

In This Section - Forty-Four Pages

The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times

& Levittown Times 35¢

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Friday, August 20, 1993

## Head Of Emerald Society



Nassau County Executive Thomas S. Gulotta, left, greeted Ed Delaney, a Hicksville resident who is President of the Nassau County Police Department's Emerald Society, at a celebration held in honor of the many cultural and social contributions that Irish Americans have made to the community. The celebration was recently held at the Lakeside Theatre in Eisenhower Park.

## Gourmet Luncheon, Art Trip

On Thursday, November 18, the Bethpage Public Library will feature a gourmet luncheon and tour of New York's renowned French Culinary Institute and a visit to the outstanding collections of the Guggenheim Museum - Soho.

Join them for a memorable day in New York City's Soho with time to browse in this fascinating area before a scheduled tour of the French Culinary Institute. The tour will be followed by a five-course gourmet lunch with "Tournedos Mascotte" (Filet Mignon with artichokes, tomatoes and potatoes) as the entree. Recipes to take home will be provided for all dishes served.

In the afternoon, visit the recently opened Guggenheim Museum - Soho, at 675 Broadway at Prince Street. The museum is filled to overflowing with masterpieces of late 19th Century and 20th Century Art by major names in the field such as Chagall, Klee, Mondrian, Degas, Gauguin, Picasso, Kandinsky, and many more.

The deluxe motor coach will

leave the Bethpage Public Library promptly at 9:15 a.m. and will depart from the museum at 5 p.m. for a return to the library at about 6:30 p.m. The museum's gift and book shops will be open. The all-inclusive cost for the day will be \$49.50 per person. Register at the library's Reference Desk. Registration is limited to residents of School District #21 until September 7, and then is open to all as space permits. For further information, please call 931-3907.

## Sweatshirt Workshop

Esther Tollen will lead a workshop in which participants create watercolor floral designs on sweatshirts at the Hicksville Public Library on Monday, September 20, at 7:30 p.m. A materials fee of \$6.50 is due at registration, which begins on Thursday, September 2, at 9 a.m.

Participants must bring a sweatshirt and a T-shirt cardboard to the class; all other materials will be supplied.

## Greek Festival Sept. 10 Thru 12th

The Holy Trinity Greek Orthodox Church of Hicksville will hold its 17th Annual Festival on the 10, 11, and 12 of September. The event will take place on the grounds of the Church located on Field Avenue, South of Old Country Road and West of South Oyster Bay Road, in Hicksville.

The Church will be open to the public to look and admire the beautiful Icons of Pantocrator, Platytera, the Baptism and Resurrection of our Lord. You will also see an exhibition of all the Church's Educational programs, religious and cultural.

Special events include live entertainment all three nights. Performing throughout the Festival will be the Hellenic Dancers of Hicksville dressed in their colorful ethnic costumes.

Tempt your tastebuds with authentic Greek food like souvlaki, gyros, Greek salads, moussaka, pastitsio, cheese pies (tiropitas), spinach pies (spanakopitas), barbecued lamb, shlahkabob and more. The ladies of the church prepare their famous "Loukoumades" (a honey dipped pastry ball) and eat their warm kourabiedes, galatoboureko, karidopets, koulourakia, baklava and more. There will be lots of Greek jewelry, vases, religious articles, records, tapes, pottery, etc.

Admission to the Festival grounds is Free! Free parking at Lilco on New South Road. Please circle the dates Fri., Sat., Sun., September 10, 11, 12.

## Defensive Driving Course

The National Traffic Safety Institute six-hour Defensive Driving Course will be held at the Hicksville Public Library on Wednesday, September 22, and Thursday, September 23, from 6 to 9 P.M. Participants must attend both sessions.

Completion of the course may save drivers 10% on their auto insurance for three years and remove four points from their driving records. A \$35 check to Driver Safety Program is required for registration.

## Awards Announced By Community Council

The Hicksville Community Council Board of Directors announces the 1993-94 recipients of Hicksville's most prestigious awards to be presented at the organization's annual installation and awards dinner on October 7.

The President's Award is presented traditionally to an individual whose dedicated length and variety of service to the Hicksville community warrants recognition. The President of the Community Council, Marc Herbst, has announced that Beth Dalton will receive the 1993-94 President's Award at the annual dinner.

Beth Dalton is now completing a term as president of the Hicksville Chamber of Commerce, a position she has held since 1991. During her presidency, she has encouraged alliances of community groups in order to promote and improve Hicksville and its image. Known for her philanthropic virtues, Beth also belongs to the Kiwanis Club of Hicksville and is a founding member and original trustee of the Hicksville Interfaith Nutrition Network.

The Community Service Award is generally awarded to an organization that has made a significant impact upon our community and its residents. Based on the nomination offered by Community Council Trustee Ed Draycott, the Community Council Board of Directors is pleased to recognize the Hicksville Lions Club as this year's honored organization.

The Hicksville Lions Club is an active service organization that has made innumerable contributions to Hicksville. Its emphasis has been toward the needs of the sight impaired. Earlier this year, as in past years, the Lions have donated highly sophisticated equipment to the Hicksville Public Library to assist the visually impaired with reading capabilities. The most notable events of the Lions are its annually sponsored 5-K Run and its annual pancake breakfast. Funds raised by these events are used to support scholarships and the needy in our community.

A Special Service award is not awarded annually. This recognition is made to honor extraordinary events or accomplishments. This year, the Board of Directors favorably accepted Past President Tony Provite's motion to award the Hicksville Fire Department for its 100th Anniversary Block Party and Parade Celebration. In addition to the century of service, this award will recognize the tremendous effort made by our volunteer firefighters who sponsored events that brought together various individuals and organizations and created a proud community spirit.

## Knights of Pythias



Nassau County Executive Thomas S. Gulotta (left) greeted Alliance Lodge #774 Knights of Pythias Chancellor Commander Reid Goldsmith, a Syosset resident, at a celebration held in honor of the Knights of Pythias of the State of New York on behalf of the many contributions that they have made to the community. The celebration was recently held at the Lakeside Theatre in Eisenhower Park.

## Back To School

Pages 5 Through 17

## Young And Old Meet At Nursing Home



Alexandre Iken, 4, of Bethpage, presents a "certificate of loving kindness" to Central Island Nursing Home resident, Esther Geierman.

There was a very special graduation this past week at Central Island Nursing Home in Plainview. The honorees were all celebrating a year of working and playing together, while learning from each other, even though they were separated by more than eighty years.

The younger graduates, who are all enrolled in Debbie's Creative Child Care in Plainview, presented "certificates of loving kindness" to the nursing home residents, whom they have visited every Friday morning for the last year. This is an opportunity for these children to interact with an older generation, and to understand at an early age what it means to be a frail, older person.

At the graduation ceremonies, which were attended by the mothers and fathers, brothers and sisters of the children, as well as many Central Island residents, activities included a Little Richard rap version of *Itsy Bitsy Spider*, poems, a "roast" of the kids, and pizza and cookies.

This is the fifth year that Debbie Bedell is bringing her kids, who range in age from two to four, to Central Island. The residents and the kids know that the visit will include songs and music, with Debbie at the piano. As Debbie leads into *If You're Happy and You Know It, Clap Your Hands*, the kids take the lead and run, jump, and scoot from wheelchair to wheelchair, which they have discovered make excellent "wheelies."

"I love their visits," says Rae Goldenberg, 93. "This is both ends of life - the beginning and the end."

"It's amazing to see the residents light up when the children come to visit," says

Joanie Gorman, Central Island Recreation Director.

The idea to bridge the generation gap between preschoolers and octogenarians came to Debbie Bedell when she was doing her masters degree work at a foster grandparent program in New York City six years ago. When she opened her child care center in Plainview, she called Central Island Nursing Home asking if her kids could "adopt the grandmas and grandpas."

Says Debbie: "The children really look forward to coming here. They vie for who will be picked, because I rotate them."

As lively and enthusiastic as the children she cares for, Debbie Bedell's commitment to community involvement has taken its own momentum through Central Island Nursing Home. Over the years, in addition to the graduation exercises, the children and their families have come to the nursing home for holiday celebrations, especially the big Christmas party, when parents bring gifts and baked goods for the residents.

"This is outreaching to the children and their families, making them aware that these people at the nursing home are very important and have so much to offer," says Debbie Bedell.

## Southwestern Cooking At Hicksville Library

Kerry Kegney will demonstrate the preparation of a medley of Southwestern dishes at the Hicksville Public Library on Tuesday, September 14, at 7:30 p.m. Registration is limited, and starts on Wednesday, September 1.

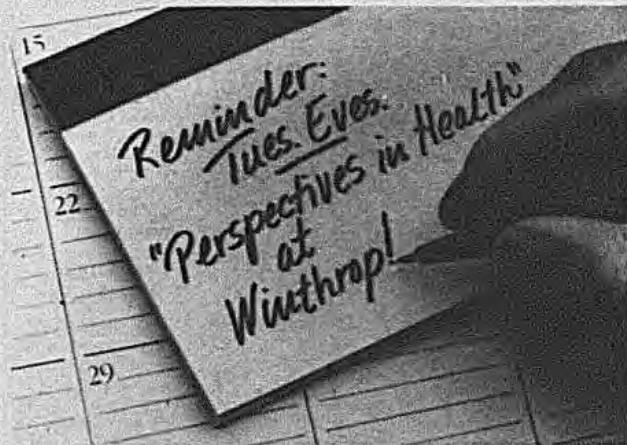
Recipes and tasting will be available.

## Mid Island Times & Levittown Times

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# PERSPECTIVES IN HEALTH

*What are you doing  
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Like most of us, you probably have a lot of questions about what you should or shouldn't do to stay healthy. Winthrop is aware of that. That's why, beginning in September, we're once again offering *Perspectives in Health* — our acclaimed free community health education series.

Each month, on a Tuesday evening, you'll hear from Winthrop experts on important issues such as: childhood diseases, diabetes, sleep disorders, menopause, thyroid conditions, prostate cancer and others. Open to everyone, these special presentations, coordinated by the Winthrop Nurse Specialist Group, are free, but seating is limited and reservations are required. For a complete listing of all programs in *Perspectives in Health* for 1993-94 send in the coupon below.

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**Fred Adlman  
Executive Director**



**Fred I. Adlman**

Fred I. Adlman, one of the real estate industry's top exclusive leading agents, has joined Winoker Realty Company as Executive Director, announced Sidney Winoker, the firm's President.

"We are thrilled to have such an industry leader as part of our team," Mr. Winoker said. "Fred has an unparalleled reputation in commercial real estate for aggressive and fair representation."

In his new position, Mr. Adlman will serve to expand Winoker's stronghold on Midtown West real estate brokerage throughout Manhattan. In a mere two months, Mr. Adlman helped secure two new "exclusive" leasing agency assignments for Winoker, with 95 Madison Avenue and 1370 Broadway.

Prior to joining Winoker this year, Mr. Adlman served as a Managing Director of the Edward S. Gordon Company.

**Home Care Kiwanis Topic**

Amy Cardito, Director of Branch Services for U.S. Home Care, addressed a recent Kiwanis Luncheon meeting. She spoke on the spectrum of services available from quality Home Care Service companies.

Major categories of services available in the home are:

- Infection Therapy
- Respiratory Care
- Nursing Care (from registered nurses to companions)
- Home Medical Equipment and Supplies

**Bethpage Adult Education**

Bethpage Schools Adult Education Registration will take place at Bethpage High School, Cherry Avenue, on Monday, September 20, and Wednesday, September 22, from 7 p.m. to 9 p.m.

Classes begin October 4. For further information call 733-3700, Ext. 326, 10 a.m. to 3 p.m.

**In Service**

Navy Airman Apprentice Timothy S. Campbell, son of Bruce F. Campbell of S. Second St., Bethpage, recently graduated from the Basic Avionics Technician Course.

The 1991 graduate of Bethpage High School joined the Navy in June, 1992.

**LEGAL NOTICE**

**G&S INVESTORS/ JERSEY CITY L.P.** has been formed as a domestic limited partnership (LP). Certificate filed with Secretary of State of New York (SSNY) on 8/3/1993. NY office location: Nassau County. SSNY is designated as agent upon whom process against the LP may be served. SSNY shall mail a copy of any process against the LP served upon him/her to:

Donald Gold, 303 Winding Road, Old Bethpage, NY 11804, the registered agent of the LP upon whom process against the LP may be served.

Name and address of each general partner is available from the SSNY. Term: until 6/30/2023.

Purpose/character of LP: Developing and managing a retail center.

Beth 3173  
6x8/20, 27; 9/3, 10, 17, 24

**Hunter Safety Clinic Offered**

The Town of Oyster Bay Parks Department will offer a free Hunter Safety Clinic in September for Town residents, according to Town Clerk Carl L. Marcellino.

"The Hunter Safety Clinic, which is being offered by the Town in cooperation with the New York State Conservation Department, is open to all Town residents ages 14 and older," Town Clerk Marcellino stated. "Certified instructors for the clinic will be provided by the State, and an examination for a hunting license will be given at the completion of the four classes (10 classroom hours)."

Registration forms for the clinic, which will be held at Marjorie R. Post Community Park Center, Unqua and Merrick Roads, Massapequa, can be obtained at all Town Hall and community park facilities and at all Town libraries and school districts. The dates for the clinic will be Monday, September 13; Wednesday, September 15; Tuesday, September 21; and Wednesday, September 22, between 8 and 10:30 p.m.

Mr. Marcellino noted that "Sporting License Application" forms for State hunting, fishing, trapping and big game licenses can be obtained at the Town Clerk's Offices, Town Hall East, Audrey Avenue, Oyster Bay, and Town Hall South, 977 Hicksville Road, Massapequa. Both offices are open Monday through Friday between 9 a.m. and 4:45 p.m.

For information on the Hunter Safety Clinic, contact the Parks Department at 795-1000.

**LEGAL NOTICE  
NOTICE OF SALE  
SUPREME COURT  
NASSAU COUNTY**

**APPLE BANK FOR SAVINGS, Pltf., vs. 1019 BROADWAY REALTY CORP., et. al, Defs. Index #92-4653.** Pursuant to judgment of foreclosure and sale dated July 6, 1993, I will sell at public auction on the front steps of the Oyster Bay Town Hall, 74 Audrey Avenue, Oyster Bay, NY, on Sept. 21, 1993, at 9:00 a.m., prem. k/a 87-89 Broadway, Hicksville, NY. Said property located at the corner formed by the intersection of the northerly side of East Marie Street, with the easterly side of Broadway; being a plot 52.40 ft. x 100 ft. x 52.43 ft. x 100 ft. Sold subject to terms and conditions of filed judgment and terms of sale.

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4x8/20, 27; 9/3, 10

**Band Clinic In Poconos**



Kim Dames, right, a Drum Major with the Hicksville High Band, is making a list and checking it twice. No, it's not December but it is time for Band Clinic in the Poconos. Musicians board buses which will whisk them to Pennsylvania where they will hone their marching skills in preparation for the Fall Marching Band Season. Go get 'em, Hicksville!

**Residents Excel At Maccabiah**

Several local athletes showed exceptional prowess at last month's Maccabiah Games held in Jerusalem.

Brothers Irad and Tamin Young from Syosset represented the U.S. in open soccer competition, winning a bronze medal. Their team defeated Chile (15-1), C.I.S. or Russia (2-1), Holland (1-0), South Africa (4-1) and Mexico (1-0).

Scott Lefkowitz of Hicksville earned a silver medal as a member of the U.S. Maccabiah rugby team. The U.S. rugby team, which won the bronze at the 1989 and 1985 games, defeated Argentina (75-0), Great Britain (10-9) and Canada (32-6) before losing the final match to South Africa (19-24).

Stephen Berliner of Jericho won an individual silver medal in masters squash competition (age 35-44), in addition to a team bronze medal.

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Amy Cardito is flanked by Kiwanis Patti LeCompte (President) and on the right by Mike Matranya.

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# Back-To-School/College

Welcome Back Future Hopetuls!

Friday, August 20, 1993



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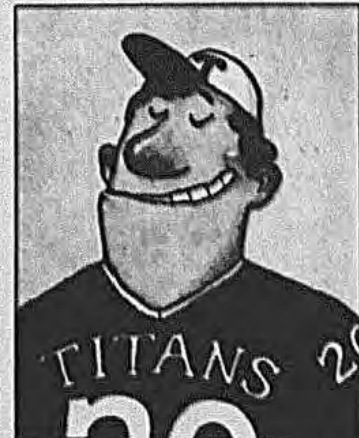
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The Great Neck News



## CHOOSING A SCHOOL Select the right spot for little scholars

By Sharon Williams

School days, school days are here once again.

But in this decade, heading off to classes doesn't always mean just skipping down the block to the little red schoolhouse anymore.

The school to which one is true — as the oldies hit goes — might as easily be a parochial school, home school or private school as it is a public school.

Educational choice is the buzz phrase of the 1990s. And each of the options has merits well worth mulling over.

Public schools, for example, have taken it on the chin in recent years. Problems such as slashed education budgets, declining test scores and a rise in the dropout rate and on-campus crime leave public education an easy target for criticism.

Yet thousands of public schools around the country rise above it all and provide students with a top-notch education.

Such schools are making the grade with the assistance of competent, creative staffs, visionary leaders and willing parents. Challenging curricula, extracurricular activities and special-needs programs are just a few of the areas in which many schools are receiving high marks.

Home schooling, meanwhile, can be an A-plus option for parents and children who feel the best learning takes place within one's own walls.

Religious and academic concerns, along with worry over what's being taught in the public system, are among the top reasons that families select this home-based option.

Since home schoolers are more isolated than their public school counterparts, support groups, magazines and newsletters designed for home-schooling families are there to offer vital encouragement. Regulations and policies from states and school districts help parents provide the education their children need.

Then there are private schools — yet another possible move in the learning game that has received loads of attention with the Clintons' choice of a private school for daughter Chelsea.

Far from the elitist institutions for the upper classes of yesteryear, today's private and parochial schools have gained something of a social conscience.

As well as offering outstanding opportunities for learning and uncrowded classrooms, many private schools provide financial assistance and actively recruit minority students.

The educational options go far beyond A, B or C, to say the least. But for seniors, preschoolers and all the students in between, the best opportunities share some common ground.

If you're trying to choose a school for your child, consider the following:

- A principal should be a respectable authority figure who's

also warm, committed and approachable.

- The very hearts and souls of the education process, the best teachers not only are experts in their respective fields, but also are considerate, polite and friendly.

- Overcrowded classrooms are a top concern among today's educators and parents. Good schools ensure that there are enough adults for the group size — especially if the students are preschoolers or kindergartners.

- First grade, second grade and so on isn't so cut and dried anymore. In some schools, for instance, children are grouped by age, while in others, ability determines who goes where. Sometimes several grades are combined for group learning.

- The best schools offer age-appropriate, safe and plentiful play equipment, well-equipped libraries and athletic centers such as multiple gyms, sports fields and swimming pools. Instead of just lining up the desks, quality classrooms are oftentimes broken down into activity centers.

- A spiral-bound notebook and No. 2 pencil just aren't enough anymore. Younger students need hands-on materials — such as sand, clay, water, wood and paint — at school to stimulate creativity. For others, nature trails, gardens, theaters, computer centers and media, art and environmental laboratories help bring lofty principles and points down to Earth.

