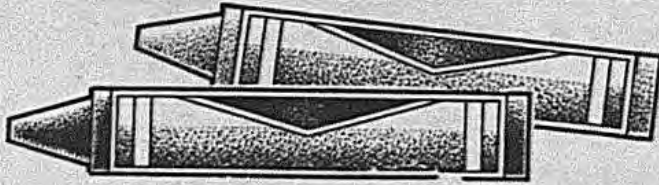
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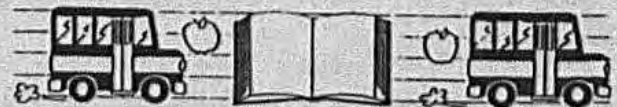
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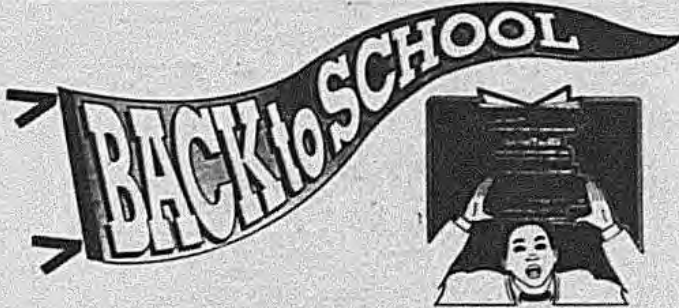
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PAGE ELEVEN Friday, July 16, 1993 MID ISLAND TIMES

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Author Gordon Korman Visits JFK



Author Gordon Korman visited John F. Kennedy Middle School in Bethpage on June 15. He spoke with the sixth grade students about his writing career, which started when he was in seventh grade. Students had an opportunity to meet with him in small groups to ask questions about his books, characters, and Mr. Korman that were of particular interest to them.

Gordon Korman's visit was the culminating event of several weeks of reading, discussing, writing about, doing art projects, and creating games based upon his books. Through the assistance of the John F. Kennedy Middle School PTA, students had an opportunity to purchase Mr. Korman's books, and have them autographed. In photos Gordon Korman autographing books for Jason Feldman and Chris Legerto.

In Service

Navy Seaman Recruit Salvatore DeFazio, a 1992 graduate of Hicksville High School is currently deployed and has completed the first half of a six-month Persian Gulf and Indian Ocean deployment aboard the amphibious cargo ship USS El Paso, homeported in Norfolk, Va. as part of the USS Wasp Amphibious Ready Group.

DeFazio is again participating in Operation Restore Hope, a peace-keeping operation off the coast of Somalia. Elements of the amphibious ready group provided a rapid, from the sea response force of Navy units and Marine Corps special-operations capable assault troops, helicopters, Carrier aircraft and other amphibious assault vehicles to the multinational peace-keeping force commander in Somalia.

USS El Paso spent 50 days off the coast of Somalia earlier in the deployment. The Marines and sailors are participating in exercise Eager Mace in Kuwait, which was cut short when they were ordered to backload and return to waters off Somalia.

Scholarship Award



Nassau County Executive Thomas S. Gulotta, far right, recently attended an Awards Assembly for Hicksville High School.

County Executive congratulated Matthew Antello, recipient of the Justice Frank A. Gulotta Memorial Scholarship Award in honor of the County Executive's late father, the former Nassau County District Attorney and Justice of State Appellate Division.

Looking on was Matthew's mother, Geraldine.

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Security Firm Helps United Way



Employees of OCS Security, Hicksville, proudly display their gift of \$2,538 to Long Island's United Way (LIUW, Deer Park). Left to right, Bob Giordano (Patchogue); Tricia Dempsey (East Meadow), Glen Braz (Hempstead), Aurea Zelders (Hicksville), and Chris Patoir (Dix Hills). The security firm is among over 800 local and regional businesses that contributed \$9.3 million to the recent United Way Appeal. Over 150 local health and human service agencies are supported by LIUW.

25 Years Teaching



Oyster Bay Town Councilman Leonard Kunzig presents a citation to Maureen Corbin, a fourth grade teacher at Charles Campagne Elementary School in Bethpage, who has been teaching in the district for 25 years.

Birth Announcement

Oyster Bay Town Councilman Leonard Kunzig and his wife, Donna are the delighted parents of a new baby daughter, Courtney Elizabeth Kunzig was born July 2, 1993, and weighed 7 lbs. She will be welcomed to her Bethpage home by seven-year old brother Brian and four-year old sister Christi.

Babysitting Jobs Needed

This summer has brought many young people to the Hicksville Youth Council seeking babysitting jobs. They are friendly and reliable young people, and many have references from past babysitting jobs. While the Youth Council would like to help these teens, they cannot do it without the help of the community.

If you are a parent in need of a trustworthy babysitter or an extra pair of hands to help out keeping kids busy during the summer months, the Youth Council can help. By functioning as a referral source, the Youth Council can provide you with names and numbers of qualified youth for babysitting.

For more information, contact Chris Romano, Employment Coordinator, at 822-KIDS.

Bethpage Student Honored By Hospital

For the past ten years Mid-Island Hospital has celebrated the spirit of Volunteerism, and more specifically or volunteer force, at an Annual Award Dinner. This year Joseph Baschalen, a Bethpage High School Junior, was spotlighted for his many hours of community service since last July.

Joseph joined the Mid-Island Hospital Volunteers in July '92, because he wanted to "help people in need"... And He Has! Assigned to the Surgery Unit, Joseph performs many time-saving tasks for the nursing staff, visits with patients, relays messages, delivers ice water, etc.

Thanks Joseph for a job well done... Your smiles and acts of kindness are appreciated far more than you will ever know. Mid-Island Hospital... Where people and progress are making the difference.

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

STAR Reader Program

Students in the Bethpage Public Schools participated in the STAR Reading Program supported by McDonald's. The children read a required number of books for three months, and charted their progress on a chart that has various levels of the atmosphere. Many teachers in the elementary schools and middle school had their classes participate. Pictured are a sampling of some of the classes that participated:



Marlon Siegel's class at Kramer Lane Elementary School



Dolores McAuliffe's class at Central Blvd. Elementary School.



Maren Erichsen's class at Charles Campagne Elementary School



Joan Patterson's class at John F. Kennedy Middle School.

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Seniors Honored



Nassau County Executive Thomas S. Gulotta, (fifth from right), attended an Annual Reception honoring Directors and Presidents of the Senior Citizen Clubs and Centers, held at the C.W. Post Campus of Long Island University.

County Executive Gulotta is pictured greeting: Irwin Penzel, Senior Adult Club of St. Ignatius; Carmela DePace, of the Hicksville/Levittown Seniors; Angela Sotallaro, of the Hicksville/Mid-Island Seniors; Edna Crews, of Hicksville/Levittown Senior Club; Helen Jud, of St. Ignatius Senior Club; Matthew J. Bozek, of Salisbury Senior Citizens Club, Inc.; Enrico V. Vitelli, of the LILCO Retiree Club; Michael J. Kaczmarek, of the Our Lady Of Mercy Senior Citizen club, Inc.; Marge Cycon, of the Our Lady Of Mercy Seniors.

Volunteer Racks Up 50 Hours

Gregory Schuster of Bethpage, began serving his community by volunteering at Mid-Island Hospital, bringing new meaning to the concept of commitment in volunteerism by accumulating over 50 hours in less than one month.

"We are extremely fortunate to have Gregory on our team," said Beverly Wagner, Director of Volunteer Service and

Patient Advocate. "His fortitude and selfless outreach is an inspiration to us all," she added.

Gratefully recognizing the dedication and commitment to our patients and staff demonstrated by each and every volunteer, Mid-Island Hospital honored its entire volunteer force at the Annual Awards Dinner last month.



Gregory Schuster accepts award from Giovanni Distefano, Administrator, Mid-Island Hospital.

Community Service



Nassau County Executive Thomas S. Gulotta, (right), congratulated Kellenberg Memorial High School's Community Service Award recipient, Hilary Meagher Cunningham, a Hicksville resident. Looking on was Kathleen Cunningham.

You Can Tell A Book By Its Cover

In a special spring Book Jacket Contest, a profusion of colorful book jackets designed by youngsters in grades 1-6 were submitted to the Children's Department of the Bethpage Public Library.

The Book Jacket Contest, promoted jointly by the public library and the Bethpage Public Schools, required that youngsters check out a Bethpage Public Library book and prepare a jacket for it, including cover art and written blurb. Many district teachers chose to use the contest as class projects. Six winners were selected from the large number of submissions, representing all grade levels included in the contest. The winning jackets are now on display in the Bethpage Public Library's main reading room near the circulation desk.

The six winning jackets were submitted by:

- Grade 1
Mia Spyropoulos, Central Boulevard School
- Grade 2
Jeannette Barzenski, Charles Campagne School
- Grade 3
Katie Lawrence, Central Boulevard School
- Grade 4
Eddy Reilly, La Salle Regional School
- Grade 5
Crystal Zarcone, Kramer Lane School
- Grade 6
Meredith Wong, John F. Kennedy Middle School

For further information, please call 931-3907.

Another One For The Records

Oyster Bay Town Clerk Carl L. Marcellino has another one of the records, the Town records that is, in the form of a Local Government Records Management grant, making this the fourth consecutive year he has secured such a grant for his office.

"This is the fourth year this type of grant, which was established by the Archives and Records Administration of the State Education Deptment, was made available, and it is the fourth year my office has received a grant," the Town Clerk Marcellino stated. "I believe that reflects well on the operation of my office and on my own personal dedication to preserving and protecting the records entrusted to my care."

He went on to explain that under the grant, funds are awarded on an open-competitive basis to municipalities, schools, libraries and other records-retaining offices or institutions. Money for the program comes from requests under the Freedom of Information Law (FOIL) where individuals have to pay for copies of information they want. He noted that the Town's Department of Intergovernmental Affairs gave him assistance in applying for the grant.

Jottings From Yesteryear

By Bill Clark

Just back from visiting my sister in Florida. I came back to get warm. It is hotter and more humid here. We drove for a couple of hours on the main thruways lined with trees on both sides, and easy on the eyes, like we once had up here. Now they seem to think that tall concrete or heavy logs of wood walls for miles are easy on the eyes. The live wood with branches and leaves sure look nicer and no great expense per mile. We went to the Lion Country Safari, a far cry from

Frank Buck's Jungle in Massapequa years back.

Back in the '40's I entered our former court house for the first time, by request of the draft board. Now, today, 50 years later I am here at the same building, but now it is the Hicksville Gregory Museum along with the other old fossils, minerals, etc., and possibly some of the nearly 1000 butterflies that I had in my stomach in the '40's. They are part of the many things to see at the museum.



Former Huettner residence, Jerusalem Ave. and W. Marie St.

Photo by Harold Kelly



Today, Jerusalem Ave., Huettner house was at far end of parking lot and McCaffery residence at this end, the corner of W. Nicholas St.

Photo by Bill Clark

Moving Up Day



Elementary School Students Celebrate Moving Up! Pictured is Old Country Road School Principal Geraldine Silver presenting diplomas at Moving Up Day Exercises. Fifth grade students in each of the district's six elementary schools participated in moving up exercises. In honor of the occasion at Old Country Road, Mrs. Silver shared with the students the book entitled "Oh, the Places You'll Go" by Dr. Seuss. PTA president Mary Beth Becker presented a photograph of the students to the principal to be hung in the school. In addition, students at each of the schools were recognized for academic excellence, perfect attendance and special achievements. At Old Country Road School, parents beamed, some with a tear in their eye, as the students sang "As we walk down the aisle, We leave you with a smile, You made it all so worthwhile."

In Service

Navy Seaman Recruit Salvatore DeFazio, a 1992 graduate of Hicksville High School is currently deployed and has completed the first half of a six-month Persian Gulf and Indian Ocean deployment aboard the amphibious cargo ship USS El Paso, homeported in Norfolk, Va. as part of the USS Wasp Amphibious Ready Group.

DeFazio is again participating in Operation Restore Hope,

a peace-keeping operation off the coast of Somalia. Elements of the amphibious ready group provided a rapid, from the sea response force of Navy units and Marine Corps special-operations capable assault troops, helicopters, Harrier Aircraft, and other amphibious assault vehicles to the multi-national peace-keeping force commander in Somalia.

He joined the Navy in Sept., 1992.

Independence Weekend Stirs Hicksville Veterans

By Richard Evers

Fourth of July this year may have taken place on July 5th, but Hicksvillites were not dismayed, from the turnout of war veterans and public at the Oyster Bay Town Independence Day programs held on Monday, July 5th. Taking part, once again, in the Town festivities were Hicksville's color guard and members from the Charles Wagner Post 421 - American Legion, the William Gouse 1311 Post of the Veterans of Foreign Wars, and the Henry Biel Post of the Masonic War Veterans. Other Hicksvillites stood tall with the colors of the Pearl Harbor Survivors Association and the Disabled War Veterans of America.

In a position of some prominence was Legion Post 421 past commander Arlene Howard who paraded as Vice Commander of the Nassau American Legion Third Division, with County Commander Willibe Wilson and his staff. Richard Evers, a 22 year Town Bicentennial and Historical Commission member, served once again as a Parade Marshal.

This year's Oyster Bay Independence Celebration was again sponsored by the Town's Bicentennial and Historical Commission with the cooperation of the Town Department of Parks and the Oyster Bay Community Band under Director Michael Iannecello. The program at the Bandstand, Townsend Park, was chaired by Miss Dorothy Horton McGee, Chairperson of the Town Commission, and Town Historian.

Oyster Bay's 340th Anniversary as a settled community was the program's significant focus, a colorful recollection of the time when Oyster Bay was part of Dutch new Netherlands. Recalling 1653 and the years of the dynamic, able Governor Peter Stuyvesant, was guest speaker John Voorhis, a Trustee of the Holland Society of New York. Among other guest speakers was Oyster Bay Town Supervisor Lewis Yevoli, who welcomed the enthusiastic turnout of citizenry and color guards, and paid tribute to the inspired efforts by Dorothy McGee for her yearly commemorative programs which recall Oyster Bay's role in America's history. Councilman Douglas Hynes, always an eloquent speaker, recalled highlights of Oyster Bay's 340 years.

Among the notable war veterans post leaders marching in the short parade through the village, preceding the bandstand ceremonies, were: Nassau County American Legion Commander Willibe Wilson and staff, Nassau County Council Veterans of Foreign Wars Commander Harriet Williams, Nassau Suffolk District Council Jewish War Veterans of the U.S.A. Commander Alvin Leibowitz, and Harold Johnson, Commander, Henry Biel Post 45 of the Masonic War Veterans of New York State.

Among the regular military unit color guards and commanders present were: Lt. Colonel R.M. Carroll, 25th Marines; Chief Warrant Officer Myron A. Verville, U.S. Coast Guard Station, Eaton's Neck. The Hofstra University Dutch

Burgher Guard were under the command of Major Vincent Montera. Represented also were volunteer firemen from Oyster Bay and East Norwich, TOBAY, 4-H Council, Girl Scout troops and leaders of his-

torical societies.

