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& Levittown Times

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Friday, July 23, 1993

Teen Honored



Oyster Bay Town Councilwoman Ann R. Ocker (second from left) recently joined with Oyster Bay Town Clerk Carl L. Marcellino (left), Town Supervisor Lewis J. Yevoli (third from right) and Town Councilman Leonard B. Symons (right) in presenting a citation to Jaime Roche, a 13-year old Bethpage resident, who volunteers her time to the Central Island Nursing Center in Plainview. 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 Recreation Director Joanie Gorman (second from right) and Roche's parents Julie and Bob.

Town Issues Reminder

During the summer months, many people find themselves spending a lot more time outdoors. Because the same is frequently true of the family dog or cat, Oyster Bay Town Clerk Carl L. Marcellino issued a timely reminder to residents about licensing their pets and inoculating them against rabies.

"A license is required for all dogs in the Town of Oyster Bay, but you can also look at it as the best protection you'll ever have should your dog ever get lost," the Town Clerk stated. "If a licensed dog is taken to the Town's animal shelter by dog wardens or a passerby, the Animal Shelter will be able to inform the owner through information supplied on the license identification tag. If a dog is unlicensed, or is not wearing the identification tag, the Shelter, not having a way to identify and notify the owner, will hold the dog for seven days and then make it available for adoption.

"Where there is no law requiring cats to be licensed, cat owners can have tags made up with the name, address and phone number of the owner," Mr. Marcellino continued. "This way, if someone finds a lost cat, or it is turned into the Town's Animal Shelter, it will be possible for the owners to be notified."

Mr. Marcellino went on to say that dog licenses can be obtained in person at the Town Clerk's Office located in Town Hall East, 54 Audrey Avenue,

Oyster Bay (922-5800), and in Town Hall South, 977 Hicksville Road, Massapequa (795-1000). They can also be obtained through the mail and by enclosing a stamped, self-addressed envelope along with application and fee. The fee is \$7.50 for an unneutered or unspayed dog and \$2.50 for a neutered or spayed dog. He noted that a recently enacted State law requires that proof of rabies vaccination be presented along with the license application.

On the subject of rabies, Town Clerk Marcellino stressed the importance of having both cats and dogs vaccinated. "Rabies is a viral disease that can be carried by any animal and is transmitted usually through bites, but scratches and saliva contact with broken skin are also possible routes of infection," he stated. "Any dog or cat that goes outdoors should be vaccinated against rabies. The vaccination is a simple injection and could save your pet's life, or yours, if it comes in contact with a rabid animal.

"Summertime is a great time to enjoy the great outdoors," Town Clerk Marcellino concluded. "Make it as safe as you can for your pets by having them licensed and vaccinated against rabies. Remember, your pets can't do it for themselves... they must depend on you to be responsible, as well as loving, owners."

Trip To Governor's Isle

Be among the privileged few civilians who get a chance to tour Governor's Island as the Hicksville Public Library begins registration on Wednesday, August 4, at 9 a.m. for this special Saturday, October 2, trip.

The bus will leave at 9 a.m. After taking a special ferry to the island that houses the largest Coast Guard installation, we will have the opportunity to visit the homes of General Pershing and Ulysses S. Grant, as well as the site of the 1988 Reagan-Gorbachev meeting. We will have lunch (which is not included in the price of the trip) in the mess hall on Governor's Island before visiting the South Street Seaport.

The cost of the trip is \$34 per person. There are no refunds unless someone is able to take your place.

Job Workshop

On Wednesday, August 11, at 1 p.m., the New York State Department of Labor will be conducting a workshop for pre-teens, giving them ideas on how to discover their skills and pointers on how to find a job when they become teenagers.

Organic Lawn Care

It is not too early to start thinking about your lawn for next year. On Tuesday, August 10, 7 p.m., the Hicksville Public Library will host a program that focuses on alternatives to chemical/pesticide lawn care and general lawn care, and how to get a jump on keeping next year's lawn looking green. Bring all your lawn care questions and problems.

Seminar On Starting Businesses

On Wednesday, August 25, at 7:30 p.m., the Hicksville Public Library will host a seminar for those thinking of setting up shop at home or are already set up there. Discussion topics include whether you could set up as sole proprietor, S. Corp, C. Corp, using your home as a tax deduction, estimated income taxes, marketing plan, and family dynamics.

Bethpage Schools Announce Retirements, Award Contracts

At the Bethpage Board of Education meeting on June 29, the Board passed numerous personnel items. The retirement/resignations of Louis Vetri, Edna Diamond, Frank Basso and Edward Cryer were approved. A child-rearing leave was granted to Linda Aamar, and Erica Blau's child-rearing leave was extended. Tenure was granted to Richard Giannadeo, Ira Kahn, David Beaumont, Jill Bannardo, Barbara Cohen, Chryssela Corson, Erin Duignan, June Dvorak, Laura Sommi, Maren Erichsen, Maryann Hannon, Dolores McAuliffe, Peter Michels, Joan Paterson, Michael Posch, Linda Rossi, Timothy Voels, Deborah Lange and Kathleen Broly. The probationary period of Dawn Eichhorn was extended an additional year. The position of Print Shop Supervisor was abolished, as well as one cleaner position and one custodial position.

In other personnel matters, Edward Rottman was appointed Principal of the Bethpage Secondary Summer School Program, and Patricia Cudney was approved as Elementary Summer School Program Secretary. Tina Anthony was appointed as Director of Adult Education for the 1993-94 school year. Fourteen summer student assistants were appointed to assist in preparing the grounds/schools for the opening of schools in September. Various summer curriculum projects were approved, as were tuition contracts and a special education contract.

The Board approved a transportation contract with K-Corr, Inc., as well as handicapped summer transportation contracts with Tomfor Transportation and WE Transport, Inc. The Board also authorized the President to sign a contract with BOCES for the summer rental of additional space in the pool wing of the Bethpage High School.

There was a first reading of Policy #1142 - Serious Community - Subject: School Meetings and Elections - Proscribed proselytizing of students by school personnel during school-related activities.

The Board approved the customer installation commitment for the high-efficiency lighting program of the New York Power Authority. This program should significantly reduce electricity costs.

Following completion of the agenda, Mr. Nydlick made the following announcements:

- Subha Dhanaraj has been accepted to the Brookhaven National Laboratory's Summer Research Program. This is a highly prestigious program that is very competitive in nature.
- Bethpage High School made the school merit roll in Region 1 of the 44th American High School Mathematics Examination. Bethpage placed 114th out of 532 schools. Lauren Moran, Brian Prange and Andrew Samnick made up the BHS team, with Andrew Samnick making both the Student Honor Roll and the Student Merit Roll.

- Howard Schwartz has been granted an internship to the Polytechnic Summer Institute for Electrical Engineering. This

Continued On Page 20

Hate Graffiti At H.S. Field

Graffiti in Hicksville, which has been a widespread nuisance, has taken on an anti-Hispanic, anti-Semitic direction. The hate graffiti was sprayed or written with magic markers on the west wall of the Hicksville High School handball court. Among the markings were swastikas and "white power" said to be slurs against Hispanic people in the area according to Nassau County Police. In addition, a circle and cross with KKK through it was painted. School Security officers say the graffiti was painted on Monday night.

Hicksville School officials are viewing it as a "copy cat" incident resembling the graduation time swastikas and anti-Semitic statements painted along the track in Commack.

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 rewarding 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.

Team Record At 13-3

Hicksville's very talented Connie Mack Baseball Team increased its record to 13 wins and 3 losses. July 11 they swept their 4th straight double header against Baldwin. The 1st game saw Anthony Ciaccio pitch another shut out. Anthony had 11 K's and only gave up 2 hits. Frank Ceporriano stole home in the 3rd inning to score the 1st run of the game. Gregg Latini doubled in the 6th and on an error he came all the way home. Runs were scored by Ken Engelhardt, Glenn Turano, and Dennis Kelly. Also Brian Higgins and Dennis Kelly executed a difficult double play.

The second game Hicksville won 11 to 5. Winning pitcher was Anthony Santoro. Anthony Gismondi went 2 for 4 and scored three times. Charles Dougherty had a hot bat and had 4 RBI's.

Then on July 18, Hicksville swept its 5th straight double header, increasing their record to 13-3. The first game was all Shennen Maceo. He pitched 9 innings with 12 K's. The game went 2 extra innings when Steve Talento broke it up with a game winning hit. The final score Hicksville 3, Plainview 2.

The second game Hicksville won again 9 to 4. Winning pitcher was Anthony Santoro. Anthony Gismondi was 2 to 4 and scored 3 times. Charles Dougherty had 4 RBI's.

Hicksville should be proud of its excellent Connie Mack Team.

July 6 Hicksville prevailed over Lynbrook 6 to 1.

Shennen Maceo was the winning pitcher giving up only 1 earned run and had 8 K's. Hitting stars were Gregg Latini, George Garzynski, Jason Andrews, Glenn Turano, Ken Engelhardt and Dan Paul. Let's go Hicksville!

Tax Bill Due Second Half

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

"By law, a taxpayer has a 40-day grace period from the date the tax is due, during which payment may be made without penalty," explained Receiver of

Taxes O'Leary. "After that 40 days, a one percent penalty is added for each month the tax remains unpaid, retroactive to the due date of July 1st."

Residents can pay in person at the Tax Office, Oyster Bay Town Hall West, 74 Audrey Avenue, Oyster Bay, or at Town Hall South, 977 Hicksville Road, Massapequa, or taxes can be mailed to the Office of the

Receiver of Taxes, 74 Audrey Avenue, Oyster Bay, N.Y. 11771. The Town Clerk's Annex at Newbridge Road and Duffy Avenue in Hicksville, will also be open to accept payments, by check only, from 9 a.m. to 4:45 p.m. on August 2, 3, 4, 5, 6, 9 and 10. Payments by mail must bear the United States postmark not later than August 10, 1993 to avoid penalties.

Garage Sale

On Saturday, July 31, the Hicksville Youth Council will be holding its Third Annual Garage Sale. The sale will take place at our offices, which are located at 175 West Old Country Road in Hicksville. The

hours will be from 9 a.m. to 5 p.m. All money raised at this event will be used to help restore money back into programming which was reduced because of funding cutbacks.

If you have any treasures lying around your home that you would like to donate to us, we will be glad to take them. For any additional information, please call the Youth Council at 822-KIDS.



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The case of The Stanton Park Stand-off.

When crack moved into a row house on a quiet block of Stanton Park, folks decided to serve an eviction notice.

They met with police to find out what they could do to keep drugs out of their neighborhood.

The cops told them to keep an eye out—to let police know whenever something suspicious happened. They began to notice faces. They wrote down license

numbers of strange cars. They noted the times of odd behavior.

They worked with each other. They worked with the police. Armed with field glasses, note pads and telephones, folks kept track of the neighborhood.

Within one month, enough evidence had been gathered. Police moved in. Crack moved out. Citizen participation beat crime in D.C. It can do the same for you. For more success stories, write: **The McGruff Files, 1 Prevention Way, Washington, D.C. 20539-0001.**

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Jottings From Yesteryear

By Bill Clark

Remember the La Salle automobile? I saw one this week in town. I believe it was a 1940 model in restored condition. The last time I was one was in the showroom on West Marie St. in the '30's. In those days, of the thirty and forties, we had in town U.S.A. cars like Hudson, Essex, Reo, Willys Knight, Overland, Desoto, Chevy, Dodge, Studebaker, Ford, Maxwell, Buick, La Salle, Rambler, Pontiac, Oldsmobile, etc.

Just when you know all the states and their abbreviations they change them to other two letter abbreviations that always

meant to us a standard meaning like MA, PA, ME, CK, MD, OH, CO, etc.

Everything changes. The boomerang has been long replaced by the Frisbee. Only with the Frisbee you need the second player, either a man or a dog.

From past and present floods, tornadoes, drought, and earthquakes by nature causing destruction to homes, farms & business, plus family losses. Don't they do enough destruction without our helping by careless waste and use of our resources.



Post marked 1910, mailed by Mrs. Annie E. Hicks of Jericho. Card from Bill Clark



Another Jericho Inn landmark gone due to progress. Today 106-107 Jericho Turnpike area.

Photo by Bill Clark

Law Intern



Nassau County District Attorney Denis Dillon welcomes Ricardo D. Gutierrez of Plainview as a law intern. Ricardo is a law student at Tulane Law School and is spending the summer working in the Nassau D.A.'s Office. D.A. Dillon says the law students gain valuable experience during the intern programs and help the Assistant District Attorneys in the preparation of criminal cases.

Appointed To Assn. Bd.

Barbara Armstrong Boccio, principal of Boccio Design Group, Bethpage, has recently been appointed to the board of

the Long Island Chapter of NAWBO (National Association of Women Business Owners), as Public Relations Director.

Winners Named In Humane Education

City H.S.); Greg Monty (Garden City H.S.)
 Honorable Mentions: Mario Dicerbo, Bobby Lynch, Terri Carlone, Barbara Puma, Bary Brzozowski, Puneet Bhasin (Hicksville H.S.); Chris Masson, Vanessa Heidelberger, Melissa Maeurer, Kevin Mohtashemi (Garden City H.S.).

Intermediate Division

1st Place: Jessica Horbert (Meadow Sch., Baldwin)
 2nd Place: Jaime Gallo (Meadow Sch., Baldwin)

3rd Place: David Voci, Neal Vadhan, submitted 1 entry, (Meadow Sch., Baldwin)
 Honorable Mentions: Christina Tamdjidi, Ranjani Natasajan Ranji, Douglas Fredericks (South Grove Sch., Syosset)

Primary Division

1st Place: Jason Farco (East Lake Sch., Massapequa)
 2nd Place: Jordan Mortman (Robbins La. Sch., Syosset)
 3rd Place: Alison Schill (Montessori Sch., Plainview); Krystle Van Sicker (Abbey La. Sch., Levittown)

PAWS (Pioneers for Animal Welfare Society) congratulates the following winners of the 1993 PAWS Humane Education Contest co-sponsored by the Greater N.Y. Savings Bank.

PAWS also honors and adopts humane teacher of the year: Marilyn Zeiser of the Berry Hill Elementary School, Syosset. She and her class will receive a year's subscription to Kind News, a wonderful humane periodical, full of useful information and activities.

Winners:

Senior Division

1st Place: Scott Liptak, (Hicksville H.S.)
 2nd Place: Kathleen Knauer (Hicksville H.S.)
 3rd Place: Jenn Viesti (Hicksville H.S.); Alison Sayre (Hicksville H.S.); Lucy Hoke (Garden

Nursing Scholarship To Graduate

Mary Bargino of Hicksville has been awarded a \$1,000 scholarship by the Medical/Dental Staff of Mid-Island Hospital. Mary is a graduate of Holy Trinity High School and will be attending Mount Saint Vincent in the Fall.

"Twenty-five years ago, the Hospital established this permanent Scholarship Fund to foster interest in nursing and health care professions among our young achievers," explained Robert J. Reed, President, M.I.H. The scholarships are presented in memory of past Medical/Dental Staff members, in memory of past employees, and in honor of all Mid-Island Hospital employees saluting "their commitment to excellence in patient care."

Recipients were nominated for the award and scholarship by their schools on the basis of academic excellence with a focus on health care.

Hicksville Schools Schedule Meetings

The Hicksville Public Schools Board of Education elected officers for the 1993-94 school year at the Organizational Meeting of the Board on July 6. Results are as follows:

Mrs. Helen Lafferty
 President
 Mr. Richard Pfaender
 Vice Pres.
 Mr. Voley Martin
 Secretary

Mrs. Lafferty was sworn into office by District Clerk Alice Vidar.

The 1993-94 Board of Education, comprised of the above-mentioned officers and Trustees: James Black II, David Staton, Nancy Callari and Raymond Manzo, have scheduled the following Board of Education meeting dates:

Wednesday, July 28, 8 p.m.
 Work Meeting - Topics: Task Force, Eligibility for Athletics and Extra-Curricular Activities
 Wednesday, August 4, 8 p.m.
 Regular Meeting with Executive Session
 Thursday, August 5, 8 p.m.
 Work Meeting - Topic: Goals & Objectives

All of the above meetings will be at the Central Administration Board of Education Meeting Room and will begin at 8 p.m.



Winning entry by Scott Liptak of Hicksville High School.



Winners with Eppi and Shadow, Shadow Education Dogs.



Winners Jessica Horbart, Jason Farco and Scott Liptak.



Mr. Ted Torgerson, Mgr. of Greater NY Savings bank, with plaque honoring him and bank.



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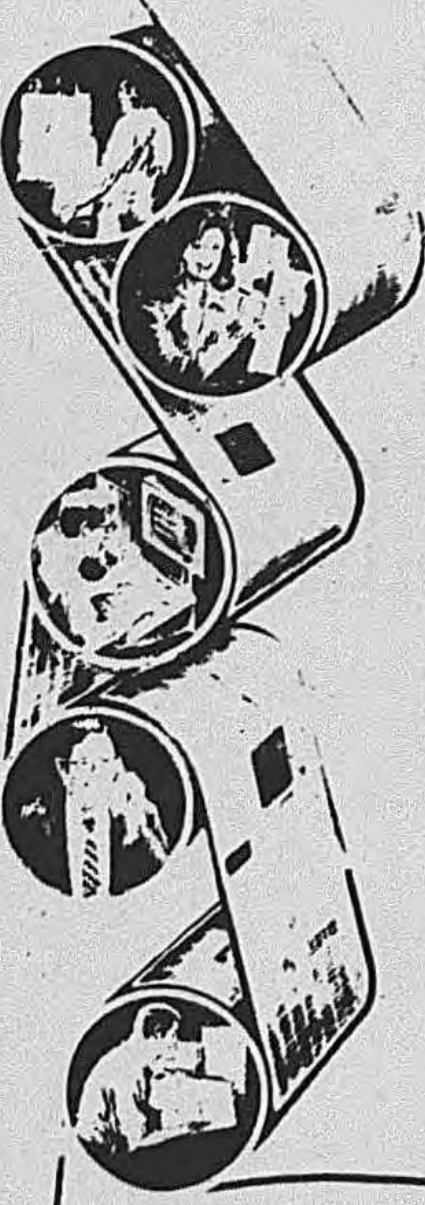
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How They Stack Up

How Long Island hospitals were ranked by the state Health Department in terms of importance to their communities. On chart, figures in parentheses denote points possible for a category. The following is an explanation of the different categories used in the rankings, which were taken from a department draft.

Market share: If a hospital is getting a smaller share of available patients, the lower it will be ranked.

Occupancy rates: The more beds occupied at a hospital, the higher it will be ranked.

Average length of stay: If a patient stays too long for a particular procedure, the hospital loses points.

Alternate level of care: The higher the number of patients that no longer need acute care, the lower the hospital is ranked.

Percent of ambulatory surgical patients: If too much of the hospital business is in ambulatory procedures, the hospital will be ranked lower.