- Students at the best schools don't sit behind a desk all day. For young children, there should be time for vigorous outdoor play and a choice of activities. For older kids, extracurricular activities, cultural events, guest speakers, volunteer projects and field trips make a real difference.

- Instead of assuming that one size fits all, many of the best schools present several different learning styles so that each student can find what works best for him. The whole language approach, cooperative learning, team teaching and math manipulation are among the hottest ideas going.

- Computers that are used in daily learning, year-round schedules that pack more punch in the school calendar and multicultural education that covers countries, races, religions and ethnic groups are just a few of the ways schools are bringing learning into the 1990s.

- Policies regarding homework, grading, discipline and evaluation testing should be clear-cut. Many of the best schools are now exploring methods of evaluation that go beyond standardized testing.

- Whether it's a gallery of student art work in the library or an after-school help session tutored by peers or parents, good schools offer support and reward aspiring scholars at every level.

- Educators now realize that parents are vital in academia, and the best schools find ways to bring them into the classroom.

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AFTER-SCHOOL FUN

Extracurricular activities keep kids busy

The bell sounds, and school's out for the day. Chances are good the afternoon won't be a lazy one.

Sure, classes may have adjourned. But there's a lot more going on than just snacks and TV. In fact, the opportunities for learning, socializing, exercising and entertainment have just begun for many students.

It's hardly a case of there being nothing to do. That once famous battle cry of students young and old barely holds milk and cookie crumbs anymore when one considers the multitude of offerings.

From Girl Scouts to gymnastics, French to flute and baby-sitting to butterfly collecting, endless possibilities are waiting to not only fill — but endlessly enrich those precious after-school hours.

The available activities are much more than just occupational pursuits that promise to keep kids off the streets or the couch stationed in front of the television set.

Instead, child development experts say that clubs, lessons, part-time jobs, athletics and hobbies give students the chance to develop talents, skills, self-esteem and self-discipline as they chase a dream, pursue a passion, fraternize with new friends or hold down a job.

And what's good for kids can be good for their parents.

The best after-school programs, for instance, keep students happy and healthy while their parents finish up their workdays. Lessons in subjects such as astronomy, com-

puters, modern dance and karate delve into areas and levels of expertise that can't be explored in a home or school environment.

What's more, a few hours of ice skating, art or gymnastics every week give kids and their parents a much-needed break. In many cases, moms and dads even wind up making friends with the parents of the children with whom their little ones are rubbing shoulders.

AFTER-SCHOOL PROGRAMS

Ready for a rundown? Following is a listing of some of the hottest after-school pursuits:

Designed with working parents in mind, after-school programs pledge to keep kids safe, busy and entertained during the hours they are free — but their moms and dads aren't.

Such programs, however, are a far cry from large-scale baby-sitting services.

Crafts, lessons, snacks, field trips, outings, community projects and plenty of time for both rest and play are just some of the activities that fill the before- and after-work hours for kids of all ages.

Some programs go as far as providing curb service — transporting kids to and from school at the appointed hours.

Whether an after-school program is public or private, large or small, the best go beyond the basics — which include providing children with a safe facility and ensuring that each child departs with an authorized person at the

day's end.

Other important factors, according to *Working Mother* magazine, include convenient hours, a staff that knows how to make kids feel at home and helps them get involved in meaningful activities, personalized attention through a good staff-to-child ratio and a schedule that allows enough free time for kids to enjoy their own choices of activities.

KIDS' MUSIC

Some children have visions of becoming virtuosos, while others just want to make a joyful sound that goes beyond banging out "Chopsticks."

Whatever your child's ambition, the after-school opportunities are many when it comes to music. From private and group lessons in instrumental music to participation in youth bands, choirs, operas and symphonies, music can prove a melodic and worthwhile outlet for youngsters.

The most successful music experiences strike a balance between fun and discipline, say experts, so that the learning process stays fresh and challenging. A good instructor will strike up a good rapport with your child, encourage practice in a positive way and be generous with praise.

As for instruments let your child determine what he will play. You can assist in the search by leading him to the instruments he likes to

hear or those that will help him reach his goals — whether it's playing a soulful sax in a jazz band or the violin in a string quartet.

Then, there's the matter of age and when to get started.

While some programs are designed for musicians as young as 3 or 4, most experts recommend children begin formal lessons somewhere between the first and fourth grades — which for many marks a stage in emotional, mental and physical development when a child can sustain a satisfying rate of learning.

AFTER-SCHOOL LESSONS

From tennis and tap to table manners and Thai, it seems no possibility has gone unexamined when it comes to after-school lessons in the 1990s.

Through lessons, your child can whirl, twirl or kick the afternoon away by participating in traditional pursuits such as tap, ballet, jazz, karate, art and gymnastics, or fine-tune an athletic ability with formal instruction in sports such as ice skating, tennis or swimming.

More recent additions to the after-school menu include lessons in subjects ranging from computers, cooking and foreign languages to manners, pottery and photography.

Getting your child involved in lessons means a lot more than just signing him up at the appointed hour.

Friday, August 20, 1989

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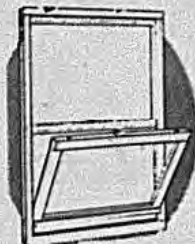
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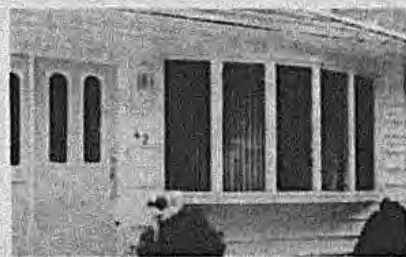
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## Eating smart

By Sharon Achatz

Healthy eating habits during childhood are important for wellness and growth, but they also serve another crucial function — childhood eating habits often become lifelong habits. So healthy habits form the basis for a lifetime of good nutrition.

The foundation for healthy eating is simple: Eat a variety of foods.

The American Academy of Pediatrics suggests offering children a variety of food choices, including grains; low-fat dairy products; lean meat, fish, poultry and legumes; fruits and vegetables.

Don't worry excessively about how much or well a child eats at a single meal or even in single day. Over a week, the choices should even out and provide a balance of nutrients that best meet his needs. Children are the best judges of how much they should eat, and the parents' best role is to steer them toward appropriate food selections.

Pediatricians and nutritionists agree, however, that it's not wise to force a child to eat foods he doesn't like. Instead, try to offer several choices of foods that fill the nutritional bill you're trying to meet. If your child prefers sweet potatoes to carrots, or peaches to apricots, then OK. All of these fruits and vegetables provide essential vitamins and minerals.

Other suggestions for eating smart with kids:

- Establish family mealtimes. Eating together helps promote

family relationships and eating habits. Kids are great mimickers and are likely eventually to eat what they see you eat.

- Invite children to help with meal preparation. Often a child will develop a healthy attitude about meals if he feels part of the process. Find a task the child can do safely, such as mixing batter or tearing lettuce for salad.

- Provide a low-fat diet for children over age 2. Studies show that this could help reduce the risk for heart disease, cancer, obesity and other health problems later in life.

### BACK TO SCHOOL FACTS

Ethics is a disappearing subject in the classroom

Percent of college students polled anonymously who admitted to cheating in high school

In 1940s

About 20%

In 1990s

About 75%



SOURCES: Stephen Davis, professor, Emporia State (Kan.) University; "13th Gen Abort, Retry, Ignore, Fail?," by Neil Howe and Bill Strauss

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Friday, August 20, 1993  
Special Education Department  
1000 West 10th Street, Suite 100, Grand Rapids, Michigan 49503  
The Grand Rapids Press

HEALTHY KIDS

By Sharon Achatz

Good health is essential to a good life, and experts suggest childhood is the best time to start developing healthy habits and attitudes that will have lifelong benefits.

Following is a compendium of health issues facing kids today, as well as advice on how parents can best promote their children's welfare.

**BASIC SAFETY**

Beginning in toddlerhood, parents can teach children basic safety such as avoiding poisons, strangers, sharp objects, electrical outlets and matches, lighters or fires.

Street safety includes obeying all traffic lights and signs, never running into the street, and crossing a street only with a grown-up's assistance — or at least only after carefully looking both ways.

Parental example can set the scene for a child who always wears his automobile seat belt and never does drugs, including smoking and alcohol.

It's also essential to teach children about wearing appropriate safety gear for activities in which

they're engaged: helmets for bicycling, skating and football, catcher's mask and batting helmet for baseball, sunglasses for skiing.

**STRESS**

Psychologists believe that today's children are faced with more stress than previous generations. Youths can be exposed — firsthand or by news reports — to drugs, kidnappings, violence, sexual abuse, divorce, AIDS and other frightening events.

Add to that day-to-day tensions such as fighting with a friend or an upcoming science project, and stress levels can create physical ailments such as stomachaches, headaches and a greater susceptibility to illness.

To help a child handle unhealthy doses of stress, parents can:

- Put themselves in his place, and answer truthfully any questions he has.
- Talk about his feelings of unhappiness and discuss what they can do together, or what he might do on his own, to relieve a stressful situation.
- Each day, set aside one-on-one time to be with the child. Let him decide how to spend this special time.

**MEDICATIONS**

When a child is not feeling well, Dr. Mom often comes to the rescue with an over-the-counter medication sure to help. The problem is, such well-meaning moms and dads sometimes do harm.

Administering more than the recommended dose of medication rarely speeds recovery but always increases the risk for side effects. If a child's condition is unchanged after a few days, rather than altering the dosage, parents should call the doctor.

And never give a child two over-the-counter drugs at the same time without first consulting a pharmacist.

The flip side of the above problem is underdosing. While over-the-counter medications should be used only when symptoms are present, most prescribed drugs — especially antibiotics — must be taken entirely, even after symptoms disappear, or a child's symptoms may return.

Parents sometimes are tempted to give a child small doses of an adult or older child's remedy. But up until about age 12, children metabolize medication differently from adults and older kids, so that what works for an adult could be

fatal for a child.

**HOSPITAL STAYS**

Parents don't want to think about the possibility of their child being hospitalized, but the reality is that many will be. Key to making the experience less frightening for children is the way parents address the child's fears about the situation.

To keep things calm, experts suggest that parents learn as much as they can about the procedures the child will undergo, and then to be open and honest with the child about what he will feel and experience.

If possible, prior to admittance, allow the child the opportunity to familiarize himself with the hospital, meet staff and ask as many questions as he wants. Let him playact as a doctor, with parents playing along to correct any misconceptions the child may have.

Finally, no matter what medical strangeness or physical contraptions entangle a child in the hospital, don't be afraid to touch the child — he needs hugs now more than ever.

**TEETH**

The American Academy of Pedi-

atric Dentistry's recommendations for creating a cavity-free childhood:

- Start cleaning your child's mouth the day you bring him home from the hospital. After feeding, rub a wet washcloth over the gums to clean away milky film.
- As soon as the first tooth appears, use a soft brush and gentle, circular motion over teeth and gums to remove food and plaque.
- When all primary teeth have come in, usually by age 3, floss between the child's teeth once a day.
- Once a child reaches about age 3, dental visits should take place about every 6 months.
- Children should brush their teeth twice a day with fluoride toothpaste to ward off decay. Children who do not drink fluoridated water can take fluoride supplements.
- Dental sealants made of a liquid plastic protect the surfaces of permanent teeth and last three to five years, after which the teeth must be resealed.
- Sealant can be applied to a child's first permanent molars when he's about 6 years old.

**EYES**

Vision-care specialists recommend annual professional eye exams for school-age children.

The "Big E" eye chart still in use at many schools for vision screening just doesn't fill the bill — it generally misses 70 percent to 80 percent of children's vision problems.

In addition to annual professional exams, parents should watch for telltale signs of possible vision problems:

- Squinting, closing or covering one eye, excessive blinking or rubbing of the eyes.
  - Dislike and avoidance of close work.
  - Placing the head close to a book when reading; losing their place while reading.
  - Complaints of headaches, nausea and dizziness.
- To help a child learn what to expect from his first exam, the savvy parent can get his own eyes examined first, then sit with the child when it's his turn.

**VACCINES**

The American Academy of Pediatrics and the Public Health Service in Washington, among other medical groups, recommend that all children be immunized. Any pediatrician's office or county public health agency can provide an up-to-date list of the vaccines required in any given area, but the most common include measles, mumps, polio, diphtheria, pertussis and tetanus.

Of late, there has been a trend toward total disclosure of the possible adverse affects of vaccines, which may intimidate some parents into believing they are putting their children at risk by following an immunization schedule. However, the pediatrics academy has concluded that the risks of contracting the illnesses are significantly greater than the risks resulting from vaccine complications.

Special Advertising Section of The News-Examiner, New Hyde Park, N.Y. Published Friday, August 30, 1993

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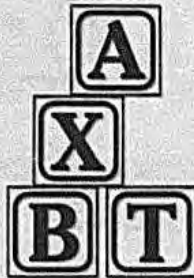


## SCHOOLFACTS

### Day-care costs can dent the family budget

Working parents face difficulty finding affordable child care. About one-quarter of parents surveyed reported up to five breakdowns in child-care arrangements during a three-month period, resulting in a parent's absenteeism from work.

DAY-CARE COSTS	\$/week
Manhattan	\$172
Boston	109
San Francisco	82
Washington	76
Chicago	75
Milwaukee	68
Los Angeles	67
U.S. median cost	66
Tampa	46



SOURCES: *Self, Fortune and First for Women* magazines

### Time to vaccinate the kids

Back-to-school time is also time to make sure that children have had all their recommended immunizations.

When recommended childhood immunizations should be made

BEFORE AGE 1	
2 months:	DTP (diphtheria, tetanus, pertussis), polio
4 months:	DTP, polio
6 months:	DTP
1 year:	Tuberculosis test
PRESCHOOL YEARS	
15 months:	Measles, mumps, rubella, Hib conjugate
18 months:	DTP, polio
4-6 years:	DTP, polio
SCHOOL YEARS	
5-21 years:	Measles, mumps, rubella
14-16 years:	Tetanus, diphtheria

Rubella = German measles  
 Pertussis = whooping cough  
 Hib conjugate = Haemophilus influenzae type b

SOURCE: American Academy of Pediatrics

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## Youth Employment Services

The Hicksville Youth Council provides employment services for youth ages 14-21. There are two different programs designed to meet the employment requirements of different age groups. Rent-A-Kid was designed for teens age 14-16 as an introduction to the world of work. Teens do such jobs as babysitting, yard work, and domestic tasks. Youths learn responsibility by discovering that they must be on time and do a job which meets the satisfaction of an employer.

The Vocational Program is designed for young people 16-21. This program matches the young people with local businesses small and large where after an interview with the employer, they may potentially be employed. Some examples include offices, food stores, restaurants, etc. An underlying goal of the Vocational Program is to help young people identify possible future career goals.

But the Youth Council's Employment Services go beyond just finding potential employment for young people. The Employment Coordinator has many materials on interviewing skills, resume writing, and conducting your own job search. We can help college students who want to begin the employment process, high school graduates who are ready to look for full-time employment, as well as high school students who are looking for part-

time employment. Employment counseling is also part of this service; you are provided with the information and it is explained to you. And for those young people who need steady employment but have no idea what it is they would like to do, we have career exploration materials as well.

The Youth Council does not only help find jobs, it can help prepare you to find your own job in the future. If you are a recent high school graduate looking for full-time work, we can help. Anyone who would like further information on the Youth Council's Employment Counseling Services is encouraged to contact Chris Romano, Employment coordinator, at 822-KIDS.

## College Notes

Gregg Alessi of Ann Court, Plainview, received a Bachelor of Engineering degree from Manhattan College's School of Engineering.

Catherine Ann Florillo of Hicksville, sophomore majoring in business, was named to the Dean's List for her accomplishments during the spring term 1993 at SUNY Plattsburgh.

Kevin Maresca of Country Court, Hicksville, was named to the Dean's List for his excellent academic accomplishments during the spring 1993 semester. Maresca's major is chemistry.

## LEGAL NOTICE

**NOTICE OF SALE  
SUPREME COURT  
NASSAU COUNTY  
THE GREEN POINT  
SAVINGS BANK, PTF. vs.  
DAVID TAND, et al, Defts.  
Index #120292.**

Pursuant to judgment of foreclosure and sale entered Dec. 2, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y., on September 20, 1993, at 9:00 a.m. prem. k/a 5 Center Dr., Syosset, N.Y. Said property located on the easterly side of Center Dr., 156.63 ft. southerly from the southerly end of a curve which connects the southerly side of Mariens Dr. to the easterly side of Center Dr., being a plot 107.71 ft. x 100 ft. x 100 ft. x 60 ft. Approx. s mt. of judgment is \$96,749.43 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

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## Library Hosts Mental Health Exhibit

The Nassau County Department of Mental Health, Mental Retardation and Developmental Disabilities will sponsor its fifth annual art exhibit in cooperation with the Jericho Public Library from September 1 through the 30. The exhibit, *Art Expressions V*, will display the creative talents of artists with disabilities and will tour throughout Nassau County, making stops at four library galleries.

According to Marie McDermott of the Nassau County Department of Mental Health and coordinator of the exhibit: "The Art Expressions exhibit is our opportunity to display in the community the talents of persons diagnosed with psychiatric illness or developmental disabilities. It is also designed to sensitize local residents and reduce stigma by emphasizing the creative talents of the disabled. The exhibit will feature original paintings, drawings and sculpture created by local artists who participate in our County's mental health

service system." County Mental Health Commissioner Marjorie Shuart states that: "The Art Expressions exhibit is an excellent example of the rehabilitation efforts of mental health, mental retardation and developmental disabilities programs. The exhibit is important to help lessen the stigma toward disabled individuals in our communities. We are grateful to the Jericho Public Library and the other facilities participating in the four month tour of the program and to The Bank of New York for their continued financial support towards offsetting some of the expenses related to the program".

The Art Expressions V Exhibit is open to the public free of charge. The exhibit is housed in the gallery of the Jericho Public Library at Merry Lane in Jericho. In addition, visitors to the exhibit can pick up information and descriptive literature pertaining to mental health services and programs in Nassau County.

## College Notes

Michael Zeltaer of Plainview has graduated from Pace University with a B.B.A. degree.

Paul Mango of Hicksville has graduated from Pace University. He received a B.B.A. degree.

Denis Flanagan of Plainview has earned a B.S. degree in Economics and Finance from Fairleigh Dickinson University. He graduated cum laude.

Priyanka Somani of Hicksville earned Dean's High Honors for excellent accomplishments at Case Western Reserve University during the spring 1993 semester.

Kathleen Donovan of Plainview has earned a B.A. degree from Manhattan College's School of Arts and Sciences. She resides on Nassau Avenue.

## Seniorobics

Registration for a new series of Seniorobics classes at the Hicksville Public Library will take place on Monday, September 20, at 9 a.m. The classes will be held at 2:30 p.m., every Thursday from September 23 through November 11. The fee is \$10 per person for the series.