Music for the parade was provided by pipers from the Gordon Highlanders Pipe Band and the FBI Pipe Band.



Pearl Harbor Survivors, L.I. Chapter, Jewish War Veterans and Masonic War Veterans lining up for the Annual Independence Parade at Oyster Bay.



Nassau American Legion Commander, Willibe Wilson (center) saluting, as colors are raised.



Girl Scouts leading the Pledge of Allegiance at the ceremony marking the 340th Anniversary of founding of Oyster Bay Town.



Town Supervisor, Lewis Yevoli, welcomes the public assembled at Oyster Bay's Townsend Park for the Town's Birthday Program.



Enjoying the Oyster Bay 340th Birthday Program: Hicksville's Judy Strong (second from right), Anne Evers and South Elm St. friends.



Guest speaker, John Voorhis, of The Holland Society of N.Y. recalling Oyster Bay's history as a settlement of New Netherlands in 1654.



Eloquent Douglas Hynes recalling Oyster Bay's colorful history in what may be his last Independence Day oration as Councilman.



On the decorated bandstand at Townsend Park, TOBAY Town Clerk Carl L. Marcellino and Councilman Leonard B. Symons share in the July 5th celebration.



The massed colors of Veterans' Posts, U.S. regular units and scouts and seated public for Oyster Bay's 340th Anniversary celebration.



U.S. Coast Guard and 25th Marines Colors as Oyster Bay Community Band under Director Michael Iannecello plays the National Anthem.



Stepping out for the parade up town, after TOBAY services, are the colors of the Nassau County American Legion, with Third Division Vice Commander Arlene Howard in the foreground.



Hicksville's William Gouse VFW Post colors at Oyster Bay.



Henry Biel, Post Masonic War Veterans, Commander Henry Johnson, parade.



Reunion time for old friends, Dick Evers, a parade marshal, and Milton Nohowec of the Pearl Harbor L.I. Chapter.

Story & Photos by Richard Evers

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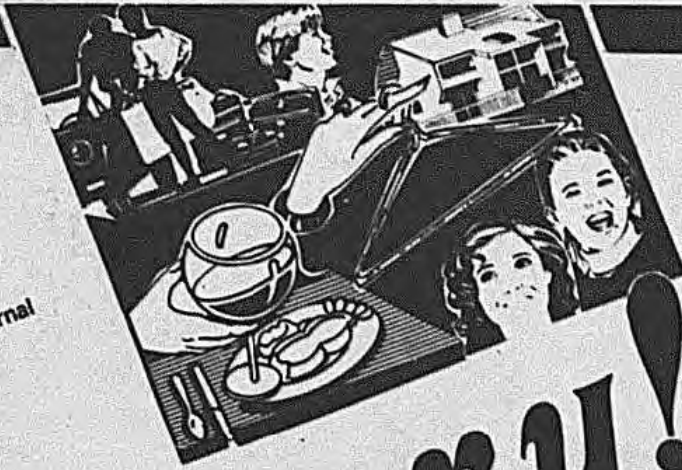


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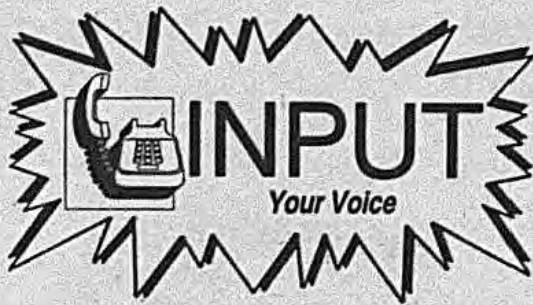


Friday, July 16, 1993

The Fifth Of July

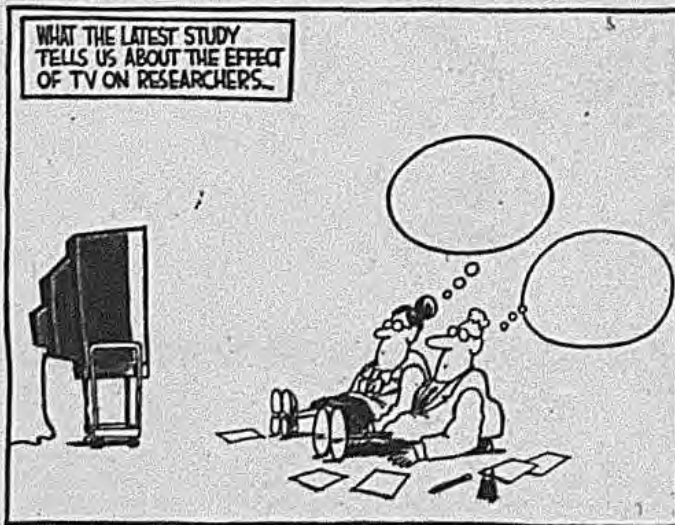


SEE PAGE 3



THE QUESTION OF THE WEEK

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Most Input Callers Want Stricter Immigration

Most callers to Input believe that there should be sharp controls over immigration in response to this question: "Should we close immigration to countries that allow terrorists to publicly state intentions to harm the U.S.?" Here are some of the answers:

DON'T LIMIT IMMIGRATION

This is the most inhumane suggestion contrary to our Statue of Liberty and our own Constitution. This attitude was expressed by FDR when he turned back a shipload of refugees to die in death camps. We would have refused the Irish refugees. We would have refused Germans now because of the new Nazi terrorists. The innocent would pay the price for the criminals. It will lead to less international travel and more ignorance. Keep out the terrorists but not the innocent. This suggestion would benefit the terrorists by keeping the innocent trapped. **A.G.**

CLOSE IMMIGRATION

We should close immigration from countries that harbor terrorists. This applies most particularly to the Moslem countries where the terrorist threat is greatest. Moslems represent a distinct danger to American democracy. We should learn from the Lebanese experience where democracy collapsed once the Moslems became a majority. The U.S. must place restrictions on Moslem immigration and have strict surveillance on the fundamentalists. Attempts to distinguish between fundamentalists and other Moslems is futile. The Moslem religion in its pure form is incompatible with democracy. It rejects any distinction between government and religion. State and church are one, this is the slogan. "No law, no constitution only the laws of God and the Koran." **A.B.**

PROTECT OURSELVES

Countries that openly proclaim and embrace terrorists should not be allowed to send people to the U.S. This should not apply to those genuinely seeking refuge in this country and can prove it. We must tighten all immigration and those who are part of groups that seek to use terrorist methods whether here or in other countries should not be allowed here. We have to protect our own country first. **L.G.**

TERRORISTS OUT

By all means we should stop allowing people into the country who believe in terror. The lesson came home to us first hand in the bombing of the World Trade Center. When we hear of these things in other countries it does not make a full impression on us. We sometimes think of the cause as being important as is the case with North Irish terrorism, but we forget about the innocent who are blown up just because they are in the wrong place at the wrong time. No matter if the cause is Irish, Moslem or anything else, we must do everything possible to control terrorism. In addition this country should not be engaging in terrorism by bombing civilians in countries where we do not like the leaders. **K.B.**

TIGHTEN ENTRY

Our methods of allowing people into this country has to be tightened severely. The fact is that our loose system is easier on the fakes who find their way here for some ulterior motive than for those who are seeking entrance to find a better life. And by being so easily fooled we are narrowing the number of legitimate people who can get in by filling the country with people who are going to harm us. **F.D.**

BELIEVE IN DEMOCRACY

Yes. We should keep the Arab Moslem fundamentalists out of here. Their idea of justice is to wreak havoc on our cities. We want people here who believe in democracy. **N.D.**

MUCH TOO LIBERAL

Needless to say, in my opinion the question really answers itself. Anyone publicly stating his or her intention is to harm the U.S. should have his or her head examined, expressing at the same time the intention to enter our country with this clearly in mind. Needless to say, this applies equally to any terrorists already residing in our country. I will never understand how those involved in the Twin Tower affair were not apprehended earlier. They were apparently well known as dangerous immigrants but with no evident or timely effort on our part to apprehend them prior to any damage on their part. Perhaps one might say that we would be going too far in punishing the entire country by teaching such a lesson to a few miscreants but it has already been very clear as to the amount of irrevocable damage which can be done by such individuals. In my opinion, we are much too liberal in not establishing adequate controls to offset the possibility of such threats to our proud nation. **P.G.S.**





The Fifth Of July

By Domenick J. Freda

The Fourth of July always leaves me somewhat drained; after six or seven hours of watching things blow up, everything else seems anti-climatic. One can imagine what it's like to wake up the day after, feeling emaciated, hoarse and burnt, like the charred remains of a once brilliant firework. Rainy fifths of July have more appeal to me than the hot, muggy, sunny ones, not for any symbolic cleansing of the sky, rather because they cool temperatures and make me feel as if somebody else feels let down as well.

I remember the excitement, when I hadn't seen many years or many things incinerated, of the simple stuff that private combustible celebrations consisted of: bottle rockets, whistlers, sparklers, poppers and snappers. I'm sure the Grucci family didn't fret of losing any business to a bunch of kids riding around the school yards with a handful of rockets and dad's lighter, but I would not be surprised if their dynasty did not have a similar beginning. The big kid on the block, always out to impress somebody, would bring a few of the bigger, more colorful rockets, the kind that explode in three colors, and would expertly set them in the ground under the amazed glances of a bunch of eleven-year-olds. We'd bunch in as tight as possible to watch him light the fuse and get a better feel of the excitement and the danger, trying to feel older and braver, as if our proximity meant we were allowed to play with the more dangerous fireworks. A little crackle and sparkle and the big kid spun on his heels and ran, prompting us to scatter, nervously giggling and shouting. The jet airplane "woosh" of the rocket signaled the fleeing to turn around, just in time to notice the rocket's final ascending moments before it burst into an amazing floral design in the early morning sky.

The big kid would then start acting "grown-up" and analytically state that it was not dark enough to see anything and that he had to save the rest of his projectiles for the forthcoming evening. I would rush to get a glimpse of the dull-colored papier-mache wrapper of the remaining rockets before the older kid left, scanning the foreign letters and symbols for the words "Big Bomb" or "Red Rocket" so that I could remember them to impress my friends with my pyrotechnic expertise that night. The big kid rode off on his ten-speed bicycle and we kids would launch a few more bottle rockets, imagining that the tiny bursts were actually grandiose multi-colored spectacles even better than what we had just seen. When we ran out of rockets or just got too hot and tired of standing in the summer sun, we'd walk back to our bikes, past even smaller kids with sparklers in hand, who had watched us with awe and now stood dumbfounded. Kicking the burnt out firecracker tanks and helicopters from last night's early celebration, we'd run through the school yard and sprint race back to our milk-crate-tied-on-for-newspaper-route bikes to see who could get home first.

The Fourth of July and the Backyard barbecue have become synonymous in American culture; for me, the Fourth of July meant a barbecue with my relatives - especially older cousins and uncles who loved to set off the fireworks. Of course this also meant over-

protective parents who never let me watch my cousins light the most dangerous, loud and exciting firecrackers across the street from my aunt's house. (Counting five fingers on each hand, I don't mind not remembering how an M-80 firecracker looks while exploding at close range.) Beyond all the glitter of small bombs bursting in air, my cousins and their friends had all the "Big Bombs" and rockets of all shapes and sizes, the togetherness of family and the celebration of the nation that allowed my family to be happy and prosperous shone brighter than any rocket I ever remembered. We celebrate as a nation with a special day, we celebrate as a municipality with a parade, but only when we were able to celebrate as a family did I realize the significance of this day to contemporary patriots: the freedom from poverty, from oppression, from fear, all make the birth of this country worth lighting all these firecrackers. The ability to share such an occasion ensures that there will always be families having cookouts commemorating their American citizenship.

To most people, the fifth of July usually means using up fireworks that no one remembered to light or cleaning up the backyard or the street where happy faces lit with the brilliance of the sky left paper plates smeared with barbecue sauce. Years ago, when there was no barbecue and I was too young to have friends with bottle rockets, I would walk the streets and the school yards trying to find some unlit shell amongst the debris. I never found anything except the connection between the streaks in the heavens and what took off from the ground, almost the same feeling as being backstage after a Broadway show.

Now I'm the big kid, although I still don't have any rockets, but I can light my friends rockets without fear of blowing up (the knowledge, yes; the fear, no). The adults like to fire off mortar shells, the big, flowering fireworks, and I still try to get a glimpse of the wrapping. Fortunately, no one has to tell me to take cover when these things go off, I have seen what happens when something goes wrong.

The only problem with growing older with the Fourth is that the family barbecues stop eventually because the cousins grow up, the uncles grow tired, and some grow so old that they have passed on. Most of my bottle rocket friends have moved away or gone to work, although I do sometimes hear them firing bottle rockets from their cars as they race down my block.

I guess I do not appreciate the fifth because I think about what might have been, not the memories that made the day special in my past. Perhaps one day I will light my young son's sparkler and hopefully he will understand what the whole tradition means to Americans and families.

About The Author

Domenick Freda has just graduated from Hicksville High School where he was an athlete and honor student. He will be entering the Freshman Class at Alfred University in September. This is his third contribution to Discovery.

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HOME ENTERTAINING

Celebrating corn and its byproducts

By Carol Cutler

With spring asparagus and peas on the wane and snap beans in the stores, thoughts begin turning to local tomatoes and corn. The seasonal calendar still holds true for most fruits and vegetables, but now there is one big exception, and a most pleasurable one: corn.

No longer does the whole country have to wait until July and August to sink eager teeth into the milky kernels. There has been a revolution in the breeding of corn, and now "supersweet" corn is yours to enjoy for many extra months of the year.

This good news comes from a great expert, Betty Fussell, author of "The Story of Corn" (Knopf). The subtitle of the book is "The Myths and History, the Culture and Agriculture, the Art and Science of America's Quintessential Crop."

The years of research that went into the broad sweep conveyed by that subtitle were warmly rewarded when "The Story of Corn" received the Jane Grigson Award for Scholarship at the recent honor ceremony of the International Association of Culinary Professionals in New Orleans. This was the first time such an award was made as a tribute to the late Grigson, the influential and astute English food writer.

Fussell cautions that supersweet corn should not be treated as ordinary corn. These stalks have been bred for sweetness; some contain

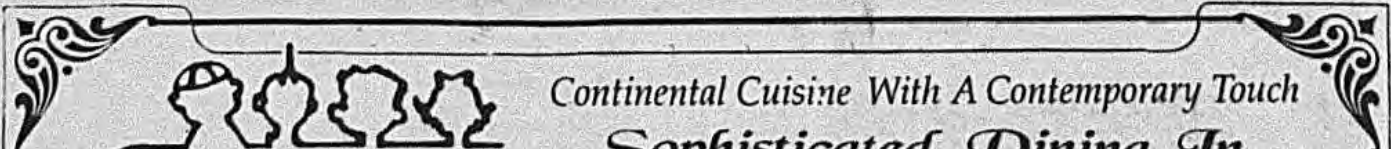
as much as 25 percent sugar. The expert believes that supersweet is best eaten raw, like an apple.