Hospital/ rank	Community service (30)	Market share (30)	Avg. length of care (10)	Occupancy rate (10)	Alt. level of care (10)	Ambulatory surgical (10)	Total score (100)
NASSAU							
1. North Shore University	15	30	10	10	10	0	75.0
2. St. Francis	0	30	7.5	10	10	10	67.5
3. Winthrop-University	7.5	30	2.5	10	10	0	60.0
4. Nassau Co. Med. Center	30	20	0	5	1.25	0	58.3
5. North Shore University- Glen Cove	7.5	30	2.5	5	10	0	55.0
6 Long Beach Memorial	15	0	7.5	5	10	5	42.5
7. Franklin Hosp. Med. Ctr.	7.5	5	0	10	10	5	37.5
8. S. Nassau Communities	15	5	0	5	10	0	35.0
8. Central General	7.5	5	7.5	5	10	0	35.0
10. Mercy Hospital	15	5	0	5	5	0	30.0
11. Hempsted General	15	0	0	0	10	0	25.0
12. Syosset Community	0	0	7.5	2.5	10	0	20.0
13. Mid-Island Hospital	0	0	0	2.5	10	0	12.5
14. Massapequa General	0	0	0	0	10	0	10.0

SOURCE: State Department of Health
Reprinted from Newsday, 7/3/93



North Shore University Hospital

VFW Independence Day Report

By P.P.C. Carmine A. Somma

On Monday July 5 the Town of Oyster Bay Bicentennial Historical Commission observed the nation's 217th birthday with a ceremony outside Town Hall in Townsend Park on Audrey Ave. in Oyster Bay. It was the Town of Oyster Bay's 340th Anniversary. Town of Oyster Bay Supervisor Lewis J. Yevoli welcomed all Color Guards and Participants in the parade. The parade kicked off at 10:45 a.m. Starting at the Church Street municipal parking lot with color guards from various organizations the parade made its way down East Main Street across South Street and on to Audrey Avenue to reach its destination Townsend Park.

An American flag hung from every telephone pole on Main Street the gazebo was festooned with red, white and blue and the poles were draped with a white star on a blue background.

The veterans group color guards and members and Ladies Auxiliary from the (American Legion) Post 4, Oyster Bay, and Ladies Auxiliary, Post 421 from Hicksville, Jewish War Veterans Post 655 from Syosset, Post 709 from East Meadow/Levittown, Post 770 from North Woodmere, Masonic War Veterans from Hicksville post 46, Pearl Harbor Survivors Assoc. Chapter 135, 824th Tank Destroyer Battalion Veterans United Veterans Organization of Nassau County.

The newly elected Nassau County Council Commander Harriet Williams is the first woman commander.

Veterans of Foreign Wars participants were Post 120 Garden City, Post 3211 Hicksville, Post 5942 Plainview, Post 6394 Syosset, Post 6033 Oyster Bay, Post 8072 Carle Place, Post 9592 Levittown, East Norwich and Oyster Bay Fire Co., Nassau County Police Motorcycle Platoon, Hofstra University Dutch Burgher Guard, U.S. Coast Guard Station Eaton's Neck 2nd Battalion 25th Marines and Women Marines Assoc.

Installation of Officers

On June 14 we had the installation of officers for 1993-94. The newly elected officers are Commander, Frank T. Rienzie, Sr. Vice Comdr. Wm. Bennett, Jr., Vice Comdr. Victor Ribando; Quartermaster, Connie Steers; Judge Advocate George Walden; Chaplain Mike Brown; Post Surgeon Frank Bove; Trustees, Shelly Okin, Vincent Ferrara and Dennis Ladislav. Our Delegates to N.C.C. are Ed. Kondracke, Henry Gongolewski, Mike Tisdell, Mike Montellone, Ed. Kleniewski, Vincent Edwards, Mike Znack, Shelly Okin, Roger Giansante, Joseph Messana and Marty Stallone. Our Alternates to N.C.C. are Carmine A. Somma, Vincent Nuziati, Pat Mercurio, Anthony Ferrara, George Walden, Al Wangenheim, Vincent Ferrara, Tony Basile, Don Giacobelli, Connie Steers and Wm. Frohnoefer. The nominating committee consisted of Vincent Edwards, Lester Iehle and Joseph Messana. Installation Officer is

Mike Montellone. Our newly elected Ladies Auxiliary officers for 1993-94 are President Frances Ferrara, Siva Bernice Wegman, Jr., Vice Pres. Rita Wetzel, Treas. Carmela Vitiello, Secty. Joan Chwalisz, Dorothy Mulligan, Conductress Vivian Sobal, Guard Mae Barwikowski, Instructor Cherrie Steers.

Our chaplain's message is a speedy recovery to Joe Rohan and Steve Hornacek. Our sincerest condolences go to the family of Lawrence Healy, Sr. and to Ed. Martin.

Congratulations to Alma Hirsch celebrating a 53rd Wedding Anniversary, and to Angie & Bill Merrick celebrating their 46th Wedding Anniversary.

Frieda & Anthony Ferrara celebrating their 47th Wedding Anniversary, Helen & Artie Fueling celebrating their 43rd Wedding Anniversary, Rose & Anthony Logerfo celebrating their 48th Wedding Anniversary, Linda & Bill Wesnofska celebrating their 5th Wedding Anniversary.

Happy Birthday to Frank Bove and Dom Giacobelli.

August 14 is our next Las Vegas Night from 7:30 p.m. to midnight. Black Jack, Roulette, Joker Seven, Big Six, Beat the Dealers will be played.

For information or directions call the V.F.W. Hall at 931-7843.



(Left) Newly Elected Comdr of V.F.W. Post 3211 Frank T. Rienzie, (right) newly elected N.C.C. Comdr Harriet Williams.



Newly elected officers Post 3211, VFW, 1993-94: (left) Service Comdr. Wm. Bennett, (center) Comdr. Frank T. Rienzie, Jr. Vice Comdr. Victor R. Bando, (end) Judge Advocate George Walden. (Back room, left) Quartermaster Connie Steers, (center) Chaplain Mike Brown, Post Surgeon Frank Bove. Trustees Vincent Ferrara.



(Left) Comdr. Frank T. Rienzie, (center) Post Quartermaster Connie Steers present a Comdr. Pin to the outgoing Comdr. Dennis Ladislav for year 1992-93.



(Left) New Comdr Frank T. Rienzie, (center) Installation Officer Mike Montellone, (right) outgoing Comdr. Dennis Ladislav.



(Left) newly elected President of Ladies Auxiliary Frances Ferrara, (right) newly elected Post Comdr. Frank T. Rienzie.



V.F.W. 3211 Ladies Auxiliary at Parade in Oyster Bay.



V.F.W. Post 3211 Color Guards July 4 Parade at Oyster Bay, left to right, Bob Brauer, Mike Tisdell Carmine A. Somma, Don Giacobelli (Back row) Post members.

PROFESSIONAL GUIDE

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Friday, July 23, 1993

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The Hicksville Athletics Update

The Hicksville A's have entered the Bernie Harvey Memorial Tournament this summer. This is an invitational tournament comprised of All Star teams in Northern Nassau. The A's are proud to be able to represent Hicksville in this elite group.

The 1st game was on July 7th and the A's came up against a hard hitting Sea Cliff team.

Kevin Soper was called into pitch the first 3 innings and did a great job striking out 3 and giving up no walks. Kyle Rybak came into pitch the next 3 innings and did a fine job with 1 strike out and gave up 1 walk and 1 hit. The game went into extra innings and Tommy Kessler pitched the final 2 innings and did an excellent job.

The infield was sharp with Josh Strugatz on 2nd, Brian Boyle on 1st and Tommy Kessler at short.

Keith Engelhardt - catcher and Josh Strugatz at 2nd executed an exciting double play - Keith caught a pop up then threw out the runner attempting to go to second.

The outfield was manned by Craig Delia, Peter Martin, Chris Swier, Nick Schmidt and Adam Geslak. Nick and Adam both made nice catches in right field.

Both teams battled to the end but Sea Cliff prevailed 7-6.

The second game of the tournament Hicksville faced Bayville.

Kevin Soper was starting pitcher and was tenacious with 5 strike outs, only giving up 1 hit and allowing no walks. Keith Engelhardt had the save and did a fine job striking out 4 and only allowing 2 hits.

The fielders didn't get much of a workout due to the superb job the pitchers did, but Chris Swier at 2nd made a nice play and Josh Strugatz had a nice catch in right field.

The bats came alive with Josh Strugatz going 4-4 with 2 doubles, Kevin Soper 4-4 with 3 RBIs, Tommy Kessler 4-4, Peter Martin 3-3 with a homerun, & 3 RBIs, Adam Geslak 2-2 with 1 RBI, Mat McLoughlin 3-4 with 1 RBI, Keith Engelhardt 3-4, Kyle Rybak 3-4 with a homerun, RBI, Keith Engelhardt with 2 RBIs, Peter Martin with a RBI and Adam Geslak with a double and RBI.

Chris Swier showed heads up base running keeping Glenhead on their toes with his base stealing. Hicksville won 12-0.

Chris Swier 2-3 and Brian Boyle 2-4. Final score 25-1 Hicksville.

July 9th the A's were pitted against an excellent Oyster Bay team.

Tommy Kessler pitched the first 3 innings and did his usual great job with 3 strike outs and only giving up 2 hits and 1 walk. Kevin Soper had the save with 2 strikeouts and only allowing 1 walk and 2 hits.

The infield was fine tuned with several nice plays by Mat McLoughlin at 3rd, Tommy Kessler and Kevin Soper at short, Josh Strugatz at 2nd and Brian Boyle at 1st.

The outfield was covered by Craig Delia, Peter Martin in left, Chris Swier in center and George Niesuchowski and Adam Geslak in right. Adam made a nice catch in right. Final Score Oyster Bay 2, Hicksville 1.

On Sat., July 10 the A's faced Glenhead under the lights at Syo/Woodbury Park.

Kyle Rybak was starting pitcher and was awesome striking out 8 in 3 innings, walking 1 and only allowing 1 hit. Kevin Soper came in the 4th inning, striking out 1 and giving up 1 hit. Adam Geslak came into pitch the last inning and had the save, striking out 3 and giving up no hits.

Again the A's pitching was 30 strong that the fielders saw very little action. Tommy Kessler at short made 2 nice plays.

Batting was strong with Tommy Kessler going 3-4, Mat McLoughlin 1-1 with a RBI, Brian Boyle 2-3 with a double, Craig Delia 2-3 with a double, Kyle Rybak with a homerun and RBI, Josh Strugatz with a

Nicholas Falzon In 'Anything Goes'

Fourteen-year old Nicholas Falzon of Garden City has followed in the footsteps of such noted young actors as Robert Downey, Jr., Jennifer Jason Leigh, Mary Stuart Masterson, Jon Cryer and Helen Slater by attending Stagedoor Manor this summer, a unique theater camp in the Catskills. In each of the summer's three sessions the youngsters spend three weeks rehearsing 11 shows, which are then performed for the public either at one of the Stagedoor's five theaters or at one of the nearby Catskills resorts like The Raleigh or The Concord. Falzon appeared in the production of *Anything Goes*.

Health Kits



The gals from Redeemer Lutheran Church gathered together to prepare Health Kits which is one of the projections of the Lutheran World Relief. Several toilet articles were wrapped in towels and will be shipped to give hope to victims of disasters. In all 39 kits were prepared. Pictured above are some of Redeemer's ladies who got together to pack the kits. Harriet Moser, Chairlady of the Social Ministry Committee is standing, far right, with Pastor Nancy Ruckert to her right.

Named Director Physician Services



Henry Weinert

Henry Weinert, of Plainview, has been appointed Director of Physician Services and Network Development at Winthrop-University Hospital. With extensive experience in healthcare finance and reimbursement, as well as physician-hospital initiatives, Mr. Weinert has worked closely with New York legislators on healthcare issues of consequence to Long Island.

At Winthrop he will focus on fostering new and enhancing existing relationships between the hospital and physicians by identifying mutually beneficial opportunities and implementing programs to develop them.

He comes to Winthrop from the Nassau-Suffolk Hospital Council where he served as Director of Finance and reimbursement interpreting legislation and formulating regional advocacy positions for the member hospitals. He also designed, developed and managed the Council's financial and statistical reporting functions. Prior to that he was Administrator and Faculty Practice Plan Manager at New York Orthopedic Hospital of Columbia Presbyterian Medical Center.

Mr. Weinert received his MBA in Health Administration (with a concentration in finance) from Baruch College/Mt. Sinai School of Medicine.

LEGAL NOTICE
NOTICE IS HEREBY GIVEN that an Order entered by the Supreme Court, Nassau County, on the 9th day of July 1993, bearing the Index Number 93018718, a copy of which may be examined at the Office of the Clerk, located at 240 Old Country Road, Mineola, New York, grants me the right to assume the name of Brian Charles Winters. My present address is 144 Bay Avenue, Hicksville, N.Y. 11801, the date of my birth is 9/5/53; the place of my birth is Brooklyn, N.Y. The present name is Stephen Charles Winters. MIT 2726 1x/7/23

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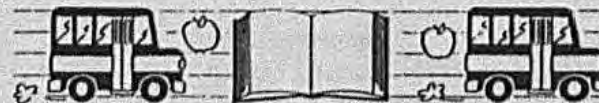
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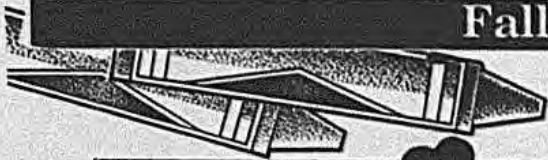
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In Service

Navy Ensign Joanne M. Barsaleau, a 1976 graduate of Bethpage Senior High School, recently passed the midway point in a six-month deployment aboard the destroyer tender USS Shenandoah, homeported in Norfolk, Va., as part of the aircraft carrier USS Theodore Roosevelt Battle Group.

Elements of the battle group are currently in the Red Sea where they are enforcing the United Nations imposed "no-fly" zone over Southern Iraq. Others are working closely with North Atlantic Treaty Organization allies to enforce the United Nations imposed "no-fly" zone over Bosnia-Herzegovina and are operating in the Adriatic Sea in support of Operation Provide Promise which provides relief supplies to war-torn former Yugoslavia.

She joined the Navy in April, 1981. Barsaleau is a 1989 graduate of the State Univer-

sity of New York, Albany, with a AA degree.

Marine Pvt. Joseph S. Rumora, a 1992 graduate of Hicksville High School of Hicksville, recently completed recruit training.

During the training cycle with Recruit Training Battalion, Marine Corps Recruit Depot, Parris Island, S.C., recruits are taught the basics of battlefield survival, introduced to typical military daily routine, and personal and professional standards.

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College Notes



Kevin Maresca of 16 Country Court, Hicksville, graduated May 23 from Providence College. He received a B.A. degree in Chemistry.

Sean Patrick Tower of Hicksville, graduated May 23 from Niagara University. He received a B.A. degree from the College of Arts and Sciences.

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Summer Car Care

SAFE DRIVING TIPS

Take caution behind the wheel

By Peter D. du Pre

Driving in heavy, commuter traffic always is stressful. The combination of shorter daylight hours in the fall and inclement weather all year-round can be deadly. To keep from becoming another highway statistic, here are a few tips that will help you drive safely:

- **Be relaxed:** In the rush to get out the door and on the highway to work, it's easy to get agitated. Don't start out a long commute all tensed up. Get up 10 minutes earlier, have that extra cup of coffee and start the day as relaxed as possible — good advice at any time.

- **When driving, stay calm.** You can't fight half a million automobiles, so don't even try. Maintain your following distance, and when the traffic really gets bad, listen to the traffic report for a suggested bypass.

- **Shorter days, longer nights:** As we head toward winter, the days get shorter and the nights get longer. This means that many of

us will start and end our commutes in darkness, when visibility is greatly reduced.

- **Allow plenty of time for your trip.** Leave five minutes earlier in the morning, and when on the highway increase the distance between you and the car ahead by one second.

- **Check the lights:** Doing a lot of nighttime driving? Make sure your headlights work and get them aligned for the best illumination. Also check to make sure your taillights, brake lights, directionals, parking lights and emergency flashers are working.

- **Children alert:** Keep an eye out for children at corners, crossings, in school districts and at bus stops. Also, drive carefully down those residential streets.

- **Children don't always watch for traffic** and will sometimes bolt from between parked cars. Drive at or below the posted limit. Most school districts have reduced speed limits when children are present and most traffic cops don't allow any leeway for speeding in these areas.

Special Edition Appearing in
Williston Times/Mineola Edition, New Hyde Park Herald Courier, Mid Island Times,
Bethpage Newgram, Syosset Advance, Jericho News Journal, Garden City News &
The Great Neck News

- **Inclement weather:** Weather conditions can change suddenly. Thunderstorms, hail and even snow affect road safety.

- **Also, dry roads covered with grease and oil become slick** when they suddenly get wet, and early morning frost can make road surfaces slippery.

- **Check car safety systems:** Make sure your wipers are in good operating condition. They should clear the windshield without any streaks. Tires should have plenty of tread on them. If the wear bar indicators built into the tread are showing, it's time to get new rubber.

Brakes are always important and become doubly so during conditions of reduced daylight and inclement weather. Have them checked by a mechanic to make sure they are operating properly.

- **Tuneup time:** At the very least you should tune your car up every spring and fall. Now's the time to have the coolant checked, engine timed and tuned, chassis lubed, battery checked, oil and filter changed and air filter replaced. A good-running car will help ensure that you don't get stranded.





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Buying a

new car?

Listen to your brakes and muffler

By Maureen MacDonald

While the brakes are the most important yet often ignored safety item on your car, a muffler's task to reduce the noise your car generates may seem trivial. But "parts is parts," and drivers need to understand what keeps these parts up to speed.

Disc and drum brakes are genuine marvels of modern technology, yet they work on an ancient principle discovered by a Greek named Archimedes thousands of years before the automobile was invented: Pressure applied to any part of a closed fluid system is transmitted equally to all parts of the system.

That means you can step on the brake pedal and pressure is applied equally to the brakes at all four wheels. Power brakes use a vacuum system to amplify the pressure you apply to the brake pedal.

Brake fluid is what makes this all possible. It is a solvent liquid capable of absorbing moisture for the purpose of keeping the brake system airtight.

Therefore the brake system should be checked regularly for leaks, and brake fluid should be completely flushed every one to two years as its absorption power begins to wear out.

Check your car manual to see if your car needs DOT 3, DOT 5 or silicone brake fluid. Compatibility is important, because the wrong 90-cent can of fluid can ruin a \$300 system.

Faulty brakes give a few warning signals:

- A costly and unpleasant metallic screech means thin brake pads.

- A throbbing pedal that pulsates whenever you slow down indicates failing brake drums or rotors.

- Fading brakes that are less responsive at each stop and a tendency of the car to pull to one side while braking mean possible lining problems.

- A brake warning light that stays on when the parking brake is off alerts you that pressure is low in some part of the system.

Anti-lock brakes, a European

safety advance that is at present standard equipment on only 3 percent of cars sold in the United States, most of which cost more than \$20,000, guard against wheel lockup and loss of directional control in dangerous situations.