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## Jottings From Yesteryear

By Bill Clark

In the attic, like many other homes, items of years ago come out of corners. My latest was an Ouija board, canasta cards, a mandolin from high school days, plus a box of Tinkertoys. Of course, there was the aroma of camphor balls and an old bottle that once contained Omega Oil, probably from my grandparents. I didn't mind the aromas but I was glad there wasn't any Xbasin, a hair remover with an odor that I wouldn't like again.

Recently at a luncheonette for a bowl of soup, I remem-

bered in the 40's Heinz had a one-serving can that was heated in a small heating unit, as they called it Heinz Soup Kitchen. The store also sold Borden's ice cream and Pepsin chewing gum.

I noticed that one of the last three houses which were moved from the north side of W. Marie St., is boarded up on the corner of Jerusalem and Cherry St. The other two are gone. One was at the now empty lot on the corner of Cherry St. and Jerusalem Ave., the other was behind the Nicholas School property.



Braun Residence and Ice House and building at right Kapstatter Home removed for a Bohack Store and Gas Station.



Present photo shows area of Ice House and 2 story home torn down as Bohack and Gas Sta.

Photo by Bill Clark

## Paper Mill Playhouse Bus Trip

Sign-up for what promises to be a highlight of this Fall's theatre season. The Bethpage Public Library is pleased to announce a trip to the renowned Paper Mill Playhouse in Milburn, New Jersey, for a superb pre-Broadway musical production of *Paper Moon*, starring Gregory Harrison and Christine Ebersole on Thursday, October 14. A luxurious motor-

coach will leave the library at 10 a.m. headed for the Forum II Restaurant known for its delicious food and lavish design. A full meal will be served - choice of entree will include French Style Breast of Chicken, Fillet of Salmon, broiled or poached; Roast Beef of Sirloin with Wild Mushroom Sauce. Then on to the Paper Mill Playhouse for the show - a musical production

already highly praised by critics. This is a trip that will fill up fast, so don't delay in signing up at the Reference Desk of the Library. The cost is \$55 per person, all inclusive. There will be no refunds.

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

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JUVENILE DIABETES FOUNDATION



WALK FOR THE CURE

## Bread Baking Demonstration

George Greenstein, author of the book "Secrets of a Jewish Baker," will demonstrate bread baking, providing valuable tips and professional shortcuts, at the Hicksville Public Library on Thursday, September 9, at 7:30 p.m.

Mr. Greenstein, who owned and operated bakeries on Long Island for over 30 years, has adapted for the home baker many bakers' techniques passed down through generations. His recipes for spectacular breads are easy to follow, foolproof for the novice baker and require little or no equipment purchases.

With barely more than flour, yeast and water, the home chef can astound family and friends with professional-looking and -tasting bread.

Following a short talk about the history of yeast-risen baked goods and about basic ingredients and equipment, Mr. Greenstein, who has many years of experience training apprentice bakers, will discuss and demonstrate mixing dough, rising, and shaping loaves.

Recipes to be distributed include the speaker's basic milk bread and Italian bread. Dinner centerpiece of holiday challah bread (egg bread) will be demonstrated, and others as time permits. A discussion period with questions and answers will follow.

## 'Brighton Beach Memoirs' Hicksville Library

*Brighton Beach Memoirs*, by Neil Simon, will be staged by The Other Vic Theatre Company at the Hicksville Public Library at 8 p.m. on Friday, September 10. There is no charge.

This autobiographical play (the first of a trilogy) presents a portrait of the writer as a teenager living his family in Brooklyn. Family idiosyncrasies are used to comically raise such issues as sibling resentments, guilt-ridden parent-child relationships and the struggle for dignity in a near-poverty environment.

Seating is limited and the rule is "First come, first seated." The performance will be approximately 2 hours and 20 minutes, including intermission.

## Fall Foliage Cruise

A marvelous day's outing is planned by the Bethpage Library on Friday, October 22. A luxury motorcoach will leave the Library at 7:30 a.m. for West Haverstraw where we will board the "Commander" for a scenic cruise up the beautiful Hudson River, resplendent in autumn colors, to West Point. There we will be served a delicious buffet lunch at the elegant and historic Hotel Thayer. Then reboard the motorcoach for a ride to Woodbury Commons - the largest designer factory outlet center in the world with over 135 stores. Here's your chance to get an early start on your Holiday shopping. The cost of

the day's fun is \$45 - all inclusive - no refunds. The return time is approximately 7 p.m. Space is limited so don't delay in signing up at the Reference Desk of the library.

## College Notes

Kathleen Eastwood of Bethpage has graduated from Pace University. She received a B.A. degree.

Rosemarie Melendes has received a B.A. degree from Pace University.

Marc Raymond Sobler of Armon Drive, Bethpage, received a B.S. degree from the University of Delaware.

## Polish Contributions



Nassau County Executive Thomas S. Gulotta (second from right) greeted Victoria Hertig, a Bethpage resident, at a celebration held to honor the many cultural and social contributions that Polish Americans have made to the community. The celebration was recently held at the Lakeside Theatre in Eisenhower Park. Victoria is a member of the American Polish Council. Looking on were District Attorney Denis Dillon and Assemblyman Frederick Parola.

## Long Island, Civil War

"Long Island and the Civil War," a slide program at the Hicksville Public Library on Wednesday, September 29, at 7:30 p.m., will explore the complete story of our area's part in this crucial struggle.

Historian and museum curator Harrison Hunt, author of "Hallowed Ground" and "Heroes of the Civil War," will discuss and illustrate the ways in which the war touched the lives of people from Brooklyn to Montauk between 1861 and 1865, the historic units and ships Long Islanders served in, home front activities, and famous leaders and events connected with our area.

## LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY

EUROPEAN AMERICAN BANK, Plff. vs. HARRY JAMES REESE, et al, Defts. Index #8700/92.

Pursuant to judgment of foreclosure and sale dated Mar. 19, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY, on Sept. 23, 1993, at 10:00 a.m., prem. k/a 38 High Lane, Levittown, NY, s/k/a Map No. 4647, Lot No. 16 in Block 245, entitled, "Section AA, subdivision Map of Property k/a Levittown, owned by County Community Corp., located at Levittown, Town of Hempstead, County of Nassau, NY, Jan. 1949, survey and map by C. A. Monroe," filed in the Nassau County Clerk's Office on 3/1/49. Sold subject to terms and conditions of filed judgment and terms of sale.

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of Oyster Bay. Although the dog's I.D. tag is permanent, the license must be renewed every year.

An expired license makes it difficult, or impossible, to identify the owner of a lost dog. A current license can save your family hours of worry over a lost pet.

To obtain an application for a dog license, or to inquire about a renewal, please visit the office of Oyster Bay Town Clerk Carl L. Marcellino at Town Hall, 54 Audrey Avenue, Oyster Bay, or Town Hall South at 977 Hicksville Road, Massapequa.



## Inoculate

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Any dog or cat that goes outdoors should be vaccinated against rabies.

The inoculation is a simple injection and could save your pet's life - or yours - if it comes into contact with a rabid animal.

The New York State Department of Health suggests the following precautions to guard against rabies:

- **DON'T** touch, pet, feed or adopt wild or stray animals.
- **DON'T** feed your pets outside.
- **DON'T** leave pets outside unattended.

• **DON'T** approach aggressive or overly friendly animals or animals that appear ill. Avoid skunks, raccoons, possums and bats that are out during the day.



## rabies

### • WHAT IF A PET IS ATTACKED?

Wear gloves when handling the pet. People have been exposed to the rabies virus by handling their pets after an attack and getting saliva from the rabid animal on their hands. Call a veterinarian. Pets that have been immunized against rabies still need a booster shot within five days after contact with a rabid animal.

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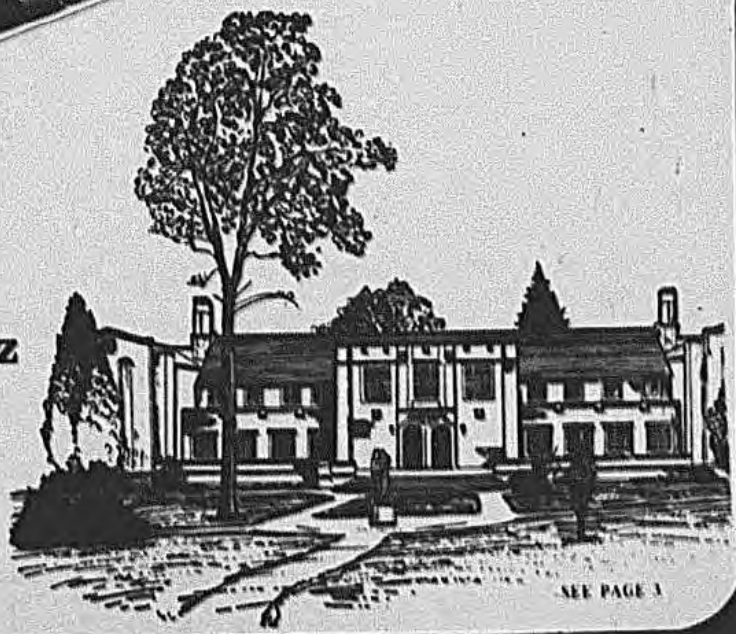
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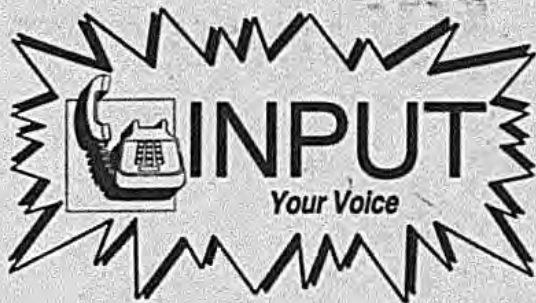


Friday, August 20, 1993

**The "No Problem"  
Back-To-School Quiz**



SEE PAGE 3



## THE QUESTION OF THE WEEK

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## Callers Against Retro Taxes And Other Things

Most callers to Input do not favor retroactive taxes or even the rest of President Clinton's tax plan in answer to this question: "The tax package passed has retroactive taxes to the beginning of the year. Do you think this is right?" Here are some of the answers:

### FULL YEAR

People never like to pay taxes, but the way the structure is, taxes go from year to year. So the only way taxes can be paid is for a whole year. When people die you can deduct them but this is the only way the system can work.

### K.K. MAY BE ILLEGAL

Going back to the beginning of the year, I feel that it is not only unfair, it is illegal. Even in the Soviet Union they have found that many of their laws could not be retroactive. I think it is a slap in the face not only to increase taxes but to go back to January 1. I think the thing we have to look at is why the Democrats continue to say one thing and do another. Clinton said that he is a moderate but we are finding out that he is anything but a moderate, as somebody who is far to the left as somebody who would be considered a socialist. Raising taxes has never helped this country, and countries that have had high taxes, like Sweden and France, have learned that they have to use free market principles like those espoused by Ronald Reagan who I think was the best President we have had in the last 20 years. Another thing for President Clinton is, whatever happened to the middle class tax cut? I think President Clinton who criticized President Bush on some of his promises, needs to go back and look at what is good for the country and not good for special interests. This tax package is not good and to go back retroactively is just another step in the wrong direction.

### T.F. WRONG BATTLE

Focus on the tax package itself, do not be tricked into the wrong battle at the wrong time. Whether or not you think retroactivity is right or wrong has no real bearing on our problem. This was a time for spending cuts and what we got was a huge tax increase. Do you think that was right? This administration and politicians are not interested in morally right. Their credo is any means to an end. And their end is to take more of your hard earned money and to spend it in a way that will guarantee their retention of power. The Clinton administration will attempt to use that power to change this country into a place you will not like. If you wish to talk about what is wrong then focus on the fact that in five years the deficit will be larger, we will have been hit with tax increases at every level of government and not one politician will accept responsibility. Of course, the real fault is our own. We allow politicians to feed us political pap and we then return them to office over and over again. We need to clean house without regard to political party. I wonder if it is too late? Am I watching the deterioration of the great political experiment?

### E.H. RIGHT DIRECTION

I believe President Clinton told the truth about his plan taxing the wealthy and helping the middle class. The wealthy do not pay their fair share. Senator Dole and his fellow Republicans skirted the issue with a lot of half truths. I wonder what bracket Senator Dole and his wife are in? I have received over five pieces of mail from the Senator that did not tell the truth and did not offer an alternative. I believe President Clinton has moved us in the right direction. The shame of it all is the Republican vote that ignored the facts and voted as Republicans and not as representatives of the people they represent. I am a Republican for the time being.

### A.G. NO OBJECTIONS

Except for the die-hard Reagan-Bush Republicans, I don't understand why the average taxpayer would object to the "wealthy" paying a larger percentage of Federal tax including the retroactive portion. Let's face it, our deficit is so enormous that cutting governmental spending and waste is not enough. Until we get our budget under control, increased taxation must be included. While the 4 1/2 cent tax on gasoline does affect us all, I believe that it is affordable and that the overall tax package will not hurt our economy.

### C.K. CAN'T GET AWAY WITH IT

In answer to the question, I think that President Clinton knows that he cannot get away with taxing people retroactively. I think it is a diversion so that he can suddenly announce that he is reducing the tax increase by giving up on that part of his taxes. Everyone then will say, isn't he a good man to cut our taxes, and he can go into the Oval office and have a fit of laughter.

### J.F. NOT JUSTIFIED

Quite frankly, I believe that the retroactive provision of the newly enacted tax bill is not fair and for that matter even justified. Basically I feel that any legislation irrespective of its end objective can not be effective retroactively. If all legislation for whatever reason were to follow that route, I believe that we would find ourselves snarled up. Families and corporations generally make their plans well in advance when it comes to disposition of their funds and to be suddenly faced with unplanned additional tax expense is, in my opinion, a violation of the rights of every serious and conscientious citizen. I believe that this is particularly true of our senior citizens who have to carefully guard their financial resources especially on retirement. I earnestly hope that the result of the retroactive provision will not be as catastrophic as I fear. As a retiree for many years, with expenses constantly on the rise and with my pension frozen, I dread facing the possibility of retroactive taxation.

P.G.S.



# Discovery!

## The "No Problem" Back-To-School Quiz

By Marjorie Wolfe

In the book, "Fatherhood," Bill Cosby writes about his son's philosophy of life. When he was one of the top ten underachievers in his state and whenever you asked him how he was doing in school, he always said, with simple elegance, "No problem."

In celebration of Back-To-School Month, grab a #2 pencil and let's see how well you fare on this "No problem" quiz. Good luck!

1. Americans spend approximately 180 days a year in school. How many days a year are spent in school by Japanese students?

2. Which doll was programmed to say "Math class is tough"? (Mattel the manufacturer, then had the expression removed from the doll's voice box after many parents and teachers expressed disapproval.)

3. What actor starred as the reform-minded principal of the TV series, "The Bronx Zoo"?

4. According to Olsten Corporation, what two words are most often misspelled in the workplace?

- a) accommodate and commitment
- b) Library and guidance
- c) potato and business

5. Who received a grade of "C" in music on his eighth-grade report card?

- a) Billy Joel
- b) Elvis Presley
- c) Luciano Pavarotti

6. What was the motto of the fictional Weldon Academy, carried on banners in the ceremonial opening scene of "Dead Poets Society"?

- a) Tradition, Honor, Discipline, Excellence
- b) "carpe diem"
- c) "Those who cannot remember the past are condemned to repeat it."

7. After Amanda Gold won the 1992 National Spelling Bee in Washington, she was introduced to presidential hopeful Rosa Perot. Perot asked her for the winning word. It was "lyceum." What does the word mean?

8. In the movie, "Stand and Deliver," who says, "Tough guys don't do math; tough guys fry chicken for a living"?

- a) Mr. Novak (James Franciscus)
- b) Jaime Escalante (Edward James Olmos)
- c) Andrea Zuckerman (super-achiever on Beverly Hills 90210)

9. How does Scott Simmons define a "snoid"?

10. Complete this song: "School days, school days, good old Golden rule days. Reading and writing and arithmetic, taught to the tune of a -----."

11. What percentage of American adults don't know that the nation's capital is Washington, DC?

12. Who was the author of the book, "Up The Down Staircase"?

13. Merry-Go-Round Enterprises, Inc., an 800-store apparel chain, has a new "Grades For Fashion" program. Students with A averages receive a gold certificate good for 30% off any one-time purchase at one of the chain's stores.

Assuming that you had an A average and purchased \$200 worth of Back-To-School clothes, how much money would you save at Merry-Go-Round?

14. In what movie does Sidney Poitier take in hand a bunch of teen toughs from London's East End, and eventually win them over to civilized ways?

15. Which wisecracking star of TV's hit cartoon series, "The Simpsons," has been expelled from several elementary schools? (Students have been asked to stop wearing the popular T-shirt that proclaims, "Under-achiever and proud of it, man.")

16. Who wrote the book, "All I Really Need to Know I Learned in Kindergarten"? (Villard Books, © 1988)

17. How does Rich Hall & Friends define the "Sniglet" B + Stamped?

18. Megatrends author, John Naisbitt, claims that in the future we'll need three languages. Two of them are English and Spanish. What is the third?

- a) Japanese
- b) "computerese"
- c) shorthand/stenography

19. What fictional college did Lisa Bonet (Denise Huxtable) attend?

20. There's a joke that goes: "What's your boy going to be when he finishes his education?" Answer: "An octogenarian, I think." What's an octogenarian?

21. Can you complete this quote by Lee Iacocca, the man who rescued Chrysler Corporation from financial loss: "I think it's time

that we set a new goal for American education. And this time, we can't afford to be satisfied with a gentleman's C. This time we'd better shoot for the -----."

22. In 1991, what percentage of American households did NOT purchase a single book during the year?

- a) 10%
- b) 50%
- c) 80%

23. If your math teacher offered a unit on "Sabermetrics," what would you be studying?

24. Some physicians and school nurses have reported that some students appear to be suffering from "Nintendinitis." What's the nature of the illness?

25. What is the cause of "Sick School Syndrome"?

26. What TV series was set in New York's High School for the Performing Arts and focused on the aspirations of budding young performers, mostly dancers, singers, musicians and comedians?

27. In 1991, when a third grader doubted the identity of our president when he visited a Virginia elementary school, the president whipped out his American Express card. He said he used it mainly for Christmas shopping and to buy dinner in restaurants. The president, who doesn't like to carry cash, used to rely on checks until store owners started collecting them. Who was the president mentioned in this off-beat news story?

28. Can you complete this quote by Joe Clark, the principal whose unique approach to education was depicted in the film "Lean on Me": "If you can take a round ball and bounce it on a flat surface and shoot it at a right angle and bounce it off a rectangular backboard and through an oval hoop, then you can learn -----, you can learn -----." (Hint: Both answers deal with mathematics.)