If you must cook it, no more than 30 seconds in the boiling water, please. She wants you to warm it up just enough to melt the butter. The old three-minute cooking rule was devised 20 years ago when corn was an ear of a whole different breed. It would be like comparing a word processor to a manual typewriter.

In addition to being extra sweet, the geneticists have also bred the corn to convert its sugar into starch at a much slower rate. This explains why Florida corn can travel north and taste as sweet in Michigan as it does in Miami. You also have your choice of color — yellow, white or a colorful combination of the two.

So come July and August, what will the local product give you that Florida can't? The answer is a creamier texture, but the flavor will be about the same. Fussell states that there is no single best corn. As with anything produced by nature, it's a matter of a combination of factors: soil, care, water and, of course, genetics.


What is fascinating about "The Story of Corn" is that it makes you stop and think about aspects of our daily lives that we have long taken for granted.



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READER RATINGS

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

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

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

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

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



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KITCHEN HINTS

Beautiful blueberries.

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1. Purchase fresh blueberries in July and August. Canned and frozen blueberries are available year-round.
2. Store fresh blueberries in the refrigerator for up to two weeks; wash just before serving.
3. To freeze fresh berries, dry them thoroughly, repack in cardboard container and wrap tightly with plastic wrap covering any air holes. Frozen berries will keep at least a year, do not defrost before use in baked goods.

Source: "Cooking A to Z" (California Culinary Academy)



KITCHEN KIDS



Grilling on the barbecue is one of the simple pleasures of summer. The cooking method is one where children can be involved, even though they aren't the ones actually doing the grilling. It does require an adult assistant, but the preparation can be completely done by your child.

Your children's age and dexterity determines how much help they need in preparing these dinners. Starting about the age of 9, they can handle many of the steps in the

recipes alone. It is the preparation and marination that gives the recipes distinctive tastes, thus allowing your children to set the tone of dinner.

The Chicken Sticks are a delicious combination of chicken, mild sausage and vegetables. The ingredients are cut, then skewered by your kids and left to marinate and absorb the flavors. Served with corn, rice or a simple salad, this is a refreshing change from a standard barbecued chicken.

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CHICKEN STICKS
4 whole chicken breasts, boneless and skinless
1 pound medium Italian sausage
2 medium zucchini
1 large red bell pepper
12 large mushrooms
Marinade:
¼ cup white grape juice
¼ cup lemon juice
¼ cup olive oil
10 sprigs of mint
2 green onions
¼ teaspoon salt
¼ teaspoon black pepper
Yields 4 servings.
Preparation time: 30 minutes.
Marinating time: 2 hours.
Grilling time: 15 minutes.
Utensils: pie pan, 8 bamboo skewers, mixing bowl, cutting board, knife, measuring cups and spoons, mixing spoon, glass baking pan.

Fill pie pan with 1 inch of water and soak skewers while preparing chicken, sausage and vegetables. Cut each chicken breast into 2-inch pieces and set them aside. Wash and dry cutting board. Cut sausage into 1-inch pieces, set aside. Secure zucchini on board and trim off stem. Cut zucchini into ½-inch slices and set aside. Cut second zucchini in same manner.

Secure pepper on board and cut in half through stem. Scrape out seeds and pull off stem. Lay pepper halves, shiny side down, on cutting board and cut into strips at least 1½ inches wide. Cut 1½ inches down each strip, making a square. Set pepper squares aside.

Pull stems off mushrooms and set them aside.

Skewer chicken, sausage and vegetables alternately onto bamboo sticks. Set aside while preparing marinade.

Combine grape juice, lemon juice and olive oil in mixing bowl. Pull mint leaves off stems and put them on cutting board. Chop into small pieces and add to bowl. Trim root end off green onions. Cut them into thin slices and add to bowl. Whisk in salt and pepper, then pour marinade into the glass baking pan. Add skewers to marinade, turning them several times to coat. Refrigerate for 2 hours.

Thirty minutes before dinner, have an adult prepare coals. When ready, place skewers on grill and cook for 7 minutes before turning. Continue cooking for another 7 minutes. Remove and serve hot.



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It's the season when vegetables and herbs go into everything, from soups (like gazpacho) to pastas (like pesto) to salads (like tuna fish and chicken) to meatloaf sandwiches. Honest. Try meatloaf, mustard and fresh cucumber on a seeded roll. You can thank me later. And for a wine selection?

The wine I most often reach for with these lighter, herb-y summer dishes is Sauvignon Blanc or Fume Blanc (essentially two names for the same thing), wine that tastes a bit like summer itself. Sauvignon Blanc leaves the refrigerator cold, crisp and with an herbal element of its own that at times can come across as menthollike. Along with drier-style European Rieslings, a well-made Sauvignon Blanc just may be the most versatile white wine for food you can find.

Often blended with Semillon or another fruity grape, Sauvignon Blanc can develop a round, fairly full feel in the mouth without sacrificing that clean, palate-refreshing finish. When treated like a Chardonnay, with oak-barrel fermentation and aging, Sauvignon Blanc can take on various attributes of creaminess and woodiness as well. This is anathema to Sauvignon Blanc purists but delicious to drinkers who cut their teeth on Chardonnay.

Perhaps best of all, you don't have to pay Chardonnay money for a quality Sauvignon Blanc or Fume Blanc, especially an American one. There are many lovely wines in the \$10 and under bracket,

and some gorgeous ones priced between \$10 and \$15. The following are some wines to look for.

The top Sauvignon/Fume Blancs previously reviewed:

(\$7 and under) Estancia 1991 Sauvignon Blanc; Geyser Peak 1991 Sauvignon Blanc; Columbia Crest 1991 Sauvignon Blanc; Robert Mondavi Woodbridge 1991 Sauvignon Blanc; Mirassou 1991 Sauvignon Blanc; Montevina 1991 Fume Blanc; Caliterra 1992 Sauvignon Blanc (Chile).

(\$8-\$11) Barnard-Griffin 1991 Fume Blanc (Washington); Byron 1991 Sauvignon Blanc; Buena Vista 1991 Sauvignon Blanc, Lake County; Ferrari-Carano 1991 Fume Blanc; De Loach 1991 Sauvignon Blanc; De Loach 1991 Fume Blanc; Chateau Ste. Michelle 1991 Sauvignon Blanc (Washington); Fetzer 1991 Sauvignon Blanc "Barrel Select"; Preston 1991 "Cuvee de Fume"; Barton & Guestier (B&G) 1991 "1725" (white) (France); Fortant de France 1991 Sauvignon Blanc (France); Errazuriz 1991 Sauvignon Blanc Reserva (Chile).

(Over \$12) Long Vineyards 1990 Sauvignon Blanc; Robert Mondavi 1991 Fume Blanc Reserve; Dry Creek Vineyard's 1990 Fume Blanc Reserve; Merryvale 1990 Meritage; Murphy-Goode 1991 Reserve Fume Blanc.

Sauvignon/Fume Blancs reviewed this week (all wines \$10 or under unless specified):

At the top of the vintage class of 1991 are the Caymus 1991 Sauvignon Blanc, Napa Valley, at about \$11.50, and the Dry Creek Vineyards 1991 Fume Blanc, Sonoma County, at about \$9. Both are subtle, harmonious wines in which the winemaker has achieved a not-so-simple goal: flavorful, nuanced Sauvignon Blanc in which no one flavor or quality sticks out. The Caymus is a medium-bodied, aromatic blending of fruit and wood. The Dry Creek Vineyards is more fleshed out and juicy, but also subtle, with fine menthol and herb notes and a touch of creaminess.

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Vegetarian View



By Charlyn Fargo

"Let food be thy medicine" — Hippocrates, 431 B.C.

If you believe a glut of books flooding the market, then you'll come to think that: Pasta reduces stress; cool sherbet helps a sore throat; cabbage helps treat ulcers; cranberries speed up wound healing; legumes can reduce the risk of cancer; peanuts can provide a great pick-me-up; and a sweet fruit can satisfy a sugar craving.

So say books like "Superfoods," "Cold Spaghetti at Midnight," and "Foods That Heal," just to name a few.

But before you rush to find out what can cure your aches and pains, be skeptical of "magic" foods, says Sandra Eardley, registered dietitian and assistant professor at Southern Illinois University School of Medicine.

"You've got to take all this with a grain of salt," says Eardley. "No food is a magic bullet. Even milk, as wonderful as it is, isn't something you can live alone on because it's low in iron."

"When you're judging nutrition information, you want to look for information supported by research studies."

A second concern, says Eardley, is that "you can't tell a food where to go — that you're eating carrots to help your eyes."

These books work for people because they associate life experiences with food, says Eardley.

"When you have a cold, you end up eating what Mom used to feed you — no matter what the doctor says," she says.

There is research behind the premise that vitamin A helps fight cancer, but it doesn't mean it's a cure, she adds.

"Variety is still the key."

Most Americans want to believe in natural remedies and "superfoods," says a recent *Natural Remedies* survey of 200 adults by author and researcher of medicinal plants Stephen Fulder.

The telephone survey, conducted by Fulder, author of "Garlic: The Life Blood of Good Health" and "Garlic: Nature's Original Remedy," found 70 percent of respondents believe lemon and honey are an effective remedy for a sore throat. Meanwhile, 32 percent believe garlic may affect cholesterol, and 29 percent believe chamomile tea is an effective remedy for an upset stomach.

Delores Riccio, author of "Superfoods," says her book isn't intended to substitute for good medical care.

"This is simply to keep you healthy, give you lots of energy and help from aging too fast. I come as a writer, not a nutritionist or as a trained chef."

Therein lies the problem, says Eardley. "She's a journalist, not a nutritionist."

The premise of books like Riccio's is that you really are what you eat — that good food builds, repairs and fuels bodies and minds.

When food consumption is controlled, health, energy and moods are controlled.

"There are so many really super foods that prevent or heal illness, lift fatigue, alter mood and enhance alertness and memory, that once you fit them all into your menus, there won't be much room left on your plate for foods that are better left off it anyway," says Riccio.

The latter include a broccoli dish loaded with a heavy cream sauce or a cake in which sugar outweighs flour.

Riccio suggests keeping on hand old-fashioned oatmeal, brown and white rice, garlic, onions, shallots, olive oil, a variety of nuts and root vegetables, Parmesan cheese, tins of imported Italian whole plum tomatoes and fresh, frozen, canned and dried fruits.

She acknowledges that other foods, like zucchini, which didn't make her list of 35 "superfoods," have value.

"But 'superfoods' have multiple advantages," says Riccio.

Among her top 35: apples, bananas, barley, berries, broccoli, cabbage, cantaloupe, carrots, cauliflower, figs, fish, garlic, grapes, greens, legumes, mushrooms, nuts, olive oil, pasta, pineapple, potatoes, rice, tomatoes, turnips, wheat and yogurt.

"These are great foods to be eaten daily as much as possible," says Riccio, who researched the subject for years before she wrote the cookbook, her eighth.

"My mother was into this long before it was fashionable," says Riccio. "She came from a Mediterranean tradition that food, especially good food, is very important."

One of Riccio's favorite foods is pasta. When eaten without protein, Riccio says, it can be a drugless tranquilizer that relieves tension almost as fast as a couple of aspirin relieve a headache. Under stressful conditions, the brain uses up chemicals that stabilize the state of mind.

"With any carbohydrate, such as pasta, the brain begins manufacturing more serotonin, which promotes a calm, cheerful mood that puts one's problems into perspective. If proteins are consumed at the same time, amino acids slow down the process."

When you're feeling at wit's end, try a comforting bowl of vegetable soup thickened with lots of macaroni, and then relax, she recommends.

Maggie Waldron, author of "Cold Spaghetti at Midnight," says for a fever, drink plenty of liquids and take frequent baths and showers to wash toxins from the skin. For motion sickness, chew slices of ginger.

For indigestion, indulge in the friendly bacteria in cultured yogurt and kefir. For a cold sore, eat alkaline foods — lots of salads and steamed vegetables.

For acne, Waldron is convinced that cutting out sugar, which surfaces on the skin and invites bacteria to "come and feast," is the answer.

Waldron is best known for her promotion of potatoes, kiwi, beef and California raisins.

"It all started when I had a congenital bone problem as a kid. I broke a lot of bones. And the only thing my mom could do was fix the right food."

"It started my beliefs that food is the best medicine."

Her book takes a light-hearted, folk-medicine approach, offering cold spaghetti at midnight as a way to comfort, revive and even heal.

She'd feed a cold a Mexican pot pie in a cornmeal crust, use Jim Beard's Black Bananas to treat an upset stomach, or those same bananas covered with rum for a cold.

"The most important thing, really, is variety," says Waldron. "Some people eat the same 15 foods every week. That doesn't provide optimum nutrition. That doesn't work."

So what does?

Each claim must be analyzed, says Bob Reber, University of Illinois nutrition specialist. "It's very difficult for consumers."

"There's a little truth in all of it," says Reber. "Certain groups of vegetables, such as the broccoli family, do show reduced cancer risks. Years ago, the craze was vitamin C and colds."

"Consumers shouldn't place all their faith in something like that. Some people started taking vitamin C, yet still smoked. You have to look at all this in terms of your total lifestyle."

"It all goes back to variety and moderation. If people are out looking for easy answers, there are none."

"There's no quick and easy way to reduce your cancer risk by 50 percent."

Following are a few recipes that might comfort what ails you.

GREEK-STYLE SHRIMP WITH SHELLS

- ¼ cup olive oil
- 1 large clove garlic, minced
- 4 large fresh ripe tomatoes, peeled and chopped (not seeded) OR 1 (1-pound) can imported Italian tomatoes, chunked, with juice
- 12 Greek olives, pitted
- 1 teaspoon dried oregano
- ¼ teaspoon (or more) dried red-pepper flakes
- Salt and black pepper to taste
- ½ cup dry white wine
- 2 tablespoons minced fresh flat-leafed parsley
- ¾ pound cooked, shelled large shrimp OR cooked, cubed swordfish
- ½ pound medium shell macaroni, cooked according to package directions
- ½ cup loosely packed crumbled feta cheese

Yields 4 servings.

Heat oil in large skillet. Sauté garlic but don't brown it.

Add tomatoes, olives and seasoning. Simmer uncovered for 10 minutes. Add wine and simmer 10 minutes more.

Add parsley and shrimp, bring

back to a simmer and remove from heat.

Spoon hot, cooked macaroni into serving dish.

Stir in feta cheese; ladle sauce over top.

From "Superfoods" by Delores Riccio.

BROCCOLI AND ZITA CASSEROLE

- ¼ cup olive oil
- 1 clove garlic, minced
- 1½ pounds fresh broccoli, cooked
- 2 cups Italian tomato sauce
- ½ pound ziti, cooked according to package directions
- ¼ cup Parmesan cheese
- 1 pound low-fat ricotta cheese
- ¼ cup seasoned bread crumbs
- 2 tablespoons toasted wheat germ

Yields 6 servings.

Preheat oven to 350 F.