What hot-rodders used to tear out of their cars in hopes of creating that intimidating sound of an unbridled engine, a muffler's sole purpose is noise reduction. It does this by lessening and modifying the air flow through an engine.

Excessive noise, often mistaken for a troubled engine, is a sure sign of a failing muffler. Contrary to popular belief, mufflers degenerate from the inside out, victim to moisture which is a by-product of engine combustion. Mufflers are not susceptible to external agents.

Mufflers can be serviced at a reasonable price at muffler shops, as they are more specialized than full-service dealerships.

Choosing a car mechanic

By Allison Ashton

When you actually take the car in for service, describe the symptoms in detail.

Tell the mechanic when you first noticed the problem and when it starts. If the engine emits a smell like rotten eggs, do you notice it when the car first starts or after it's warmed up? Does it knock at high speeds or when it idles?

The mechanic should go with you for a test drive. That way, he can experience the problem firsthand. Don't offer your own diagnosis of the problem — that can cost hundreds in unnecessary work.

The mechanic will evaluate the work and should give you a written estimate. If the work is extensive, get estimates from more than one shop. The \$25 you spend on an independent estimate could save you money later on.

When the work is finished, take the car for a test drive before paying.

And when you find a good mechanic, treat him well by sending him lots of referral business.

Your car's engine has started knocking. Or maybe pinging. Or possibly letting off a smell like rotten eggs.

You know you should take it in for service, but the dishonest mechanic horror stories are too numerous to recount. Friends have told you about exorbitant charges for unneeded parts and labor.

Believe it or not, honest, capable mechanics are out there.

First, solicit recommendations from friends. If your car is under warranty, ask around to find the best authorized dealer service department. Dealerships should honor the warranty, even if you didn't purchase the vehicle there.

The next step is to drop by the service shop to have a look around. It should look neat and orderly. Experts warn that a sloppy shop often delivers slipshod work. The shop should employ certified mechanics.

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Ages 20 to 34

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Ages 35 to 49

28%

Ages 50 to 64

18%

Over age 65

12%



SCREAMIN' PREMIUMS

By Debra Lee Baldwin

The way car insurance premiums continue to increase, you may wonder if you're better off walking.

"In some cities, it's possible to pay more over time to insure a car than to buy one," says *Consumer Reports* magazine.

"Since 1983, premiums have climbed at three times the rate of inflation," says *Self* magazine. "Consumers across the country are crying out for change."

The residents of states that have been particularly hard-hit by high premiums, such as Massachusetts and California, have legislated for reduced rates. Attempts to force rates downward are controversial, however, and it's not yet clear what the long-term effects may be.

As long as insurance companies must make high payouts on claims — due to increased auto-repair costs, health-care costs and personal injury lawsuits — premiums are likely to climb.

Fortunately, you don't have to become resigned to outrageous rates. There are steps you can take to lower your auto insurance expenses.

SHOP AROUND

You might be amazed at the variety of quotes you could receive from different insurance companies.

Not only do some insurance companies offer lower premiums

than others, but "two companies can come to far different conclusions about the degree of risk presented by the same applicants," says *Consumer Reports*.

In Detroit, for example, nine different companies quoted a range of \$1,748 to \$4,000 for the cost of identical policies, according to a survey that appeared in *Changing Times* magazine.

Just make sure, when you request quotes, that you're comparing identical coverages.

Don't automatically go with the carrier that charges the lowest amount. You'll want to research the company's claim-response track record. Find out if, in the event of an accident, you'll have to provide several estimates on your own, or if they have a drive-in claim service.

Check with your state's insurance department. Ask for insurance pricing guides and find out what companies generate the most consumer complaints.

REDUCE YOUR COVERAGE

The less coverage you have, the less you have to pay in premiums.

"As a car ages, its owner can cut costs dramatically by eliminating collision coverage," says *Self*. "After four or five years of ownership, comprehensive coverage can also go, especially if it costs more than \$100 a year."

But bear in mind that it's important not to skimp on liability coverage — the amount the company will pay for damages and injuries to others. Without adequate

coverage, you could find your assets threatened by a lawsuit.

The recommended minimum amount of liability insurance is \$100,000 per person, \$300,000 per accident and \$50,000 for property damage.

INCREASE DEDUCTIBLES

Increasing deductibles to \$500 or \$1,000 can save you as much as 25 percent of the cost of collision and comprehensive insurance.

What about those inevitable small problems, such as a fender-bender or break-in? Auto insurance is too expensive to be used for small claims. Raise your collision and comprehensive deductibles, and put the money you save on your premium into the bank.

Should you have a minor accident, the money will be available to pay for it; if you have a major accident, the cash you saved can be used to cover the amount of the deductible.

GET A GOOD RATING

Auto insurance companies base their rates on a variety of factors. Among these are the driver's age, sex, marital status, amount of annual mileage, distance driven to work, area of residence and driving record. The kind of car you drive and its age also are relevant.

To the extent you measure up favorably to a company's criteria, the better your chances of receiving a low rating.

Young male drivers are considered the worst risk — but your son can get a lower rate if he shares

your car rather than owning his own.

Some companies offer discounts to youthful drivers who have completed a driver's education course and/or are good students with a B or better grade point average.

And when young drivers get married, their car insurance premiums go down.

You also may be eligible for discounts if you are a non-smoker, over 50 years of age or if your car is equipped with automatic seat belts, air bags or an anti-theft device.

Watch your driving. A traffic ticket or an accident can send your rates skyward — and the increased premiums are likely to last for three years.

DON'T DUPLICATE

Check your existing insurance policies and consult your agent to make sure you're not duplicating coverage.

If your employer provides adequate disability insurance, you may be able to save money by deleting this coverage from your auto insurance.

The same goes for health insurance. Chances are, the policy you're already covered under is adequate to cover any injuries to yourself or to family members who are passengers in your vehicle.

Valuable items in your car, such as a CB radio, are probably covered in your home owner's policy.

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Auto books, magazines and videos

By Sharon Williams

There's no swerving around it — the automotive world is your No. 1 passion and pursuit.

Even when you're not behind the wheel or under the hood, you're still thinking about cars, cars, cars.

Looking for some new ways to follow your favorite subject — perhaps from the comfort of your favorite chair or out-and-about during an easy afternoon?

A trunkful of possibilities lies just around the corner in the form of books, videos, special events, magazines and accessories — all centering around cars.

If you're ready to get your motor running without so much as turning a key or hitting the gas pedal, read on for a rundown of ideas to consider:

AUTO BOOKS

Hundreds of car-related books on the shelves of your favorite bookstores mean you could practically stock an entire library with automotive tomes alone.

There is everything from coffee-table volumes with glossy pictures of favorite makes and models and how-to guides for do-it-yourself mechanics, to books that describe the world's best motoring routes.

Some, such as the Chilton repair series, and annual buying guides published by *Consumer Reports* and *Car and Driver*, are virtual classics among both novices and serious enthusiasts.

Others, meanwhile, are simply literary joy rides.

Following are a few automotive titles to consider:

- "Automania: The Complete Book of Automotive Trivia" by Alan McPhee (Firefly): Filled with car conversational bon mots, this book offers interesting facts and figures on subjects such as big screen cars, vintage automobiles and racing.

- "Ferrari 250 Grand Touring Cars" by Nicola Cutrera (Hyde Park Books): This coffee-table celebration of Ferrari automobiles examines 15 of the most famous models of the grand-touring machines from 1953 to 1966.

- "Roadside Elvis" by Jack Barth (Contemporary Books): This travel guide pays tribute to "The King" as it describes the roads and routes that lead to scores of Elvis memorials, festivals, campgrounds and museums.

- "The Safe Motorist's Guide to Speedtraps" by John Tomerlin and Dru Whitledge (Bonus Books): The data bank, which was conceived and distributed by RADAR (Radio Association Defending Airwave Rights) — a non-profit lobbying group — includes useful information regarding radio frequencies, speeding fines and scanner and detector laws.

- "The Auto Repair for Dummies Glove Compartment Guide" (TenSpeed Press) by Deanna

Scar. The down-to-earth guidebook offers the average driver a hand in fixing the most common emergency problems. Designed to help virtually anyone become familiar with their automobile, it describes basic maintenance and emergency procedures.

MAGAZINES

Magazines and newsletters virtually have the automotive world covered.

Titles that immediately come to mind might include *Motor Trend* and *Car and Driver*.

Then, there are publications that target the wants and needs of specific automotive groups — from vintage car collectors, motorcyclists and racing fans to repair and restoration do-it-yourselfers, four-wheelers and off-road enthusiasts.

There are even magazines devoted to specific makes and models of vintage automobiles.

What's more, many mainstream publications include a car column in their tables of contents, and newspapers across the country publish weekly automotive sections filled with industry information, book reviews, how-to and travel tips and Question-and-Answer columns.

EVENTS AND INSTRUCTION

Auto enthusiasts can easily fill calendars with car-related happenings and getaways.

Automobile auctions, car-inspired photo exhibitions, car shows and races are just a few of the many events guaranteed to get you out of the garage.

There also are car clubs and touring groups designed to unite fellow auto enthusiasts. Some groups make annual treks — motoring through cities and countryside together in their pride-and-joy vehicles.

Car schools across the country, meanwhile, such as the Skip Barber Racing School at Lime Rock, Conn., rev the engines of many fender fans who want to brush up on their driving skills under the watchful eye of an expert.

Back home, car junkies can pursue their passions with calendars, mugs, keychains and posters bearing their favorite makes, models and manufacturer logos.

VIDEOS

The best view isn't necessarily from the driver's seat anymore. Videos now can give you that bird's-eye look into the automotive realm from the confines of your home.

Selections range from documentary-type tapes that offer a look into the world of racing to how-to guides that back up repair explanations with solid visual images. Two examples:

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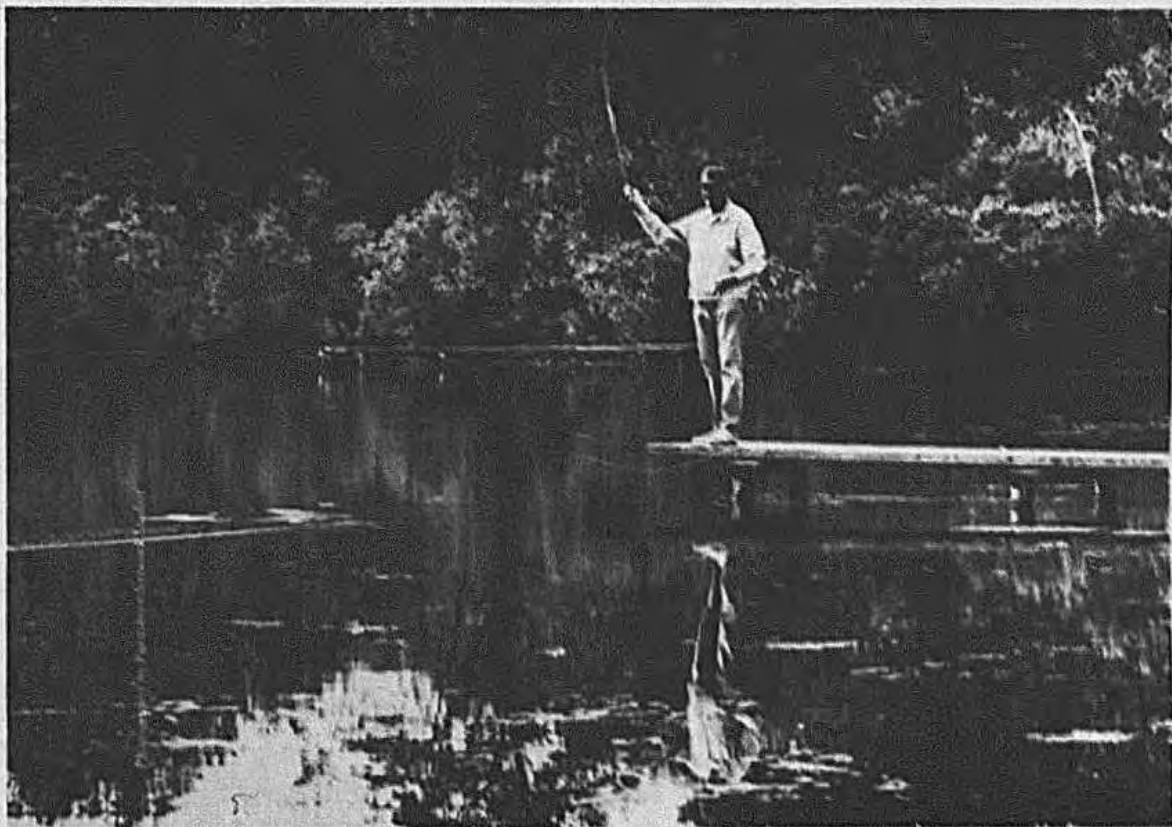
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Today Jack is Chairman of the Board of Trustees of the Long Island Chapter of The Nature Conservancy. For 40 years, The Nature Conservancy has been in the business of saving land all over the world — more than 6 million acres in the United States alone.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

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

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Please enroll me as a member of The Nature Conservancy. My \$25.00 check is enclosed.

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- As a liberal Democrat, Richard Kessel supports more government regulations that stifle business.
- Richard Kessel is Mario Cuomo's hand-picked chief spokesman and representative for Long Island.
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TOM GULOTTA



FOR A NEW NASSAU
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NOT PRINTED AT TAXPAYER EXPENSE

Bethpage Schools Announce Retirements, Award Contracts

Continued From Page 1

award includes a stipend of \$600.

• Senior Erik Kauhausa has been honored at the Nassau Technological Center as Student of the Month because of his outstanding abilities in the Carpentry II program, especially in the areas of production, attitude, study and safety.

• Teachers Michael Fenster and Marie Terc were recognized by Adelphi University for their involvement in the SUPPORT-PE Program. Both were presented with certificates of appreciation.

• A letter was received from the Bethpage Senior Citizens thanking the school district for its support during the past school year.

Mr. Nydick then went over the revised budget, to be voted upon on July 1. He explained the changes which had been made and answered questions regarding the revised budget.

In other matters, Mrs. Hurley asked how many summer projects were being proposed, and at what cost to the district. Mr. Cotton said that the results of these projects would be reviewed by the Board.

Mrs. Dame asked about the final status of the Fire Department situation. The Board indicated that everything had been finalized and that the District was fully protected. The details of the weekend plans were outlined.

Mrs. Hurley asked how the print shop was being restructured, and if monthly reports could be expected on the savings. Mr. Cotton replied that there wouldn't be monthly reports, but the Board would be aware of the situation and the public would be informed. Mr. Nydick explained that instead of the district doing the actual printing, the materials would be prepared by the district and sent to a printer.

Mrs. Dubenaky asked if any consideration was being given to changing the date of the budget vote. Mr. Cotton replied that the Board will discuss this over the next several months.

Mrs. Anselmo asked how the new food services was working out. Mr. Banieri indicated that this was being looked at and recommendations would be made. The contract can be renewed, or it can be bid.

Prior to the close of the meeting, Mr. Albano made a statement expressing his concern about an unsigned letter which had appeared in the Bethpage Tribune. While he believes that people certainly have the right to disagree with the Board and to express their opinions in the local newspaper, he is concerned when an anonymous letter makes an accusation regarding an alleged statement made by an unnamed Board member. Without knowing the author of the letter, the Board has no opportunity to rebutt the claim or to contact the writer in an effort to clear things up.

The Board set the date of the Reorganization meeting for July 13. The next monthly meeting of the Board will be held on July 27, at 8 p.m.

LEGAL NOTICE

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.**
2. The date of filing of the Certificate of L.P. with the Secretary of State (S/S) of the State of N.Y. is April 21, 1993.
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

LEGAL NOTICE

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.
7. The purpose of the L.P. is to own and manage real estate.

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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.

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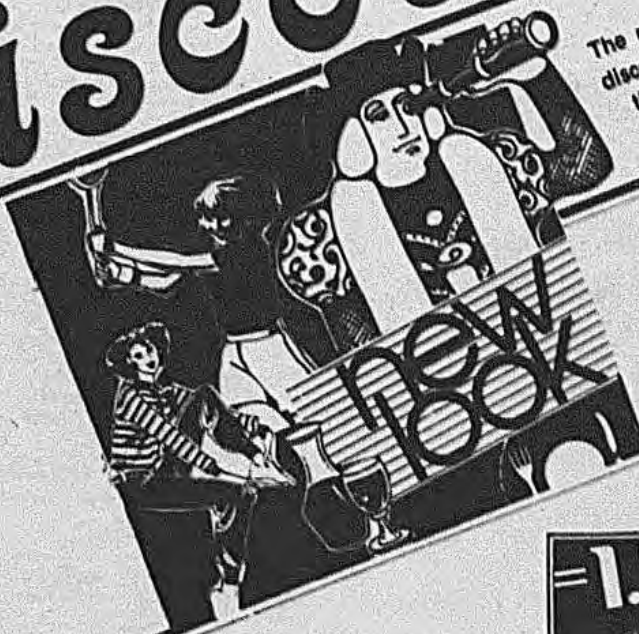
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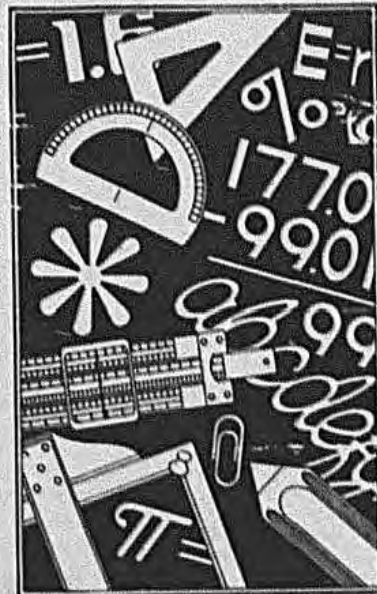
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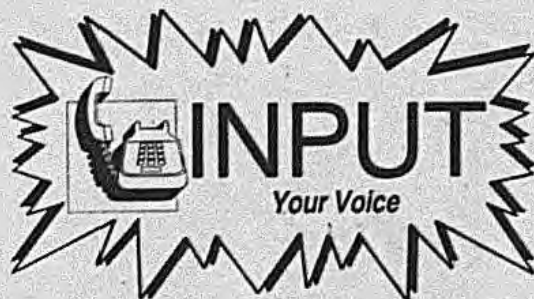


Friday, July 23, 1993

**The Metric System?
You're Kidding!**

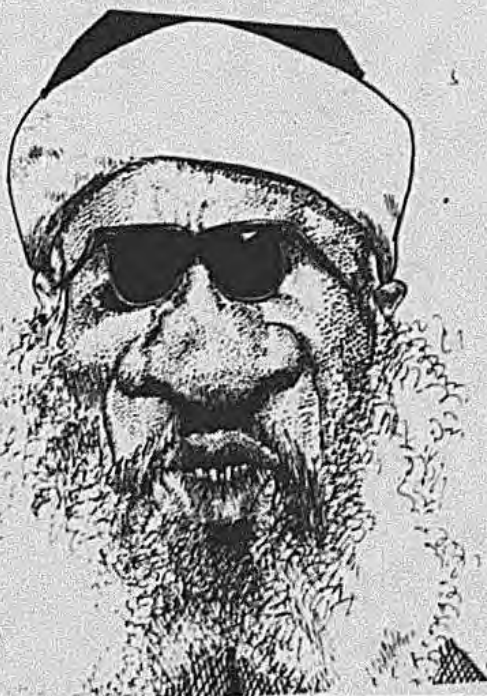


SEE PAGE 3



THE QUESTION OF THE WEEK

Should we turn Muslim Sheik Omar Abdel Rahman over to Egypt or try him here for crimes?