### Answers Back-To-School Quiz

1. 240
2. Barbie
3. Ed Asner (Joe Danzig)
4. a
5. b
6. a (c) was a saying from the writings of George Santoyana, an American author of the late nineteenth and early twentieth centuries.
7. A "lyceum" is a literary institution or lecture hall.
8. b
9. A "snoid" is "the kid in the back of the classroom who always says, 'Maybe we'll get an early dismissal today,' the second any snow starts to fall."
10. hickory stick.
11. 5%
12. Bel Kaufman
13. \$60 (excluding sales tax)
14. "To Sir, With Love"
15. Bart Simpson
16. Robert Fulghum
17. "B + Stamped" is "the attempt by half the class to claim the paper with no name on it."
18. b
19. Hillman College
20. An octogenarian is a person who is 80 years old or between 80 and 90 years old. (Note: The word "octagonal" means "having eight angles and eight sides.")
21. honor roll.
22. c (according to Harper's Index, March 1992)
23. "Sabermetrics" is the mathematical and statistical study of baseball.
24. "Nintendinitis" is a hand strain caused by too much rapid-fire button pushing on the popular Nintendo home-video game.
25. "Sick School Syndrome" is an allergic reaction to mold growing in damp places in school.
26. Fame
27. Bush
28. algebra and geometry."

### About The Author

Marjorie Wolfe is a business educator in Plainview, and a freelance writer. She has made many contributions to Discovery.

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## WINE TALK Wine manners

By Richard Nalley

You suave devil. You're not about to worry that they're waiting for your decision: the boss, or the first attractive blind date you've had in 15 years, or your adoring and worshipful family. No worries that the wine list appears to be written in Urdu and the waiter is wearing — could you be imagining this? — a faint smirk. You are a virtuous person, a deserving person. Why is that sweat popping out on your brow?

The fact is, most of us in this country did not grow up knowing Chardonnay from sherbet. Even now, in staunch adulthood, wine's seemingly esoteric rituals continue to provoke nagging insecurity. It doesn't help that some people — like that superior waiter — have their egos invested in trying to make the subject seem complicated and over your head.

Wine is for pleasure — period. Anything that detracts from the pleasure — a snobby waiter or store clerk, a price that strains your budget, an unhappy feeling that you don't know the routine — is pointless. Wine is about relaxation, shared company, and the enjoyment of tastes and textures. Otherwise, as they say in Brooklyn, "Fuhgeddabowdit."

### CHOOSING THE WINE

You can almost immediately tell something about a restaurant by whether they have set the wine list up to help you or confuse you. A whole bunch of obscure Italian wine names listed without further explanation in nearly illegible flowing cursive script can be a tip-off that the restaurant does not have your best interest at heart.

If you spot a favorite wine and are excited about ordering it, by all means do so. But to me, restaurants are places to experiment a bit. If I trust their taste (and otherwise, after all, I'd go to a different restaurant), I'd like to try out something new that they've chosen to go with their foods. It's like listening to a radio station — they may just pop up with something wonderful you didn't even know you'd like.

On the question of ordering when nothing looks familiar, I have gotten over my reluctance to ask the waitperson or whoever is taking the wine order for advice. This did not come naturally to me. My wife claims, for instance, that I would rather drive around lost for days than pull over and ask directions. This may be a guy thing.

### THOSE NERDY SILVER CUPS

If you are in a really la-di-da restaurant, you may encounter that species of service person known as a sommelier. In America, you are probably in luck — most of the sommeliers I've met or interviewed across the country are genuinely nice people who happen to be wine nerds.

In France, your chances of ordering a terrific wine may have improved only marginally with the

presence of a sommelier. Why wine service in France is so brisk — to the point of being rude — I don't understand. I am not one of those people who finds the French (even the Parisians) to be generally brusque.

On the contrary, I think most feather-ruffling encounters between American tourists and French locals come about because the French are raised with elaborate manners, and breezy American informality can strike them as downright impolite.

Nevertheless, wine service in France, sommelier or no, is a bang-bang affair. You're not encouraged to linger over the list or ask too many questions. This is not because most French people know about wine. In my experience, most know little about any food or beverage beyond those in whatever region they were raised.

The sommelier's abruptness may stem from the fact that French wine markups in restaurants are customarily ruinous, much higher than the two or three times wholesale price common here. As with any con, they don't want to give you the time to figure out how your wallet's just been lightened.

Oh yes, about those nerdy silver cups you see dangling from chains around the sommeliers' necks: They are called *tastevins* ("wine tasters"), and they originally served a useful function. Wine buyers would traditionally purchase wines directly from casks, in dark cellars illuminated only by candlelight. The shallow, silver-bottomed cups would reflect the light back through the wine to show the wine's color and opacity.

Today, the *tastevins* are largely ceremonial, at least in America. In France, your high-markup will invariably be slurped from first by the wine steward, who will pour a touch in his *tastevin*. This is ostensibly insurance against your receiving a bad bottle. But in this day and age of scientific winemaking, bad bottles are few and far between. It seems more like insurance against your protesting over the bottle. After all, the Great Man has given it his seal of approval.

### SMIFFING THE CORK

This one eludes me. First of all, some of the finest wines I've ever tasted have come from bottles with musty, truly gruesome-looking corks. Nor does a pristine cork assure a sound wine. What is more, the fact that the cork has been pulled means that there is an open bottle of wine hovering nearby.

Have them pour it, for crying out loud. Why sniff cork when you can sniff wine?

Richard Nalley contributes to many wine and travel publications, including *Gourmet* and *Travel & Leisure*.



# DINING GUIDE

## READER RATINGS

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

Q. When figuring the tip for service, how is it figured, on the total bill with tax or on the bill before tax? E.R.  
 A. Generally it is figured before the tax is added although the amount of a tip is a purely personal thing and it ranges from 15 to 20 percent. Usually where the service is great you compute it as high as 20 percent.

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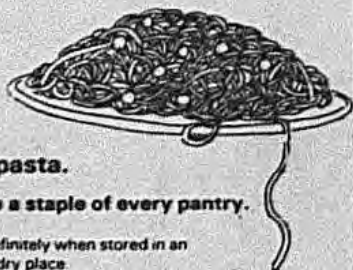


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## KITCHEN HINTS



### A guide to dried pasta.

Dried pasta should be a staple of every pantry.

1. Dried pasta will keep indefinitely when stored in an airtight container in a cool, dry place.
2. Dried pasta is ideal with oil-based and shellfish sauces, as well as chunky vegetable sauces.
3. Stock up on tiny Acini di Pepe or Semi de Melone to use in soups; have linguine, penne and rotelle on hand to serve with sauces.
4. Use pasta in a variety of cuisines, from Italian standards to Asian dishes to Jewish kugels.

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

## KITCHEN KIDS



## Light summer favorites

By Rena Coyle

Summer cooking is at its best when it is a simple combination of fresh, ripe ingredients.

When the kids are doing the cooking, the recipes should be fun with a slight twist on a recognizable entree.

Crispy Pizza makes a twist on regular Italian pizza but requires no bread crust. Instead, it uses crisp phyllo dough, layered into a crust and topped with a combination of vegetables and cheese. With adult supervision, there are many steps for your young child to prepare, but it's the preteen and teenager who will have the most fun preparing this pizza pie.

When your children use phyllo dough, they need to be reminded to work quickly. This wafer-thin dough will dry out if left uncovered for more than a few minutes. The package should not be opened until just before they are ready to layer the sheets into the crust.

If for any reason the dough splits or cracks, it will still work beautifully in this recipe. The dough is layered, not rolled; therefore, it can be easily patched and formed. It is a good recipe to acquaint your child with phyllo dough. It is unusual and can be used so many different ways.

For your younger kids, the Tomato Tart is the perfect recipe. After the pie crust is baked, this recipe is a few simple steps of combining and blending. Topped with sliced, tomatoes and cheese, this tart makes a delicious summer dinner served with salad and iced tea.

### CRISPY PIZZA

- 1 medium onion
  - 3 medium tomatoes
  - 2 cloves garlic
  - 10 basil leaves
  - 1 teaspoon butter
  - 10 sheets phyllo dough
  - 1/2 cup butter, melted
  - 1/4 cup olive oil
  - 2 (10-ounce) packages frozen spinach, thawed and squeezed dry
  - 1 teaspoon oregano
  - 2 tablespoons grated Parmesan cheese
  - 6 cups grated mozzarella cheese
- Yields 12 servings.  
Preparation time: 25 minutes.  
Baking time: 25 minutes.  
Utensils: cutting board, knife, paper towel, 9x13-inch baking pan, pastry brush, skillet, oven mitts.

Secure onion on cutting board and trim off ends. Peel off skin and cut onion in half.

Cut each half into thin slices. Set aside.

Trim off core end of tomatoes. Cut each tomato into thin slices and set aside.

Lay garlic cloves on cutting board. With back of a pan, crush them until they snap. Peel off papery skin and set aside.

Cut basil into thin ribbons and set aside.

Daub 1 teaspoon of butter with a paper towel and rub it evenly around bottom of baking pan. Set pan aside. Preheat oven to 400 F.

Lay two sheets of phyllo dough, side by side, to cover bottom of baking pan. Lightly brush surface of dough with melted butter. Layer two more sheets of dough on top, and continue alternating layers of dough and melted butter. Roll edges of dough, like a sausage, just to give it an edge. Set aside.

In skillet, heat oil and saute onions for 3 minutes. Add garlic cloves and continue cooking for 2 minutes. Add spinach, basil leaves, oregano and Parmesan cheese; saute for 2 minutes. Remove garlic cloves and spread mixture evenly over phyllo dough. Make a layer of tomatoes over spinach and top with sprinkling of mozzarella cheese. With mitts, carefully place pizza in oven. Bake for 25 minutes.

### FRESH TOMATO TART

- 1 prepared deep-dish pie crust
- 1 (15-ounce) container ricotta cheese

- 3 eggs
  - 1 teaspoon dried oregano
  - 1 teaspoon dried OR fresh basil
  - 1/2 cup grated Parmesan cheese
  - 2 medium ripe tomatoes
  - 1/4 cup grated mozzarella
- Yields 6 servings.  
Preparation time: 20 minutes.  
Baking time: 1 hour

Utensils: foil, oven mitts, cutting board, mixing bowl, mixing spoon.

Preheat oven to 425 F. Line pie crust with piece of foil and bake it for 15 minutes. Then, with help, remove foil and continue baking for 10 minutes. Remove pie shell and set aside.

In the meantime, Combine ricotta cheese, eggs, oregano, basil and Parmesan cheese. Set aside.

Trim off core end of each tomato and slice thinly. Set aside.

Fill pie crust with ricotta mixture. Layer tomatoes on top and sprinkle with mozzarella cheese. Bake in oven for 1 hour. With oven mitts, remove and cool for 10 minutes before slicing into wedges.



# DINING GUIDE

## HOME ENTERTAINING

By Carol Cutler

### Lemon, the golden garnish

Lemons may make you pucker, but they also can give you a lift. A long, cool lemonade is the best antidote there is to a sluggish summer day.

Italian chefs have long relied on the zestiness of lemon to bring a brightness to the flavor of roasted chicken. And what would a fruit platter be without its scoop of lemon sherbet?

But beyond the merits of this vivacious citrus in the kitchen and at the bar, it also has a pretty face. Just a few extra twists of the knife and golden garnishes can be created to bring a sunny shine to any plate or platter.

• **Cartwheels:** This is really just a lemon slice. But when you think of it, each slice is perfectly round, no matter what thickness or diameter. If lemon slices are used to edge a platter, they usually are laid next to each other. A more effective pattern can be created by overlapping the slices a little.

• **Scallops:** Begin with the above cartwheels, but cut each slice in half. Place a row of half-cartwheels around the platter or tray to be garnished, the round side of the slice facing the edge.

Place another row of half-cartwheels on top of the first, but this time position each half-cartwheel so that its center aligns with the point where the two slices underneath just touch. For color variety, make the first row of orange half-slices and the second of lemon.

• **Scored cartwheels:** This simple additional step creates slices with notched edges. Hold the lemon upright with thumb and middle finger. With a zester cut out a streak, top-to-bottom. Continue around the lemon at 1/4- to 1/2-inch intervals. Lay the lemon down and cut into slices.

#### LEMON SNOW

1 cup sugar  
2 cups water  
1 1/2 tablespoons gelatin

1 teaspoon lemon rind  
1 cup lemon juice

6 egg whites  
Green and yellow candies for decoration (optional)

Yields 6 servings.

Put sugar and 1 1/2 cups water in pot, stir over heat until sugar dissolves, then boil for 2 minutes. Meanwhile, soften gelatin in 1/2 cup of water and add to hot syrup, stirring to completely dissolve gelatin.

Add lemon rind and lemon juice. Cool, then refrigerate, stirring occasionally until syrup becomes thick and just begins to jell. This will take about 1 1/2 hours.

Whip egg whites until very stiff. Place bowl with egg whites inside a deeper bowl that contains ice and water. Slowly and delicately fold thickened lemon syrup into egg whites. Leave this mixture over ice and fold lightly from time to time to hasten setting of snow. (By causing the snow to set quickly over ice, there is less chance of egg whites breaking down and collapsing.)

Lightly oil 6-cup souffle dish or whatever mold you select. Cut a piece of wax paper to fit bottom of mold and oil it as well. Carefully pour lemon snow into mold and refrigerate until set, which should take about 3 hours since so little gelatin is used.

This dessert can be prepared the day before.

At serving time, run hot knife around dish, invert onto chilled serving platter, and place hot towel over inverted souffle dish for a few seconds. Holding two dishes together, give a sharp shake, which should loosen Lemon Snow. If not, repeat with hot towel and shake again.

Decorate with green and yellow candies, if desired.

Carol Cutler is the award-winning author of eight cookbooks, including "Catch of the Day."



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## HEALTH WATCH

### Which exercise best suits your body type?

Your chances of success in an exercise program or a sport often depend on matching a sport to your body type.

#### Body types and the sports that best suit them

**Ectomorphs** (tall, lean, not heavily muscled)  
Best sports — Cycling, basketball, high jump, long-distance running, pole vault, tennis, volleyball.

**Mesomorphs** (high proportion of muscle to fat)  
Best sports — Sprinting, cycling, football, ice hockey, skiing, basketball, track events, racquetball, tennis, weight training, baseball.

**Endomorphs** (wide-bodied, heavyset, strong)  
Best sports — Walking, cycling, swimming, weight training, basketball, football, baseball, ice hockey, rowing.



SOURCE: Men's Health magazine

## Vegetarian View



By Linda Susan Dudley

### Low-fat pasta salads

Cookbook author Andrea Chesman admits she used to drown any pasta salad in olive oil to make it taste great.

"I thought if I used a high-quality olive oil, anything would taste good," says Chesman.

But she has changed her way of thinking and cooking.

"I turned 40, had two kids," says Chesman. "It seemed time for a lifestyle change. Since working on this book, my husband and I are not on a diet, we've made a lifestyle change (to lower fat)."

When her cookbook editor asked her to write a book on pasta salads, he narrowed the idea to healthful pasta salads.

"We felt there wasn't enough out there on low-fat, especially low-fat pasta salads," says Chesman.

Chesman made sure every recipe in her new book, "Simply Healthful Pasta Salads" (Chapters) gets less than 30 percent of its calories from fat. Chapters independently tested every recipe as well, and a nutritionist for the company examined each recipe.

"That's very unusual," says Chesman, who got her start as a free-lance cookbook editor. "A lot of cookbooks aren't tested that much."

She found making a pasta salad that's low in fat and delicious requires more than simply reducing the amount of oil or using more lemon juice and vinegar. Without the oil to coat the strands, the pasta will absorb all of the dressing and taste dry. Adding too much acid in the form of lemon juice or vinegar upsets the balance of flavors.

Chesman developed two tricks for lowering fat: She uses vegetable stock to "extend" a vinaigrette (V-8 juice or tomato juice works with a spicy dressing, and white grape juice works with salads that contain fruit). She adds a tablespoon of olive oil immediately after the pasta is rinsed with cold water.

"The stock keeps the pasta moist, and it adds richness. Adding the tablespoon of olive oil seals the pasta so it doesn't absorb as much oil later."

Adding a cup of chopped fresh parsley or another herb to a dressing helps it cling to the pasta better, says Chesman.

Rather than lighten a creamy dressing with mayonnaise or yogurt, she prefers to use buttermilk in many of her recipes.

"It's fast and easy, but it also is much milder than yogurt. Sometimes the yogurt can be too tangy in a recipe."

She makes sure the size and shape of the vegetables match the pasta. For small pasta, cube the vegetables. For long pasta, julienne the vegetables.

"In these recipes in the book, I worked to balance the flavors as

well," says Chesman, whose previous books include "Pickles and Relishes" (HarperCollins) and "Salsas" (Ingram). She has just turned in the manuscript for "Healthful Skillet Suppers."

"I found you couldn't use the heavier noodles — linguine or fettuccine — as well in the lighter pasta salads. You need too much dressing if you do."

The general rule and advantage with pasta salads is that anything goes when it comes to adding ingredients. That doesn't apply if you're watching fat.

"You can't just throw anything in and still get a light, healthful salad."

"If there's a down side to pasta salads, it's that they don't keep forever."

"Pasta salads are best when first made," says Chesman. "If you have to prepare it early in the day, combine all the ingredients for the salad in a mixing bowl, cover tightly and refrigerate. Use a separate jar for the salad dressing."

She returns both to room temperature before serving, remixes the dressing with a whisk and then tosses with the salad. To spruce up leftover salads, she adds a squeeze of fresh lemon juice or a drizzle of vegetable broth. For a creamy dressing, buttermilk can be used.

A few recipes from "Simply Healthful Pasta Salads" follow.

#### BLACK BEAN PASTA SALAD

**Salad:**  
 3/4 pound radiatore OR other medium-size pasta  
 1 tablespoon olive oil  
 1 (15-ounce) can black beans, rinsed and drained (about 1 1/2 cups dried beans, cooked)  
 1 red bell pepper, cored, seeded and diced

1 green bell pepper, cored, seeded and diced  
 1 cup diced jicama, peeled  
 1/2 cup diced red onion

**Dressing:**  
 3/4 cup chopped fresh cilantro  
 1/2 cup vegetable broth  
 3 tablespoons orange juice  
 3 tablespoons red-wine vinegar  
 1 teaspoon ground cumin  
 1/2 teaspoon chili powder, or more to taste

1 tablespoon olive oil  
 Salt to taste  
 Chopped jalapeno pepper for garnish (optional)

**Yields 4 to 6 servings.**

To prepare salad, cook pasta in large pot of boiling salted water until just done. Drain and rinse thoroughly to cool. Place in large mixing bowl and toss with olive oil. Add beans and vegetables to pasta.

To prepare dressing, combine cilantro, broth, orange juice, vinegar, cumin and chili powder in blender. Pour into small bowl and whisk in olive oil.

Before serving, add salt and chili powder to taste; garnish with chopped hot pepper, if desired.

## After Work Gourmet



By Sharon Achatz

### Tantalizing tomatoes are savored summer fare

Tomatoes are one of the most popularly grown vegetables in North America, and this time of year, it's easy to see why.

The markets are loaded with vibrantly red and ripe orbs virtually exploding with flavor. These vine-ripened beauties of summer bear little resemblance to the often bland, tasteless produce of winter, so summer is the season to celebrate all that the tomato crop has to offer.

Some of the favored varieties of summer — beefsteak, plum and cherry — are especially appealing because they can be used in a wide variety of ways.

Eaten raw out of hand or incorporated into dishes, baked, broiled, stewed or fried — name any cooking technique and it's probably suited to the tomato. These succulent delights of summer are incredibly versatile, as long as the chef selects orbs that are perfectly ripe.