Heat olive oil in skillet; sauté garlic until softened but not brown. Stir broccoli into garlic oil and set it aside.

In large oblong casserole, layer half the tomato sauce, half the ziti, half the Parmesan cheese, all broccoli, all ricotta, remaining ziti, remaining sauce, bread crumbs, wheat germ and remaining Parmesan.

Cover and bake for 35 minutes in preheated 350 F oven (10 minutes longer if dish has been refrigerated before cooking). Uncover during last 15 minutes of cooking. Sauce should be bubbly and top lightly browned.

From "Superfoods" by Delores Riccio.

SWEET POTATO MUFFINS

- 2 cups sifted unbleached all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 2 eggs OR ½ cup prepared egg substitute
- 1 medium sweet potato, baked and peeled (about 1 cup mashed)
- ½ cup sugar
- 1 cup milk
- ½ cup vegetable oil
- 2 tablespoons toasted wheat germ
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ cup raisins

Yields 12 muffins.

Preheat oven to 400 F. Line 12-cup muffin pan with paper liners. Sift flour, baking powder and salt into large bowl.

In food processor, blend eggs, potato and sugar. (Or by hand, beat eggs and mash potato before blending with sugar.) Add milk, oil, wheat germ and spices; process or beat until smooth.

Pour liquid mixture into dry ingredients. Mix just enough to blend. Stir in raisins. Divide batter among muffin cups; fill about ¾ full. Bake for 20 to 25 minutes.





Desiree Vivea

Summertime means fresh produce

It's summer, and that means fresh produce in abundance: time to revel in fruits like peaches, nectarines, apricots, melons, strawberries, grapes and cherries. Many vegetables are at the peak of their yearly supply now, too, like summer squash, snap beans, bell peppers, okra, corn, lettuce, tomatoes and cucumbers.

Locally grown produce — sold in smaller markets or at roadside stands — is often more flavorful than that grown by large-scale commercial farms. Also, locally grown fruits and vegetables are less subject to chemical treatment. Produce grown for a local market won't be shipped to faraway places, so there's less need for anti-spoilage chemicals. Nevertheless, wash all vegetables and fruits thoroughly in clean water before using.

Frozen veggies are generally about as high in nutrients as many fresh ones because they're flash-frozen just after harvesting, thus preserving their freshness and quality.

But sometimes freezing can result in loss of texture — so nothing beats fresh for good eating.

Be careful to use fresh produce quickly after purchase for best nutrition. Some vegetables lose flavor, quality and nutrients just days (or even hours) after picking, so shop frequently and use produce as soon as possible.

Microwaving, too, keeps vitamins and nutrients intact. Long boiling leaches out nutrients from vegetables, particularly water-soluble ones like vitamin C. So it's best to cook vegetables quickly, with little or no added water. Many vegetables can be steamed to perfection in a microwave oven, using only the water that clings to them from washing — so you don't drain away vitamins and minerals.

It's easy to microwave whole corn on the cob and whole artichokes. For corn, remove husk and silk, rinse, and wrap in plastic. For artichokes, trim off stem flush with bottom, and use scissors to snip off sharp tips from leaves. Rinse, then wrap in plastic. Microwave three to four minutes per ear of corn, four to seven minutes per artichoke.

Couldn't be easier.

Pattypan and zucchini are my favorite varieties of summer squash. Microwave whole or chop into bite-size pieces (be sure to cut uniformly to ensure even cooking). Like tomatoes, zucchini is so easy to grow that you may find yourself with a surplus. If so, try today's Summer Zucchini Medley.

Use summer tomatoes fresh in salads or sliced on burgers or sandwiches. Or microwave peeled, chopped tomatoes into a pasta sauce or a savory salsa to serve

with chips or tacos.

Fresh tomatoes combine with other summer vegetables (cucumbers and bell peppers) to make the delightful Spanish garden soup, Gazpacho. Chill thoroughly, garnish as desired, and serve with cheese, a loaf of crusty bread and a dry white wine.

Make the most of summer this year by taking advantage of fresh produce. Nutritionists keep reminding us that Americans need to eat more vegetables and fruits, and when these are fresh and delicious, that's no chore. (They're naturally low in calories, too.)

GARDEN FRESH GAZPACHO

- 1/2 cup chopped red sweet onion
- 1/2 cup chopped green bell pepper
- 1 clove garlic, minced
- 1 cup fresh cucumber, peeled and chopped
- 8 cups peeled, chopped fresh tomatoes OR 1 (48-ounce) can chopped tomatoes
- 1/4 cup olive oil
- 3 tablespoons white wine vinegar
- 2 cups tomato juice
- Juice of one lime
- 1/4 teaspoon freshly ground black pepper
- Dash EACH ground cumin, chili powder and oregano (to taste)
- Ice cubes, chopped tomato, cucumber, red onion, fresh parsley or cilantro, sliced black olives, grated Parmesan cheese or crumbled feta cheese and toasted croutons for garnish.

Yields 6 to 8 servings.

Preparation time: 20 to 25 minutes (plus chilling time).

Cooking time: 3 to 4 minutes.

Oven setting: HIGH (100 percent power).

Combine onion, green pepper and garlic in 2-cup microwave-safe measure. Cover with plastic wrap and microwave 3 to 4 minutes, or until vegetables are soft. Turn vegetables into blender container. Add cucumber, tomatoes, olive oil and vinegar. Cover and blend until smooth (process in batches, as necessary).

Pour into large bowl. Stir in tomato juice, lime juice, and seasonings. Cover and chill until ready to serve (2 to 3 hours). To serve, ladle into individual serving bowls and float an ice cube or two in each. Pass garnishes at table.

MICRO-TIP OF WEEK

To peel tomatoes, microwave a deep microwave-safe bowl of water at HIGH (100 percent power) setting until boiling. Drop in tomatoes, one at a time, for a few seconds. Then peel off skin in strips, using a small, sharp paring knife.

By Willard Abraham, Ph.D.

Dr. Abraham: I guess I'm one of those people who sometimes carry a grudge against others when their feelings are hurt. It doesn't happen often to me because I usually let their words roll right off.

My mom helped me when she told me something that went like this: "Sticks and stones may break my bones but names will never hurt me."

The main hurts I get come from other kids who say things related to the color of my skin. I won't repeat them here because they are so mean and nasty.

What do you think I should do about my feelings? I'd appreciate whatever you tell me. — Waiting

Waiting: To be able to forgive someone for insensitive comments is a goal you might want to have in mind. "To err is human, to forgive divine" is a frequently quoted line from the famous 18th century writer, Alexander Pope.

However, when prejudice enters a relationship it may become too difficult to cope with or to ignore. A quiet response suggesting how inappropriate the remark is may be useful, depending on the closeness of your relationship.

If the depth of your feelings and inadequate responses of others lead to unpleasant confrontations, or show a tendency in that direction, it may be time to seek more compatible comrades.

If any of you teen readers have had unfortunate experiences related to prejudice, please tell me how you handled them so I can share them with other teens.

Incidentally, I've tried to trace your mother's "sticks and stones" quotation to its source, using a book that is often useful ("Roget's International Thesaurus"), but couldn't find out where it came from. Are any of you willing to do a little detective work through a library and a skilled librarian or a school English teacher? It could be an enjoyable challenge for you.

Dr. Abraham: I always thought that girls were a lot cleaner about themselves than boys, but it's not true in my family. I'm 18 years old, and my sister is 16.

She is clean in a lot of ways, but not about her mouth. It's the cleanliness (or lack of it) that relates to her teeth.

She has used the same toothbrush morning and night for at least a few years and refuses to get a new one. I gave her one as a birthday present and she threw it at me. And her breath is bad, too. A guy would never kiss her more than once, that's for sure.

Are the toothbrush and bad breath related? I sure wish she'd listen to me. — Big Brother

Big Brother: Have your parents said anything about this matter to her? If not, they probably ought to be brought into the picture. Have you mentioned the kissing issue to your sister? Perhaps you should.

In the September, 1992 issue of *DentalNotes* published by the Academy of General Dentistry it is suggested that toothbrushes be

changed every two months. If you write to them at 211 E. Chicago Avenue, Chicago, IL 60611-2670 (and enclose a stamped, self-addressed business-size envelope) you can ask them for a copy of that issue. It also includes suggestions on toothbrush selection and usage.

Bad breath, by the way, may be due to other problems. You might — very carefully — suggest that she visit a dentist or physician about this matter.

Dr. Abraham: My girlfriend is so smart and fast at everything, but she does one thing that drives me nuts. I guess it's because she thinks faster than her fingers can write. The result is that I can't read her writing. It is just a scribble, maybe like a child would make. When I tell her that it is such a mess she cries and says she can't help it.

"That's the way I write. That's the way I always did," she says.

When I ask her whether others can read her writing, she says, No. Others write for her on her school assignments when she tells them what to write.

Isn't that a pistol? A grown girl who can't write. Gimme a break, willya?

And yet I really like her. She's a doll, and good to me in every way except when she writes. — Impatient

Impatient: If you really like her enough, you might consider these three possibilities: Encourage her to get a tutor who will concentrate on this problem (perhaps a teacher, a bright student who can write legibly or if there is a psychological or coordination problem, a competent professional in those areas); suggest she learn how to type; try to become more patient with her and back off from what may have become nagging on your part.

If your relationship isn't strong enough to handle this situation, you may have to seek other female companionship. I hope not, though.

Dr. Abraham: My boyfriend is real cautious about how he drives, locks door and dresses (balancing colors and stuff like that). That doesn't bother me usually because I'm the kind of person who can misplace or lose keys and dress sort of better-skeller and not give a darn. In fact, I sometimes like how sensible he is because it makes things easier for me.

But if we stay together or even get married some day, will his careful, serious personality become a pain in the neck to me? What do you think? — Tell Me

Tell Me: It may depend on how much you really like each other, how patient you are with each other's characteristics, and how mature you become in your relationship.

It sounds like he is a stable individual whose personality may fit in with yours in a comfortable way.

Cooking Corner



Sauces add polish to any dish

By Laura Daily

"Sauces are the most important part of the meal and the most difficult to produce if you aren't careful," believes Chef Scott Philip of the Snowmass Lodge & Club in Snowmass Village, Colo.

"Anyone can prepare great vegetables or meat, but the sauce is what really distinguishes a dish," he adds.

Philip advocates setting aside one or two days each month to prepare basic stocks. The finished product can be frozen in any volume, from ice-cube size (just pop one out of the tray instead of using bouillon cubes) to larger quantities for stews or as the basis of a more complex sauce.

His only caveat for stock preparation: "Watch that your meats (chicken, veal or beef) attain a rich, caramelized color but don't burn. A black crust will cause the sauce to taste bitter. Celery leaves, carrot skins and onion skins will also cause bitterness."

Philip likes stocks as the basis for sauces, "because if a stock is reduced enough, you get lots of flavor without having to add seasonings, especially salt."

For pasta, chicken or salmon dishes, Philip recommends cream sauces.

"The basics are very simple and you can create a variety of flavors just by adding different ingredients before the final reduction," he says. "Mushrooms, herbs, Parmesan cheeses all work well. You're only limited by your imagination."

To keep creams from burning, Philip says, don't reduce the sauce too far; instead, rely on adding small amounts of a cornstarch-and-water mixture to obtain the correct consistency.

"Bring the sauce to a boil each time after adding the cornstarch so you can judge the sauce's thickness," cautions Philip. "If you just keep adding cornstarch and then bring the sauce to a boil, you'll end up with glue."

Beurre blancs are considered one of the most difficult sauces to make, requiring both concentration and luck. But the results are worth the effort and can make any fish dish really special.

Cream sauces and *beurre blancs* are best prepared just before serving. If you must refrigerate, Philip reminds cooks that cream-style

sauces will only take one reheating, and that should be done with great care to avoid breaking the sauce.

ROSEMARY CREAM

- 2 teaspoons chopped shallots
- 2 teaspoons chopped garlic
- 1 tablespoon olive oil
- 1 cup white wine
- 3 cups heavy cream
- 2 tablespoons chopped rosemary
- 3 tablespoons chopped reconstituted sun-dried tomatoes
- 1 tablespoon cornstarch mixed with a little water
- Salt and pepper to taste

Saute shallots and garlic with olive oil in saucepan. Do not brown. Deglaze with white wine and reduce to half. Add cream and bring to a boil. Reduce to simmer for about 5 minutes.

Add rosemary and sun-dried tomatoes. Continue to reduce. Whip in cornstarch and water mixture. Simmer for 3 to 4 minutes longer. Season to taste if needed.

TOMATO BEURRE BLANC

- 2 tablespoons chopped shallots
- 1 teaspoon chopped garlic
- 1 teaspoon olive oil
- 1/2 cup white wine
- 1/2 cup orange juice
- 2 lemons, blanched zest and juice
- 1/4 cup chopped reconstituted sun-dried tomatoes
- 1 tablespoon chopped basil
- 1/2 pound whole unsalted butter, cut into small pieces
- Salt and pepper to taste

Saute shallots and garlic with olive oil in saucepan. Do not brown. Deglaze with white wine and orange juice. Reduce two-thirds. Add lemon juice and blanched zest. Add sun-dried tomatoes and basil. Then, slowly whip in whole butter, being careful not to break sauce. You also can place reduction into blender and slowly add butter. Strain sauce and season to taste if needed.

HUNTER SAUCE

- 1 tablespoon chopped shallots

- 2 tablespoons chopped garlic
 - 2 teaspoons olive oil
 - 2 ounces shiitake mushrooms, sliced
 - 2 cups veal demi-glace
 - 2 roasted shallots, rough chopped
 - 2 Roma tomatoes, peeled, seeded and diced
 - 1/2 teaspoon chopped rosemary
 - 1/2 teaspoon chopped thyme
 - 1/2 teaspoon chopped oregano
 - Salt and pepper to taste
- Saute shallots and garlic with olive oil in saucepan. Add mushrooms and continue to saute. Add veal demi-glace. Bring to a boil, then reduce to a simmer. Add roasted shallots, tomatoes and herbs. Cook for 5 minutes. Season to taste if needed. This sauce works especially well on game or beef.

BROWN CHICKEN STOCK SAUCE

- 2 pounds chicken (meat and bones)
 - 3 shallots, peeled
 - 4 garlic cloves, peeled
 - 1 gallon chicken stock
 - 2-3 thyme stems
 - 1 bay leaf
 - 1 tablespoons black peppercorns
- Heat roasting pan. Add small amount of oil and chicken. Place in oven at 400 F and brown bones, stirring about every 10 minutes. Add shallots and garlic when bones begin to brown. Continue cooking until bones and shallots and garlic

are browned but not burned. Strain off fat from pan and deglaze with some of the chicken stock. Add ingredients from roasting pan to stock pot. Add rest of stock, thyme stems, bay leaf and peppercorns. Bring to a boil, then reduce to a simmer. Continue to cook stock until it is reduced by a third. Strain stock. Leftover stock may be frozen.

Hearty in flavor but low in fat, this stock sauce really adds pizzazz to simple grilled chicken.