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Callers Say TV Crime Causes Violence

Most callers to Input think that excessive violence on TV causes crime in answer to this question: "Do you think excessive violence on TV is responsible for more violence in our society?" Here are some of the answers:

LOWERING STANDARDS

Not only is excessive violence corrupting TV viewers but excessive dwelling on sex is also bringing about a lowering of standards in our society. There is no doubt that when young people see someone beating another human being and then portrayed as a hero that the impression is that this is an acceptable way of achieving a goal. Even when the offensive person is given violent treatment on TV it brings out the sadistic traits in the viewers. When sex is regularly played as a game on TV it too goes into society as something that is trivial. TV must clean up its act and if it does not people should stop watching it and patronizing the sponsors who pay for these programs. M.G.

OVERSIMPLIFIED

There is a tendency to oversimplify the reasons for the decay in our society. It is easy to blame it on TV and it may be some of the problem. But the basic problem stems from the break up of families. The constant drive to gain more material items has driven women out of the home and into the work force in many instances. It used to be that the father had a job to do. That was furnishing the money for the family and this was even if he had to work in a second job to keep the mother at home. This idea has been talked down by the social reformers who think that it is more important for the father to stay home and do work at home than to go out to work so that mother can hold the traditional role. The facts from the past do not seem to indicate that children were hurt by the father being out on two jobs as much as families are hurt with no mother at home. We have listened to the wrong voices and we see on TV violence, split families and in general men being downgraded. We are not now better off for this. And in addition, we allow TV to do much of the baby sitting with its violence. Blame TV, yes. But also blame the airheaded social reformers who did away with traditional roles for men and women. They simply go on without ever assuming the responsibility for what their ideas have brought to us. K.D.

HURT SOCIETY

There must be something done about violence on TV. It has badly influenced society. I do not think that censorship or boycotts will work very well. I would like to see the TV stations, producers and sponsors act as their own censors setting up guidelines for the industry to follow. Those who did not follow them would be outside of the normal and people would know which ones to avoid. S.G.

CONSTANT VIOLENCE

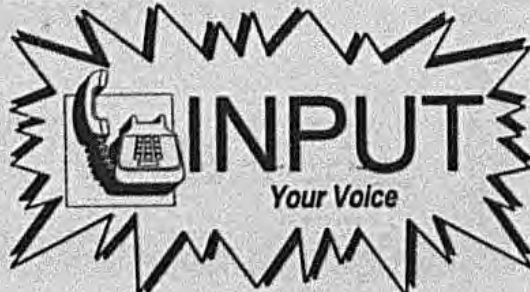
There is much violence on TV. But there has always been much violence in movies and even cartoons. This did not have a big effect on many past generations. The problem now is that we have constant violence available through many channels on TV. So what was heralded as a great access to information has turned out to be a large block in getting information across because the emphasis is on violence. N.F.

MONITOR PROGRAMS

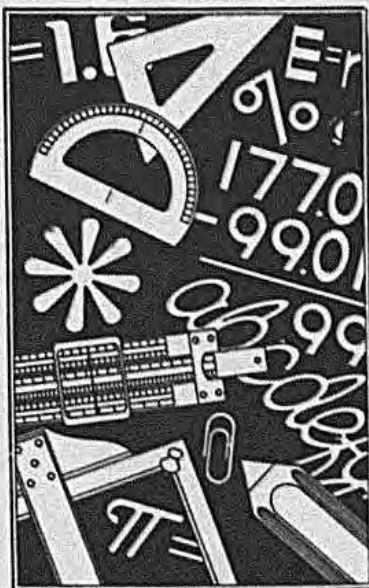
There is much violence on TV but if programs are watched and schedules of viewing for younger people is monitored there will be no big problem. The PTA should try to channel parents into picking the many educational programs on TV that are suffering from low ratings but are great places to learn things from. I think it is not just a matter of violence but of selection. K.A.

AFFIRMATIVE REPLY

In my opinion, excessive violence on TV is definitely responsible for more violence in our society. Not only does the characterization of the performers lead to tacit acceptance of the depicted violence but it establishes a "norm" which, in turn, becomes a standard of behavior on the part of many young viewers. This is particularly true in the area of sexual intercourse in language and action where the latitudes freely exposed are just as easily freely accepted as a standard with no holds barred. This is especially obvious in group shows where the audience is in tune with performers and are quick to accept and follow whatever examples are exhibited. This, most often involves displays of sexual behavior although violent crimes often are paraded on the screen and the devil with their influence on the audience regardless of example or possible end result. In my opinion, the "Question" is its own reply very definitely in the affirmative. P.G.S.



Discovery!



The Metric System? You're Kidding!

By Herbert Goldstone

You probably don't remember what a monumental change in the way we look at things was supposed to hit the United States in the year 1980.

Congress okayed the metric system in 1973, to go into effect in 1980. It didn't happen, for some reason, so we escaped that dire fate and they haven't tried again... yet.

I was reminded of the perilously close shave we had just thirteen years ago while driving the other evening along I.U. Willets Road in Old Westbury and coming to the intersection with Guinea Woods Road.

There facing me, in broad headlight, was a large green and white traffic sign proclaiming that if you made a left turn, it was 6.2 miles or 10 kilometers to Glen Cove and if you made a right turn, it was 3 miles and 4.8 kilometers to Garden City.

Not plain old-fashioned miles, mind you. Kilometers.

I'm not positive, but that may be the only road sign in Nassau County that gives us a foretaste of how complicated and uncertain life would be if the technical types who want us to go whole hog with the metric system ever had their way.

Just think what getting from Point A to Point B in your car would be like in a kilometer world. You'd have to keep a pocket calculator in the glove compartment and translate your mileage gauge to figure out if you'd make it to the train on time or to a movie before the picture started.

I know, I know. Today's cars also have kilometers on the speedometer dial, but who looks at them unless you're driving in Canada?

The thought of what it would be like if we joined the rest of the civilized world just shakes me up.

As far as I'm concerned, the metric system would make an absolute mess out of our way of life. It would undermine all that we hold sacred.

Maybe everybody else uses the metric system and we are the ones out of step, but I would regard it as downright un-American for some football announcer to tell me some Sunday that the Jets have the ball on the Miami Dolphins' 29.2608-meter line, first down and 9.144 to go.

Well, you abandon such comfortable, long-established habits as yards, feet and inches and that's what you get.

Suppose you're a Shakespeare buff, for instance. How do you think you'll feel if you catch a performance of "The Merchant of Venice" and hear Portia, in perfect iambic pentameter, eloquently argue Shylock out of collecting his .4536 kilograms of flesh?

Now I will grant you that it may be completely accurate, scientific and all that to describe the current Miss America as a perfect .9144-6096-.9144, but she sure doesn't sound like someone I want to take out to dinner. Not at today's restaurant prices.

Somehow it just wouldn't have the enticing 36-24-36 ring to it. While we're on the subject, I flatly refuse to describe anyone I know as all wool and .9144 meter wide. And don't you dare tell me a mile is as good as 1.609 kilometers!

It's bad enough that I have to walk into a liquor store and ask for

my favorite brand of bourbon in the liter size. When you used to ask for a fifth, it gave you that great macho feeling.

Or let's suppose we have another one of those blistering summer heat waves along about July. Let's suppose some school whiz kid reminds the Long Island Lighting Company that the Centigrade system of measuring temperature is what they should use with the metric system.

Can you just picture a LILCO public relations man trying to convince customers that three straight days of temperature in the low 40's have put such a strain on their power reserves that they have to cut your voltage?

Lots of luck, pal!

What's the big musical hit on Broadway these days? The revival of "Guys and Dolls," right?

One of its catchy tunes is "I Love You a Bushel and a Peck." Now get the picture. The house lights dim, a bright spotlight picks out Miss Adelaide in her nightclub and she soulfully belts out "I Love You, 35.24 Liters and 8.810 Liters."

It'll never make the hit parade.

Perhaps you've read William Faulkner's classic novel, "God's Little Acre." Do you honestly think it would ever make the best-seller list as "God's Little .4047 Hectare?"

I doubt it.

Or suppose someone told you Patrick Ewing, who may be the best center in pro basketball these days, is about 2.1348 meters tall.

I just don't think the sincerely motivated engineers and scientists and others who want us to change to the metric system and give up all the familiar measurements we hold dear realize the mischief it can lead to if we start their silly millimeter business.

It would violate the spirit of .001776 megayears!

When I joked about the metric system some years back, an engineer friend of mine was ready to diaown me. Some people have no sense of humor.

About The Author

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

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READER RATINGS

Q. Who is served first at table and when is the proper time to begin eating?

F.P.G.

A. The hostess is not served first unless she is the only lady at the table or is alone with her husband and children. If Grandmother or even a young girl guest is present the dishes are first presented to her after inspection by the hostess. When the hostess is serving from in front of her place, with or without the aid of a servant, she is served next to last and her husband last. For her to serve herself earlier will mean her food will be cold and her filled plate in the way.

After several people have been served, urged by the hostess, guests begin eating so their food will not be cold. And, except at breakfast, the polite husband waits until his wife has been served before beginning to eat.

Q. Is it considered bad manners to take anything to drink to your lips while there is still food in your mouth?

B.C.J.

A. Yes, because this may leave particles of food in the beverage or leave an unattractive smear on the glass. Your mouth should be empty before you take anything to drink. Certainly you should avoid the effect of "washing down" food that is already in your mouth. It is amazing how many people are guilty of this breach of etiquette.

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DINING GUIDE

READER RATINGS



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PAGE 5A Friday, July 23, 1993 READER RATINGS

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DINING GUIDE

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

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KITCHEN KIDS



Make a 'Jess' pie in a pinch

By Rena Coyle

Often we think of pies filled with seasonal fruits, nuts or squash purees. But what happens during the in-between seasons when many of these fillings aren't available or ripe?

"In Oklahoma, we know just what to do. Look in the cupboard and pull out the same ingredients used in making any nut or raisin pie, but just leave the filling out. What you'll have is the rich brown-sugar taste of the 'Jess' pie," says Marcia Tammi, a native Oklahoman.

"Jess pies developed from what you had around the kitchen, nothing really special — 'jess' a pie. This is what you make during those in-between seasons when ripe seasonal fruits aren't around and you had a taste for pie."

Emma, Marcia's 11-year-old daughter, says, "This is my favorite pie. It is easy to make, and I can do it after school. Then after dinner, we eat it warm with a big scoop of vanilla ice cream. It is just like eating a big gooey sundae."

For a lighter and more refreshing flavor, Marcia and Emma make a Lemon Chess Pie.

According to Marcia, "This pie is made in much the same way as the Jess pie, except we whisk in a few more eggs to give it a more custardy texture. The lemon adds the zip."

Emma can make either of these pies on her own. Younger kids will need assistance and parental direction. The steps are simple and easy, and once you have confidence in your children's cooking abilities, they can make these pies independently.

'JESS' PIE

1 (9-inch) unbaked pie shell
 1 cup brown sugar
 ½ cup white sugar
 3 tablespoons flour
 3 eggs
 1 tablespoon milk
 1 teaspoon vanilla
 ½ cup melted butter
 Vanilla ice cream (optional)
 Yields 1 pie, 6 to 8 servings.
 Preparation time: 20 minutes.
 Baking time: 35 minutes.

Utensils: cookie sheet, mixing bowl, measuring cups and spoons, whisk and oven mitts.

Preheat oven to 325 F. Place pie shell on cookie sheet and set aside.

In mixing bowl, combine sugars and flour. Add eggs and whisk until blended. Add milk and vanilla, blend. Mix in butter.

Pour mixture into pie shell. Put your oven mitts on and carefully place cookie sheet into oven. Bake for 35 minutes. Top will get crusty and puffy. Center needs to look firm; if yours doesn't, then close

oven door and cook for an additional 10 minutes.

Once cooked, turn off oven and, with mitts on, remove cookie sheet and pie, setting them on heat-proof surface. Let pie cool for 20 minutes before cutting it into wedges and serving it with ice cream.

LEMON CHESS PIE

1 9-inch unbaked pie shell
 1½ cups sugar
 1 tablespoon flour
 1 tablespoon cornmeal
 4 eggs
 4 tablespoons lemon juice
 1 tablespoon grated lemon peel
 ¼ cup milk
 ½ cup melted butter
 Yields 1 pie, 6 to 8 servings.
 Preparation time: 20 minutes.
 Baking time: 35 minutes.

Utensils: cookie sheet, grater, mixing bowl, measuring cups and spoons, whisk, oven mitts and cooling rack.

Preheat oven to 375 F. Place pie shell on cookie sheet and set aside.

In mixing bowl, combine sugar, flour and cornmeal. Add eggs, lemon juice and grated peel, blend. Add milk and blend. Add butter and blend.

Pour mixture into pie shell. With your oven mitts on, carefully place cookie sheet and pie into oven. Bake for 35 minutes.

When baked, center will look firm. Turn oven off and, with mitts on, carefully remove pie from oven. Let it set for 20 minutes before cutting it into wedges.

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

KITCHEN KIDS



DINING GUIDE

WINE TALK

By Richard Nalley

Red, hot and trendy: Merlot

Merlot is the happening red wine. The Merlot section in your retail store would have to expand like an accordion to accommodate all the new labels popping up, most of them from California. Suddenly it seems that everybody and his oenologist is putting out a Merlot. But of course, there's nothing sudden about it. In the wine world, fads are not just slow as Christmas, they're slower.

This is because you've got to plant the grapes — or at least graft over existing vines — before you can make a new trend out of anything. With a red wine, you have to figure in additional time for bottle aging. When Merlot began to get popular three or four years ago, it was a challenge for the wineries to find enough of the stuff.

For most of the recent past, Merlot was just a sidekick to Cabernet Sauvignon, a nearly anonymous black grape to be blended in at a percentage of 10 percent or whatever the winemaker deemed best (the law allows up to 25 percent) to give the Cabernet some extra silkiness and fruit savor. For most of the 1970s and 1980s, there just didn't seem to be much of a need to plant more Merlot than you'd put into your Cabernet blend.

It turns out, to the surprise of few wine lovers, that people actually like Merlot itself. Typically (though not always) soft, juicy and fragrant, Merlot is less astringent and so ready to drink sooner than many Cabernet Sauvignon-dominated wines. And a good Merlot

tastes wonderful with the full range of meaty, Cabernet-friendly foods, including hamburgers, steak, grilled sausages or a cold roast beef sandwich. The trend is on, and we've never had more choices.

Merlot, by the way, is pronounced "MUR-low" if you are a California winemaker, "mair-LOW" if you're anybody else.

TOP MERLOTS

RECENTLY REVIEWED:

\$10 and under: Chateau Souverain 1990; Buena Vista 1990; Bel Arbors 1990; M.G. Vallejo 1991 Imported; Michel Crayvale 1990 Merlot (France); Concha Y Toro 1990 Merlot (Chile).

\$12 to \$18: Hogue Cellars 1989 Reserve; Dry Creek Vineyard 1990; St. Francis 1989; Merryvale 1990; Kathryn Kennedy Winery 1990 "Lateral"; Gordon Bros. 1990; Chateau Ste. Michelle 1989; Murphy-Good 1990; Benziger 1989; Smith & Hook 1989; Gundlach-Bundschu 1989.

Over \$18: Stag's Leap Wine Cellars 1990; Robert Mondavi 1990; Shafer 1990.

WINES REVIEWED THIS WEEK:

Perhaps because the grape supply has not yet entirely caught up with the demand, finding a good inexpensive Merlot can be a challenge. There are quite a few Merlots under \$10 that are decent-drinking red wines, but lamentably few that give you the specific savor of Merlot.

In addition to the wines above, the clear class of the \$10-and-under field is the Columbia Crest 1990 Merlot from Washington's Columbia Valley (see Pick of the Week, below). Other contenders recently sampled include the fruity, flavorful Sutter Home 1991 Merlot, California and the Arbor Crest 1991, Columbia Valley, a tannic, medium-bodied wine made from very ripe fruit that gives almost a wild cherry cough-drop impression. A step down in desirability are the smooth but generic Dunnewood 1990 Merlot, California, and the high-alcohol Charles Krug 1990 Merlot, Napa Valley, a decent enough drink that just hasn't come into balance.

In the \$10-\$18 category your Merlot options open up considerably for wines that are still priced well below comparable Bordeaux Cabernet/Merlot wines.

The Silverado Vineyards 1990 Merlot, Napa Valley, is like a demonstration piece in how Merlot marries with oak. The fruit component is fresh and ripe, but what really catches your attention are the subtle wood effects, from clove and vanilla aromatics to a deeper background taste of roasted coffee and something like — I mean this in a nice way — pencil lead.

Rombauer's 1990 Merlot, Napa Valley, is also excellent, a wine with a lively berry perfume and medium-rich fleshiness that comes almost entirely from its extract, since it is quite low (for Merlot) in alcohol at 12.3 percent.

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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 aspirins 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

- 1/4 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
- 1/4 teaspoon (or more) dried red-pepper flakes
- Salt and black pepper to taste
- 1/2 cup dry white wine
- 2 tablespoons minced fresh flat-leaved parsley
- 3/4 pound cooked, shelled large shrimp OR cooked, cubed swordfish
- 1/2 pound medium shell macaroni, cooked according to package directions
- 1/4 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

- 1/4 cup olive oil
- 1 clove garlic, minced
- 1 1/2 pounds fresh broccoli, cooked
- 2 cups Italian tomato sauce
- 1/2 pound ziti, cooked according to package directions
- 1/4 cup Parmesan cheese
- 1 pound low-fat ricotta cheese
- 1/4 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
- 1/2 teaspoon salt
- 2 eggs OR 1/2 cup prepared egg substitute
- 1 medium sweet potato, baked and peeled (about 1 cup mashed)
- 1/2 cup sugar
- 1 cup milk
- 1/2 cup vegetable oil
- 2 tablespoons toasted wheat germ
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 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 3/4 full. Bake for 20 to 25 minutes.





Desiree Vivea

Potato salad is one food summer wouldn't be the same without.

While potatoes have a reputation as being off-limits to dieters, a medium potato has only about 100 calories, same as a medium apple. It's what you put on the potato that's the problem. Deli potato salad can be quite high in fat content.

If you're watching your calories this summer but still want to enjoy the full flavor of potato salad, make your own. Instead of regular high-fat mayonnaise, substitute reduced-calorie mayonnaise or plain non-fat yogurt. Season with vinegar, mustard and herbs and add chopped fresh vegetables.