Perfectly ripe produce will be completely red, have a sweet, subtle aroma and will give slightly to gentle pressure.

Once home, keep ripe tomatoes at room temperature, out of sunlight, blossom ends down. Refrigerate tomatoes only when they are overripe and can't be used immediately, then bring them to room temperature before serving.

These juicy treats can't be beat tossed into salads or simply served sliced as a side dish, and they also work well with pasta as a fresh and summery replacement for hot and steamy traditional red sauce.

One such dish is Fettuccine With Fresh Tomato and Basil Sauce. This recipe calls for tomatoes to be peeled and seeded. To peel, simply cut out the stem ends of tomatoes and immerse in boiling water 15 seconds. Remove with a slotted spoon and cool under cold water. The tomato skin will easily peel or even fall off. To seed, simply cut the tomato in half crosswise and gently squeeze to remove seeds and juice.

Another favorite way to transform a garden-variety tomato into something exotic is to fill it with a delicious filling. Everything from gourmet treats to leftovers can be presented in the natural bowl that a hollowed-out tomato becomes.

Cherry tomatoes stuffed with guacamole, cheese filling or hummus make colorful appetizers. Full-size tomatoes become a meal in themselves when stuffed with salads, savory meat fillings or cooked vegetables.

To make a tomato bowl, be sure that you work with a sharp paring knife. Since the stem end of the

tomato is flatter, make that the bottom and then the tomatoes will not roll off the plate. Simply cut off the blossom end of the tomato, scoop out the insides, drain for a few minutes and stuff.

While the easiest preparation is to use these bowls raw, tomatoes also often are stuffed and then baked, as in Greek Stuffed Tomatoes, which combine spinach and feta cheese and require only 15 minutes in the oven.

To demonstrate yet another cooking technique for the tomato, try Broiler Bacon-Tomato Rounds, open-face sandwiches set atop refrigerated biscuit dough and topped with a broiler-puffed coating of mayonnaise and Swiss cheese.

#### FETTUCINE WITH FRESH TOMATO AND BASIL SAUCE

1 pound fettuccine  
 4 tomatoes  
 1 bunch fresh basil  
 1 teaspoon minced garlic  
 2 tablespoons olive oil  
 Salt to taste  
 Pepper to taste  
 Parmesan cheese, if desired  
**Yields 4 to 6 servings.**  
**Preparation time: 15 minutes.**

Cook fettuccine according to package directions; drain and keep warm.

Meanwhile, peel, seed and coarsely chop tomatoes. Remove stems from basil and coarsely chop leaves.

Combine tomato, basil leaves, garlic, olive oil, salt and pepper in large bowl.

Stir to mix well.  
 To serve, spoon tomato mixture over hot fettuccine.

Pass Parmesan cheese at table, if desired.

#### GREEK STUFFED TOMATOES

2 tablespoons olive oil  
 1 onion, diced  
 2 cups cooked chopped spinach  
 2 teaspoons dried basil  
 1/2 cup bread crumbs  
 1 egg  
 1/2 pound feta cheese, crumbled  
 Salt to taste  
 Pepper to taste  
 6 tomatoes, with insides scooped out

**Yields 4 to 6 servings.**  
**Preparation time: 35 minutes.**  
**Preheat oven to 350 F; lightly oil baking dish.**

In small saucepan, heat oil and saute onion 5 minutes or until translucent; remove from heat. Combine all remaining ingredients except tomatoes, add to onion.

Stuff filling into tomatoes, place in baking dish. Bake 15 minutes. Serve warm.



Desiree Vivea

Everyone knows that microwave ovens do a great job with poultry. Your moist-cooking microwave keeps tender meat juicy, never dry.

And if other birds microwave quickly, tiny Cornish hens cook even quicker.

In the 1880s, Cornish game cocks were crossed with White Plymouth Rock chickens — resulting in Rock Cornish game hens. (Cookbooks may also refer to them as Cornish game hens or Rock Cornish hens.) Most weigh from 12 ounces to 2 pounds.

Many people find that half of a Cornish hen is plenty — especially when served with stuffing. For family members (particularly children) who are lighter eaters, half a bird may be just right.

You will find hens fresh on occasion, but they're most often sold frozen. The latter, of course, are easy to defrost in your microwave.

To defrost, unwrap hens, rinse under cold running water, and place on a microwave-safe roasting rack. Cover with wax paper. Microwave at MEDIUM-LOW (30 percent power) setting nine to 12 minutes per pound, turning birds over and rearranging halfway through defrost time. Let birds stand for 10 minutes. Remove giblets and rinse cavity thoroughly with cold water.

Like all poultry, Rock Cornish hens are extremely perishable. Store thawed birds in the coldest part of your refrigerator for no longer than three days.

Stuff hens with any kind of stuffing you'd use for larger birds. Because cooking time is fast, especially in the microwave, it's necessary to precook stuffing ingredients (onions, celery, etc.) before stuffing the bird, to ensure doneness.

Microwave energy is attracted to fat, and large, more fatty birds will brown when microwaved for longer periods of time. But Cornish hens are low in fat and microwave quickly, so they're not likely to brown during cooking. To improve appearance of hens, use a browning agent like soy or teriyaki sauce, brown bouquet sauce or paprika.

After microwaving, let birds stand from five to 10 minutes, to complete cooking. Test for doneness; juices should run clear when meat is pierced with a fork, and meat near the bone should no longer look pink.

If using a microwave-safe meat thermometer, temperature should register 180 F.

## FARM-STYLE CORNISH HENS

- 6 slices bacon, chopped
- 1 medium onion, chopped
- 1/2 cup chopped celery
- 3 tablespoons butter OR margarine
- 1 small clove garlic, minced
- 2 cups soft bread cubes (about 4 slices)
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- 3 (1 1/4-pound) Rock Cornish game hens

1/4 cup plus 1 tablespoon butter OR margarine, divided use  
1 teaspoon soy sauce  
1/4 teaspoon paprika  
Yields 3 to 6 servings.  
Preparation time: 20 to 25 minutes.

Cooking time: 38 1/2 to 48 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

Place chopped bacon in 2-quart microwave-safe baking dish. Cover with paper towel and microwave 3 minutes. Stir. Cover and microwave 2 1/2 to 5 minutes longer, or until bacon is crisp. Pour off fat, reserving 2 tablespoons. Drain bacon on paper towels.

Return reserved bacon fat to baking dish; add onion and celery. Cover and microwave 4 to 5 minutes, or until vegetables are tender. Add 1/4 cup butter and garlic; microwave about 1 minute longer, to melt butter. Add bread cubes, poultry seasoning and pepper. Toss to blend ingredients; set aside.

Wash hens and pat dry with paper towels. Stuff each hen with about 1/4 cup stuffing mixture. Secure cavities with wooden toothpicks or skewers. Arrange hens, breast side down, on microwave-safe roasting rack.

Place remaining 1 tablespoon butter in 1-cup glass measure. Microwave about 1 minute, to melt. Stir in soy sauce and paprika. Brush half of butter mixture over game hens. Cover loosely with wax paper and microwave 15 minutes.

Turn hens over. Brush with remaining butter mixture, cover with wax paper, and microwave 12 to 18 minutes longer, or until juices run clear and meat near bone is no longer pink. Let stand 5 minutes before serving. Serve whole or halved, with stuffing.

## CORNISH HENS TERIYAKI

2 (1 1/4-pound) Rock Cornish game hens

- 1/2 cup bottled teriyaki sauce
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 clove garlic, minced
- Yields 2 to 4 servings.

Preparation time: 10 minutes plus 4 to 6 hours marinating time

Cooking time: 13 to 16 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

Wash hens and pat dry with paper towels. Split hens in half, cutting through breastbone and back with a sharp knife. Arrange, skin side down, in 9-inch glass pie plate.

In small bowl, mix all remaining ingredients, stirring well to blend. Spoon over meat, cover tightly with plastic wrap, and refrigerate 4 to 6 hours, or overnight, basting with sauce several times.

To cook, turn hens skin side up, cover dish loosely with wax paper, and microwave 8 minutes. Turn hens over, rearrange, and re-cover with wax paper. Microwave 5 to 8 minutes longer. Let stand, covered, 5 minutes before testing for doneness. Hens are done when juices run clear and meat near bone is no longer pink.

By Willard Abraham, Ph.D.

## Parental pressure

Dr. Abraham: My parents are good friends with another couple, and have been since before they all were married. There are three children in our family, and they have three in theirs. We all kind of fall into pairs of the same age. For example, I'm the oldest girl in my family and their oldest boy is my age, their middle boy and my sister are the same age and their youngest boy and my youngest sister also are.

It all seems very neat to my parents, and to theirs, and if we have heard it once, we have heard it a thousand times that they are nice, fine, thoughtful kids, and wouldn't it be good if we three married all three of them?

It has reached the point that even if we liked them (which we don't especially) we probably would never get involved. Our parents' pressure has really turned all of us off, totally, so that we've all started to look only at their negative traits. By this time they are piled pretty high. I imagine they are under the same kind of pressure that we are although we've never asked them.

Our ages are 18, 16 and 14, and as you now know, so are theirs.

What advice can you give us that might be helpful? We would certainly appreciate it. — We Three

We Three: This uncomfortable situation will obviously require some delicate handling to keep possible hard feelings to a minimum.

A meeting of your entire family to discuss this issue openly may help clear the air. It seems appropriate for you three to make several requests similar to whichever of the following make sense to you: You be permitted to choose your own friends; you acquaint your folks with them; you aren't ready to accept any among their three as more than limited kinds of platonic friends; you two families spend time together occasionally in non-pressured arrangements; your own female-male involvements will occur when you each feel a desire in that direction but you are all too young right now to think of more than just friendships with the opposite sex.

Being friendly to their family, but not getting involved in dates or any other twosome arrangements, may help keep the family friendship intact without romantic consequences that the three of you are against.

The three young persons in the other family may want strong relationships with you three no more than you do with them. A period of controlled friendliness for a few years may include other pairings for you and them which could make the the present situation a non-issue.

Dr. Abraham: My mother and father boss me all the time, and I

thought that the pretty girl I met in school would be different. But she isn't. If anything, she is even more bossy than they are.

It is all "do this," "do that," "meet me," "change your plans" and "I know, you don't."

She is really pretty, but I now know that isn't all that is or should be involved in a good relationship. Talk about being skin deep, that's what she is. The outside isn't what is inside; she looks so good but is terrible to me. Should I dump her? What do you think? — Bossed Enough

Bossed Enough: There is no doubt that you've had about enough, so you may have already made your decision to look elsewhere for a more compatible female friend.

A girlfriend is one who is at least somewhat on your wavelength, listens to your wishes and will compromise with you. Honestly, do you think she is capable of meeting your needs? If not, doesn't that mean that she may not really be your ideal companion?

It is more important to recognize the problem now and act on it than to drag out the decision you may have to reach after using up more time. Decisions about questionable relationships like this are sometimes better to end than to hope (hopelessly) that they will turn out right.

Dr. Abraham: Both of my good girlfriends have brothers and sisters in their families and they seem kind of upset sometimes because I'm not as lonely as they think I should be. It is as though they would feel better if I were miserable most of the time. Isn't that strange?

I really tell them the truth, and it is that I'm practically never lonely or lonesome. I always seem to have plenty to do with schoolwork and activities, friends and a few great hobbies. If I catch up on things, I can always find something else to do. After all, in a pinch television is hanging around.

They never seem to understand that I can be so satisfied. I'm sure they wish I'd need a brother or sister, and they might even be happy if I were sad.

What's with them anyway? — Lonely Girl

Lonely Girl: How fortunate you are to be like others who are satisfied with their environment, despite the attitude of friends.

There is a useful German word that describes their feelings toward you. Perhaps they are subject to *shadenfreude* which some dictionaries define as "malicious joy or pleasure" and "enjoyment of others' mishaps."

It isn't as uncommon as you might think, and it's better to be on the receiving rather than the giving side of it. It is especially more comfortable when one is as well adjusted as you seem to be.

# Cooking Corner



## Learning France's country cooking

By Cindy Black

The following is part of a recollection of a year's apprenticeship that I served in France at Auberge Le Cabanon in the Landes.

The area itself and, in particular, this restaurant are known for preserving the local cuisine du terroir, or cooking of the local countryside.

I came to apprentice there through the help of Madeleine Kamman, my mentor and cooking teacher, who knew the owners of this restaurant in the southwest of France.

Today, the weather in Magescq has been mostly dreary, an early spring day heavy with fog and chill.

The old townswomen, dressed in black, are curled over in the wet fields searching for the current season's optimism: fat, white asparagus, tinted purple.

They dig in the mounds of black dirt, talking, laughing, admiring each other's harvest as I ride by. I ride a one-speed Peugeot, seemingly always uphill in an area that I thought looked flat. But watching the women is my diversion.

And watching the scene around us, for there are lots of small, neat gardens to see, with fruit trees barely beginning to bud, giving the mostly bare and pale-green landscape a white and faintly pink dappling. Maybe the colors seem fresher because it is cloudy.

I coast around a bend and down a straight hill, through wild iris and narcissus blooming next to the tiny stream. Up the hill again I ride, toward work for the day.

Work is a small restaurant off to the side of the main auto route into town. The place has a gravel drive that I can't easily negotiate on bicycle, so I hop off.

I hurry in, past the restaurant's kitchen garden, where chervil grows abundantly, past the grange, where Madame Tastet (who supplies eggs and linen-lined baskets of fresh foie gras on occasion) launders tablecloths and napkins for the restaurant, past the chicken coop containing two large and self-satisfied hens and past Celine and Fleurette (named for a certain thickness of *creme fraiche*), two sheep who early on had my heart.

Passing by the *vaisaille* (dish-

washing area) and into the small, bleached-white country kitchen, I know I will spend this day boning 1,000 small but well-aged birds known as *grives*. All of this work goes into making the *pate de grives*, for which the restaurant is famous.

If I thought I was lonely in this area, I didn't really realize it until now. There I was, among country Frenchwomen who spoke the patois of the region but little English.

As it turned out, they took me under their wings, as much as possible under the circumstances (for I was an American, *quand même*), and showed me how to work deboning the so-small birds, placing the flesh in clean stainless-steel bowls and the carcasses in a heavy, tall stock pot to simmer in a *jus* that would flavor the *pate*.

We worked without respite to meet our Monday morning deadline, when we would grind the *pate* and mix the forcemeat in a great bowl with country eggs, few herbs and brandies of the region.

Only a few days later did I settle into the routine, the making of *casoulet* (a special pride), the omelets with foie gras and truffles, the *poeling* of small *alouettes* with lavender, *pancetta* and Armagnac, the roast quail, the pan-roasted squab and the sauteed *tournefos*. The chef, Elizabeth, also entrusted me with special sauces and usually a staff dinner or two.

My beginnings were not auspicious, however. I stumbled over many mistakes during that first apprenticeship in France (my deliciously runny cassoulet creation declared *la cuisine a la foute* — "cooking for the local peasants" — by the sommelier Paul-Paul, for instance), but the experience provided a breadth of exposure (and hurdles!) that I shall never forget.

The ingredients themselves — the fresh goose and duck foie gras and *confits*, white and purple asparagus, garden herbs and greens, local berries, fruit, wines and cheese — were unparalleled. And the cozy environment of this small *auberge* and its local workers made for a good deal of learning.

Some of the most interesting meals we cooked were those for our own staff lunches and dinners. Certain meals followed a predict-

able pattern, according to the day of the week.

For instance, we always enjoyed *steak-frites* at Saturday lunch (homemade french fries, fried twice, of course, in a great caudron of goose *confit* fat) before *la foute* (the rush) arrived, and Sunday evenings always meant *oeufs sur le plat*, or fried eggs, after *la foute* left.

We always had some sort of first course, always a salad made of the tiniest fresh mache and butter lettuce, always a marvelous array of cheese and always a basket of fruit, filled with white peaches, seasonal, ripe pears, figs and walnuts for dessert. All washed down with three to four bottles of local red wine plunked on the table as we sat to begin our meal. In some ways, the French really have their priorities straight.

Occasionally, I enjoyed making a special dish or two for the staff. The following recipes make up part of an early summer dinner.

### LAMB AND VEGETABLE MIXED GRILL WITH SORREL SAUCE

- 4 lamb shoulder chops (loin lamb chops may be substituted)
- 4 garlic sausages (optional)
- 4 roma tomatoes or ripest tomatoes available
- 1 large onion, quartered
- 2 red peppers, halved
- 2 green peppers, halved
- 2 zucchinis, halved lengthwise
- 1 large bulb fennel, quartered
- ¼ cup olive oil, for basting lamb and vegetables
- Salt and black pepper to taste
- 2 cups Sorrel Sauce (recipe follows)

Yields 4 servings.  
Light outdoor grill and allow flame to subside to medium-high heat.

Place lamb, sausage (if desired) and vegetables in shallow pan and baste with olive oil. Season well with salt and pepper.

Grill lamb, sausage and vegetables to desired doneness, turning and basting frequently.

Note: Lamb chops will take approximately 3 to 4 minutes on each side for medium rare.

Serve hot with Sorrel Sauce.

### SORREL SAUCE

- 3 tablespoons fresh chopped tarragon
- ¼ cup fresh sorrel leaves, stems removed, blanched in hot water just until leaves turn bright green, chopped fine
- 1½ teaspoons shallots, finely chopped
- 2 tablespoons Dijon mustard
- 2 egg yolks (optional)
- Lemon juice and fine grated zest from 1 lemon
- 2 cups virgin olive oil
- Salt and black pepper to taste
- Yields 2 cups.

Place tarragon, blanched sorrel, shallots, mustard, egg yolks, lemon juice and zest in food processor.

Process until fine liquid puree forms.

Slowly add olive oil. Season with salt and pepper.

### POTATO GRATIN WITH ROSEMARY AND LAVENDER

- 1 tablespoon butter (more, if needed)

- 2 cloves garlic, chopped
- 1½ pints heavy cream
- 2 teaspoons salt
- ¼ teaspoon white pepper
- 1 tablespoon rosemary, freshly chopped
- 1 teaspoon lavender, chopped
- ½ teaspoon nutmeg
- 8-10 new potatoes, sliced thin and placed in cold water to cover

1 leek, sliced thin crosswise into rings

Yields 4 to 6 servings.

Preheat oven to 350 F.

Butter baking or porcelain gratin dish; spread with chopped garlic.

Preheat oven to 350 F.

Combine cream with salt, pepper, rosemary, lavender and nutmeg.

Drain potatoes twice and pat dry. Layer potatoes and leeks together in baking dish. Cover with seasoned cream.

Bake 1¼ to 1½ hours. Insert knife to test that potatoes are soft through middle.

Place under broiler for 3 to 5 minutes to finish crispy tops.

Serve hot with Lamb and Vegetables Mixed Grill.

### WHITE PEACH AND ALMOND TART

- 8 fresh white peaches, peeled, pitted and cut in half
- ½ cup Framboise or Grand Marnier
- 14 ounces almond paste
- ½ cup granulated sugar
- 2 pounds softened sweet butter, cut into 16 pieces
- 6 eggs
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 cup sifted cake flour
- ½ cup toasted, sliced almonds for top (optional)
- 2 tablespoons confectioners' sugar, to dust top
- 6 ounces heated peach preserves (apricot may be substituted)

Whipping cream (optional)  
Yields 12 to 14 servings.