Laura Daily is a free-lance travel and food writer.

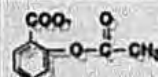


DISCOVERY

Aspirin, an oldie and a goodie

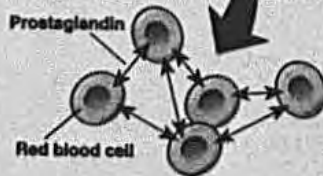
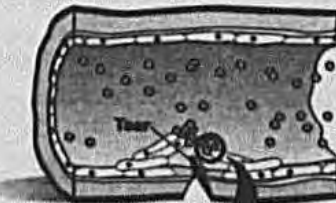
Though introduced in 1899, aspirin remains a useful and surprising drug. A white crystalline compound of acetylsalicylic acid, it is commonly used in tablet form to reduce pain or fever.

Aspirin reduces the production of certain prostaglandins. They are sometimes responsible for inflammation, pain, fever and the stickiness of red blood cells.

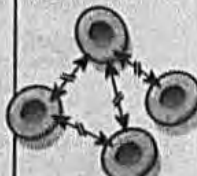


Aspirin molecule (Acetylsalicylate)

1 If there is a tear in a blood vessel, the prostaglandins direct the blood cells to clot together to stop the leak.



2 Since some heart attacks are caused by blood clots, aspirin helps relieve the clot. If taken regularly, aspirin may help prevent heart attacks.



Remember...

- Never give aspirin to children under 12. Reye's syndrome may develop. Give acetaminophen or ibuprofen instead.
- Aspirin, taken for long periods, may cause gastric disruptions.

SOURCES: Grolier's Multimedia Encyclopedia, AMA Encyclopedia of Medicine.

Garden Talk

By C.Z. Guest

Weeds are every gardener's nemesis. No matter what you do, there always seems to be one lurking beneath the ground, ready to rear its ugly head between your carefully cultivated plants and flowers.

Weeds thrive where there is ample sunlight and room to grow. Among dense vegetation, like a healthy, well-maintained lawn, for example, weeds have a hard time establishing roots.

However, in flower beds and other more open planting places, weeds set up housekeeping, making them difficult to eliminate.

In the dark ages of lawn and garden care, people simply waited for weeds to appear, then got down on their hands and knees and pulled them out. Then they discovered that weeds couldn't grow beneath light-blocking plastic garbage bags.

However, plastic blocked everything — weeds, air, water — and led to soured soil that damaged plant roots. Now, thanks to a little scientific engineering, gardeners can beat weeds with the use of a landscape cover such as WeedBlock by Easy Gardener.

A strong synthetic fabric with thousands of "microfunnels" molded into it, WeedBlock permits the necessary air and water to penetrate the fabric while simultaneously blocking the sunlight that encourages weeds.

Besides deterring weeds, landscape fabrics also significantly reduce the amount of water lost to

evaporation. With drought becoming an increasing problem in many parts of the country, these fabrics are being used for more than purely-aesthetic purposes — they also conserve water.

APPLYING LANDSCAPE FABRIC

Flexible and able to contour to any surfaces, landscape fabrics are easy to use and give your property a professionally landscaped look.

To prepare your beds, then, simply lay down overlapping strips of the fabric over the bed and secure with fabric pegs. Cut out holes or Xs with scissors or a knife where you wish your plants to grow. Then place plants directly through, into the soil.

Landscape fabric also can be used around existing trees, shrubs or perennial flower beds. To begin, clear away all surrounding weeds or grass, then place strips of fabric over the entire area, making sure it is as close to the plant as possible.

Trim away any excess. Then cover the fabric with an attractive layer of gravel, pebbles or wood nuggets.

For vegetable gardens, where cool soil is an asset, there also is White WeedBlock. Black on the soil side and white on top, these products have two functions: The white side reflects sunlight, warding off harmful insects that prey on the dark undersides of vegetation plants, while the dark side filters sunlight and blocks weed growth.

GARDEN TIPS



Dandelion

Be a weed whacker

- Use a synthetic landscape cover.
- Lay down overlapping strips of cover and secure with pegs.
- Cut holes where plants will grow.
- Cover fabric with a layer of gravel, pebbles or wood chips.

Our Children

By Willard Abraham



Parents fight chore war with kids

Q. Do you think it is unreasonable to ask a 12-year-old girl and her 14-year-old brother to help with household chores? Both of them are delightful children in other ways, but when it comes to helping around the house they cheerfully agree to do it but promptly forget all about it.

A. Any suggestions you can provide will be appreciated very much.

A. This is a bad news/good news story and a pretty common one. The bad news (about which you really can't do anything) is that this issue should have been started a long time ago. A friend of mine once said that "should have" is the most useless thought in the English language, and you might agree with him.

The good news is that it is never too late to start with our kids. A family meeting where all chores are listed and then divided up and scheduled may be a way to begin. There can be trade-offs among the younger and adult family members if mutually agreed upon.

You might want to soft pedal possible penalty factors if the children don't stick to their commitments, but they could be mentioned without stressing them very much. Limits on TV watching, time on the phone or other activities they enjoy might be considered.

Q. As a parent, I want my children to enjoy reading because I do, but mainly because it can provide so many happy hours for them. My problem is that when I go into a bookstore and look through the many shelves filled with children's books, I'm puzzled, overwhelmed and even sort of turned off.

A. Where do I start? What do I look for? How do I know what to select from the huge, overflowing shelves of colorful books? They all look so good, but I just don't know what to choose. Our funds are limited, so I can't select a whole pile of them.

Q. Can you help me out? Our children are 5 and 7 years old.

A. I can easily understand the frustration you feel because many times I've felt the way you do when

our own children were younger. However, my task was easier than yours because there weren't as many books to choose from as there now are.

One fortunate element for you is that there are experts to help you out. The best source (and there may be others) are school librarians and children's librarians in public libraries. They generally know children's interests and needs and can use maturity and other information that parents can provide.

Let me tell you about a new book that was beautifully written and illustrated for those in the 2- to 8-year-old range. It is titled "Socrates" (Chronicle Books) written by a clever author named Rascal and with bold, textured oil paintings from Gert Bogaerts. Both live in Belgium, but don't worry, the text is in simple, descriptive, sensitive English. It was created to be read to or with young children.

The story is a sheer delight, introduced by a picture on the cover of a large dog with long ears and soulful eyes circled by huge red-rimmed glasses.

The first page presents the same dog (without glasses) and only four words, "Socrates was an orphan." Then the story speeds up, with page two providing a pace and pattern that will please most young children.

"His parents had been snatched up by the dog-catcher and taken to the pound, leaving Socrates to live alone on the streets. He dreamed of a home other than his cardboard box. And, more than anything else, Socrates dreamed of having a friend."

Sadness, friendship and magic are all rolled together from that point on.

As you know, this is far from the only enjoyable book on those crowded shelves. The search for others might be frustrating but could be pleasant, too, especially if you involve your children in it.

Many recent books will attract your children and you, too, but try not to avoid those that have been appealing for youngsters for generations. A combination of carefully chosen past and present publications may be a wise way to go.

But start with one, and it will lead you to others. Those who work in bookstores generally have a good time sharing books, often whether you buy or not.

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Fitness Forum

By Terry H. Burns

Could pollution cause breast cancer?

CHICAGO — Environmental contaminants, and specifically chlorine-based chemical pollutants, may account for rapidly rising breast cancer rates around the world, a recent study by the Greenpeace organization claims.

The study is among the first to link pollution to the growing problem of breast cancer, a disease that kills more than 500,000 women a year worldwide.

In the United States alone, breast cancer rates climbed 32 percent between 1980 and 1987, with the greatest increases occurring among women over 50.

Some environmental advocates charge that the possible tie between chemical pollution and breast cancer is often ignored.

"Breast cancer is one of the primary causes of premature death among women in the developed world, but there is very little mention of the connection between this disease and polluters," said Joan D'Argo, a campaigner for Greenpeace, an international environmental group.

"The weight of evidence suggests that pollution, particularly from processes that use or produce chlorine, is a major factor in breast cancer," she added.

According to the study, chemicals known as organochlorines may be a major factor in causing breast cancer.

Organochlorines include such highly toxic chemicals as DDT, PCBs, dioxin and thousands of lesser-known chemicals, which accumulate over time in the body and have been proven to cause cancer.

Over time, these chemicals may interfere with or alter the body's ability to regulate estrogen, a hormone widely believed to play a role in breast cancer.

Some doctors claim that cancer researchers have long ignored the role of chemical pollutants in causing breast cancer despite decades of costly research.

"The cancer establishment remains fixated on obsolete 'blame-the-victim' theories of breast cancer causation, to the virtual exclusion of avoidable and unknowing exposures to industrial carcinogens," said Dr. Samuel Epstein of the School of Public Health at the University of Illinois Medical Center in Chicago.

Researchers have "trivialized" the threat of chemical pollution and breast cancer, instead choosing to focus on cancer prevention programs that "reflect myopia and questionable science," he said.

However, an official with the National Cancer Institute discounted Epstein's claim and said

the findings of the Greenpeace study were at best "suspect."

"There are a lot of problems with the data and the way the figures were obtained. I think he (Epstein) has some other agenda here. At this point, they're making some statements and allegations that are far beyond the data that exists now," the NCI official said.

The Greenpeace study also claims that:

- Women living in U.S. counties with waste sites were 8.5 times more likely to have elevated breast cancer rates than women in counties without a waste site.

- Levels of PCBs and DDT were 50 percent to 60 percent higher in the tissues of U.S. women with breast cancer than in women without breast cancer.

- Women working in petroleum, chemical, pharmaceutical and electrical equipment industries had significantly higher rates of breast cancer than other women.

- A study of 347 female chemists found breast cancer rates 63 percent higher than expected.

While breast cancer can be traced to other risk factors, such as heredity, reproductive factors and diet, those elements account for less than half of all cancer cases, said Joe Thornton, director of toxic research with Greenpeace and the author of the study.

"The majority of breast cancer thus remains unexplained, (but) environmental pollution is likely to be a significant contribution," Thornton added.

"Ample evidence points to chlorine-based chemicals as significant contributors to this epidemic," he said.

As a result of study, Greenpeace is proposing that the government order the gradual phasing out of chlorine and chlorine-based chemicals.

However, industry officials say such a move would be extremely costly since chlorine is used in a variety of products including paper, plastics and solvents.



After Work Gourmet



By Sharon Achatz

Turkey fajitas add spice to summer nights

Looking for a way to spice up summer nights? Here's a fiesta of flavors that'll heat up your taste buds without warming your kitchen: Southwestern Citrus Salad, Spicy Turkey Fajitas and Refrigerated Cappuccino Dessert.

SPICY TURKEY FAJITAS WITH SOUR CREAM SAUCE

1 tablespoon paprika
 1/4 teaspoon onion salt
 1/4 teaspoon garlic powder
 1/4 teaspoon cayenne pepper
 1/4 teaspoon fennel seeds
 1/4 teaspoon thyme
 1/4 teaspoon black pepper
 1 pound turkey tenderloins, butterflied
 1 lime
 8 corn or small flour tortillas

For Sauce:
 1 cup sour cream
 1/4 cup thinly sliced green onion
 1/4 cup finely chopped fresh cilantro

1 (4-ounce) can diced green chilies, drained

1 plum tomato, seeded and diced

1/4 teaspoon black pepper
 1/4 teaspoon cayenne pepper
Yields 4 servings.

Preparation time: 45 minutes, including time for marination.

In shallow, flat dish, combine paprika, onion salt, garlic powder, cayenne, fennel seeds, thyme and pepper. Rub mixture over turkey; cover and let sit at room temperature about 30 minutes.

Meanwhile, prepare sour cream sauce: In small bowl, combine all sauce ingredients; cover and refrigerate until ready to use.

Prepare grill. Once coals are ready, grill turkey 5 to 6 minutes, or until no trace of pink remains when turkey is pierced with knife. Turn tenderloin halfway through grilling time.

Remove turkey to serving plate

and squeeze on juice of lime, slice turkey into 1/4-inch slices.

To serve, fill each tortilla with turkey slices and top with sour cream sauce.

SOUTHWESTERN CITRUS SALAD

4 lettuce leaves
 3 seedless oranges, peeled and separated into sections
 1 red pepper, cut into strips
 1 cup jicama, julienned
 1/4 cup thinly sliced red onions
 1 lime, cut into 4 wedges

For dressing:
 1/2 cup vegetable oil
 1/4 cup white vinegar
 2 tablespoons orange juice
 1 teaspoon honey
 1/2 teaspoon ground cumin
 1/4 teaspoon chili powder
 1/4 teaspoon salt
Yields 4 servings.

Place lettuce leaves on four individual salad plates. Arrange orange sections, red pepper, jicama and onions on serving plates; set aside in refrigerator.

To make dressing, mix together all ingredients; refrigerate.

REFRIGERATED CAPPUCCINO DESSERT

2 cups milk
 1 tablespoon decaffeinated instant coffee
 1 (3-ounce) package chocolate-flavor instant pudding
 1 1/2 cups thawed frozen whipped topping
 1/4 teaspoon ground cinnamon
Yields 4 to 6 servings.

Preparation time: 8 minutes. Pour milk and instant coffee into large bowl.

Add pudding mix. Beat with wire whisk 1 to 2 minutes or until well blended. Pour into individual dessert dishes; refrigerate.

Just before serving, mix whipped topping and cinnamon. Spread over pudding.

HEALTH WATCH

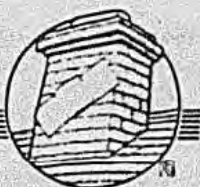
Middle East, Africa have highest birth rates

While average births per woman in Western Europe, Canada and the United States are well below 2.0, African and Middle Eastern women average far higher numbers of pregnancies during their lifetimes.



SOURCES: United Nations Children's Fund (UNICEF); "The State of Health Affairs"

Here's How



By Gene Gary

Q. Our house, which was once in a quiet neighborhood, is located on a street that has become a main thoroughfare for traffic. The noises caused by passing traffic is awful.

Short of moving, do you know of anything we can do to combat this problem? — S.H.

A. Constructing a barrier between the street and your home is the best method of noise control. Most effective would be a concrete block or brick wall that is at least 6 feet high.

If your home is a two-story building, the barrier would have to be that much higher to help protect the second-floor level. Such a wall can deflect nearly 60 percent of the street sounds.

A wooden fence can reduce noise only by about 5 percent. Landscaping is also very helpful for sound absorption. This requires some

long-term patience, however, as the greenery will need time to fill in. Check with your local nursery for recommendations on evergreen trees or shrubs that would be suitable for high hedges.

You also can block noise by sealing up holes with weatherstripping and caulking to assure that windows and doors are sealed tightly so that noise does not leak in through cracks and crevices. Sealing up holes around electrical service entrances, vents and any gaps where sound can sneak in is very helpful.

Install storm windows with heavy glass and good weatherstripping for added protection. Make sure your exterior doors are solid, tight-fitting at the threshold and weatherstripped. A solid door blocks out four times as much noise as a hollow-core door.