Different varieties of potatoes vary in density, and this can affect microwave cooking time. Always check after the first time given in your recipe to avoid overcooking.

Different densities also makes for different textures. Russets are more grainy and can sometimes turn mushy in a potato salad, while small new potatoes, with their smoother, firmer texture, hold up well.

Peel spuds or leave the skin on, as you prefer.

Store potatoes in a cool, dry place. This is especially important during hot summer months.

Check for green spots and remove them before cooking. (The green is chlorophyll, which appears on the potato's surface if it's been exposed to too much heat and light.) Removing green spots will remove solanine, a substance that can cause digestive disorders in some people (it tastes bitter, too).

Keep potatoes cool during summer — but not too cool. Refrigerate spuds and some of the starch will convert into sugar, giving them a sweet taste you may not want. The increased sugar may also cause potatoes to darken as they cook. Store potatoes at about 45 F. for best results.

Keep your own cool by staying away from oven and stove-top recipes when you can. These appliances create heat in your home, and you can do without any increase in the temperature during midsummer. Your cool-cooking microwave can help you turn out tasty foods, like today's trio of potato salads, without turning up the heat.

MICROWAVED BOILED POTATOES

To boil potatoes in your microwave, cut into uniform size chunks and place in even layer in glass baking dish. Add water to barely cover and microwave at HIGH (100 percent power) setting 8 to 10 minutes for 2 potatoes; 16 to 18 minutes for 4 potatoes; 21 to 23 minutes for 6 potatoes. If you'll be needing more than 6 medium-sized boiled potatoes, it will probably be faster to boil them on the stove top.

NEW POTATO SALAD

1½ pounds small new potatoes
½ cup water
2 tablespoons olive oil
2 tablespoons red wine vinegar
¼ teaspoon salt

¼ teaspoon pepper
¼ cup chopped celery
3 tablespoons minced red onion
2 tablespoons chopped fresh parsley
¼ cup mayonnaise cream
¼ cup plain yogurt or sour cream
1 teaspoon prepared mustard
Yields 4 to 6 servings.
Preparation time: 15 minutes (plus chilling time).
Cooking time: 9 to 12 minutes (plus 5 minutes standing time).
Oven setting: HIGH (100 percent power).

Scrub potatoes and cut into eighths. Place in 3-quart microwave-safe casserole and add water. Cover and microwave 9 to 12 minutes or until potatoes are almost tender, stirring gently twice during cooking time. Drain well. Let stand, covered, 5 minutes.

Add olive oil, vinegar, salt and pepper; toss. Cover and refrigerate at least 30 minutes to chill.

Toss in celery, onion and parsley. In small bowl combine mayonnaise, yogurt or sour cream and mustard. Add to potatoes and toss gently to coat. Serve immediately or cover and chill until serving time.

SUMMER POTATO-EGG SALAD

5 to 6 medium potatoes (2 to 2½ pounds), peeled and cut into 1-inch cubes
½ cup water
2 large eggs
½ cup diced celery
½ cup chopped green onion (include white parts)
½ cup sliced black olives
2 tablespoons sweet pickle relish
1 cup mayonnaise
2 tablespoons vinegar
1 teaspoon dry mustard
Salt and pepper to taste
Yields: 6 to 8 servings.

Preparation time: 15 minutes (plus optional chilling time).
Cooking time: 14 to 18 minutes.
Oven setting: HIGH (100 percent power); MEDIUM (50 percent power).

Combine potatoes and water in a 3-quart microwave-safe casserole. Cover and microwave at HIGH setting 12 to 15 minutes or until tender, stirring once halfway through cooking time. Rinse under cold tap water, drain well and set aside to cool.

Break eggs into two glass custard cups. Pierce each yolk with toothpick. Cover with wax paper and microwave 2 to 3 minutes at MEDIUM setting, rotating each cup every minute, until eggs are almost set.

Let stand a minute or so to cool, then chop well.

In large salad bowl toss together cubed potatoes, chopped eggs, celery, green onion, black olives and pickle relish.

In a small mixing bowl combine mayonnaise, vinegar and dry mustard; stir well to blend. Add to potato mixture and toss gently to coat. Season to taste with salt and pepper. Serve immediately or chill until serving time.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: I think it is about time that my folks realized that I'm not a little girl anymore. I am 14, and I don't see any reason why I have to share my room with my 10-year-old sister. This is something new for me because my father cleared her out of her room so that he could use it for all of his junk that he has piled up.

Until now it was always piled up on the kitchen table, but all of a sudden that wasn't good enough for him, so he has taken over her room.

But what about me? I'm the loser in all this, and I don't like it one bit. Would you? — Angry

Angry: Before I can respond sensibly I'd have to know what that "junk" is that you referred to. If it consists of work of his or hobbies or other interests he has, it probably should have space priority.

But even if the room is taken over by him for other reasons, it should remain as a parent's choice.

There are ways you can arrange to share your room comfortably with your sister. Dividing the space and scheduling separate study, reading, and television and radio times (if you have that equipment in your room) may help the situation become easier for you. If there are periods when each of you might want to be alone, such times could also be divided fairly.

A "family meeting" to discuss this whole matter might be useful, too.

Dr. Abraham: I'm a teen-ager (15 years old) whose parents won't listen to something that I think is very important. It is all about the safety of my precious little brother (he is 2 years old) and a car seat that they bought for him. The trouble is that they don't use it right, or sometimes not at all.

They leave it at home many times when they take him in the car and hold him on one of their laps. They never seem to think about a quick stop that may be necessary and his head hitting the windshield with a bang.

Sometimes they put him into it when they go grocery shopping but don't buckle him in right. Even when they have it with them in the car they often don't buckle him in like they should.

What can I do? Maybe they will listen to you. They sure ignore me, and that's a fact. — Scared

Scared: I don't blame you for being scared, and I wish they were, too, because they are playing with fire.

All that you have mentioned could result in severe injuries, especially to young children. The head bashing against a windshield is a possibility they should think about related to their own safety, too.

It sounds like they might also be careless about their own car seat belts.

Another point to consider is the quality of a child's car seat because some of them that even conscientious parents depend on may be worthless or dangerous for a young child.

You might want to think about sharing your letter and my response with your parents.

If they still ignore all the warnings, try to get help from an adult relative or family friend who understands your worries.

Fortunately most grown-ups do.

Dr. Abraham: I'm a 15-year-old girl, and I have such guilt feelings that I could cry every day.

It is all because I really love my mother so much more than I love my father. I know that it may be natural for a girl to love her mother because after all they are both female and have a lot in common.

But the difference in my feelings toward my parents is so great, and I just don't know what I can do about it. I'm really embarrassed about that difference, and have never told anyone how I feel about this situation.

Please help me. — Helpless

Helpless: You don't have to feel helpless because there are facts to try to recognize and things you can do related to this matter. You have partly handled it already by being aware of the "natural" reason for your relationship with your mother.

There are steps to take that can help bring you and your father closer together emotionally. A good way to start may be to show an interest in his work and activities, and share details with him of your school, friends and other involvements. Spending more time with him in what you, he or both of you enjoy may also be helpful.

If you have shared any problems you have with your mother but not your father, try to equalize that sharing. If you have complimented your mother more than your dad, attempt to level off. Seek the personality factors about your father that you like and comment on them to him.

Efforts such as those could help and may eventually totally eliminate your feelings of guilt. It may take time, but as the saying goes, it'll never be any earlier.

Dr. Abraham: I'm a good kid, but so sick of my mother's questions about where I've been and with whom. She is smothering me, that's for sure.

There is no reason for her to nag me so much because she has no cause for doing it. I don't drink, smoke, take drugs or anything that should worry her. But no matter what I say, she keeps it up.

How can I handle this? She is an all-right mother and all that, but I wish she would back off. — Bothered Girl

Bothered Girl: Many parents are concerned these days because of all the threats that you mentioned. I hope you can accept her questions calmly, and try to understand her concerns. In time she will probably realize that they are unnecessary if you continue as you are.

It really is better to have a concerned parent than one who doesn't show any interest in his or her kids. There are a lot of teens who would gladly change places with you.

Patience isn't easy to live with, but it can pay off in the long run.

Cooking Corner



The meze: it's all Greek to me

By Laura Daily

In Greece, where the sea is never far and sunshine is abundant, a time-honored tradition is good conversation savored with a sip of ouzo and variety of *mezes*.

Eaten throughout the day, *mezes* are Greek appetizers (hot and cold) and unique dips, finger food and small pies. With a seemingly endless variety from which to choose, *mezes* are perfect starters to a meal or unique alternatives to usual party fare.

"Think of it as the Greek equivalent of a Spanish tapas bar," says Charles Bowman, chef of New York's Periyali restaurant.

Bowman, along with Eric Moscahlaidis, president of the Greek Food and Wine Institute, was on hand at the recent Aspen Food and Wine Classic to tout a cuisine that is low in saturated fat and cholesterol, yet remarkably flavorful.

Forget heavy sauces. Greek dishes are natural, simple and quick with an emphasis on healthy ingredients like fresh fruits and vegetables, seafoods, grains, olives, olive oils and cheese.

Five to seven items usually fill the typical *meze* table. Marinated olives, spreads (called salads), stuffed grape leaves and spinach and cheese pies are popular. Says Bowman, "You can even create enough dishes that the *meze* can be a meal unto itself."

No *meze* table is complete without Greek olives, feta cheese, crusty breads and olive oil. Among the varieties of Greek olives, Kalamata and Greek Black are the two most popular.

According to Moscahlaidis, consumers should look for olives that are firm in texture.

"The almond-shaped Kalamata is purplish in color and probably the tastiest," he says. "Greek black olives are actually brownish-gray or greenish color, meaty, mild and semifirm. Cured in olive oil."

Though Greek olives are ready to eat from the jar, you can marinate them for extra flavor. Look for them in specialty stores and larger supermarket delis.

Feta cheese is also synonymous with Greek food. In fact, Greece is per capita the top consumer of cheese and feta may be the reason. The white semisoft product is consumed for breakfast, lunch and dinner.

"Today feta is made from several different kinds of milk, but the best is sheep's milk, aged in oak kegs for at least 90 days," agree Bowman and Moscahlaidis.

The better fetas are firm, packed in brine and not too salty. If

your feta comes wrapped simply in plastic wrap, make your own brine (fill a container three-quarters full with water, milk and a little salt).

Refrigerated and stored in brine, feta will remain fresh for up to six months. Bowman recommends a square of feta with olive oil and fresh oregano as a tasty treat.

If you decide to set a *meze* table remember to choose a variety of dishes, balancing tastes and textures. And don't be intimidated by the number of *mezes* needed. Most can be prepared partially or completely in advance, making them ideal for even the busiest cook.

The following recipes are from "The Periyali Cookbook" by Holly Garrison (Villard Books).

MARINATED OLIVES

- 1 pound large black or green Greek olives or a mixture of both
- 1 large garlic clove, thinly sliced
- ¼ cup extra-virgin olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon dried oregano leaves, crumbled
- ¼ teaspoon dried thyme leaves, crumbled
- Sprigs of fresh oregano or thyme for garnish

Yields 1 pound marinated olives

Blot olives dry on paper towels. Toss in medium-size bowl with garlic. In small bowl, beat olive oil, lemon juice, oregano and thyme. Stir into garlic and olives until well blended.

Transfer to container with tight-fitting lid. Cover and set aside at room temperature for several days, or up to several weeks, turning container occasionally to redistribute olives and marinade. There's no need to refrigerate olives since oil will keep them fresh.

Serve olives in bowl with a few fresh sprigs of oregano or thyme tucked here and there. As olives are removed from marinade, more olives can be added. This may be done several times, adding a little more olive oil, as necessary, before starting over with new marinade.

TARAMOSALATA (Fish Roe Dip)

- 8 ounces (about 8 slices) firm homemade-style white bread
- 1 tablespoon chopped red onion
- 1 small garlic clove, chopped
- ¼ cup *tarama* (mullet or cod roe sold in jars in the refrigerated section of Greek grocery stores)
- 2 tablespoons lemon juice
- 1 tablespoon white-wine vinegar
- ¼ cup extra-virgin olive oil
- ¼ cup vegetable oil
- ¼ teaspoon sugar
- Salmon or golden whitefish cav-

lar or a few Kalamata olives, for garnish

Yields 6 to 8 appetizer servings. Trim crusts from bread and spread slices out on tray to dry for about 24 hours.

Into food processor place onion, garlic, *tarama*, lemon juice and vinegar. Blend or process until as smooth as possible, scraping down side of container several times.

With processor running, gradually add a mixture of both oils through feed tube. The oil must be added slowly so that it forms an emulsion.

Fill large bowl with cool water. Drop dried bread into the water, one slice at a time. When it is soaked, squeeze out as much water as possible and drop into processor feed tube. When all bread has been added, add sugar and process until smooth. Taste and add a little more vinegar and lemon juice, if necessary.

The finished consistency should be something like softly whipped cream, just firm enough to mold slightly when dropped from spoon. Keep in mind that dip will thicken as it chills, so if it seems heavy at this point, gradually beat in a little water. Scrape into serving bowl. Cover tightly and chill for several hours before serving. Garnish servings with a few grains of caviar or an olive.

SOUVLAKI (Skewered Meat)

- 1 (¼ cup) small onion, minced
- ¼ cup lemon juice or dry white wine
- 2 tablespoons regular (not extra-virgin) olive oil
- ½ teaspoon dried oregano leaves, crumbled
- 1 pound lean, boneless lamb or beef, cut into ½- to ¾-inch cubes
- Salt and freshly ground black pepper to taste

Yields 8 appetizer servings.

In medium-size bowl, mix onion, lemon juice, olive oil and oregano. Add meat and stir until well-coated.

Cover and refrigerate for several hours or overnight, stirring occasionally.

Prepare a bed of hot charcoal. Thread meat tightly onto six 6-inch skewers, dividing evenly. If oven broiling, cook about 6 inches below the source of heat for 3 to 5 minutes or fairly close to medium-hot coals, turning frequently for 3 to 4 minutes.

The aim is meat that's well browned on the outside, but still pink and juicy in the center. Season with salt and pepper and serve immediately.

BROILED HALOUMI CHEESE

- 3 tablespoons extra-virgin olive oil
 - 1 pound Haloumi or salted mozzarella cheese
 - 2 tablespoons lemon juice
 - 3 teaspoons minced fresh mint leaves
- Yields 6 servings.
- Preheat oven broiler. Rub 6 gratin dishes with about 1 tablespoon of olive oil and set aside. Cut cheese into 6 equal slices. Place in prepared dishes. Fill each cheese-filled dish with cold water, then, holding cheese in dish, pour off water. Place dishes on oven rack about 6 inches below source of heat. Broil for about 5 minutes,

watching carefully, until golden brown and bubbly. Remove from broiler and sprinkle each serving with 1 teaspoon olive oil, 1 teaspoon lemon juice and ¼ teaspoon mint.

Serve immediately, accompanied by crusty bread.

BLACK-EYED PEA SALAD

- 1 (15-ounce) can black-eyed peas or 2 cups cooked black-eyed peas
 - 1 (¼ cup) small red onion, finely chopped
 - 2 tablespoons chopped flat-leaf parsley
 - ¼ teaspoon salt
 - Pinch of white pepper
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon red or white wine vinegar
 - Chopped flat-leaf parsley, for garnish
- Yields 4 servings.

Drain peas in colander and rinse with cool water; drain thoroughly. (If using dried peas, prepare as package directs.) Turn into medium-size bowl and toss gently with onion, parsley, salt and pepper. Add olive oil and vinegar and toss again until well-blended. Set aside at room temperature for a couple of hours to allow flavors to permeate peas. Serve sprinkled with parsley.

The following recipe is from "The Food and Wine of Greece" by Diane Kochilas (St. Martin's Press).

Htipiti (pronounced h-tee-pee-TEE and translated as "that which is beaten") is the name Macedonians gave to this tart feta spread. The longer it is beaten, the tarter it will be.

HTIPITI

- ½ pound feta
 - 3 tablespoons olive oil
 - 1 medium Italian pepper, seeded and finely chopped
 - 2 small, dried red chili peppers, finely chopped
 - 1 pickled green pepper, seeded and chopped
 - 2 teaspoons oregano
 - Freshly grated pepper
 - Fresh juice of ½ lemon, strained
 - Black olive, for garnish
- Yields about 1 cup.
- In medium-size bowl, mash feta with fork or potato masher and slowly add olive oil, chopped peppers, oregano and black pepper. Pulverize mixture for about 10 minutes (less if using food processor), pouring in lemon juice a little at a time, until feta is creamy. Cover and refrigerate at least 1 hour before serving.



Garden Talk

By C.Z. Guest

Q. I have two questions involving my houseplants.

One, why do some of the hibiscus blossoms fall off before they are fully developed? What can be done to prevent this?

Two, I have an aralia (false, I think) and a California palm, which are nearing my ceiling. Both are healthy plants, which I would like to save.

What should I do?

A. The main requirements for constant bloom in hibiscus is abundant sunlight. Moderate humidity (30 percent or more), cool temperature (50 to 60 degrees F) and freely circulating air also help all buds mature into flowers of perfection!

It is the nature of hibiscus to grow into large shrubs so it's perfectly OK to prune them to convenient size at any time.

If the soil dries severely, many leaves will turn yellow and fall, as will any developing flower buds! Drafts of hot, dry air and soil that has become soggy from poor drainage will cause similar symptoms.

During the warm months of summer, place your plant outdoors in a sunny spot.

Most people who have a few houseplants eventually own dozens, even hundreds! Why? Because multiplying them is almost irresistible once you discover how fascinating and easy propagating plants can be.

For instance, who could dislike acquiring for free a whole new palm plant just by "air-layering" the parent? It's also an easy way of

increasing those shrubs, plants or trees that are difficult to raise from cuttings.

Both of your plants should be air-layered.

Q. I bought a package of eight different tomato plants. They all grew well and had a lot of tomatoes. There was only one problem. The tomatoes never turned completely red. The tops around the stem stayed yellow.

Can you tell me why my tomatoes didn't turn all red?

A. The high points in tomato culture are planting on fertile, moisture-holding soil, and keeping the weeds under control. Tomatoes seem to thrive under a wide range of soil and climatic conditions.

Buying or starting strong plants is important and using seed of the best variety. However, they will never fruit if night temperatures fall to 50 degrees or lower.

Tomatoes need nutrients; use either phosphorus, and compost, a complete fertilizer or a combination. Phosphorus is particularly important for a bumper crop.

TIP

The most important consideration of all, you *must* garden for the area you live in, and that means not planting too soon in the Northeast (not before May 15 when the frost is out of the ground).

But if you're lucky, you may be able to sow an early planting of cool-weather crops that can withstand the occasional dip in temperatures.

GARDEN TIPS

Hibiscus how-to

- Keep plant in abundant sunlight.
- Plants thrive on moderate humidity, cool temperature and good air circulation.
- Keep soil moist.
- Prune as necessary.