Oil 12-inch porcelain quiche dish. Preheat oven to 325 F.

Peel and soak peach halves in Framboise. Strain peaches and reserve peach-Framboise juice.

Combine almond paste and sugar in food processor. Process until sandy texture results.

Transfer almond paste/sugar mixture to deep stainless-steel bowl.

Beat in soft butter pieces. Beat until relatively smooth. Begin adding eggs one at a time; continue whipping. Add salt and vanilla, continue to beat. Fold in flour by hand or mix in at low speed. Add peach-Framboise juice to batter.

Spread batter into oiled quiche dish. Top batter with peach halves and toasted almonds, if desired.

Bake tart for approximately 40 minutes, or until knife or skewer comes out clean when inserted into center.

Allow to cool.

Serve tart warm or at room temperature, dusted with confectioners' sugar, peach preserves and whipped cream.

By C.Z. Guest

## Best tools for tilling the soil

While there is a wide array of landscaping tools now available that will do most any yard job, from rough groundbreaking and trenching to fine finished landscaping and gardening, the trick is determining which tools are best for you and for each job.

The new, state-of-the-art tools have unique shapes and tool-head configurations to make them function in most any yard or garden situation. Many of these tools come with dual-striking head combinations for even greater versatility.

They also come in both long- and short-handle models to add to their range of jobs.

Here's a rundown on the different striking points and tool heads to look for on these landscaping jobs they will perform best.

- **Trencher mattock** — for breaking ground, accurate trenching, burying cable and piping.

- **Planter scoop** — a wide spade-like blade for groundbreaking, clearing, trenching and digging plant holes for trees

- **Tiller** — has three fork tines for cultivating, weed removal, aerating soil and compost turning.

- **Pick end** — a sharp point for penetrating compacted soil, prying rocks, breaking up concrete and blacktop, thin trenching and furrowing for seeding.

- **Ax end** — for chopping roots, stubborn weed clumps and firewood.

- **Chisel pick** — long, sharp-edge blade for deep digging, prying and penetrating tough soil.

Turkeys make a perfect dewormer for the tomato "hornworms." They have sharp eyesight, can spot these pests and eat them without harming the plants.

However, don't make a mistake and turn them loose on a patch of new-sprouting seedlings!

**Q. How can I keep grasshoppers from destroying my garden every year? I've tried everything.**

**A. Growers use a number of techniques to reduce grasshopper problems such as:**

- Till the top 3 inches of soil soon after your fall harvest to reduce the number of eggs in the soil.

- Consider raising trap crops of brassicas or mustard greens; many grasshopper species prefer them to other vegetables.

- Protect seedlings with row covers.

### PROTECTING PLANTS

Put some cornmeal around cabbage family plants and no insecticide will be needed. Sparrows come in for a free meal of cornmeal and add pest worms to their diet.

## GARDEN TIPS

### Top tools

- Look for tool heads made of ductile iron to resist corrosion.
- Use the right tool for each job.
- Use a tiller for weed removal, aerating soil and turning compost.
- Use a planter scoop to break ground and dig holes for trees and shrubs.



## Our Children

By Willard Abraham



## Booklet to help parents help children learn

Dear Parents: Being involved in the education profession for many years, I have had more than an earful of parental complaints about schools and teachers. The generalizations offered are how "bad" they are, and the words are sometimes stronger.

However, when I've asked questions about their children's own teachers and classroom experiences, the responses are usually complimentary. Interesting, isn't it?

I recently received a booklet that approaches this subject in a positive way. It is called "101 Things You Can Do to Help Education."

Those ideas came from educators and parents as well as business, civic and government leaders from every part of our country. They are offered under headings like "Nurture the Learning Instinct," "Become a Partner in Your Child's Education," "How to Talk to Your Kids," "Reading: The Cornerstone of Education," "Do the Write Thing," "Mathematics — It All Adds Up!" and several others.

Here are just a few of the 101 suggestions:

- Read to your children every day. By doing this from a very early age, you are instilling a love of language and preparing them to learn to read for themselves.

- Attend as many school activities as you possibly can.

- Set aside a daily time to talk, and be sure to listen.

- Make weekly visits to your community library a parent-child routine.

- Write together (letters, ordering items and lists of all kinds).

- Use games to improve vocabulary. Competent book and toy stores as well as libraries can provide crossword puzzles, word games, anagrams and cryptograms designed especially for children of various ages.

And that's only the beginning of the practical, easy-to-handle suggestions in the rest of the 101 useful ideas that are provided in this small booklet.

It is part of an extensive 20-year effort of the "Labels for Education Program" of the Campbell Soup Co. to help improve educational offerings nationally. It is a volunteer-based education initiative that has provided more than \$50 million in educational equipment in 50,000 schools, day-care centers and public libraries. Their emphasis also is on spotlighting exceptional teachers.

A copy of the booklet can be obtained at no cost by writing to Campbell Soup Co., Corporate Communications, Box 60G, Campbell Place, Camden, NJ 08103.

Mention the booklet's title ("101 Things You Can Do to Help Education.") and enclose a stamped, self-addressed, business-size envelope.

Here is the bottom line of their total effort (from Vice President Gary Moss): "We want to encourage every citizen in every community to get involved and do something to make education better and make our children's futures brighter."

## EXCURSIONS

AUGUST 25, 1993  
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## Fitness Forum

By Charles Britton

Every cub reporter learns the importance of a strong lead, the first few sentences of a story that are supposed to grab the reader.

But maybe strong leads are the problem with stories about food and health.

For instance, this story might begin: "Health officials who worry about food poisoning have egg on their faces, University of California scientists said."

Well, as in so many stories about health, that's sort of true and sort of not.

What some researchers at the University of California, Davis, said recently was that despite findings that salmonella bacteria can get into uncracked eggs, the danger of infection from this source seems to be slight and that the primary hazard, still and always, is from poor handling of food.

Does this mean that you should give up Caesar salad made with a raw egg yolk or mousses lightened with uncooked, beaten egg whites? Should you swear off eggs over easy or any dish in which yolks have not been cooked to the point of solidity to be sure any bacteria have been killed? Well, maybe. Or, to rephrase that statement, maybe not.

There is some risk of salmonella infection when you eat eggs (as well as many other foods). How you weigh that risk is up to you.

The argument of George West, lecturer in epidemiology and preventive medicine at the Davis campus School of Veterinary Medicine, is that the discovery that the salmonella enteritidis bacterium can infect eggs that are intact doesn't change the situation much one way or the other.

A check with the Los Angeles County Health Department produced no demurrer to this basic position.

The incidence of salmonella in unbroken eggs is "extremely small," according to a recent press release from the university.

"We have had egg-associated infections in the Western U.S. in very small numbers of people," West said.

So small, he added, as to be statistically insignificant. And, in any event, the cases were associated with bad food handling practices.

The bottom line for him: "There's no higher risk than there ever was." But that risk already was substantial due to improper food handling with eggs as well as many other foods.

"What's really important," he said, "is to consider the presence of salmonella almost anywhere around us. You're probably standing right now on salmonella enteritidis."

A major carrier of the bacteria is the rodent population, he said, and the soil is full of this and other bacteria.

Eggs have remarkable defenses against infestation from salmonella or other microorganisms. But

even pasteurized eggs, widely used in the food-service industry, are liable to contamination (via dirty fingers, perhaps) once their package is unsealed.

The relatively small numbers of bacteria that might be present in an intact egg probably would not survive the acids of the stomach. West said. The critical factor, he went on, was whether we let a few bacteria "amplify" into numbers large enough to cause sickness in humans.

The result is salmonellosis, a condition so common that no one really knows how widespread it is. Only a tiny fraction of cases are ever reported; the rest are simply passed off as instances of "stomach flu."

"It's most important to understand that salmonellosis is a serious human disease that makes far more people sick than we have numbers to account for. But this has been true for several thousand years, and it will probably go on," West argued.

This is due to the ubiquity of the bacterium in the environment and the malpractice of food handlers that offer it opportunities to multiply.

So the issue boils down to this: Are raw eggs that have not been mishandled a serious source of salmonellosis? The words in italics are important, because everyone agrees that egg yolks, once broken, become almost perfect mediums for the cultivation for all sorts of infections.

What's awful, West said, is that cooks can inoculate food containing raw eggs with salmonella or other infection agents through poor sanitary habits. Then that food will be left out at room temperatures, at which the bacteria population can explode.

"In just a few hours, you can have a massive dose," he said.

By the way, the same is true of cooked egg products. A dish of scrambled eggs, left out all morning on a kitchen counter, may no longer be safe to eat, even though the dish was cooked thoroughly to begin with.

Salmonella begins to multiply at temperatures above 40 F, slowly at first. At around 98 F, it goes great guns, and that warmth can readily be attained in, say, a sandwich that rides around in the trunk of a car all morning, en route to a picnic.

Protein foods are particularly prone, but other items are not immune. Melons were the vector of infection in a widely reported incident of a couple of years ago; the sweet, juicy fruit provided two elements that the bacteria loved: moisture and carbohydrates.

West said that hardly a bushel of grain goes to market without some salmonella present, but these foods are almost always kept dry, thus discouraging bacterial amplification, then they are thoroughly cooked at sterilizing temperatures.

## THE HEALTHY GOURMET



## Many munchies make a meal

By Kit Saedaker

When it's hot in Los Angeles, many cooks entertain with a table of snacks. The same appetizers that work to start a meal all year around make a meal in the summer.

Thus it was that I found myself confronted by a table of delicious finger food at a party on one of the hottest days of the year recently.

Nothing could have looked cooler. Moreover, there was no necessity to eat in courses. It was nibble and talk, nibble and talk. No one wanted it to end.

That may be one hazard. Everyone has such a good time, no one wants to go home.

Take the risk. Make the recipes below some hot night and invite a few friends over. They'll thank you for it.

### TRADITIONAL BUFFALO CHICKEN

8 ounces chicken breasts, trimmed, cut lengthwise into 1/2-inch strips  
Non-stick cooking spray  
Pinch of salt  
Freshly ground pepper  
2 tablespoons butter  
2 tablespoons hot sauce or to taste  
Celery sticks  
Blue Cheese Dip:  
1/2 cup low-fat plain yogurt  
1/4 cup buttermilk  
2 ounces blue cheese, finely crumbled  
Pinch of salt  
Freshly ground black pepper  
Yields roughly 4 servings.  
Each serving has 170 calories, 11 grams fat, 50 milligrams cholesterol and 500 milligrams sodium.

Remove white tendon running through each chicken breast. Spray large skillet with non-stick spray and heat until hot enough to sizzle when strip of

chicken is put in. Add all chicken and sear on both sides until chicken is cooked through, about 3 minutes.

Remove to side dish and sprinkle with salt and pepper to taste.

Remove skillet from heat and add butter. Stir until it melts and then stir in hot sauce. Add cooked chicken and stir-fry over medium-high heat just until chicken is coated with sauce.

Transfer to platter and surround with celery sticks.

To make blue cheese dip, stir yogurt, buttermilk, blue cheese, salt and a grinding of pepper together.

Spoon into small bowl and serve with chicken and celery sticks.

### POTATO SKINS

2 large russet potatoes  
1 tablespoon olive oil  
1 garlic clove, minced or put through a press  
2 teaspoons grated Parmesan cheese  
1/4 teaspoon dried oregano  
Yields about 4 servings.

Each serving has 95 calories, 4 grams fat, 1 milligram cholesterol and 26 milligrams sodium.

Preheat oven to 400 F. Wash potatoes and pierce in several places. Place on oven rack and bake until soft, about 45 minutes.

When cool enough to handle, cut potatoes in quarters lengthwise.

Scoop out centers, but leave 1/4- to 1/2-inch lining of potato in each skin. Save rest for soup or patties.

Preheat broiler. Combine oil and garlic in small bowl. Brush potato skins inside and out with oil mixture.

Place on baking sheet and broil until crisp, about 2 minutes. Turn skin side down and sprinkle inside with Parmesan and oregano. Broil until golden brown, about 3 minutes.

Cool before serving.

## HEALTH WATCH

### Men have 20 percent of plastic surgeries

Plastic surgery for men is growing rapidly. In 1993, about 20 percent of all plastic surgeries will be performed on men, an increase from about 15 percent in 1992.

Typical costs for plastic surgery procedures on men:

Reshaping ears	\$1,900	Hair replacement	\$2,700
Face lift	\$4,000	Eyelid surgery	\$2,450
Liposuction	\$1,500	Nose reshaping	\$2,600
		Breast reduction	\$2,000

SOURCE: Dr. James Hoehn, American Society of Plastic and Reconstructive Surgeons

## Here's How



By Gene Gary

**Q.** I had planned to plant some ivy that would grow up the side of the house. But my neighbor has warned against this, saying it will damage the exterior. I have seen other lovely ivy-covered homes. Is it really damaging or is there a way to have ivy and avoid problems?

**A.** Your neighbor is giving you good advice. Ivy can be very damaging.

On brick, the vine tendrils tend to work their way into the mortar and cause crumbling and deterioration. On homes with exterior siding such as aluminum, vinyl or wood, the weight of vines can become so heavy that the siding is loosened.

Moisture collecting beneath

vines can create mildew problems and cause wood to rot. When you plant ivy it often takes over rapidly and exterior maintenance is made more difficult.

However, there are ways to maintain and control the growth so damage is prevented. Install a trellis wherever you plant ivy, so it will grow up the trellis away from the side of the house. You can monitor growth and control the vine through proper pruning.

Check regularly to assure that the tendrils are not wandering and attaching directly onto the house exterior. Maintain enough space free of growth behind the trellis so that air can circulate.

This will eliminate potential damage by moisture to the house

exterior.

**Q.** My problem is woodpeckers. They are damaging our cedar shingles. We've sprayed with several insect sprays without success. Is there a solution for getting rid of these birds?

**A.** This is a difficult problem without an easy solution. Here are several actions recommended by the National Audubon Society.

Shield the side of the house they are attacking with a large sheet of heavy plastic. Plastic prevents them from getting a foothold on the exterior. Keep in place two to three weeks. In time they will get discouraged and migrate to another location.

Keep a garden hose handy and when you see them on or near the house squirt them with water as further discouragement. Attach a string of lightweight plastic strips, which will flutter in the wind, to the side of the house. The movement will be a deterrent.

Rubber snakes or owl decoys also tend to discourage birds. Place in the vicinity and move them from time to time, as birds will get

used to non-moving decoys and will soon inhabit the area even if they are present. Strips of aluminum foil also work well.

Check with your local nursery on commercial repellents. One such product is Tangle Foot, which can be applied to locations where birds tend to perch. Unfortunately this substance is sticky and tends to attract dust and dirt and becomes discolored.

## HERE'S HOW

## Decor Score



By Rose Bennett Gilbert

**Q.** The living room in our new house is quite large (28 feet by 18 feet) with a fireplace at one end. We don't have enough furniture from the old house to make it look right, just one sofa, a secretary-desk and two club chairs, plus a few tables (cocktail and end tables).

Please help me work out an arrangement so the room doesn't feel so empty. Could you also suggest what kind of furniture we should buy (when we get some more money)? — A.H.

**A.** The same basic guidelines apply, whatever the size of the living room you are arranging:

- Find a focal point and settle your large seating pieces around it. In a very large room like yours, you will need two focal points: Let the fireplace be one, the secretary-desk might be the visual anchor of the other, or you can create a secondary seating area that focuses in on itself.

- Seating pieces should be close enough to each other for easy conversation, that is, no more than 8 feet apart, more or less facing each other.

- Be sure to station a tabletop within arm's reach of each chair (no more than 18 inches away), so people have a place to rest glasses and books and such.

- Provide good lighting. No matter where you sit, there should be a circle of light bright enough to read by.

- Balance your room visually, that is, don't put all the large and/or attention-getting pieces in one place. Remember that pattern and strong color "weigh" more than plains and quiet colors. Plan some vertical pieces to offset the essentially horizontal nature of most furniture (a tall clock, your secretary, a vertical painting or mirror).

Now look at the photo we show here for a masterful example of good room arrangement. This is the New York living room of designer Mark Hampton (as shown in the book "Manhattan Style," published by Little, Brown and Co.).

In this large, gracious room, Hampton has arranged one seating area around the fireplace (unseen in the foreground) and balanced it with another seating area against the far wall.

As a subtle "divider," he has introduced a skirted round table and set a tall secretary-desk against the other wall. The secretary, ceil-

ing-high curtains and tall mirror provide the vertical thrust every room needs.

Never mind that Hampton has a collection of fine antiques. While you are saving for your own treasures, you can could achieve a similar effect with inexpensive occasional chairs and a plywood round-topped table with a cloth made from a king-size sheet.

**Q.** The room we're planning to use for the nursery has a deep window alcove. I'm thinking of putting the baby's crib in there, but my mother-in-law is having a fit. She says it will be too hot/drafty, and the baby will develop a complex tucked into a "cranny."

I've already bought insulated shades, so that takes care of climate control, but what do you

think about the space? The crib is an exact fit — C.F.

**A.** Paint the inside of the niche a bright color or line it with a cheery wall-covering pattern to match your insulated shades so the "cranny" frames the crib and sets it apart from the rest of the room. I think your mother-in-law will soon admit that the baby loves being tucked into such a special place.