For dampers or flaps on bath,

kitchen and laundry vents, install an extra elbow or section of bent flexible duct to create an indirect sound path. Add air conditioning, either window-mounted or a central system. This will allow you to keep windows and doors closed during warm weather and shut out the noise.

Another method of nixing noise is to fight sound with sound. You can purchase a little electronic gadget that is designed to generate an agreeable whir to mask persistent noise. However, masking the annoying noise can be a short-term solution if the masking sound becomes just as irritating as the ones you are trying to cover up.

Q. We are in the process of redecorating and have discovered that the existing wallpaper does not strip off the drywall with ease. We have tested several areas and the drywall panel is damaged when we try to remove the paper assisted by steam and a commercial stripping solution.

Do you know of any way we can remove this paper without damaging the wall board underneath? We want to get rid of wallpaper and paint the interior walls. — A.A.

A. Stripping off old wallpaper can tear the protective paper off

the drywall panel at the same time, resulting in a surface that cannot be repainted. Excessive moisture from steaming to loosen wallpaper also can damage the drywall.

Another problem occurs if the drywall was not sealed before the wallpaper was hung. In this case, the drywall panel will have absorbed the wallpaper glue, and stripping the wallpaper will not only damage the drywall skin, but in many cases leave a glue residue that will prevent paint adhesion.

If the drywall paper hasn't been damaged during the stripping process, the glue can be scraped off. But you have to be very careful. Any damage to the drywall at this stage will mean that your previous tedious efforts to remove the paper will all be for naught.

Your best bet would probably be to have a drywall contractor cover the old wall with new sheets of 1/2-inch drywall. You will get a smooth wall in perfect condition for painting. The 1/2-inch panels can be glued in place using joint compound.

Since nails aren't necessary, you won't have to worry about covering indentations or nails popping in the future.

Decor Score



By Rose Bennett Gilbert

the blinds offer light and privacy control with just a twist of Hunter Douglas "magic wands."

Sight unseen, my advice for awkward room anatomy like yours: Think shades. Your options in types, sizes, colors and materials can help take the, ahem, pane out of window decorating.



Window trouble

Q. I just don't know what to do with the windows in my living room.

They butt right up against the fireplace on one side (there's a bookcase on the other side).

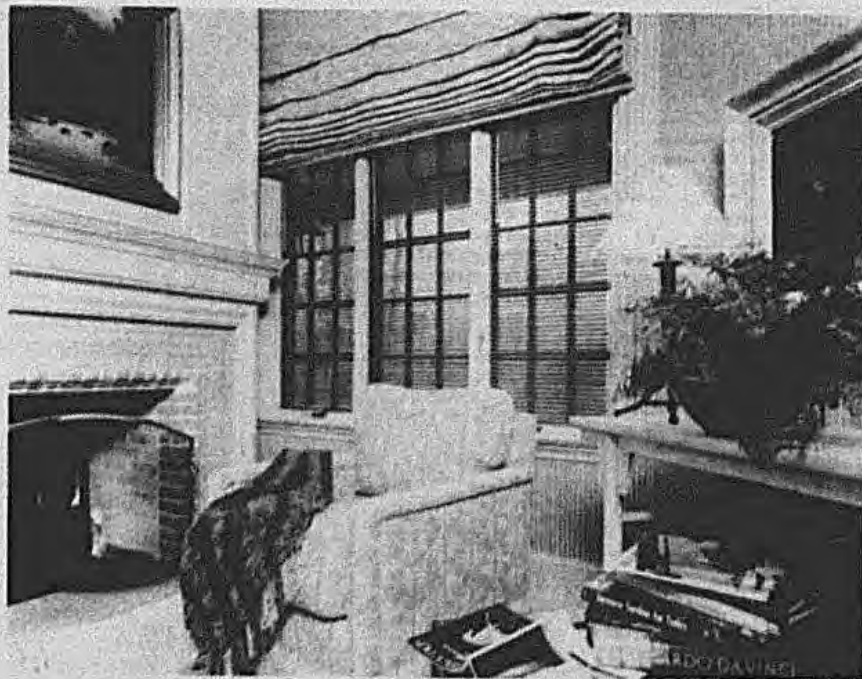
I can't hang draperies or even put up a swag because there's just no space. I know it's hard to give advice without seeing the problem, but would you please try? — T.H.

A. I wouldn't say that "if you've seen one problem window, you've seen them all," but almost every architectural oddity has its parallel under some American rooftop.

I found yours — and a good solution for it — in the photo we show here from the window experts at Hunter Douglas. No surprise, then, that their answer to an awkward corner window includes narrow wood blinds, a trio of them, used under a tailored Roman shade.

Both layers cling close to the windows, so there's no bulk to protrude into the room. And both have a strong architectural feeling that's more appropriate in this tight space than billows of fabric would be.

However, the shade is made to match the room's upholstered pieces, adding a soft touch, while



CORNER CACHE — A window tucked awkwardly into a fireplace corner takes on architectural importance when it's dressed in miniblinds under a tailored Roman shade.



LOCAL READER

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

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

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

Help Wanted

FREELANCE REPORTERS NEEDED to cover village, school meetings in Western Nassau area. Writing experience and interest in local affairs nec. Compensation per story. 931-0012. hfn

LEGAL SECRETARY, FULL TIME. Busy law office. Estate work experience necessary. Williston Park. 248-0906. wjy3

MEDICAL BOOK STORE - Garden City: PT Clerk-permanent. Applications now being accepted. Saturday a must. 742-4794. W-Jy-4

KIND, LOVING PERSON to care for toddler. Light housekeeping. Monday, Wednesday, Thursday 8 to 5. Good Salary. Own transportation. Old Bethpage/Plainview area. Call 621-0541 after 6 p.m. W-A-1

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. 486-3602. goJy3

MATURE EXPERIENCED woman to care for 3 month old twins, 2-3 days a week. Must have infant care experience & own transportation & references. 248-3615. goAg1

DENTAL ASSISTANT, P/T, F/T in West Hempstead. Willing to train. Please call 538-7433. goJy3

Help Wanted

REAL ESTATE SALES Position - Well established Realty office serving the area for 78 years has openings available. Call R. Valentine for details. Valentine Agency. 746-7200. W-S-4

LOCAL BABYSITTER/HOUSEKEEPER needed in my Garden City home beginning Sept. 1, Mon.-Fri., 7 a.m.-5 p.m. with time off while 2 children attend school. Teacher's schedule, non-smoker. Please call 248-4751. goAg1

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 742-6614. W-Jy-5

CHILD CARE NEEDED F/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 457-3872 after 6 p.m. goJy3

SOMEONE TO TAKE care of my 3 year old & newborn on Mondays & Wednesdays beginning September. Must be reliable & loving. Call 248-7820. goAg1

FLORAL/SALES/STOCK. Design learning & spray painting. Work w/silk flowers. Must be artistic, motivated, and good with color. Full time. Must drive. Contact Russ 334-6640. goJy3

Help Wanted

BUSY DERMATOLOGY PRACTICE needs energetic, receptionist/medical asst. Computer knowledge helpful. Need to work at least one evening & Saturday or Sunday. Call 747-2230, Monday thru Friday, 9 to 6:30. W-Jy-3

WAITERS & WAITRESSES WANTED, Williston Park. Must be 21, experienced, non-smoker preferred. All shifts available. Call Bob. 516-294-6404. W-Jy-3

CHILD CARE NEEDED for September. Teachers holidays. Interesting schedule. Own transportation. Please call 741-3084 & leave message. goAg1

FREELANCE REPORTER TO COVER MEETINGS in Hicksville, Syosset area. Exp. helpful. Interest in local affairs needed. Most meetings in eve. Compensation per meeting. 931-0012. hfn

Situation Wanted

IRISH AIDE/COMPANION Available for elderly care, experienced & references. Call (718) 343-6146. goJy5

I AM A MATURE Christian woman looking for work as a companion or to take care of the elderly. I do have experience and also good references available. Please call Annette at (718) 471-7210. goAg1

HOUSECLEANING AVAILABLE. Experienced & References. 3334-5574. goAg1

BABYSITTER/CHILD CARE Retired, licensed, professional nurse will care for your child Monday-Friday. Good references, own car, non-smoker, (718) 276-0655. goAg1

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

HOUSECLEANING JOB WANTED. Experienced & references. \$45 for 5 hours. 292-7513. 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. 638-2647 goJy4

COMPANION/HOME HEALTH AIDE, 10 years work experience. Expertise with elder care. N.Y. State certified. Excellent references. Car available. 485-0916 goJy3

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

ENGLISH SPEAKING WOMAN available for housecleaning. Very trustworthy. Reasonable rates. Call Janice (516) 741-6616. Excellent references. W-A-1

CAT WATCHING SERVICE IN my New Hyde Park home. Special care, reasonable rates. Specializes in pedigree breeds, loves animals, dependable. Call Lauren 354-8158 or leave message. (no caging animals) indoor cats only. W-A-1

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. 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. 294-6398. 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 683-5111, 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 or weekends. Have car. Will do all chores for patient & will cook. Have good church references, and from other patients. 747-1718 or 484-4321. wJy3

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 739-3437. goJy4

IRISH CERTIFIED AIDE seeking position. Own transportation. Experience & references. 742-7528. goAg1

Situation Wanted

LET US HELP YOU Clean your house. We are a meticulous, honest & trustworthy experienced mother & daughter team. Plenty of good references available. Own transportation & bilingual. Please call Elsa 538-5958. gAg1

NEW HYDE PARK SOCIAL WORK student babysitter, Jewish, 30 years old, available. Your home or mine. PT/FT or overnite. Excellent references, and reasonable rates. 20 years experience. Call anytime 354-8158 or leave message. W-A-1

NASSAU/QUEENS RESIDENT, single, Jewish female, 30 years old, looking to clean bachelor's apt. Reasonable rates, excellent references. Will leave your bathroom shining. Call Lauren. 354-8158 or leave message. W-A-1

HOUSECLEANING JOB WANTED. Experience & good references. 483-7445 gJy3

CERTIFIED IRISH NURSE'S Aide available for day work to care for the sick or elderly. Experienced. Call 326-9726. gAg1

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

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 485-7860 gJy5

GARDEN CITY EXCLUSIVE. Motivated owners. Mint Western Ranch, 3 BRS, 2 1/2 Bths., Mod. EIK. Great for growing fam. Must sell. Low \$300's. New Listing. Move in condition. Estates CH Brick Colonial 4 BRS, 3 1/2 Bths., Mod. EIK, Fam. Rm., Room for su pair, 2 car \$400's. Estates Mint Ranch 4 BRS, 2 1/2 Bths., super Mod. EIK, Fam. Rm., CAC/Central Vac, 2 car, 1/2 acre landscaped property \$600's. Gracious Central Section Tudor, 4 1/2 BRS, 4 1/2 Bths., Lg. EIK, Fam. Rm., Sunken LR, Great detailing, 1/2 acre, 2 car \$800's. Vera Atamian 354-1994. gJy3

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 61 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

Real Estate for Sale

GARDEN CITY - SPACIOUS 3 BR., 2 1/2 Bths., LR/Fpl., DR, EIK, Den, Fin. Bemt., 2 car, fenced yard with patio. Walk RR, quiet area. \$299,000 Owner (212) 473-0526. gAg1

GARDEN CITY ESTATES Section Georgetown CH Brick Colonial in prime location. 3/4 BRS, 3 Bths., 2 Car Gar. Must see. By owner \$469,000. 741-3656 gAg1

JAMESPORT, ROMANTIC BAYFRONT on 1/4 acre with own sandy beach. 1920's 4 BR, 3 Bths., separate garage with bath & shower. Now \$399,000 New Suffolk, 1st Offering, country charmer, 2 BR, 1 Bth., 1 story, LR/Dining area, Porch, EIK, walk to sandy bay beach \$159,000 Mattituck Creekfront

Charmer, on almost an acre, New Deck, Great Room, 3 BR, 2 Bths., Decks. A cool hide-away for \$350,000 Aquabogue, 1st Offering, Mint 2 BR mobile home, LR, Kitchen/Dining Area, Central Air, Lovely Community. Asking \$44,000 Cutchogue, Mint Contemporary featuring 3 BR, 2 Bths., Huge Fam. Rm. w/Fpl., & sliders to deck. Superbly landscaped. \$220,000 Marilyn Lang Realty 734-6472, 734-6690 gJy3

FRANKLIN SQUARE, NEW Townhouse, 3 BRS, 2 1/2 Bs., move in condition, skylights, new carpeting and tiles, full basement, CAC. \$170,000 by owner, 488-3267 Neg. gJy4

GRAND OPENING: Introducing The Country Colonial At Southold Villas. A new family community located in the Villages of Southold within walking distance of shopping, schools, and boating. Choice of lots available. Energy efficient and maintenance free. Features LR, FR, Eat-In Country Kitchen, 1 1/2 Bths., 3 BRs, full Bemt., Garage. Will customize to suit \$143,990. Come see our Colonial model on Saturdays and Sundays, 11 a.m. to 4 p.m. or call us for private showing. Marilyn Lang Realty 734-6472, 734-6690. gJy3

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

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, fn. Bemt., 2 zone heating, 2 car garage. Many new additional features. beautiful 70x100 landscaped grounds. Low taxes. Convenient to park, RR, Shopping. asking \$349K. Owners. 747-6386. gJy5

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. Reduced. \$399,000. Owner 741-5116. gJy3

ESTATES SECTION IMMACULATE - BR Colonial, Eat-in-kitchen, 3 1/2 baths, 2 PFLS, 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

SOUTHOLD WATERFRONT with bay views. Add your own finishing touches. 2 story traditional features LR/Fpl, DR/Fpl, EIK, Den, Master BR & Bath plus 2 BRS, 1 1/2 Bths., extensive decking, boat dock. \$665,000. Southold Waterview. Maintenance free Ranch LR/Fpl, DR, 3 BRS, 2 Bths., lovely landscaping with unobstructed bay views. \$280,000. North Fork Bayfront. Great Room/Fpl., custom kitchen, 3 BRS, 3 Bths., Lg. Deck, screened porch. Spectacular views. Sandy Beach with cool southerly breezes. \$399,000. Nassau Point Ranch home on treed lot features LR/Fpl., FDR, EIK, 3 BRS, 2 Bths., 2 Car Garage \$214,000. Mattituck Renovated Farmhouse on treed lot. 3 BRs, LR, DR, Rocking Chair Porch. Great landscaping. Newly listed. \$186,000. Lewis Realty 298-4600, 734-5533, 765-5610. gJy3

Real Estate for Sale

GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hepa Allergy System, 1/2 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

GARDEN CITY CENTRAL, 4 BR Ranch, 2 1/2 Bths., Modern EIK, Lg. Property, Priv. Yard backs golf course, many extras, mint condition - must see! Motivated seller. \$500's 294-7434. gAg1