Hibiscus
Hibiscus
moscheutos

Our Children



By Willard Abraham

Dear Parents: As many of you may have noticed, once in a while I try to bring to your attention materials related to children's health and safety produced by the respected American Academy of Pediatrics. They are usually readable, practical and helpful.

Here are two of their recent ones, the first available at no cost to you, the second based on what might be the most important household chart you may have seen (its cost is \$2.95). Its emphasis is twofold, about first aid in many emergency childhood situations and, on the reverse side, a detailed, clear explanation related to choking and CPR (cardiopulmonary resuscitation).

• "Family Shopping Guide to Car Seats." Among the topics discussed are choosing the "best" car seat, basics of car seat use, the infant seat (birth to 20 pounds), convertible seat (birth to 40 pounds), toddler-only seat, vests (over 20-25 pounds), booster seats for those who have outgrown convertible seats (over 30 pounds), and shield booster seat (about 40 to 65 pounds).

It also goes into detail on the manufacturers' safety features and price ranges.

To obtain this free guide write to AAP, Department MCW-1993 Car Seat Shopping Guide, P.O. Box 927, Elk Grove Village, IL 60009-0927, enclosing a stamped, self-addressed, business-size envelope.

• "First Aid" and "Choking/CPR." This poster's first aid side offers advice as a starter: "Call 911 or an Emergency Ambulance for any severely injured child." It then goes on to provide easy-to-follow suggestions related to each of its many topics: Burns and scalds; convulsions (seizures); eye injuries; fainting; fever; fractures and sprains; head injuries; nosebleeds; poisons; skin wounds (bruises, cuts, scrapes, splinters, and puncture wounds); stings and bites (insects, animal or human bites, ticks, snakebites); teeth

Space is provided for you to fill in and have readily available telephone numbers for an emergency department, ambulance, poison center, doctor, fire and police.

This poster can be secured by writing to AAP, Publications Division, First Aid Chart, P.O. Box 927, Elk Grove Village, IL 60009-0927. Be sure to enclose your payment of \$2.95.

Q. I'm writing to request the names of any printed information you may have on fears of young children.

I have a 4-year-old daughter who is afraid of her bedroom. She won't sleep in it at all. And I have a 2-year-old afraid of the "bogymen." Every noise she hears she believes is the "bogymen."

Any help you could give me would be greatly appreciated.

A. Two goals that are important on this topic are preventing fears from becoming a habit and helping your child be careful but not scared.

Physical closeness (holding children's hands and hugging) might often be helpful. It can contribute toward giving a feeling that there is nothing to be ashamed of, that many children and even some adults may feel the same way, and "I'm here and I love you."

Factors that might be considered include discussing fears openly, avoiding them whenever possible, retaining your own calmness and willingness to listen and explain and patience.

The full article I wrote on this topic for parents of young children can be obtained at no cost by writing to me at P.O. Box 572, Scottsdale, AZ 85252. Please enclose a stamped, self-addressed envelope with your request.

I'm especially curious about one item related to your 4-year-old. Have you tried to find out what she specifically is afraid of in her room? That point may aid you in seeking a solution.

HEALTH WATCH

Young adults are largest group without health insurance coverage

Young adults, age 18 to 34, are the largest age group without health insurance. Many are students or have jobs without employer-paid insurance and choose to not purchase coverage.



SOURCE: Census Bureau

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Fitness Forum

By Terry H. Burns

"The most wasted day of all is that on which we have not laughed."

— Sebastien Chamfort

Seems funny now, but in ancient times the word "humor" was used to describe body fluids thought to be responsible for a person's overall health.

That notion was given the heave-ho when scientists discovered germs. But some people still believe what has become the modern definition of humor — the ability to express or appreciate what is funny — still contributes to our well-being.

One believer is the Rev. Martha Bradley, a chaplain at St. John's Hospital and deacon in the Episcopal church.

"Humor, to me, is balance in our lives," she said. "I use humor a lot in working with cancer patients; that's part of my ministry."

Bradley said she's been hooked on humor since she went to a seminar on silliness in Atlanta, Ga., a few years ago. "I thought, 'This is something that really tickles my fancy.'"

She is just one of many who have started taking humor seriously.

"An ounce of mirth is worth a pound of sorrow."

— A proverb

Theresa Waters, a registered nurse and community cancer education coordinator at Memorial Medical Center, is another.

She invited humorist Keith Barrett to speak at the hospital's recent National Cancer Survivorship Day.

"We wanted somebody motivational and upbeat," she said.

One of Barrett's talks is titled "Laughter is Lotion for the Sunburn of Life," Waters said.

Dr. Terry Travis, professor of psychiatry at Southern Illinois University School of Medicine, said he's intrigued with research regarding patients who respond better, heal faster and need less medication than others. They have an intangible quality, he said.

Call it "the will to live" or "a positive mental attitude," but whatever you call it, it's powerful, he said.

"A positive attitude is no guarantee of health, but it helps you cope," he said. "It helps provide balance and perspective."

Travis says he uses humor informally when teaching medical students and in therapy with patients.

"I sometimes use humor to assess (patients') ability to see the other side," he said. "Part of humor is backing off and laughing at yourself."

"A merry heart doth good like a medicine."

— Proverbs

The American Association for Therapeutic Humor, based in St. Louis, is "committed to advancing our knowledge and understanding of humor and laughter as they re-

late to healing and well-being."

Kathleen Keller Passanisi, who founded the association in 1987, said she believes there is a definite connection between the mind and body.

"The mind affects our well-being," she said. "The brain is a pharmacy."

The association keeps up with research in the field of humor and medicine and supplies it to professionals who want to use humor to enhance their skills, Passanisi said.

"Humor," she said, "is an equal opportunity blessing."

More and more professionals are turning to humor to help themselves and others.

"We're seeing it across the board," she said.

As a practicing physical therapist, Passanisi uses humor in her work. "Humor is a natural high," she said.

"Laughter need not be cut out of anything."

since it improves everything."

— James Thurber

Do we really need experts to tell us that laughter reduces tension, clears the mind and lifts the spirits?

Years ago, Freud said humor is one of the healthy defense mechanisms, according to SIU's Travis.

"It's one of the healthy ways of dealing with stress," Travis said.

Then, some years later, Norman Cousins (editor, author and professor) told the world in his book, "Anatomy of an Illness" that laughter helped cure him of a severe connective-tissue disease.

Cousins wrote that he "made the joyous discovery that 10 minutes of genuine belly laughter has an anesthetic effect and would give me at least two hours of pain-free sleep."

Cousins' revelation legitimized the subject of humor, health and healing, Travis said.

It took a little time, but the medical world finally loosened up. The study of humor and health now has a name — gelotology.

And the area of research that examines how the mind affects the body, especially the immune system, has been named (take a deep breath for this one) — psychoneuroimmunology — or PNI, for obvious reasons.

"Humor saves a few steps, it saves years."

— Marianne Moore

"Essential elements in the humor process are the stimulus (humor), the emotional response (mirth), and the resulting behavior (grinning, laughing, smiling or giggling)," wrote Dr. William Fry in the April 1, 1992, issue of the *Journal of the American Medical Association*. Fry, a gelotologist and professor emeritus at Stanford University, has been studying humor and health since 1953 — and he's worn out!

After Work Gourmet



By Sharon Achatz

With melons and berries, peaches and pears all ripe and ready, summer is the season to make fresh fruit salad a supper staple.

Summer fruits paired with year-round varieties such as apples, oranges and bananas make for an easy cornucopia of fruit that takes little time to prepare. It also puts a thrilling chill into summer's cooking routine in that no cooking is required — so the kitchen stays cool.

In its simplest presentation, fruit salad is nothing more than a mixture of cubed fruit placed in a bowl or on a plate. This vivid variety of colors and full-flavored sweetness of fruit pleases the palate, but all it takes is a bit of culinary creativity to transform standard fruit salad into a dinner-time delight.

Meringue Fruit Cups, for example, serve up sectioned oranges, sliced strawberries and grapes in orange-peel shells, and then top that off with an elegantly toasted fluff of meringue.

Southwest Fruit Salad is displayed as a fan of papaya and honeydew slices garnished with whole blueberries and topped with a mustard-orange dressing.

Poppy seed Fruit Compote takes the cut-up form of the functional fruit salad bowl, but jazzes it up with the addition of a homemade poppy seed dressing.

While every market around is focusing on how to select ripe summer fruits, the wise shopper will take care in remembering how to properly select the best oranges in a season when the best may not be readily available.

Select those that are firm and heavy for their size; bright color isn't always an indicator of freshness. To segment oranges for use in recipes, use a knife to cut away the white membrane surrounding the vibrant orange flesh; this membrane can be bitter.

MERINGUE FRUIT CUPS

2 oranges
1 cup strawberries, hulled and sliced

20 grapes, cut in half
1 egg white, room temperature

¼ teaspoon sugar
¼ teaspoon vanilla

Yields 4 servings.

Preparation time: 15 minutes.

Leaving peels on oranges, cut crosswise into halves. Using a serrated knife, remove orange sections from orange-peel halves; reserve shells. Cut away and discard all membrane from orange pieces. Add strawberries and grapes to orange sections and toss lightly to combine; spoon ¼ of fruit mixture into each shell half and set aside.

Preheat broiler.

In small mixing bowl using electric mixer on high speed, beat egg white, gradually adding sugar and vanilla, until stiff peaks form. Spoon ¼ of meringue onto each filled fruit cup, transfer to baking sheet and broil until meringue is

golden, 10 to 15 seconds. Serve immediately.

SOUTHWEST FRUIT SALAD

For dressing:
1 orange
2 tablespoons orange juice
1 shallot, minced
¼ cup vegetable oil
3 tablespoons white vinegar
2 tablespoons honey
¼ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon pepper

For salad:
2 papaya, each cut into 6 slices
1 honeydew melon, cut into 12 slices

1 pint blueberries
Yields 4 servings.
Preparation time: 20 minutes.

Cut peel and pith membrane from orange and then cut orange sections from membranes. Place orange sections, orange juice and shallot in blender, add remaining dressing ingredients and process until smooth. Set aside.

On individual dinner plates, alternately fan papaya and honeydew slices. Arrange blueberries at top of fans. Drizzle with dressing.

POPPY SEED FRUIT COMPOTE

For dressing:
½ cup sugar
1 teaspoon dry mustard
¼ cup cider vinegar
¼ cup vegetable oil
4 teaspoons poppy seeds

For salad:
¼ honeydew melon, cubed
¼ cantaloupe, cubed
¼ cup strawberries, hulled and sliced

¼ cup grapes, halved
1 pear, cored and diced
1 banana, peeled and sliced
6 tablespoons poppy seed dressing

Yields 4 servings.

Preparation time: 25 minutes.

For dressing, combine sugar, mustard and vinegar in blender. With machine running, gradually add oil and blend until mixture thickens. Add poppy seeds and blend 3 minutes more. Store in covered jar in refrigerator; makes about 2 cups.

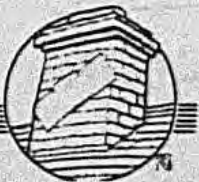
To prepare salad, mix fruits in large bowl. Add 6 tablespoons dressing. Transfer to individual serving dishes.

QUICK TIP

If a recipe calls for 1 teaspoon dry mustard and there's none in the cupboard, replace it instead with 1 tablespoon prepared mustard.

AFTER WORK
GOURMET

Here's How



By Gene Gary

Q. I read your column concerning termites, which prompts me to inquire about carpenter ants. For the past few years, there have been carpenter ants inhabiting my wooden fence, which connects on both sides to my neighbors' wooden fences. I have seen no evidence that they are in my house.

What treatment can I use? Wouldn't my neighbors have to treat their fences also to take care of this problem?

I would call in an exterminator but would like to avoid the expense if there is a home remedy. Also, I have a feeling unless my neighbors would use an exterminator, it would not be advisable. Please advise. — C.E.

A. As you already suspect, in order to correct the problem, you and your neighbors must act together to attack the infestation.

There are several products available that will deter and sometimes clear the infested wood of these pests. Ortho Hornet & Wasp spray is one effective pesticide for use on carpenter ants. Spray the wood wherever you see signs of the ants. Once the ants have died, sprinkle diazinon around the perimeter of the fence.

A word of caution: Diazinon is a

strong chemical and its use is outlawed in several states due to environmental concerns.

There are non-chemical alternatives you can try. Use lines of boat meal or powdered charcoal (which ants loathe to cross) around the perimeter of the fence as an entry barrier. Or use the fresh juice of lemon in the same manner. Include slices of fresh lemon in your barrier. You also can try fresh or dried cucumber peelings to repel them.

If you can get your neighbors to cooperate, I suggest that you contact an exterminating firm or firms, and get a quote from them on professional treatment. Be sure to inquire about guarantees concerning reinfestation. If the cost is shared, you may find that this is the best method of protection. One chemical treatment may be all that you will need.

Regardless of the approach, keep in mind that carpenter ants like moist conditions (such as might be caused by roof leaks, poorly maintained gutters, damp crawl spaces and bushes against a fence or house). If you do not eliminate moisture problems around your home and the fencing, you will likely have reinfestation.

Decor Score



By Rose Bennett Gilbert

Q. We have a new house, new to us, at least. It was built in the 1930s and has lots more room than we have money to decorate. Between my family and my husband's, we have enough "heirlooms" to fill the space, but everything looks so haphazard.

We'd really appreciate any low — or no — budget ideas. — G.W.M.

A. Low-budget ideas are a dime a dozen, pun intended.

The trick lies in making your rooms look like a million dollars when you're just spending pennies. How? Ingenuity and elbow grease.

The room pictured here should jump-start your creative juices.

The owners have gotten a lot of mileage from a few yards of pre-pasted wall coverings (from Sun-worthy's "Colony Club II" collection), using small-scale patterns that work well with the large overall floral on the walls.

Pampering their decorating budget, they have made a screen of thin plywood mounted on a wood frame with two-way hinges. Both sides wear a different wall-covering pattern so the screen is reversible.

The plant stand was a wastebasket in a former life. It has been inverted and wrapped with wall coverings. Equal legerdemain conjures window valances from straight cuts of plywood trimmed with narrow borders. The designs that accent the stairs are also borders applied to the risers.

A random gathering of other budget-loving ideas to consider:

- Always use sheets for curtains, slipcovers, duvet covers, shower curtains, bed canopies and such. For the money, you get a lot of washable, long-wearing yardage.
- Buy old books and cut out the illustrations. Inexpensive frames from the dime store are easy to faux-paint into "antiques."
- Fill empty areas with skirted round tables (use any kind of base to support a padded plywood top).
- Sisal carpeting is cheap to buy and also easy to dress up with stencil painting.
- Check out the budget-oriented magazines and books on the shelves of your local library. For 10 cents or so a shot, you can photocopy a priceless collection of other you-do-it ideas to take home and apply.

Q. What color should I paint my kitchen? The cabinets and appliances are all white, the countertops are ivory-colored laminate, and the floor is beige-and-white checked vinyl. I like the light background, but the room is pretty boring. — B.McK.

A. Boring or basic? There's a difference.

Professional kitchen designers often advise just such a basic background in a kitchen for a good reason: Appliances are forever — or almost forever — and cabinets are expensive. Unless you plan to stay put a long, long time, it's wise to keep your "investment" furnishings in simple, basic hues and brine

Q. Our shower doors and bathroom fixtures are stained with water deposits. I have tried several cleaners to no avail. Could you recommend a cleaning method to remove these spots and restore the shine? — A.F.

A. There are several commercial cleaning products that can be effective in removing mineral deposits. De-Solv-It, manufactured by Orange-Sol, is a good cleaner for these deposits and soap scum. Lime Away and Barkeepers Friend are a couple of other products that can be used for this purpose.

These products can usually be found at supermarkets or hardware stores. Or you can prepare a solution yourself.

Mix borax powder with lemon juice to make a paste. Test in a small area first. You also can apply a soft cloth soaked in a strong solution of vinegar mixed with just a little hot water to fixtures that have particularly stubborn spots. Leave the cloth soaked in solution on fixtures for several hours.

To prevent a buildup of these stains, clean the glass and fixtures regularly with a solution of white vinegar and water (mixed half and half). Apply lemon oil with a soft cloth to metallic surfaces to help cut down on spotting.

Wipe the fixtures and shower enclosure dry after each use to cut down on mineral buildup. A squeegee kept in the shower is an excellent tool for wiping down shower walls and glass.

De-Solv-It also is a good product

to use on a weekly or biweekly basis, and will alleviate any need for using lemon oil.

Q. Do you know of any way to remove mildew from the rubber gasket on a refrigerator door without harming the gasket's sealing capability? — P.N.

A. Regular household bleach will kill the mildew spores and should not harm the gasket.

First remove any buildup of dirt, grime or food particles. Scraping the gasket with a firm rubber spatula is effective. Be sure and remove any buildup in the crevices of the gasket. This may require the blunt edge of a table knife. Be careful so that you do not damage the gasket.

Put a small amount of household bleach in a glass and soak a toothbrush in the solution. Scrub the gasket thoroughly, soaking the darkened areas where the mildew is evident.

The mildew will turn white or gray and can then be washed away by using a mild detergent.

Be sure and rinse well with clear water.

When applying pure household bleach, be sure not to splatter the solution on surrounding areas. Small drops of bleach will remove coloring and create permanent spots on your flooring, your cabinets and your clothes.

in color where you can afford to replace it.

Floors, for example, and countertops are relatively inexpensive to change. Ditto for your wall coverings, window treatments and decorative accessories.

In your case, I'd suggest some wonderful wall covering — a great overall pattern in extroverted colors you love, with just enough beige to bind the room visually.

Colorful additions, like a display of cheerful plates or a bright little

rug should add sufficient spice to banish your boredom.

Should you ever decide to sell your house, you — and your realtor — will be glad you never gave in to an urge for, say, orange or shocking pink.



WALLPAPER MAGIC — Wall-covering leftovers are the beginning of a half-dozen do-it-yourself projects in this country sitting room.