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



**DIVIDE AND CONQUER** — Designer Mark Hampton created two intimate seating areas in his own New York sitting room.



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**OUR ADORABLE 6 MONTH OLD** son needs your TLC. You live in Garden City, Mineola or New Hyde Park, and are available Thursdays and Fridays from 7:30 to 8, will work from my home or yours, you are asking \$5 an hour and have at least two references, you don't smoke and your available 8/26. If this is you, please call 485-3440 leave message. W-S-2

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**IMMEDIATE CHILD CARE WANTED:** Mature woman wanted to care for 3 children in my home. Light housekeeping, non-smoker. Must have own car. Experienced/References. Call after 6 p.m. 873-6040. W-S-3

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**SECURITY GUARD P/T.** Pleasant surroundings. Ideal for senior citizen. Evening & Weekends, all others need not apply. Day 585-8932, evenings and weekends, 549-9094. wTFN

#### Help Wanted

**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 294-4857. gcAg2

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**REAL ESTATE SALES** - Very active Garden City office seeks experienced sales associate. Call Ed Keusey 747-1300 gcAg4

**MARY POPPINS NEEDED!** Experienced child care provider to care for our 9 mos. old baby daughter in our Garden City home. Flexible, full time hours. Mon.-Fri. Competitive salary. English speaking only. Valid driver's license & recent references. Call between 8 AM - 10 PM. 877-2137 gcS1

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#### Situation Wanted

**NURSE'S AIDE AVAILABLE** to take care of the sick or elderly from 11 p.m.-7 a.m. shift. Lots of experience, good references. Call any time. 871-9624. gcAg3

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**CERTIFIED IRISH LADY** seeks job as a nurse's aide/companion. Caring, honest and reliable. Good references available. Live out. Please call (516) 328-9726 gcS1

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**NURSE'S AIDE OR HOME** health aide seeks position nights. Own transportation & references. 585-9142. gcAg3

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#### Situation Wanted

**NURSING ASSISTANT** to take care of elderly in home. With references. (718) 723-1504. wAg3

**NURSE'S AIDE SEEKS** job taken care of elderly. Have driver's license. I'm Certified, reliable and honest, with great references. Call anytime. 718-657-5768. W-S-2

**GRADUATE STUDENT FROM** Business College, would like to be trained as a telephone operator, telemarketing, doing light typing or train to be asst. manager. Please call Barbara Williams 378-4695. gcS2

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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. 747-6350. wa2

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**EXPERIENCED NURSING ATTENDANT** or companion seeking full time or part time position, live in or out with own transportation. Call Juliet Rawlins between the hours of 7:30 p.m. - 10 p.m. (516) 292-0106. gcS2

**RELIABLE WOMAN SEEKS** position as companion for elderly. Also available for babysitting/light housekeeping. Experienced, excellent references. Please call 489-8032. gcAg3

**NURSE'S AIDE WITH 2 years** nursing home experience seeking position to take care of the sick or elderly. Reference available. 481-4278. gcAg3

**POLISH WOMAN LOOKING** for housecleaning position. Call any time (516)486-4228 gcS1

**SLEEP IN AIDE** Available Mon. a.m.-Fri. a.m. to care for elderly sick. Responsible and caring. Have references. Please call Florence. 669-7925. gcAg4

**PROFESSIONAL WOMAN & DAUGHTER** available to house sit month of September while between house moves. Prefer Eastern section. Please call 742-0441. gcAg3

**WE DO WINDOWS**. Interior/Exterior painting, yard work, gutters and then some. No job too big or too small. Call the College Boys for free estimate. 746-0154 or 739-3733. gcAg3

**NICE IRISH LADY** seeking position as housekeeper/companion for elderly. Excellent references. Williston Park, Mineola, Garden City area. 5 days a week. Live out. 294-8917. (Not available until after Labor Day). WA-4

**Situation Wanted**

**ATTENTION VACATIONERS** - WOULD You like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113 gcAu3

**MATURE & RELIABLE WOMAN** seeks position as Nurse's Aide or companion. Live out. Monday thru Friday. References. Call 516-488-2095. WA-4

**CERTIFIED HOME CARE** Nurse with long term references seeks position to take care of sick or elderly. Will live in or out. 718-628-0854. WA-4

**EXPERIENCED EUROPEAN WOMAN** looking for position as a housekeeper or caregiver for elderly. Please call Fiorela at (516) 485-7017. gcAg4

**DEPENDABLE PERSON** SEEKING job to take care of elderly. Contact Barbara at 546-5459. gcAg4

**HOUSECLEANING WITH GOOD** experience and references for big/small house. I do a good job. Own transportation. Good price. Please call after 6:30 p.m. Ask for Cida. 877-0630. gcAg4

**HARD WORKING YOUNG** man with truck willing to do clean-up and dump runs. 354-1720. gcAg3

**MY HOUSEKEEPER WILL** clean your house any morning and/or babysit your children. Experienced, reliable. Excellent references. Call 294-6535. gcAg4

**HOUSEKEEPER/HOUSECLEANER, EXPERIENCED**, references, live in or live out. Available Tues., through Sat. Call 564-8745. gcS1

**CHILD CARE-EXPERIENCED** woman available with references, to care for infants or school age children, full time, days or evenings. Very reliable. Claire (516)825-7458 gcS1

**MATURE WOMAN WITH EXPERIENCE & references** seeks companion/housekeeper position. Please call 718-655-7315. W-S-2

**HOUSEKEEPER AND BABYSITTER** available. Monday, Tuesday and Thursday only with excellent experience and references. Please call anytime or leave message (516)747-5950 gcS1

**BABY CARE / HOUSEKEEPING** live in looking for position with good references. Call leave message on machine (718)204-5049 hS1

**NURSE/COMPANION:** long favorable association with local churches. Outstanding work references, Garden City, Rockville Centre. Willing to work flexible hours, days, evenings, late night or any combination. Entrust your loved one to a warm, gentle, compassionate professional. You will not be disappointed. Call 437-3586 W-S1

**Real Estate for Sale**

**SOUTHOLD WATERFRONT** 40' x 20' 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. gcS2

**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 897-0503. gcAg3

**GARDEN CITY CENTRAL**, 4 BR Ranch, 2 1/2 Baths, Modern EIK, Lg. Property, Priv. Yard backs golf course, many extras. Mint condition - must see! Motivated seller. \$500's 294-7434 GCS2

**GARDEN CITY GRAND** Ranch on numbered street in the prestigious Central section. 1/2 acre with room for pool. Beautifully remodeled 5 BRS, 4 1/2 Baths, Lg. LR, DR w/White bleached hardwood floors. EIK, Den, CAC, Fin. Bsmt., Great for Lg. Fam. Mother/Daughter. Handicap accessible. Move in condition. Taxes being reduced. \$495,000. Call owner. 742-2208. gcAg3

**STEWART MANOR HI** Ranch, 6 BRS, EIK, 2 full Baths, Fin. Bsmt., LR, DR, panelled Den/Fpl., Florida Room, 1 car garage. \$260,000 Owner 775-9472. gcAg3

**GARDEN CITY SOUTH** Mint Colonial, 3/4 BRS, FPL, Mod. Kitchen & Bath. Study, Den, Office. Walk to RR. Low taxes. \$265,000. 292-2112. gcAg4

**GARDEN CITY COLONIAL** 3 BRs, 2 1/2 bths, LR/Fpl, DR, large EIK, plastered walls, den, fin. bsmt., garage, screened porch. Walk RR & courthouse. Asking \$325,000. 747-8719. gcAg3

**GARDEN CITY EXCLUSIVE** Central, all new CH Colonial, granite kitchen, 20' family room w/wet bar, 4 oversized BRS, Master BR/FPL, skylights, 3 car Reduced low \$700's Center Hall Brick Colonial. Family room plus teal den, 2 car. Great location. Won't last. \$375,000 Jaenichen Realty 248-4540 gcAg3

**SOUTHOLD - NEAT AS A PIN**, 3BR, 1 1/2 B Ranch. LR, DR, hardwood floors, enclosed porch, deck, beach rights \$179,000

Cutchogue - traditional 4BR home, country kitchen, LR/fpl, formal DR, IGP, walk to town and beach \$249,000 Cutchogue - Nassau Point. Waterfront, 3BR, one-story, LR, stone fpl, enclosed porch. The best views. Ideal for boating \$299,000

Southold - Sugar sand beach comes with vintage beach home. Dramatic views. Bring Bob Villa and \$379,000 Marilyn Lang Realty, 734-6472, 734-6690. gcA3

**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. gcAg3

**GARDEN CITY COLONIAL** Mint 4 BRs, 2 1/2 baths, LR, FDR, den/Fpl, EIK, laundry room plus 4 room suits, professional/Mother/Daughter. 1/2 bath, CAC, sprinklers, 2 car garage. Asking \$469,000. (516)538-1812. gcAg3

**CUTCHOGUE/NASSAU POINT** secluded heavily wooded property. Perfectly maintained 3BR, 2B Ranch with all the right features. Asking \$214,000 Cutchogue/Nassau Point - Bayfront expanded Cape. Spectacular sunsets from this 6BR, 3B home. Sandy beach, top location. Asking \$585,000 Mattituck - Handsome 3BR, 2B Ranch. Nicely situated in lovely area. LR/Fpl, enclosed porch, 3 car attached garage and new furnace. Offered at a realistic price \$169,500 Mattituck - Beautiful Bay views from this updated Contemp. Great room/Fpl, 3BRs, 2Bs, decks, private beach. Designed for easy living. Asking \$370,000

Peconic Contented Charm abounds in this 1920's cottage with enclosed wrap porch, 4BRs, 2Bs, 2Fpls and Low Taxes, deeded rights to beautiful bay beach. Asking \$235,000 Southold - Unique Home built in the French Normandy style. Elegant appointments throughout, park-like setting with boxwood garden. Desirable in-town location. To settle estate \$289,500 Marion King Realty, 734-5657. gcAg3

**GARDEN CITY MOTT** section, large Colonial, 3 BRs, finished basement, CAC, 1/2 acre, ultra mint. Turn key. All amenities. Owner \$369,000. 741-5433 gcS1

**GARDEN CITY STATELY** Colonial Estates section, large LR/Fpl, FDR, 4BRs, 1 1/2 Baths, EIK, slate roof, second floor porch, finished basement, professionally landscaped. Near Stratford & Park. Reduced. \$399,000. Owner 741-5116. gcS1

**NASSAU POINT RANCH** Mint condition, 3/4 BRs, 2 Bs, LRw/Fpl, new country kitchen, CAC, 40' solar heated pool, screened-in porch, two car garage. One acre, walk to sandy Bay Beach. Principals only. \$395,000. (718) 746-6964. hS2

**LAUREL BAYFRONT OLDER** 2 story, 5BRs, 3 1/2 Bs, LR/Fpl, den, enclosed porch. View! View! View! \$375,000 Southold Waterview, 3BRs, 2Bs, LR/Fpl, maintenance free, unobstructed bay views \$280,000

Southold Custom Ranch home in prime location. LR/Fpl, family room/Fpl, DR, 3BRs, 2 1/2 B, IGP, professionally landscaped. CAC \$259,000 Lewis Realty, 298-4600, 785-5810, 734-5533. gcAg3

**Real Estate for Sale**

**GARDEN CITY, OXFORD BLVD.** Colonial 5 BRS, 4 1/2 Baths, LR/Fpl, FDR, Den, Hugh Mod. EIK, Full Bsmt., Attch. garage, 1/2 acre. asking \$795,000. Flexible owner. Fin. to fit your needs. 248-2450. gcS1

**GARDEN CITY MOTT** Colonial, 3BRs, 1 1/2 B, den, family room, 2 car garage, finished basement. Mint condition. Owner 248-6488. gcS2

**GARDEN CITY NEW LISTING** - Mint Contemp, 4 BRS, 2 1/2 baths, modern EIK, family room, rec room, CAC, 2 car, over 1/2 acre \$400's Estates Colonial Charm & great location. 4 BRS, 2 1/2 baths, jacuzzi, EIK, family room, skylights, sunporch, oversized property Low \$400's Western Expanded Ranch Spacious 4 BRS, 2 baths, EIK, motivated owner, 2 car \$300's CH Solid Brick Colonial, 3 BRS, 1 1/2 baths, EIK, family room, Florida room \$300's New Listing Desirable Blvd. location. Gracious CH Colonial, 4 BRS, 3 1/2 baths, EIK, family room, 1/2 acre, 2 car \$700's Vera Atamian 354-1994 gcAg3

**GARDEN CITY SOUTH** - Best location. Large brick Cape. LR, FDR, modern kitchen, plus Florida room, plus library, 3 BRS, 2 baths. Reduced \$199,000. Jaenichen Realty 248-4540 gcAg3

**GARDEN CITY PRIME AREA** - Sprawling Country Ranch, 3 full BRS, 4 baths, large modern country kitchen, formal DR, formal LR/FPL, huge country den/FPL, huge library. Many extras. 1/2 acre. Perfect for professional or Mother/Daughter. \$530,000. Principals only. 747-7328 gcS1

**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. gcS1

**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 Bs, Jacuzzi whirlpool tub, LR, DR, stereo intercom, closet organizers. Amenities galore. 12 hour man security gate. 584-7820. Low taxes, 6 years young. gcS2

**CUTCHOGUE HISTORIC** WINE area, 1/2 acre, 5 BRS, year round home, 2 baths, FPL, 2 enclosed porches. Walk beach, mooring rights. \$265,000. Owner (516) 887-7488 or 437-0318 gcS1

**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. gcS2

**Real Estate for Sale**

**NEW CANAAN, CT.** - Spacious Colonial townhouse Condo. Low taxes & carrying charges. Walk to village & train, easy commute to NYC. Large LR/fpl dining area, den, EIK, 3 BRs, 3 1/2 baths, family room, including Jacuzzi with whirlpool. Large patio, beautifully landscaped. Principals only. 516-747-2140. W-A-4

**GARDEN CITY CENTRAL** - Expanded ranch on 1 acre overlooking golf course, 5 BR, 4 Bths, FDR, EIK, Florida Rm., security system, flagstone patio, 2 car garage, circular driveway. \$495,000. Principals only. Call 741-7427. hAg4

**MAIN STREET, REMSENBURG.** 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. gO1

**ALBERTSON, HERICKS SCHOOL.** Large Cape, 5 BR, 2 1/2 baths, FDR, full finished basement with bar, garage. Near all. \$239,000. Day 625-0420 - evenings 363-8999 W-S1

**GARDEN CITY ESTATES** Section. Updated 4 BR, 3 Bths, Colonial EIK, CAC, low taxes. Principals only. Reduced to \$399,000. 747-2794. gO1

**GARDEN CITY** - Maintenance free ranch, 3 BR, 2 BTH, CAC, under ground sprinkler system, 2 room office attached with private entrance, move in cond. on 75x125 property. \$329,000. Phone 747-8176. hA4

**LAUREL/MATTITUCK** - Are you the right family for this wonderful vacation/year round home on Peconic Bay? 4 BRS, endless views. Call 298-8914 for details. gAg4

**GARDEN CITY CAPE** Ranch, 4 BRS, 2 Bths, Country Kit, LR, DR, Den/Fpl. Walk to school & RR. Principals only. \$380,000. 747-0939. gAg4

**WEST GILGO BEACH** Year round ocean front. 30 minutes from Garden City, 1 hr. from N.Y.C. 4 BRS, 2 Bths, DR, huge LR/Fpl., Principals only. \$355,000. 781-4879. gAg4

**HOUSE FOR SALE** by owner. 3 BRS, LR/Fpl., FDR, EIK, 1 1/2 Bth. Garden City, great location. Low \$300's. Low Taxes. call 354-1324. hAg4

**Co-Op For Sale**

**MINEOLA HORTON HOUSE** Co-Op. Front apartment, 1BR, New Kitchen, New Bath, loads of closet space, Air Conditioning. Parking available on and off premises. Principals only. \$73,000. 741-5210. gS3

**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

**Co-Op For Sale**

**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. gAg4

**MINEOLA, GARDEN PLAZA.** Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 gS1

**GARDEN CITY 2 BR Cherry Valley Co-Op** \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5226. gS2

**MINEOLA JR. 2 BR CO-OP.** LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$760 redecorating bonus. \$81,000. Owner (516) 742-0229. gAg4

**GARDEN CITY CHERRY VALLEY** - 1 BR, updated bath, new kit., hardwood floors, AC, extra closet space. Walk to RR. Facing courtyard. \$70,000. Owner 294-2638. gAg4

**GARDEN CITY, SECOND** floor, 1 BR Co-Op in mint cond. Spacious & sunny. All closing costs paid by seller. \$59,900. 294-7496. gS4

**GARDEN CITY 2BR** - 2nd floor end unit facing 16th St. A/C, wash/dry, attic, garage. \$109,000. 294-0269. gS1

**GARDEN CITY CO-OP, 2 BR.** Second Floor, newly renovated. Walk to LIRR, \$69,900. Reduced for quick sale. By owner, 248-5347. gS2

**CO-OPS & CONDOS**

2 Birchwood Court  
Top of the Line 1 BR, 1 bath \$89,000

Cherry Valley  
LR, Ultra Mod. EIK, 2 BRs, 1 bath \$112,000

2 BRs, 1 bath, 1st floor, wash/dry. \$118,000

Hamilton Gardens  
1 BR, 1 bath, lg EIK, LR, foyer \$85,000  
LR, DR, EIK, 1 BR, 1 bath \$105,000

Second Street Hamilton House  
Ultra Mod 1 BR, 1 bath \$90,000

Est. Sale 2 BRs, 2 bath, front \$140,000

Mineola's Harrison House  
2 BRs, 1 bath, CAC, Indry, 1 gar \$129,000

Mineola's Horton House  
1 BR, 1 new bath, Walk all \$73,000

Mulford Place  
LR/Fpl, DR, Den, 1 BR, 1 bath, corner \$85,000  
Lg Foyer, 2 BRs, 2 baths, EIK, LR, DR \$75,000

Stewart Franklin  
2 BRs, Sunny LR/Fpl, DR, EIK, Want Offers  
LR/Fpl, DR, EIK, 3 BRs, 2 baths Rent or \$225,000  
MINT 3 BRs, 2 baths, LR/Fpl, DR, EIK \$250,000  
Super 3 BR, 2 bath Penthouse. Rent \$2,100

Stewart House  
Pied-a-Terre Studio \$75,000  
All new 2 BR, 1 bath, kit, LR, DR \$199,000  
Dougall Fraser Real Estate, 248-6655. gAg3

**Co-Op For Sale**

**GARDEN CITY CHERRY** Valley 1 BR, first floor, quiet location. New Kitchen, new bath, fully carpeted \$78,000. Maintenance 74% tax deductible. Must see. Call 294-2255 (day) or 248-5068 (evening) gS1

**GARDEN CITY / HEMPSTEAD CATHEDRAL** Gardens. 100% financing. Large immaculate, sunny 1 BR, new: wall to wall, windows. Sacrifice \$35,000 or rent with option to buy. Must see. Owner (516)248-7711 gS1

**GARDEN CITY CO-OP** Open House. Sat. & Sun., 2-5 p.m. August 21 & 22, 223 Seventh Street (ID 2 BR, second floor, 1 block LIRR/all shopping. Owner \$118,000. 873-9489. gAg3

**GARDEN CITY CHERRY** Valley Co-op, 1 BR, first floor, CAC, EIK, dining area, large LR, updated bath. Asking \$82,000. 742-7642 or 294-8638. gS1

**MINEOLA - HORTON HOUSE CO-OP**, spacious 3rd fl., front corner, 2 BR, 1 bath, full DR, EIK. Newly renovated & newly decorated. Walk in closets, oak floors. Parking available. Walk all. Principals only. \$112,000. 294-5964 W-S-2

**GARDEN CITY CHERRY VALLEY** 2 BR, 1 bath, LR, EIK, second floor. Reduced \$20K for quick sale. \$79,900. Jaenichen Realty 248-4540. gAg3

**Real Estate For Rent**

**GARDEN CITY CHERRY VALLEY**, 1 BR, LR, Full Bth., Kitchen, First Floor, no pets. \$900. 334-3174. gAg3

**NEW HYDE PARK** - Lovely spacious 2 BRs. 2nd floor house. Private entrance. New LR/EIK combo, walk RR, shopping. \$850. includes utilities, parking. No children, pets, professional(s) w/references. Immediate occupancy. 516-326-7864 WS2

**GARDEN CITY / FURNISHED ROOM**, Private Entrance & bath. Walk to store/transportation. Female professional/student preferred. Call after 6 Mon. - Fri. \$400. month 746-4522 gS2

**GARDEN CITY SOUTH** 5 room apt. Mint, first floor, 2 large BRs, LR, DR, Kitchen, near everything. \$1,050 includes heat & hot water. Owner 538-7476. gS2

**CHERRY VALLEY APT.** for rent 1 BR, first floor, CAC, completely refurbished. Parking available. August 1 occupancy. Please call (516) 742-5577 between 9 a.m. and 5 p.m., Monday - Friday and 877-0133 weekends. gS2