MAIN STREET, REMSEN-BURG. Historic 5 BR, 5 Bths., Separate guest sec. New Furnace, hot Water heater, well, pump and newly painted. Deep secluded, wooded lot. Owner anxious to sell at \$340,000. 325-0562. gC01

SOUTHOLD. BEAUTIFULLY LANDSCAPED Ranch with in-ground pool near beach. 3 BRS., 2 1/2 plus Bths., LR/Dining Area, Fam. Rm./Fpl., Fin. Bemt., oil/hot water heat just installed. 2 car garage. Must see. \$259,000 neg. By owner 765-9247. gAg1

GARDEN CITY COLONIAL Mint 4 BRs, 2 1/2 baths, LR, FDR, den/Fpl, EIK, laundry room plus 4 room suite, professional/Mother/Daughter, 1/2 bath, CAC, sprinklers, 2 car garage. Asking \$469,000. (516)538-1812. gJy4

GARDEN CITY ESTATES Ranch in a class by itself. Picture window front, brick & stone. 3 BRS, 3 Bths., lg. LR/Fpl, DR, EIK plus Den with bar. Magnificent Fin. Bemt., w/Fpl., Patio, CAC, 2 Car attach. Garage. For the selective buyer. By owner. Low \$400's. 248-4535. gAg1

GARDEN CITY ESTATES Section. Updated 4 BR, 3 Bths., Colonial EIK, CAC, low taxes. Principals only. Reduced to \$399,000. 747-2794. gAg1

ORIENT, EAST MARION SOUNDFRONT, Spectacular 3 acre parcel with 200' expansive beachfront in estate area. Fabulous views over L.I. Sound and Dam Pond. Building envelope and permits in place. Exclusive \$395,000. Hahn Realty, 120 Front St., Greenport, NY. 11944. gJy3

WALKILL, 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

GARDEN CITY COLONIAL 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. gAg1

Real Estate for Sale

GARDEN CITY: MINT, brick Split on prestigious Hampton Road. 7 large rooms, 2 baths, new bath & large den. 1 1/2 attached garage. On 1/4 acre. Professionally landscaped grounds. Very suitable for professional. Broker/Owner. Motivated. Asking \$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. bemt., garage, screened porch. Walk RR & courthouse. Asking \$325,000. 747-8719. gJy4

SOUTHOLD WATERFRONT GREAT Location. 4 BRS, 2 Bths., creek front. Close to town. \$219,000. Southold. Walk to sound beach. Stately Colonial, 4 BRS, 2 1/2 Bths., EIK, FDR, Fam. Rm., LR/Fpl, oak floors. To settle estate. \$225,000. Southold Deep Water dock & deeded beach rights. Immaculate Contemp Ranch, 3 BRS, 2 Bths., attach 2 car garage. Rare opportunity \$209,000. Cutchogue, Nassau Point Exclusive, Fieldstone Manor Home on magnificent property. Lg. gracious rooms, granite pool, deeded dock, prestigious area, Total privacy \$750,000. Cutchogue Waterfront. Incredible views & deep water dock. Cozy & comfortable 2 BR, 2 Bths. year round home. Move in condition. Seller relocating. Asking \$249,900. East Marion Bayfront home in lovely estate area. Secluded New England Cape Cod in excellent condition. 4 BRS, 2 Bths., Asking \$395,000 furnished. Marion King Realty 734-5657. gJy3

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

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, Hgh Mod. EIK, Full Bemt., Attach. garage, 1/2 acre, asking \$795,000. Flexible owner Fin. to fit your needs. 248-2450. gAg1

MATTITUCK SAILOR'S DELIGHT. Luxury Colonial on 1/4 acre inlet, front plot (8 ft. low tide) with gorgeous bay views. Two boat moorings, short walk to private community sandy beach. 7 truly lg. rooms, 4 BRS, 3 Bths., Anderson Windows, 6 appliances, double garage. In small bayfront community of better homes. Just reduced to \$389,000. See soon. Book-miller Realty 722-4423. gJy3

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 631-0012.

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. gcS3

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 248-7640. goJy5

MINEOLA JR. 2BR CO-OP, LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$81,000. Owner (616)742-0229 goJy4

GARDEN CITY 2BR - 2nd floor end unit facing 15th St. A/C, wash/dry, attic, garage. \$109,000. 294-0269. gcag1

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 746-4075. goJy3

GARDEN CITY CO-OP, 1 BR, Second Floor, newly renovated. walk to LIRR, \$69,900. Reduced for quick sale. By owner. 248-5347. gcAg1

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

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, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 pr S1

CO-OP & CONDO ATRIUM PLAZA 1 BR, 1 bath, duplex, EIK, 1 gar Rent/Buy 2 BIRCHWOOD COURT TOP OF THE LINE 1 BR, 1 bath \$89,000

CHERRY VALLEY 2 BR, 1 bath, LR, EIK, CAC \$89,000 LR, EIK, 2 BR, 1 bath \$116,000 HAMILTON HOUSE 2 BR, 2 bath, front w/extras \$175,000

MINEOLA'S HARRISON HOUSE 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 E Studio \$75,000 Dougall Fraser Realty 248-6655 goJy3

MINEOLA-GARDEN PLAZA. Immaculate, large one BR, new kitchen/bath. DR. Walk to RR, hospital, courts, shopping. 24 hour security. Two AC's. Owner. 248-9089. \$89,000. W-A-1

GARDEN CITY CHERRY VALLEY Co-Op, 1 BR, first floor, CAC, EIK, dining area, large LR \$88,500 neg. 742-7842. gcAg1

Real Estate For Rent

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 627-4112 goJy4

FLORAL PARK VILLAGE. Deluxe Apts., each with large rooms, EIK, w/w, A/C, patio, yard, storage. Walk to LIRR & convenient to all. 3 rooms \$850, 5 rooms \$950. Call owner 488-2314. gcAg1

GARDEN CITY BORDER. Large bright rooms in luxury apt. building. Private parking, 2 BR Apt., with Den, Mod. Kitchen & Bath, A/C \$850. No fee. 489-3010 days, 483-7449 eves & weekends. gcAg1

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

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

LYNBROOK, 1 BR APT., second floor, private entrance, freshly painted, hardwood floors, off street parking, great location. Single preferred, couple considered. \$650. incl. all. 746-6860, 775-4256. Also very large basement storage. 3 rooms with electricity. \$195 a month. gcJy5

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 483-8443 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) 962-3800, eves or week-ends (516) 838-0757 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

WEST HEMPSTEAD studio, 1 room, full modern bathroom, carpeting, own thermostat, side entrance. Near RR \$475 incl. utilities & cable. One month security. 489-5936. gcAg1

FLORAL PARK VILLAGE. Deluxe 7 room Apt., A/C, EIK, FDR, 2 BRS, Lg. Study, Fin. Bsmt., 2 Bths., oak floors, patio, yard \$1,350 per month. Call owner (718) 892-1814. gcAg1

FLORAL PARK VILLAGE. Deluxe 5 room Apt., A/C, EIK, FDR, 2 BRS, Oak Floors, Patio, Yard. \$1,050. Call owner (718) 892-1814 gcAg1

GARDEN CITY SOUTH, 2 BRS, Lg. Living area, brand new carpet, fresh paint, full bath, EIK. Near all \$925 mo. 1 month security. Call 596-9312. gcAg1

Real Estate For Rent

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

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

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 6 p.m. Mon.-Fri. and weekends. 877-0133. goJy3

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

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

WILLISTON PARK - APT FOR RENT: 51 Harvard St., 2 BRs, EIK, full bath, gas included. \$900. Working couple only. Call for apt. 746-4767. W-A-1

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. 829-5256. 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) 585-9667 goJy4

STOREFRONT FOR LEASE. Mint condition. Available immediately. Willis Avenue between Fordham & Harvards Sta. Perfect for retail store or professional office. 2100 sq. ft. \$1,300 per month. No fee. Contact owner. 766-3141 W-Jy-3

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 WESTERN section, 4 BRs, 2 baths, LR/Fpl, DR, EIK, screened porch. Walk to all. Asking \$2,200 a month. Call Kathy or Steve Camp, brokers. 746-5449. Please leave message. gcAg1

FRANKLIN SQUARE BASEMENT Studio Apt. for rent. Working gentleman preferred. Non-smoker, no pets. References required. Utilities included & own thermostat. Call 775-4598 after 5 p.m. W-A-1

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

FARMINGDALE. MUST SEE. Lovely, clean 3 1/2 rooms. Newly wed delight. Convenient location. \$690. Sept. 1. Owner 249-5794. gcAg1

FARMINGDALE, NEWLY WED DELIGHT. Lovely, clean 5 rooms, convenient location. \$850. Sept. 1. Owner 694-7379. gcAg1

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

THREE ROOM APARTMENT, private entrance. Mature person preferred. Available July 15. \$650 includes utilities and cable. 538-3053. gcA1

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

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

GARDEN CITY SOUTH. Large room for rent, newly decorated, private entrance, share bath. Clean environment, located between train and bus. \$400/month + security. 538-0063. gcA1

WILLISTON PARK. MINEOLA - Lower level apt. 3 rooms with full bath, kitchen, partly furnished. Private entrance. Mature working lady preferred, suitable for one. Non-smoker. \$800 a month including utilities. 294-8917. W-A-1

MINEOLA/WESTBURY APTS FOR RENT Beautiful 1 BR in private house - \$750 2 BR Apt. \$850 to \$900 Large 3 BR, LR, DR ++ \$1,250 Royal, 742-3355 W-Jy-3

ROOM FOR RENT - WILLISTON PARK. Responsible person, need references. 741-4375. Call after 6 p.m. W-A-1

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 gcJy3

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

Vacation Rental

NASSAU POINT RANCH, Bayfront, 100 feet on beach with magnificent view. Watch boating, sailing and glorious sunsets from deck on beach. Large LR/FPL, with wonderful view of bay. Family size DR/FPL, sunporch, 5 BRS, 2 1/2 baths. \$6,000 per month. July and/or August. Owner 746-1681 gCjY2

AMAGANSETT WOODS. CHARMING home, 4 BRS., 2 Bths., LR/Fpl, extended deck w/heated pool. \$2,000 weekly. Ownr Call 267-6645. gCg1

HAMPTON BAYS, Near ocean & bay. 3 BR, Ranch with attached garage, Lg. LR/Fpl, DR, Kitchen, Sunroom, Lg. Deck, Bsmt. Washer/dryer, dishwasher. Fenced 1/2 acre. \$3,000 monthly. \$1,500 by-weekly. 742-2709 wAg1

MOTEL ON THE BAY, South Jamesport. One of the North Fork's nicest resort motels. Located directly on Peconic Bay. Fully equipped kitchen, private Deck barbeques, all rooms water view. Private sandy beach. 722-3458. gJy4

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) 462-1675 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 gCjY4

BEACH FRONT PECONIC bay between Hampton Bays & Southampton, well furnished 3 BRS, 3 baths Split. August 1 - Labor Day \$4,900 (516)723-3380. gCjY3

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 gCjY3

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012,

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. gCg1

GARDEN CITY HOUSE wanted to rent by long time resident. 3 BRS, 2 Bths., References available. 746-1361. gCjY3

GARDEN CITY ESTATES North of Stewart. Tudor only. \$400's. Principals or brokers. (718) 680-3540 gCjY4

HOUSE WANTED IN GARDEN City, East Williston or Syosset. 3/4 BRS, Maximum mid \$300's. No brokers please (516)338-4282 gCjY3

COUPLE SERIOUSLY LOOKING to purchase home in Western or Estates sections only. Priced up to \$300,000. (516) 488-1975. Please leave message. gCjY5

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. gCjY5

FAMILY SEEKS HOUSE in Garden City, Any condition. \$300's. Principals only. Week days 4 8 1 - 8 5 0 0 . Evenings/weekends 679-1851. gCjY5

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

MOVING, MUST SELL. Girls' Ross Bikes, one 26", 3 speed, cost \$150 new, mint. Other, 20" banana seat, unisex, garage kept. Reasonably priced. Call 437-1595. Leave message. gCg1

CLOSEOUT SALE: Mary Kay Cosmetics, 50% discount. Every Monday & Thursday evenings (while supplies last) 6-9 p.m. Starting July 19 & 22. 160 Ferncroft Road, Mineola (off Willis Ave.) 516-741-6616. NOT GARAGE SALE. W-A-1

CONTENTS OF APT. FOR SALE in New Hyde Park, including modern like new sofa, love seat & chair with ottoman. Wurlitzer piano, dining room set, set of glass tables, oriental rug, stereo, color TVs, VCRs & more. Call for appt. 516-354-8168 or leave message. W-A-1

MOVING-LIVING ROOM Sofa, coffee table, end table. Cherry wood. Magnavox stereo cabinet. Humidifier. Large antique bureau w/mirror, antfrs. All in excellent condition. 741-3625 gCjY3

For Sale

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. gCjY3

FINE FURNITURE (Located in Mineola). Harden love seat, Baker king headboard, Bloomie's cherry dining table, 1920 sofa, cherry coffee table, cherry stereo cabinet, chairs, breakfast, etc. 747-8926. gCg1

S M I T H C O R N A TYPEWRITER/Processor; many features incl. foreign accents, accu-spell; phrase memory; extra daisy wheel. Cost \$300. Sacrifice \$240. 352-3483. gCg1

ANTIQUES OAK ROUND table, 44" pedestal base, no leaf, 8 camel back chairs, light wood \$700. Oak round table 44" pedestal base, no chairs or leaf, dark wood. \$500. 741-0121. gCg1

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. gCjY5

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

T O R O S S P E E D LAWNMOWER, 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. gCjY3

SMITH CORONA STAN- DARD 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. gCjY3

GARDEN CITY MOVING - "New" White Westinghouse front load washer, stack up dryer, John Stuart executive walnut desk 30" x 66", Henderson English 3 tier trolley server, campaign 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. gCjY4

AIR CONDITIONERS (4) GE Window, 5500, 6450, 7300, 8300 BTU. One Carrier wall 18000 BTU. Very good condition. Purchased central air. Best offer. 334-2228. gCg1

For Sale

MOVING - HABITAT BOYS Pine - blonde bedroom furniture. 2 beds, night table, hutch & dresser \$350. (516)742-2952. gCjY3

S O L I D C H E R R Y CABINETS, over 108 upper/lower custom, raised panel, pewter hardware. 6 blade Casablanca fan computerized/light. 2 Andersen 28" x 48" casement windows/screens. 5' Almond cabinet/pewter hardware. All appliances. 248-9822. gCjY3

DINING ROOM SET, Colonial w/2 Captain's chairs and 4 side chairs plus pine hutch. \$600. 873-0338. gCjY5

SUZUKI OUTBOARD MOTOR, 6 horse power, long shaft with gas tank. Used less than 6 hours. Excellent \$650. 747-2984. gCg1

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

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. gCjY4

PANASONIC MICROWAVE CONVECTION oven for all your cooking needs. \$175. Call 742-2197. gCjY4

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. gCjY4

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

Car For Sale

1984 PLYMOUTH RELIANT, Maroon, 72,000 miles. Good condition. New parts plus extra parts. Asking \$800. Neg. Runs well. Call 248-0596, leave message. wjY3