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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. hlfh

MATURE EXPERIENCED WOMAN to care for my 6 month boy. Teachers hours. English speaking, non-smoking. Call 746-1569. gcAg2

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

KIND, LOVING PERSON to care for toddler. Light housekeeping. Monday, Wednesday, Thursday 8 to 6. 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 6 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. gcJy4

MATURE EXPERIENCED woman to care for 3 month old twins, 2-3 days a week. Must have infant care experience & own transportation & references. 248-3616. gcAg1

ATTENTION! LONG ISLAND Real estate Sales Persons you are exactly the type of Dynamic, Self Starting person who could make a surprising amt. of money in an alternative or complementary career. For information please call (212) 777-3950. hJy4

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. gcAg1

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. gcJy4

MATURE, EXPERIENCED WOMAN to care for my 3 month old girl, 1 or 2 days a week, occasionally Saturday night. Call Jeanne 742-0914. W-Jy-5

SOMEONE TO TAKE care of my 3 year old & newborn on Mondays & Wednesdays beginning September. Must be reliable & loving. Call 248-7620. gcAg1

LIKE LADIES FASHION? earn money by being a fashion consultant for Doncaster, a 60 year old company. Call Elaine 626-0232 or P a m 674-4265. hJy4

MATURE RESPONSIBLE WOMAN for year round cashier. Must be good with figures pleasant phone voice Continental Rest. Hours 11:30-3 Tues.-Fri. Phone 746-1243, Benson or Manual. hJy4

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 8:30. wJy4

P/T POSITION - COLLEGE STUDENT. 3 days, 15 to 20 hours, flexible hours. Own car, varied duties, mainly delivery & data entry on computer. Immediate. \$7 an hour plus expenses. 746-0559. wJy4

CHILD CARE NEEDED for September. Teachers holidays. Interesting schedule. Own transportation. Please call 741-3084 & leave message. gcAg1

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. hlfh

MANAGEMENT CAREER. Ground floor opportunity. Nationally recognized youth oriented firm expands to Long Island and Boroughs, seeks sharp aggressive individuals for career opportunity. Positions in marketing and management trainee. Package includes guaranteed income, bonuses and three paid vacations. 997-1776 or 1781. Interviews begin July 26. wJy4

GARDEN CITY CHILD CARE needed. Start Fall, F/T, Mon.-Fri. Live out. 4 year old & 7 year old (in school). English speaking with references. Please call 294-4557. gcAg2

CHILD CARE / HOUSEKEEPER wanted. Full time for adorable 11 month old. Good English and good references. 873-8989. gcAg2

WOMAN WANTED, STARTING September, after Labor Day, Monday, Wednesday, Thursday, 2:30-7 p.m. to care for two children, 12 & 14 years. Non-smoker, own transportation, and references required. Call after 7:30 p.m. - 747-7468. gcAg2

FULL TIME CLERK/TYPIST for insurance office. Heavy phones, filing, computer experience preferred. Located in Jericho. Call for interview. 661-0700. hJy4

Situation Wanted

HOUSECLEANING AVAILABLE. Experienced & References. 3334-5374. gcAg1

Situation Wanted

PRIVATE SWIMMING LESSONS, Red Cross water safety instructor, lifeguard, CPR, First Aid, basic life support, certified. Call 326-2659. gcJy4

POLISH LADY RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick, elderly or children. 638-2647. gcJy4

BABYSITTER/CHILD CARE Retired, licensed, professional nurse will care for your child Monday-Friday. Good references, own car, non-smoker. (718) 276-0655. gcAg1

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 888-3040. 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. 888-3040. W-Jy-5

LAXI DIVISION 1 Lacrosse player available for private lacrosse instruction, weekends & evenings. Call 248-7490. gcJy4

ENGLISH SPEAKING WOMAN available for housecleaning. Very trustworthy. Reasonable rates. Call Janice (516) 741-6610. 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. gcJy4

MINEOLA MOTHER WILL provide TLC to your child P/T/F. Non-smoker. Excellent references. 742-7830. wa2

HOUSECLEANER AVAILABLE - RELIABLE, experienced, references, own transportation. Call any time 747-7404. gcJy8

HOUSECLEANING JOB WANTED. Experienced & references. \$45 for 3 hours. 292-7313. gcJy8

Situation Wanted

YOUNG WOMAN SEEKING a job as a babysitter for five days a week, willing to live in or out, with reference available. Call Verna at 379-4677 any time. gcAg2

I'm CERTIFIED, EXPERIENCED AND RELIABLE. I will take care of your sick or elderly weekdays or weekends. References available. Please call 685-4359. gcAg2

LOVING MOM IN ALBERTSON will babysit your child in her home. Reasonable rates. Many references. Call 248-1780. wAg2

RN NURSE AVAILABLE FOR 5 days a week. Hours flexible. Good references. 483-8746. wAg2

EXPERIENCED NY CERTIFIED nurse aid available P/T or F/T good references. Clean drivers license. Please call Jennifer, leave msg. (718) 659-5947. hA2

CERTIFIED TEACHER AVAILABLE to care for your children over the summer. References available. Please call 488-5444. gcJy4

18 YEAR OLD MALE, Kellenberg student available to babysit daily or on call. 294-8396. 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

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. wa2

GARDEN CITY MOM available to babysit occasionally, preferably my home. 248-3309. gcJy4

ENGLISH NANNY AVAILABLE - Nanny living with family in Garden City through September, available to work days, evenings and weekends. Call Meg Monahan 739-537. gcJy4

IRISH CERTIFIED AIDE seeking position. Own transportation. Experience & references. 742-7329. gcAg1

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 overnight. 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

POLISH HOUSECLEANER AVAILABLE. Excellent references. Call 294-0029 or 742-3865. Ask for Lucy. gJy5

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

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. gAg1

COMPANION, MATURE, RELIABLE, Experienced Christian man with own transportation seeks position for elderly care, 5 days. Best references (516) 538-1464 gAg2

EXPERIENCED NURSE'S AIDE seeks position to take care of the sick or elderly. Good references. Will live in or out. Flexible hours. Ask for Valerie. 355-0553 gAg2

IRISH AIDE/COMPANION Available for elderly care, experienced & refer nces. Call (718) 343-6146. gJy5

Real Estate for Sale

GARDEN CITY SOUTH, Adepti area. Mint brick split, 90 x 100. Modern EIK, 3 BR, formal DR, 2 1/2 baths, family room, finished basement, plus 2 room professional suite w/private entrance. Skylight, new windows, sprinklers. Best offer over \$259,000. Owner 485-7880 gJy5

ESTATES SECTION IMMACULATE 5 BR Colonial, Eat-in-kitchen, 3 1/2 baths, 2 FPL, fin. basement, fam., LR, DR, Walk LIRR and schools, 100 x 100, spkld., sec. eye. Principals only. \$676,000. 747-7439. gAg2

Real Estate for Sale

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

GRAND OPENING: Introducing The Country Colonial At Southold Villas. A new family community located in the Village 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 Bsmt., 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. gJy4

GARDEN CITY EXCLUSIVE Spacious Western Brick and Cedar Ranch, 3BRs, 2 1/2 Baths, modern EIK, enclosed terrace, Rec Rm, 1/4 acre. Motivated owner. Must sell. Low \$300's. Estates Solid Brick CH Ranch, 3BRs, 3Baths, modern EIK, FR, CAC, 2 Car, scant 1/4 acre. Low \$400's

Central Section Contemp., 3BRs, 3 1/2 Baths, large EIK, FR, CAC, room for su pair, 2 Car, over 1/4 acre. Low \$400's
Magnificent Updated Ranch, 4BRs, 2 1/2 Baths, FR, Super Modern EIK, CAC, Central Vac., 2 Car, 1/2 acre landscaped property. Golf course view \$500's
Estates Stupendous Brick Tudor, 5BRs, 3 1/2 Baths, Jacuzzi, modern EIK, FR, 2 Car \$700's

Vera Atamian, 354-1994. gJy4

GARDEN CITY 3 BR Colonial, 2 B, LR, DR, Den, Gas heat. Principals only \$299,000. Owner 741-0535 gJy5

GARDEN CITY ESTATES Section, 4BR, CH Colonial, LR/Fpl, DR, EIK, 1/2 Bath and large Family Room on first, 3BRs, 1 Bath on second, 1 BR and 1 B on third. Principals only. 294-0883. gJy4

GARDEN CITY WESTERN Section - Mint & Charming 3BR Dutch Colonial. UGS. Walk to all. Immediate occupancy. Asking \$295,500. The Prudential L.L. Realty. Ask for Lynn Pisani, licensed sales agent. 354-6070, Ext. 240. gJy4

GARDEN CITY IMMACULATE Contemp Split, brick/aluminum, low maintenance. Move-in-condition. Cath. LR/Fpl., FDR with parquet floors. 3 BRS, 2 full Bths., new lrg. EIK, Den, fin. Bsmt., 2 zone heating, 2 car garage. Many new additional features. Beautiful 70 x 100 landscaped grounds. Low taxes. Convenient to park, RR, Shopping, asking \$349K. Owners. 747-6386. gJy5

Real Estate for Sale

SOUTHOLD, BAYFRONT, 40'x20' dock on canal. Contemporary home, great room w/fpl, sliders to 50' deck, modern kitchen, master suite w/Jacuzzi, 3 Baths, 2 Car-garage, fully landscaped, loaded. Principals only. Owner anxious! 765-4169 evenings. gca2

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

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, 488-3287 Neg. gJy4

GARDEN CITY SOUTH. Custom cape. Mint. Dead End. Golf Course. 80'x100'. Includes 40' mini villa. Porch, new windows/doors. Five BR, two baths, EIK, DR, LR/Fpl. Many extras, low taxes. \$265K. Principals. 481-8919. wa2

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 BAYFRONT, Drastically reduced. Estate must sell! 3BRs, 2 Baths, LRw/fpl, Sitting Room, EIK, DR, Forever Views \$425,000
Southold, Founder's Village, Mint, 2BR, 2 Bath Condo, LR w/fpl, EIK, walk to shopping. Ideal for retirement \$172,000
Cutchogue, lovely little Cape on 1/2 acre. LR w/fpl, DR, Master BR suite w/bath plus 2BRs and a Bath. Boat dock and beach rights \$165,000
Marilyn Lang Realty, 734-6472, 734-6690. gJy4

ST. JAMES, FAIRFIELD. Beautiful adult community, magnificent townhouse with many updated, expensive improvements. Club house w/tennis courts, 3 swimming pools, own bus service, 2 miles RR & mall. 3 large BRS. 2 1/2 baths, Jacuzzi whirlpool tub, LR, DR, stereo intercom, closet organizers. Amenities galore. 12 hour man security gate. 584-7820 gAg2

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. gAg2

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, wall 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. Bsmt., oil/hot water heat just installed. 2 car garage. Must see. \$259,000 neg. By owner 765-9247. gAg1

GARDEN CITY COLONIAL Mint 4 BR's, 2 1/2 baths, LR, FDR, den/Fpl, EIK, laundry room plus 4 room suite, professional/Mother/Daughter, 1/2 bath, CAC, sprinklers, 2 car garage. Asking \$489,000. (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. Bsmt., 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

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

WALKKILL, 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

CUTCHOGUE EXCLUSIVE, 3BR, 1 1/2 Bath home. LR/fpl, FDR, Finished Basement, garage & OHW heat. In nice family neighborhood. Asking \$153,000

Southold Exclusive - Best of Both worlds! Views of Long Island sound & large lake. Taste-fully furnished, 3 BRs, 2 Baths. Like new. Wrap around deck, great room, OHW heat and walk to sound beach. Our exclusive \$237,500

Cutchogue/Nassau Point waterfront. Remodeled 2 story home on deep water lagoon with dock, gunite pool. Spectacular views, landscaped sky acre. Asking \$750,000

East Marlon Waterfront. Handsome Contemp on deep water inlet, IGP, great for serious boater. Easy entertaining. Private community \$435,000

Southold Bayfront, magnificent, 5BR, 4 1/2 Bath home on parklike 1-plus acre. 200' gorgeous beach. Incredible views! Ours alone. \$895,000
Marlon King Real Estate. 734-5657. gJy4

SYOSSET (NORTH) - 200's Must sell now. Spacious high Ranch, 1/4 acre. SD #2, 3/4 BR, 2 1/2 Baths, new EIK, Den, Solarium Room. "Jaenichean" - contact Lorry or bill. 248-4540. gJy4

CHARMING DUTCH COLONIAL built 1928. Updated and immaculate, featuring 3 BRS, 1 1/2 baths, LR/FPL, FDR, sunporch(den) Eat-in-kitchen, finished basement, 2 car detached garage. Low taxes. Low \$300's. Principals. 873-1910 after 7 PM gAg2

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. \$116,000. (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, Hugh Mod. EIK, Full Bsmt., Atch. garage, 1/2 acre. asking \$795,000. Flexible owner. Fin. to fit your needs. 248-2450. gAg1

NORTH FORK, TWO HOUSE SPECIAL! Situated on 2.4 wooded acres near beach/boating. Main house offers 9 rooms, 5 BRS, 3 baths, FPL. Second home is a completely redecorated 3BRM. 2 bath Ranch with bsmt., dbl. garage, patio. Ideal for 2 families or home with income. Exclusive \$300,000. Book-miller Real Estate 722-4423 gJy4

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

Real Estate For Sale

NORTH FORK BAYFRONT Mint 2-story, 4BRs, 3 Baths, LR/fpl, DR, FR, out-buildings. Beautiful property, A1 sandy beach. Views. Reduced to \$399,000

Nassau Point-Bayfront Cape on 1.4 landscaped acres, 2 Fpls, FDR, FR, sandy beach, great sunsets, panoramic views \$600,000

Southold Cedar Shake Ranch on 1 acre with privacy features LR, FR/fpl, enclosed porch, 3BRs, 2 Baths, new OHW heat. Estate Sale. Bring Offers. \$168,000

Cutchogue-Ranch Home in prime location. 3BRs, 2 1/2 Baths, 2 Car Garage. Water rights \$187,000 Lewis Realty, 765-5810, 298-4600, 734-5533. gcy4

TUDOR GARDENS CONDO, 1 BR, LR, EIK, new bath, top floor southern exposure. Taxes \$2,000. monthly maintenance \$170. per month. \$165,000. 746-4165 gAg2

GARDEN CITY RANCH Mint 4 BR's 2 1/2 baths, LR, DR, den, modern EIK, finished basement. \$489,000. Owner (516)248-7332 gJy5

GARDEN CITY COLONIAL 3 BRs, 2 1/2 baths, LR/Fpl, DR, large EIK, plastered walls, den, fin. bent., garage, screened porch. Walk RR & courthouse. Asking \$325,000. 747-8719. gJy4

Co-Op For Sale

GARDEN CITY CO-OP, 2 BR, second floor, center of village. 1 block LIRR, refinished floors, new windows. \$116,000. Leave message. Owner 673-9469. gJy5

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. gJy5

GARDEN CITY CO-OP, 1 BR, Second Floor, newly renovated. walk to LIRR, \$69,900. Reduced for quick sale. By owner. 248-5347. gAg1

MINEOLA JR. 2BR CO-OP, LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$81,000. Owner (516)742-0229 gJy4

GARDEN CITY CHERRY VALLEY 1 BR, first floor. Excellent location private entrance. 70% deductible. Principals only, best offer. 488-5718. gAg2

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. gAg2

Co-Op For Sale

MINEOLA-GARDEN PLAZA. Immaculate, large one BR, new kitchen/bath. DR. Walk to RR, hospital, courts, shopping. 24 hour security. Two AC's. Owner. 248-9069. W-A-1 \$69,000.

CO-OPS & CONDOS Atrium Plaza 1BR, 1B Duplex, EIK, 1Gar Rent/Buy 2 Birchwood Court Top of the Line, 1BR, 1B \$ 89,000

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

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

Mineola's Harrison House 2BR, 1B, CAC, Indry, 1 gar \$129,000

Mineola "Horton House" 1BR, Inew Bath, Walk All \$ 73,000

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

Lg. Foyer, 2BR, 2B, EIK, LR, DR \$ 76,000

Stewart Franklin 2BR, 1B, LR/fpl, DR, EIK, Rent or LR/fpl, DR, EIK, 3BR, 2B, Rent or Mint 3BR, 2B, LR/fpl, DR, EIK \$250,000

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

Stewart House Pied-A-Terre Studio \$ 75,000

All New 2BR, 1B, Kit., LR, DR \$199,000

Dougall Frasco Realty, 248-6655. gJy4

MINEOLA, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$116,000. 294-1330 f-S1

GARDEN CITY CHERRY VALLEY Co-op, 1 BR, first floor, CAC, EIK, dining area, large LR. \$64,900 neg. 742-7642. gAg1

CHERRY VALLEY APARTMENT, second floor, 1 BR, prime location. 76% maintenance tax deductible. Motivated owner \$59,000. 775-5736. gAg2

GARDEN CITY 2BR - 2nd floor end unit facing 16th St. A/C, wash/dry, attic, garage. \$109,000. 294-0269. gAg1

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. gS3

Real Estate For Rent

FLORAL PARK VILLAGE. Deluxe Apts., each with large rooms, EIK, w/wc, A/C, patio, yard, storage. Walk to LIRR & convenient to all. 3 rooms \$850, 5 rooms \$950. Call owner 488-2314. gAg1

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 831-0012, 294-8900 or 746-0240 for rates and information.