1984 Toyota Camry LE great station car, looks and runs excellent, high mileage mostly highway \$2,400. (516)352-9340 hAg1

"78 OLDS REGENCY 98. New A/C unit, 2 month old. Also new tires, front & rear brakes, complete exhaust & muffler, radiator. Excellent for parts. \$500 firm as is. 437-1595. Please leave message. gCg1

1984 NISSAN SENTRA - SIL- VER, 2 Door, 5 Speed, A/C, AM/FM Cassette. 58,000 original miles. New tires, great condition. \$2,550. 742-2709. wal

Car For Sale

MUSTANG 90 LX, Conv. 5.0 a/t, 29K, white, blk leather, stereo/cassettes, loaded, all power. A/C, alarm, babied, garaged, 1 owner, Serious only \$12,000 (516) 292-8999. gCjY5

1977 BUICK CENTURY Original paint, dash like new, 82,000 miles. Very good condition. 775-8988. wal

1984 VOLKSWAGON, 53,000 miles. Good interior & exterior. Negotiable price. Please call 747-4117. wal

COLLECTIBLE 1974 AMC Ambassador, 8 cycla, P/S, P/B, A/C, automatic 34,000 original miles. Excellent condition \$2,000 firm. 747-4564 gCjY4

1988 HONDA ACCORD LXI, 4 door black/tan 74K. Excellent car. \$5,700 Dave 929-4325 gCjY4

'88 CADDY ELDERADO, One owner, A/C, loaded, excellent condition, 91,000 miles \$7,200. Call evas 747-4678. gCjY4

1988 JEEP CHEROKEE, new tires, new stereo, 46K miles, red A/C, roof rack. Excellent condition \$7,500. 747-6812. gCjY4

1984 CHEVY CELEBRITY, 4 door, A/C, Power steering, power brakes, power locks, cruise control, AM/FM cassette. Asking \$1,795. 775-2528. gCjY3

1986 BUICK REGAL CLAS SIC, hard top convertible, 58,000 miles. Original owner \$5,000. 747-7465. gCjY3

'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. gCjY3

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

BOLLS ROYCE 1957 SIL- VER Cloud, 6 cylinder, auto, LHD, silver/maroon, \$22,000. Call after 6 p.m. 265-6264. gCg1

Motorcycles For Sale

HONDA 78, 550K. Excellent condition. 9,200 miles. \$975. Call 7421-0806. gCg1

ARE YOU A PROFESSIONAL? Our Professional Guide is sure to bring results. Call 931-0012, 294-8900 or 746-0240 for rates.

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012,

Services

HANDYMAN: QUALITY HOME repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe, 746-7517. wsl

DJ's UNLIMITED. Lighting, all types of music. Reasonable rates. Sweet 16, weddings, etc. 354-1721. gcAg1

JAMES F. MENTZ CARPENTER-ROOFER
Small Jobs Reasonable Skylights Installed
Carpentry-Alterations
Slate Roof Repairs
Roofing-Gutters-Leaders
Kitchens-Attics-Basements
Senior Discount
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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! WJy4

ELMONT, N.Y. MODEL Train, Toy & Doll Show. Miniatures and craft extravaganza. Baseball memorabilia. Sun., Aug. 8. Free parking. St. Vincent De Paul Auditorium. 2 floors fun and bargains. 1510 De Paul St., 20 a.m.-4 p.m. Buy sell, trade. Breakfast, Lunch. Admission \$5. Sr. Citizens \$3. Early admission (9 a.m.) \$6 per person. Children under 12 free with parents. 200 dealers. Info. call 352-2127 or 486-6658. gcAg1

Garage/Tag Sale

Garage Sale Fri. July 23 & Sat. July 24, from 10-4, 152 Lincoln St. Garden City, 1 block east of New Hyde Park Rd. off Stewart Ave. Clothing, Household items, games, something for everyone hAg1

GARAGE SALE SAT., July 17, 9-2, 99 Somerset Ave., Garden City (off Nassau Blvd.) gcJy3

STEWART MANOR, JULY 16-17, 9 a.m.-4 p.m. Household items, luggage, furniture, records, lots more. 60 Salisbury Avenue, off New Hyde Park Road. gcJy3

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GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

Garage/Tag Sale

SATURDAY, JULY 17, 9-4, 144 Wellington Rd. South, Garden City South. 1 sofa, 1 sofa bed, computer desk, bike, skates, toys, clothes, etc. gcy3

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. gcy3

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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 (XX). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the devils 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.B. gcJy3

GLORIOUS APOSTLE AND MARTYR ST. JUDE, helper of the helpless, the sick, the impossible and worker of miracles, pray for us who beg you for your intercession. Thank You. H.G. hJy2

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. V.J.S. WJy3

MAY THE SACRED HEART OF Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Say this prayer 9 times a day for 9 days; by the 9th day your prayers will be answered; it has never been known to fail. Publication must be promised. Thank you St. Jude. H.G. hJy3



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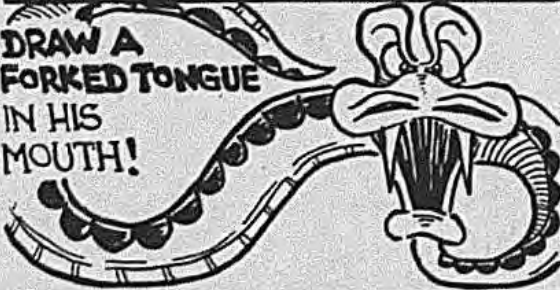


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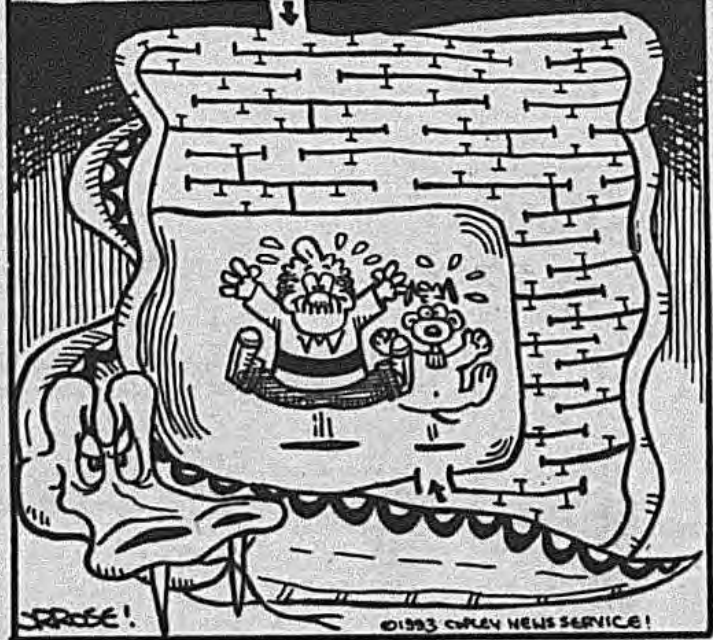


HOLD THIS UP TO A MIRROR TO SEE WHICH SUBJECT IN SCHOOL IS A SNAKE'S FAVORITE?



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**WE'VE BOTH BEEN SWALLOWED BY THIS SNAKE!
WE'VE GIVEN HIM A TUMMY ACHES!
PLEASE SOLVE THIS MAZE FOR ME AND PUP -
WE NEED YOUR HELP SO DON'T GIVE UP!**



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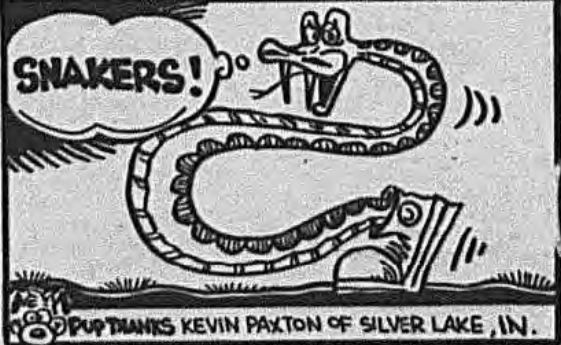


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**WHAT KIND OF SHOES DO
SNAKES WEAR?**



PUP THANKS KEVIN PAXTON OF SILVER LAKE, IN.

ANTIQU OR JUNQUE

By Anne McColiam



Q. My Prosit stein in the enclosed picture belonged to a relative of Italian descent, now deceased. No further details are known about it, except that it has been in my family for many years.

The following markings are on the bottom: "Germany — Geselzlich — Geschutzt." The lid appears to be pewter.

Any information will be appreciated.



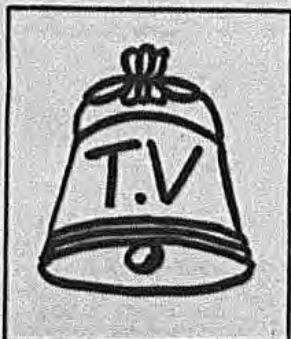
A. Your stein was made in Germany in the early 1900s. Geselzlich and Geschutzt mean the design is protected from being copied by other manufacturers.

The word Prosit means "Here's to you," or "To your health."

This stein would be worth about \$165 to \$185.

Q. The enclosed mark is on the bottom of my porcelain cake plate. It is 11 inches in diameter, has a gold scalloped rim and a gold medallion against a white background.

Could you tell me where it was made, by whom, and its value?



A. Fine porcelain has been made in Limoges, France, for over a century by numerous factories. One of the most frequently found marks is

'Prosit!'

"T&V," which is Tressemanes & Vogt, a New York importer.

Your cake plate was made for Tressemanes & Vogt between 1891 and 1907. It might sell for about \$65 to \$75.

Q. Anything you could tell me about figurines made in occupied Japan would be greatly appreciated. I have collected quite a few over the years, bought mostly at yard sales.

Are they of any value, or worthless? Why are they stamped "Occupied Japan" instead of just "Japan" as most are?

A. From the end of World War II until April 28, 1952, Japan was occupied by U.S. armed forces.

The Japanese pottery industry marked many of their pieces "Occupied Japan" or "Made in Occupied Japan."

In general, prices of figurines range from \$15 to \$65.

Q. I have a powder box and hair receiver. I thought they were celluloid, but on the bottom of both are the words "Ivory — Py Ra Lin."

The powder box is very light weight. The hair receiver is quite heavy, and even though it is ivory in color, it is a much more yellow ivory than the powder box.

Can you give me approximate dates and an evaluation?

A. Sometimes manufacturers will go to great lengths to fool the public. Your powder box and hair receiver were not made of ivory.

They were labeled "Ivory" because of the color. Pyralin is a plastic. These items are plastic and were manufactured in the early 20th century.

Each piece is worth about \$35 to \$45.

Q. I have a small plate 8 inches in diameter.

It is trimmed around the edge in gold, and decorated with small blue and white flowers.

On the back is marked "Sevres" and "Bavaria" and a shield with the word "Thomas" in it.

I am really interested in the history and value.

A. Sevres is the name of the pattern of your plate. It does not refer to the much-sought-after porcelain made in the town of Sevres, France.

Your plate was made by the F. Thomas Porcelain Factory in Marktredwitz, Bavaria, Germany, in the early 20th century.

The value would probably be about \$10 to \$15.

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Points on Pets

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

Q. Our veterinarian recommended that we brush our dog's teeth! I have owned dogs for years and have never brushed any dog's teeth. Is this really necessary? Do dogs have more teeth and gum problems today than several years ago? It seems like veterinarians are pushing dental care more now than ever before.

A. The greater interest in dental care is probably due to a greater awareness of dental problems and to the greater number of older pets today. Because of other advancements in veterinary medicine, pets are living long enough now to develop dental problems.

The diets of our pets have changed considerably over the years. The wild ancestors of dogs and cats avoided plaque buildup by chewing on rough food and bones. Most dogs and cats today do not eat the same rough materials.

Prevention is the best method to be sure your dogs will always have healthy teeth. Each of your dogs' mouths should be examined by a veterinarian at least once per year. Dogs with serious plaque

problems should have their teeth cleaned. This usually requires that the dog be anesthetized.

The teeth of most dogs can be brushed routinely with a toothbrush without much hassle. Your veterinarian can supply you with an appropriate dog toothpaste and brush. Flossing is usually not necessary because most dogs have widely spaced teeth. Your veterinarian can give you specific advice regarding the care of your animals' teeth.



Aunt Tilly's Corner

We have had no let up from the hot weather and humidity in a week. What are you doing to keep cool? Some people have air conditioners in their homes and cars, but many do not.

The best thing to do is plan quiet activities for the midday when the heat is worst. Stay out of the sun. If you want to go outside, don't forget to put on plenty of sunscreen.

Best of all jump into a pool, drink cool drinks and eat lots of ice cream!

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 23, 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

Most Beautiful Grandchildren



Jessica Lynn, who was four years old in December, and her brother, 6½ months old William James (Billy) Harrison are the fun-loving children of Mary and Bill Harrison of Franklin Square.

The proud grandmothers are Vera Harrison of Garden City and Peggy Harrison of Valley Stream.



Meet Alexandra Tringali, born February 28. She is the beautiful granddaughter of Joe and Coralee Smith, and Roy and Gail Tringali of Hicksville. Her happy parents are Pam and Jim Tringali of Patchogue.

YOUR SOCIAL SECURITY

Am I fully insured for retirement benefits?

By William M. Acosta

Q. A co-worker asked me if I was "fully insured" for Social Security retirement benefits, but I wasn't sure how to answer him. How can I find out if I am fully insured?

A. I am currently 35 years old. — S.T.

A. You are fully insured for Social Security retirement benefits when you have earned credits for a certain amount of work under Social Security.

To attain fully insured status for retirement benefits, 1 credit is required for each year since 1950, up to a maximum of 40 credits.

For individuals retiring in 1991, and later, they will need 40 credits, or 10 years, of work to have fully insured status.

Q. My husband decided to work past the normal retirement age of 65. He has a health insurance plan where he works, and is also enrolled in Medicare.

I recently turned 65 and have enrolled in Medicare as his spouse. It now appears that I will need surgery within the next few months.

Will Medicare help pay for some of my medical expenses while I'm hospitalized, or will I have to rely totally on what his company medical benefits pay? — R.W.

A. If you are covered under the group health plan of your husband's employer, the regulations state that Medicare cannot pay for services covered under the group plan.

The group health plan must pay its benefits first and Medicare may then help pay for services that the group plan does not cover, or which it does not pay in full.

Q. They have just told me that I will be able to get Supplemental Security Income (SSI) checks. What other assistance can I get to help me with my living expenses? — H.R.

A. To help you with your living expenses, you may want to apply for food stamps if you have not already done so.

In addition, if you are not eligible for participation in the Medicare health insurance program, you may want to consider Medicaid.

In many states, if you are eligible for SSI, you also are eligible for Medicaid. The local medical assistance office can tell you about eligibility for that program.

You also may be eligible to receive social services from your state or county. Contact your local social services department, or public welfare office, for details about that.