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 gJy8

GLEN OAKS, UPPER, Corner, Large LR, BR, New kitchen. Just painted \$750 includes heat, (516)765-2945 or 457-8525 gJy5

GARDEN CITY COLONIAL Western Section, quiet street, 3BRs, 2 full baths, garage, gas heat, all appliances. Walk to LIRR. \$1,600 plus utilities. Call owner. 437-8825. gAg2

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, 775-4258. Also very large basement storage. 3 rooms with electricity. \$195 a month. gJy8

EAST MEADOW - FURNISHED rooms for rent. Share bath, private entrance, no smoking, no pets, professionals only. Quiet neighborhood. 221-0940 gJy5

WEST HEMPSTEAD, BASEMENT 1 BR Apt. private entrance, utilities, cable, heat, electric. One price pays all. Walk to LIRR & stores. Call 483-6443 evenings. gJy5

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 weekends (516)438-0757. gAg2

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

GARDEN CITY COMFORTABLE furnished room. Business man preferred. Positively no smoking, no drinking. Interview, reference, security. 742-2725. gAg2

WEST HEMPSTEAD studio, 1 room, full modern bathroom, carpeting, own thermostat, side entrance. Near RR \$475 incl. utilities & cable. One month security. 489-5836. gAg2

FLORAL PARK VILLAGE Deluxe 7 room Apt., A/C, EIK, FDR, 2 BRs, Lg. Study, Fin. Bamt., 2 Bths., oak floors, patio, yard \$1,350 per month. Call owner (718) 892-1814. gAg1

FLORAL PARK VILLAGE. Deluxe 5 room Apt., A/C, EIK, FDR, 2 BRs, Oak Floors, Patio, Yard. \$1,050. Call owner (718) 892-1814 gAg1

GARDEN CITY SOUTH, 2 BRs, Lg. Living area, brand new carpet, fresh paint, full bath, EIK. Near all \$925 mo. 1 month security. Call 598-9312. gAg1

Real Estate For Rent

FRANKLIN SQUARE, 1 ROOM, share bath. Walk to stores and transportation. Please call 352-6726. gAg2

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. \$2,000 a month. Royal Int'l. 742-3353. wJy5

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 gJy4

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. 739-3102 gJy4

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 gJy4

WILLISTON PARK - APT FOR RENT 51 Harvard St., 2 BRs, EIK, full bath, gas included. \$900. Working couple only. Call for apt. 746-4757. 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 1BR apartment, new appliances, neutral decor, wall to wall, laundry facilities, security system. Near RR & buses. No fees. \$550 with parking. Leave message (516)565-9667 gJy4

STOREFRONT FOR LEASE. Mint condition. Available immediately. Willis Avenue between Fordham & Harvards Sts. Perfect for retail store or professional office. 2100 sq ft. \$1,300 per month. No fee. Contact owner. 746-3141. wa3

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. gJy4

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 Gamp, brokers. 746-5449. Please leave message. gAg1

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, ROOMATE 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) gJy4

FARMINGDALE, MUST SEE. Lovely, clean 3 1/2 rooms. Newly wed delight. Convenient location. \$690. Sept. 1. Owner 249-5794. gAg1

FARMINGDALE, NEWLY WED DELIGHT. Lovely, clean 5 rooms, convenient location. \$880. Sept. 1. Owner 694-7379. gAg1

ROOM FOR RENT - WILLISTON PARK. Responsible person, need references. 741-4376. Call after 8 p.m. W-A-1

THREE ROOM APARTMENT, private entrance. Mature person preferred. Available July 15. \$650 includes utilities and cable. 538-3053. gAg1

GARDEN CITY SOUTH, basement apartment, kitchen, dinette, 1BR, private entrance. Mature male preferred \$575 includes all. One month security required. 485-0630 gJy4

GARDEN CITY LOVELY quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References. 746-0018. gJy4

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. gAg1

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. \$600 a month including utilities. 294-8917. W-A-1

FRANKLIN SQUARE, 2 BR apartment, second floor, LR, EIK, own bath. \$800. mo. 1 month security, references. Owner 332-1734 gAg3

MINEOLA/WESTBURY APTS. For Rent: Jr. One Br in Apt. House - \$525; Beautiful One BR in Private House - \$750; Large One BR Garden Apt. - \$795; Exclusive Two BR Garden Apt. - \$995. Royal Int'l, 742-3355. wJy8

WILLISTON PARK APARTMENT to rent. Second floor large one BR, full Bath. Gas included. Close to all. 294-8897. wa2

APT. FOR RENT - Bethpage Studio, pvt. entrance. Completely renovated, Lg. living room, kitchenette, new bath, near shopping & RR. \$450. mth, plus Elec. (Phone: 938-5201). ha2

HOUSE RENTAL - GARDEN CITY Estates Section, walk to Stafford School, 3BR, 2Bth, Ranch, New Kitchen, Central Air Cond., Alarm. Call Hubbel & Klapper, 747-2900. hJy4

Real Estate For Rent

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

GARDEN CITY - BRIGHT sunny room with full private bath, furnished or unfurnished. Private entrance, parking, two blocks from RR, bus and stores. Female, non-smoker. Call after 4:30 p.m. or weekends. 354-8360. gra2

Vacation Rental

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. gcJy4

HAMPTON BAYS, Near ocean & bay. 3 BR, Ranch with att. garage. Lg. LR/fpl., DR, Kit., Sunroom, Lg. deck, Bsmt. Wash/dry, dishwasher. Fenced 1/2 acre. \$2700 monthly, \$1350 bi-monthly. 742-2709. waG1

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

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

MYRTLE BEACH, GRAND Strand area. 1 BR, Oceanfront condo. \$600/week. Daily rates available. Call (516) 462-1575 or (516) 724-8092. hJy4

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. gcA2

AMAGANSETT WOODS. CHARMING home, 4 BRS., 2 Bths., LR/fpl., extended deck w/heated pool. \$2,000 weekly. Owner Call 267-6645. gcAg1

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. gra2

POCONOS, FULLY EQUIPPED, spacious 7 BR home. 10 1/2 acres on Delaware River in scenic Shawnee, Pa. Sleeps 16. Midweek, 3 nights \$800. Call for weekend or weekly rates. 248-4963. gcag2

Vacation Rental

SOUTHOLD, AUGUST - LABOR Day, 3 BRs, screened porch. Walk to stores. Five minutes from bay. \$2,500. 765-5971 gcAg2

Real Estate Wanted

RESPONSIBLE COUPLE SEEKS to return to Garden City by renting a 3 BR home. Would like to move in by Oct. 1 & deal directly with owner. Leave message (212) 912-1321 gcAg2

HOUSE WANTED IN GARDEN City, East Williston or Syosset. 3/4 BRS, Maximum mid \$300's. No brokers please (516)338-4282. gcag2

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. Weekdays 481-8500. Evenings/weekends 679-1851. gcJy5

GARDEN CITY ESTATES North of Stewart. Tudor only. \$400's. Principals or brokers. (718) 680-3540 gcJy4

GARDEN CITY RESIDENTS who have sold house, looking for house in Western or Estates Sections. Will consider to low \$300s. No brokers, please. 741-9197. wa2

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. gcag1

For Sale

TWO 8 x 10 ORIENTAL Chins rugs, one blue, one cream, 90 line \$1,000 each. 741-5628 gcAg2

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. 816-354-8158 or leave message. W-A-1

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. gcAg1

For Sale

BOYS' 26" MOUNTAIN BIKE, excellent condition, \$60. Girl's 26" Mountain Bike, good condition \$70. Boy's Dyno GT dirt bike, good condition. \$50. 746-5340. gcag2

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. gcA1

S M I T H C O R O N A TYPEWRITER/Processor; many features incl. foreign accents, accu-spell; phrase memory; extra daisy wheel. Cost \$300. Sacrifice \$240. 352-3483. gcAg1

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. gcAg1

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

MOVING SALE - IVORY sofa \$300. stereo & speakers \$300. mountain bike \$70. Assorted wicker items (4) \$250. 741-4518 gcAg2

T O R O S P E E D LAWNMOWER, 21 inch, rear bag mower. Excellent condition. \$100. Call 747-7159. W-Jy-5

HALF PRICE - TEN hand-carved, ball and clawfoot wooden formal dining room chairs, off-white, upholstered cushions. Mint condition. 877-1830. gcA2

BAHAMA CRUISE - 5 DAYS/4 NIGHTS, under-booked! Must Sell! \$249/Couple. Limited Tickets. (407) 767-8100. Ext. 729. Mon.-Sat., 9 a.m.-10 p.m. ha3

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

CONTEMP. DINING ROOM SET, Buffet & Server with black slate tops, lighted breakfast, oval pedestal table, leaf and pads, 6 cane-back chairs, mauve cushions. \$2,599. 742-5862. leave message. gcag2

For Sale

GIRLS' SOLID OAK CANOPY Bed, dressers, nightstand, sofa bed, love seat, ping pong table. Antique desk, solid wood conference room chairs, sewing machine. Boys' blue and red twin headboards. Excellent condition. Call 294-3329. gcag2

MOVING - TRADITIONAL DR SET WITH 2 Captain's chairs. Mint condition. \$700. Call after 12 p.m. 746-5523. wa2

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. gcAg1

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

BEIGE AND WHITE STRIPED convertible sofa - \$200. Wood roll-up desk - \$250. Both in good condition. 352-0147. wa2

Car For Sale

1990 MAZDA MIATA - Power windows, A/C, air bag, cruise control, passive alarm, tape deck, CD, 70,000 miles. \$8,900 neg. 323-2735 days and weekends, 565-5671 eves. gcag2

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

'78 OLDS REGENCY 88. 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. gcAg1

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. wa1

Car For Sale

MUSTANG 90 LX, Conv. 5.0 at, 29K, white, blk leather, stereo/cassette, 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. 775-8986. wa1

1984 VOLKSWAGON, 53,000 miles. Good interior & exterior. Negotiable price. Please call 747-4117. wa1

1985 NISSAN SENTRA. Four Doors, automatic transmission. Air Conditioning. AM/FM radio. 38,000 miles. \$3,750. 741-5059. wa2

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 eves 747-4678. gcJy4

1988 JEEP CHEROKEE, new tires, new stereo, 45K miles, red, A/C, roof rack. Excellent condition \$7,500. 747-6812. gcJy4

'81 CORVETTE, T-Tops, 18,000 original miles, silver gray/red leather. Mint condition. Alarm. \$15,000. 741-2475. gcag2

1979 CORVETTE, WHITE with T tops. Good condition. 74,000 miles. \$7,500. 746-2135 gcAg2

ROLLS ROYCE 1957 SIL- VER Cloud, 6 cylinder, auto, LHD, silver/maroon, \$22,000. Call after 6 p.m. 265-6264. gcag1

Motorcycles For Sale

HONDA 78, 550K. Excellent condition. 9,200 miles. \$975. Call 741-0806. gcag2

Services

HAVING A PARTY? Experienced college student will help you set up, serve, clean up. Call Melissa anytime at 248-0740. gcJy4

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 dolls, frames, clocks, rugs,
 linens, trunks, china lamps,
 books. Will call for any time,
 any place. Call Kay & Tom,
 Westbury, 334-4117. goJy6

Lost and Found
**LOST: GUND STUFFED
 LION,** Garden City Pool,
 Friday, July 16. Brown, 11"
 high, big head, brown eyes, tail,
 brown triangular nose.
 746-3267. wa2

**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.,
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Lost and Found Pets

LOST, SMALL FRIENDLY gray striped & white female house cat, spayed, declawed, no collar or I.D. Brixton Road area. Four-year-old heartbroken. Name: Gera. Reward. 746-0959. goJy5

Fair

VENDORS WANTED FOR Crafts Fair to be held at St. Joseph's School, Garden City on Sat., Oct. 23. For further information call 741-3427, 742-8356 or 741-5976. gcAu4

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

CRAFT VENDORS NEEDED

Fundraiser for cancer patient Brittany Lee, age 3. Date 8/8. For more info call 248-8088 and leave message. ha3

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

SATURDAY, JULY 24,

9:30-2:30 P.M., 6 Middleton Rd. (corner Vassar St.), Garden City. Many unused items, years of belongings. Something for everyone. Rain date, Sat., July 31. goJy4

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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, 61 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

Garage/Tag Sale

TAG SALE, GARDEN CITY. Settling estate. Must sell entire contents of gracious home. Handsome mahogany secretary, country cherry dining room with round table, pair of 19th century portraits, set of 4 Victorian chairs and other Victorian furniture. Antique spindle rocker, lovely old quilts, antique bric-a-brac, service for 12 Lenox china, mahogany and marble top tables. Country twin and double BRs, 2 sofa beds, snowblower, mower, cords of firewood and loads of miscellaneous. Please join us at 196 Meadbrook Rd. (off Stewart Ave. West), Saturday, July 24, 9 a.m.-2 p.m. gcJy4

GET RESULTS! Place an ad in our Classifieds for reasonable rates and prompt results. Call 931-0012 • 294-8900 or 746-0240 for more information....

A "Letter From Home"



Give your college-bound scholar a subscription to this paper. Every week it brings home a little closer, with all the latest news of friends, neighbors, and local events.

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for details.

Novenas

PRAYER TO THE BLESSED VIRGIN (Nover known to fall), 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 divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. T.D.C. goJy4

An Experience in Good Taste

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In the Discovery Section of this newspaper

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Kids Home Newspaper



Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

DRAW IT!

DRAW HOMEMADE COOKIES ON THIS GRANDMOTHER'S COOKIE PAN!

I MADE THEM FOR YOU!



<p>KNOCK KNOCK. WHO'S THERE?</p>	<p>LITTLE OLD LADY.</p>
<p>LITTLE OLD LADY WHO?</p>	<p>I DIDN'T KNOW YOU COULD YODEL!</p>

PUP THANKS BEVERLY CRAWFORD OF MINTO, N.B.

PUP'S GRANDMA MADE US APPLE PIE. AND IT'S THE GREATEST - THAT'S NO LIE! PLEASE FIND THE PIE THAT'S NOT THE SAME AND YOU WILL SOLVE THIS YUMMY GAME!

I LOVE MY GRANDMA!

© 1993 C.N.S. J.ROSE!

CONNECT THE DOTS TO SEE WHAT PUP'S GRANDMA HAS MADE FOR HIM!

CHOCOLATE CHIP IS 4. HIS FAVORITE!

COOKIE DOUGH

COLOR IT TAN!

PUP THANKS PRESTON BARLOW OF COLORADO CITY, AZ.

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IF YOU HAVE ANY FUN GAMES OR JOKES SEND THEM TO : PUP

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

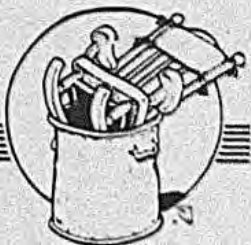
WHY DID GRANDMA TIE ROLLER SKATES TO HER ROCKING CHAIR?

SHE WANTED TO ROCK AND ROLL!

LET'S ROCK AND ROLL DUDE!

PUP THANKS PRESTON BARLOW OF COLORADO CITY, AZ.

ANTIQUQUE OR JUNQUE



By Anne McCollam

Victorian rocker

Q. Enclosed is a picture of a maple rocker I purchased at a relative's sale. What can you tell me about its vintage and value?

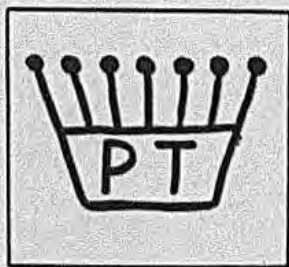


A. This rocker is late Victorian and was made in the last quarter of the 19th century.

It would probably sell in the \$225 to \$235 range.

Q. Could you provide me with information about my plate? It is 10 inches in diameter, and has a yellow floral spray in the center and a gold band around the edge.

I have enclosed the mark, which is on the bottom of my plate.



A. This plate was made by Porzellan Tirschenreuth in Bavaria, Germany, after 1947.

Your plate would probably sell for around \$15 to \$20.

Q. I have a set of miniature books of the "Little Leather Library," which belonged to my aunt. They are short classics by famous authors. The books are 3 by 4 inches and are bound in green leather.

I am curious what era these books come from, if they are collectible, and what would be their value?

A. These books were published by the thousands in the early 20th century.

They are not valuable collectibles and usually sell for less than \$1.

Q. My grandmother gave me a porcelain bowl that has been in my family for years. It is 7 1/2 inches in

diameter and is decorated with white roses against a shaded green background. The mark on the bottom has two daisies with their stems crossed and the letters "J&C."

Could you please give me any information about its origin and value?

A. Your bowl was made by Jaeger & Co. in Marktredwitz, Bavaria, Germany. The mark indicates it was made around 1902.

The value might be about \$45 to \$55.

Q. I have a full set of china that was manufactured by Heinrich & Co. in Bavaria, Germany. The set consists of a 91-piece service for 12, and seven serving pieces that are in excellent condition. The china is two-tone white, with gold trim and a dark-blue pattern set into the gold.

I would greatly appreciate if you would give me an appraisal of my china.

A. Your china was made by Heinrich & Co., Selb, Bavaria, Germany, in the mid-20th century.

The value would probably be in the \$700 to \$800 range.

Q. I'm curious about a bottle my child found in an old excavation site. Embossed on the glass are the words "Dr. Pierce's Golden Medical Discovery," and "R.V. Pierce M.D." on one side, and "Buffalo, N.Y." on the other. It is aqua and is a rectangular shape.

I'd be interested in its history and possible value.

A. Your child found an old medicine bottle. Most of those collected today date from the 1850 to 1930 period.

Early bottles with raised letters are popular with collectors.

Your bottle was made in the late 19th century.

It would probably be worth about \$20 to \$25.



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Points on Pets

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

Q. We have seen very small white things crawling in our dog's ears.

We have treated her many times for ear infections. It seems that her ears always stink. What is causing her problem?

A. Ear mites are a common cause for ear infections in dogs and cats. Ear mites live in the ear canals of dogs and cats and feed on skin debris. The eight-legged ear mites can usually be seen crawling among the dark, foul smelling debris.

Live ear mites appear as moving specks approximately the size of the point of a dressmaker's pin. Depending on your visual acuity, you may or may not be able to see the mites without magnification.

Veterinarians usually use a magnified otoscope to examine the ears directly for mites or examine some dark debris with a micro-

scope for the mites. If mites are present, your veterinarian will probably dispense an insecticide or an oily preparation for you to place in the ears.

Ear mites are contagious among pets. Therefore, if mites are diagnosed in one pet, all of the household pets should be examined. Animals with ear mites should be isolated from other animals without ear mites until cured. Ear mites can be extremely irritating for the pet. Therefore, treatment should be given as soon as possible.



Aunt Tilly's Corner

While I was away this summer, I went on a whale watching cruise. The boat took us way out on the ocean. The captain explained to us that the secret to locating whales was to watch the birds hovering over the water. Those birds enjoy eating the same thing the whale does and feed on whatever the whale leaves behind. So when they are seen in a large group dining in a certain part of the ocean, there is most likely a whale close by picnicking on the same thing!

Sure enough a whale did plunge out of the water. Several porpoise played hide and seek in the same area too for about a half hour. It was an experience well worthwhile to witness firsthand, the huge inhabitants of the ocean.

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 30, 1993

3. Paint, watercolors and crayons must be used on the above.

4. Decisions of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
105 Hillside Avenue
Williston Park, N.Y. 11596

YOUR SOCIAL SECURITY

By William M. Acosta

Survivors' benefits

Q. My two children and I have been getting survivors' benefits ever since my wife died. Will the benefits continue if I remarry? — L.S.

A. Your remarriage would have no effect on the benefits being paid to your children.

If you get benefits only because you are caring for the children, your benefits would end at the time of your remarriage unless you marry someone who is receiving Social Security retirement, disability, widow's, mother's, parent's or childhood disability benefits.

Q. I lost my Social Security card. Is it possible to get a replacement without going into the Social Security office? — N.S.

A. Yes. You can do so by mail. You must present evidence of your identity, such as a driver's license, school ID or work badge, or any other document providing identifying data sufficient to establish proper identity.

If you are foreign-born, you must submit evidence of your current U.S. citizenship or lawful alien status.

All documents submitted must be originals or certified copies, and they will be returned.

Q. I noticed on my W-2 form for 1992 that my Social Security number is not correct.

The last number should be a 0 instead of a 1. How do I get this corrected? — L.C.

A. If the number differs, you should advise your employer immediately so that the employer can report the correction to the Social Security Administration.

A difference in a single digit can delay or prevent earnings from being credited to the proper record.

These earnings serve as a basis for future retirement, disability and survivors' insurance benefits for the worker and his or her family.

Q. I am the representative payee for my mother, who has been in a nursing home.

May I use part of her benefits to purchase personal articles for her? — W.J.

A. If a beneficiary is in a nursing home because of a physical or mental disability, you should use benefits to pay the usual charges for care, as well as to buy personal items not normally provided by the facility.

Personal items can improve the beneficiary's living conditions.

YOUR SOCIAL
SECURITY

Most Beautiful Grandchildren



Hi. My name is John Robert Buckley and I was one month old on July 11. I live in Chester, Nova Scotia, Canada. My proud grandmother is Laurie Braums of Garden City who hasn't seen me yet. My moms 20th Garden City High School reunion is this year (July 11). Can you guess who she is? Give up? Proud mom is Vicki Buckley (nee)Braums and proud dad is William John Buckley.



Robert, and Michele, ages 3 months and 22 months are the children of Tom and Janice McGrath (of Massapequa Park). Tom grew up in New Hyde Park. The grandparents are Nora McGrath of New Hyde Park, and Joan & Bob Lang of Bayside, N.Y. the brother and sister have brought great happiness to their families.