**GARDEN CITY SOUTH**, 3 1/2 room apartment, second floor. Mature working person preferred. Available Sept. 1. \$700 includes utilities. 486-4005. gS2

**Real Estate For Rent**

**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) 538-0757. gS2

**CHARMING 3 BR ENGLISH TUDOR**, Garden City. 1 1/2 Bths, new EIK, LR, DR. All new heating, gas burner, new stucco. 60x100. \$1,800 monthly. Also for Sale. Principals only. 739-0102. gAg3

**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. wS3

**GARDEN CITY / HEMPSTEAD, OWNER** - Sunny 1BR apartment, new appliances, neutral decor, wall to wall, laundry facilities, security system. Near RR & buses. No fee. \$850 with parking. Leave message (516)565-9667 gAg3

**WEST HEMPSTEAD NICELY** furnished room, suitable for professional mature male. Refrigerator, share bath, Indry, facilities plus use of pool, semi-private entrance. \$400 a month, security, 1 block RR & Buses. I m med. occupancy. 538-3013. gS3

**GARDEN CITY/HEMPSTEAD** 2 BR Apt., Lg. Patio, w/w carpeting, renovated kitchen & Bath, DR, spacious LR, near LIRR \$950. Immed. occupancy. 565-3968 day or evening. gAg4

**BELLEROSE 1 BR Apt.** completely renovated. New Bth., EIK, new Appliances, Oak Hardwood Floors. Near RR & Stores. Move in condition. \$600 per month 292-0484, 292-0944. gS1

**CHERRY VALLEY APT.** for rent 1 BR, first floor, CAC, completely refurbished. Parking available. Immediate occupancy. Please call 742-5577 between 9 a.m. & 5 p.m., Mon-Fri and 877-0133 weekends. gS1

**WEST HAMPTON RANCH**, 4 BRS, 2 1/2 Bths, 1/2 acre, Lg. EIK, Lg. LR, Fenced Yard, secluded. CAC, Deck, Close to Schools & Town. Low taxes. asking \$160,000. 654-8058. gAg3

**MINEOLA, FURNISHED ROOM.** One person. No smoking. 747-1110 W-S1

**MINEOLA, NEARLY NEW** 1 BR apt., own washer/dryer, private entrance. Near transportation & shopping \$700 includes utilities & cable. Non-smokers please. 747-8756. Call after 7 PM gS1

**FLORAL PARK 2 BR** furnished, second floor, solarium, private entrance. Vacant October 1. Perfect for newlyweds. \$850 not including utilities. Owner (516)352-6433 gS1

**Real Estate For Rent**

**FRANKLIN SQUARE, 2 BR** apartment, second floor, LR, EIK, own bath. \$800. mo. 1 month security, references. Owner 352-1734 gAg3

**WEST HEMPSTEAD, SPACIOUS** like new 1 BR, LR, EIK, Bamt. Apt. Female, non-smoker preferred. \$650 includes all. 481-9490. gAg4

**GARDEN CITY LOVELY** quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References. 746-0018. gAg3

**BELLEROSE MANOR** Apt. for rent 1 block to Union Turnpike. Large 3 room basement apt. Modern, bright, wall to wall carpeting. Single professional person. Separate entrance. \$575. includes gas & electric. References. 718-217-4233 W-S1

**OFFICE SPACE FOR rent.** Ideal location, Garden City vicinity. Beautiful office suites, 150 sq. feet - 3,500 sq. feet. Owner (516) 538-7476 gS1

**FURNISHED ROOM IN GARDEN CITY** home for female student. Must be non-smoker. \$400/mo. 741-7929. gAg4

**GARDEN CITY SOUTH.** Bamt. Apt., kitchen, dinette, 1 BR, Priv. entrance. Mature male only. \$575 includes all. One month security required. 485-0630. gAg3

**GARDEN CITY FURNISHED** room for rent, priv. entrance, non-smoker, share bath, appliances available. Near RR, 475. 742-7706. gAg4

**GARDEN CITY SOUTH** Main Floor, 2 BR, LR, EIK, full Bath, wall to wall carpet, yard, parking. Immaculate, No Pets... \$ 675 plus Elec. Call 742-0490. hAg3

**Vacation Rental**

**NAPLES, FLORIDA COUNTRY CLUB** setting, beautiful view, free golf, 2 BRS, 2 Bths., Winter rental, 3, 4, 6 months. Former Garden City resident. 378-3802. gS1

**JAMESPORT (NORTH FORK Wine Country)** available Aug. 29-Sept. 7. Lg. comfortable 4 BR, 2 Bth., home on private landscaped 1/2 acre. Steps from deeded Peconic Bay beach. For further information call Lorna 742-5149 or 722-3510. gAg4

**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. gS2

**SANIBEL ISLAND - SMALL COMPLEX** on W. Gulf Dr. 2 Br. 2 bath Condo. Sleeps 6. Fully equipped kitchen. Beach access to Gulf, tennis courts & swimming pool on premises. 725-4679 W-S1

**Vacation Rental**

**MYRTLE BEACH, 2BRs, 2** Bths Condo near Restaurant Row, 1-1/2 blocks off beach, CAC, CTV, VCR, Washer/dryer, dishwasher, indoor/outdoor pools, 2 balconies. Sleeps 6. Reasonable rates. Call 294-8132. gcs2

**EAST MARION BAYFRONT,** Private sandy beach. Fantastic views. 5BRs, 3Bs, Deck, etc. Must see to appreciate. Available September, October. 437-3333. gcs2

**Vacation Rental Wntd**

**WE ARE LOOKING** for a Gulf front home that will sleep a family of 10 on the West Coast of Florida. December 22-29. Call 437-3161. hs2

**Real Estate Wanted**

**FAMILY WITH 2** young children, seeks Garden City home with 3/4 BRS in the Estates section west of Nassau Blvd. & north of Stewart Ave. or Western section. Ready to sign contract. High \$300's. No brokers please. (718) 748-5798. gcs1

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

**For Sale**

**SMALL BLACK NEEDLEPOINT** foot stool \$50, antique white wicker stand \$75, Victorian needlepoint chair \$50, Longaberger basket doll bed \$50, antique child's folding table & 2 chairs \$25, Waliham ladies pocket watch \$75, Cinderella watch \$40, antique silk umbrella w/800 silver handle. \$50. 352-0855. gcs1

**GREY CONTEMPORARY BEDROOM** set platform bed, mirroredmoire, art deco 1920's bar (lighted). Must sell. Please leave message. 742-4301. hAg3

**1920's FURNITURE** Dressers, Floor Lamps, Captains trunk Singer Sewing Machine & Cabinet, Mission book case & mirror. Call 481-7255. hAg3

**EXCELLENT COMMUNITY SILVERPLATE** 9 eight piece settings plus 20 extra pieces, \$100 firm. Silver Tray, 20" teapot, sugar, creamer, all heavy plated \$40. Field glasses, 7x35, case \$25. Garrard record player. 3 speed \$10. Ladies new \$25-\$50 handbags, dress shoes size 9, 9 1/2-10. Ladies fall, winter coats, attractive, clean, med. tall, very reasonable. Call 747-4774. gAg3

**MOVING. INSTRUMENTS FOR SALE.** Martin Indiana Tenor Sax, 2 Conn Alto Saxs (6M model), Gretsch N.Y. Guitar (F hole), Cabart Oboe, Jean Baptiste French Wooden Clarinet. Call 742-2952. gAg3

**For Sale**

**CEDAR CHEST, LARGE** mirror, two rockers, sewing machine, generator, radiator enclosures, Caruso records. Call 488-6261. hAg3

**IBM COMPATIBLE COMPUTER.** Perfect for college student. Great condition. 11 1/2" mono-chrome screen, floppy disk drive, 20 megabyte hard drive with Word Perfect 5.1 & Mystat multi-font printer. Asking \$550. Call Jennifer 326-1503. gAg3

**MOVING: MUST SELL** Air Rider Exercise Bike, Ethan Allen bedroom furniture, Castro Convertible love seats, Beatrix Potter figurine, Royal Doulton, Bunny Kins and Wedgewood Peter Rabbit Mugs, Typewriter, bed frame w/box spring, Crewel pictures, Misses clothes, jewelry, Tupperware, etc. (516) 741-6618. W-A-4

**ETHAN ALLEN DARK ANTIQUE PINE WOOD,** 2 dressers, desk with hutch & corner desk. \$700. 456-7726. W-S1

**BEDROOM SET, QUEEN** Headboard, 2 night stands, long double dresser, 2 mirrors. Kenmore microwave, kitchen table & 4 chairs. Entertainment Center. 326-9775. gAg3

**BABY GRAND PIANO** Walnut finish. Excellent condition. \$4,000 neg. Must sell. 622-6836. gAg3

**BENNINGTON PINE FURNITURE** sofa, 2 rocking chairs & ottomans. \$850. 742-7706. gAg4

**MOVING 86 INCH BAKER** Chippendale sofa, mint condition. Ask \$1,500. 2 Kindel Pembroke tables, also mint, ask. \$1,750 each. 741-5477. gAg4

**MOVING SALE - PRICED TO SELL:** Master Br. furniture, king size bed, triple dresser with mirror, chest, 2 night stands. Medium color wood, 1970's - \$795. Child's Maple Br. Set, two twin beds, dresser with attached mirror, 2 night stands, desk with chair, \$395; Couch & matching love seat - Rust - (Velour) \$100; 2 Bennington Pine end tables, \$125. ea., Bennington Pine round coffee table - \$95, assorted lamps \$15. ea., Maple corner table \$50. Table floor lamp - \$45; pair of oak chairs, \$50; 3 very old trunks-\$30. ea., Call 621-5794

**HOSPITAL BED, WHEEL** chair, commode, used (718) 729-3616. gcs2

**GRANDPARENTS - Send** to 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: Litter Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

**For Sale**

**BABY GRAND PIANO,** black ebony. Schumann, 3 years old. Mint condition. Asking \$3,250 plus you move. Evenings (516) 741-6705. gcs2

**REFRIGERATOR 18CC** White, Westinghouse side by side. Must sell, remodeling. \$120. 681-6358. gcs2

**BEAUTIFUL FRENCH PROVINCIAL,** Champagne colored DR and LR set, excellent condition. Also white kitchen set in excellent condition, Mediterranean and French Provincial BR set. Call after 12 noon, 488-7045. hs2

**ANTIQUE MAN'S WATCH** (Longine) \$700. Couch (olive) \$225, matching chair \$150. French coffee table \$150, Buffet \$200, Tiffany style kitchen lamp \$60, entrance hall lamp \$40, round end table \$25, Ping-pong table \$50, Porcelain platter \$35, IBM Selectric \$250. 746-6074. gcs2

**1920's FURNITURE.** TWO dressers, two floor lamps, captain's trunk, Singer Sewing Machine & Cabinet, Mission bookcase and mirror. Call 481-7255. hAg4

**ANTIQUE PROFESSIONAL SHUFFLEBOARD.** A-1 condition w/equipment and formica top. Great for business and/or home entertaining. Firm \$1300. 747-8176. gAg4

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**CARRIER AIR CONDITIONER** 5000 BTU's \$100. G.E. window fan \$30. New Murry 10-speed bike & basket \$80. 747-4655. hA4

**DOG LARGE VARI KENNEL.** Brand new (paid \$120), \$50. Conrads made in Denmark twin bed with desk, shelves & drawers built under, mattress & ladder included \$65. Gensel's pecan oval coffee table with glass top. Excellent condition \$75. Call 746-0914 after 5 p.m. gAg4

**SLEEPER SOFA.** 1 yr. old, peach & cream stripe. Very good condition. Pd. \$700, asking \$450. 741-3936. wAg3

**Car For Sale**

**1981 CORVETTE, T-TOPS,** Mint condition, alarm, 19,000 original miles. \$13,000. neg. 741-2475. ws1

**1983 NISSAN RED** Sentra, hatchback, a/t, A/C, 4 new tires. Excellent running condition. Ignition security system. \$1,375 neg. 352-8355. gcs1

**'85 VOLKSWAGEN SIROCO,** 5 Spd., Red, sunroof, Wolfberg edition, A/C, PW, PB, PS, Benz, BBS Wheels, dual power mirrors, 79K. Well maintained. Must sell \$3,490. 741-4650. gAg4

**Car For Sale**

**1989 DODGE VAN,** low miles, original owner. Excellent condition. \$7,500. 775-8875. gAg4

**'87 PONTIAC BONNAVILLE** S.E., Perfect condition. Alloy Wheels. Four speed automatic. asking \$4000. (718) 851-6191. gAg3

**VOLVO 1984 TURBO** Wagon, all options, graphite with tan leather, new Turbo & dealer maintained. \$3,600. 741-6842. gcs1

**1985 CHRYSLER LEBARON,** black turbo. ACAT, PB. Good mechanical condition. Good station car. \$1,000. neg. 746-3231. W-S-1

**1988 RV Conquest** by Goldstream, 60,000 Miles Fully Equip. Self Contained \$14,000. Call 9 A.M. - 11 A.M. (516) 826-2190. hs1

**PLYMOUTH '89 VOYAGER,** 7 passenger, auto transmission, A/C, ps, pb, tinted windows, alarm, roof rack, running board, new tires, 66,000 miles. \$7,000. 739-1802. gcs2

**1973 CHEVROLET NOVA,** 2 door sedan, 6 cylinder, automatic, new tires & brakes. Asking \$900. 747-1666. gcs2

**1991 JAGUAR XJ6,** solent blue with grey leather. Auto, sun/moon roof, 14,000 miles. Mint condition. \$24,000. Call after 6 p.m. 248-2429. gcs2

**1983 NISSAN STANZA - Tan,** 4 dr., power windows, cruise control, A/T, AC, tape deck. Original owner. \$1,500. call after 4 PM, 742-3147. WS2

**BUICK 1987 SKYHAWK,** 4 door, Excellent condition. Low mileage, 37,000 miles. \$4,500 neg. One owner (516) 294-9613. gcs2

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**LYNX MERCURY '83,** 2 door \$500. 739-6102. gcs2

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**TENNIS ANYONE?** Looking for individual to share court, Fall season, for one night a week in Garden City. Call Tony at 742-5068. hAg3

**LOOKING FOR USED** Baby jogger in good condition. Call (212) 254-2133. gcS1

**USED CAR WANTED.** Young Family seeking to purchase reliable, gently used car/wagon/van. Please call us. 294-1994. gcAg3

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**ARLENE, BUYING FOR CASH.** Blue Willow, Limoge, old linens, toys, etc. 725-4579 W-S1

**Lost and Found**

**LOST: GUND STUFFED LION**, Garden City Pool, Friday, July 16. Brown, 11" high, big head, brown eyes, tall, brown triangular nose. 746-3267. Reward wa3

**LOST - DIAMOND ENGAGEMENT** ring & ladies watch in vicinity of Seventh St. parking lot (behind Mars Pharmacy) Reward. 742-4597. gcS2

**Lost and Found Pets**

**LOST CAT ANSWERS** to "Onyx." Large, Black & White, 2 collars, blue & white (flea). Mott section, Thurs, July 15. 746-1361. Child heart-broken. gcAg3

**LOST, BROWN & BLACK** striped cat with white feet. Answers to "Pumpkin," in the Adelphi area last Saturday. 873-3963. Reward. gcAg3

**LOST CAT. BLACK** with white chest and paws. Answers to "Socks." 1 year old. Wearing green flea collar. Declawed. Last seen Somerset and Kensington Rd. Aug. 14th. Reward. 741-5859. Children heart-broken. gcS2

**Fair**

**VENDORS WANTED FOR** Crafts Fair to be held at St. Joseph's School, Garden City on Sat., Oct. 23. For further information call 741-3427, 742-8556 or 741-5976. gcAu4

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

**VENDORS WANTED - FLEA MARKET.** St. Margaret's Church, 1000 Washington Ave. Plainview. Sat., Sept. 11. 10 a.m. - 4 p.m. (rain date Sat., Sept. 18). For information call 931-7326. ha3

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

**Garage/Tag Sale**

**EVERY SAT. & SUN.** Through Sept. 30. Something for everyone 9 a.m. - 4 p.m., 28 Winding Road, Hicksville off Jerusalem Ave. Follow signs, Large red letters. ha3

**SAT., AUGUST 21, 9-4** at 73 Wilson St., Garden City. Household, toys, bikes, clothes, etc. gcS1

**SAT. AUGUST 21, 9:30 - 2:30** p.m. at 171 Meadbrook Rd., Garden City (4 blocks west of Nassau Blvd.) Coffee table, twin bed, wicker, bicycles, toys, costume jewelry, Lenox, glasses, Auntie's treasures, maple dresser and lots more. gcAg3

**GARAGE SALE, SAT., August 28, 9-4**, 160 Kildare Rd., Garden City (off Stewart Ave.) Size 8 designer clothes, something for everyone. GCA4

**GARAGE SALE - SAT.** August 21, 9 to 3, Meadowsweet Road, Williston Park, between Willis Ave. and Mineola Blvd. Antiques, wicker furniture, children's/adults clothing, toys, newscrafts, craft supplies, lots more. W-A-3

**SAT. AUG. 21, 10-4** at 83 Pine Street, Garden City (off Clinton Rd.) Raindate Sat., Aug. 28. Cleaning up the empty nest. Typewriter, keyboard, household, clothing and '84 Camaro. gcAg3

**SATURDAY, AUGUST 21.** (Raindate August 28), 9 a.m. - 2 p.m. Antiques, tools, furniture, bric-a-brac, household items, books and more. 75 years worth of goodies. Something for everyone. 234 Stewart Avenue (cor. of Kilburn Rd.), Garden City. No previews, please. ha3

**GARDEN CITY, FRIDAY & SATURDAY, 8/20 & 8/21.** Lots of goodies for everyone. Tools, workshop equipment, desk, files, household items, sports equipm. plus more. 10 East Drive (N.E. corner of G.C.) gcAg3

**MOVING, MUST LIGHTEN** the load. Sat., August 28, 8-3 at 150 Kilburn Rd., Garden City. Furniture, clothing, crystal, china, pots & pans. All kinds of stuff. gcAg4

**TAG SALE GARDEN CITY.** Leaving our charming home. Selling Baldwin spinet piano (under warranty), roll top desk, dining room set, Contemporary/Country area rug, glass top tables, antique armoire, assorted furniture, corner cabinet, antique oak hall tree. Interesting bric-a-brac, gorgeous Tiffany style lamp, pictures, antique sewing machine, IBM computer, doll house, linens, golf clubs, tools, more, gas grill & much miscellaneous, antique phonograph, trains and Panasonic 4 color pen writer. Please join us at 11 Kilburn Rd. (South of Stewart Ave., 1 block east of Nassau Blvd. between Chester & Cambridge) Sat., August 21, 9 a.m. - 2 p.m. gcAg3



# Novenas

**PRAYER TO THE BLESSED VIRGIN** (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift of 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. J.M. gcAg3

**NOVENA TO ST. JUDE**  
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. J.M. gcAg3

**O HOLY ST. ANTHONY**, greatest of Saints, your love for God and Charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet Infant Jesus who loved to be folded in your arms and the gratitude of my heart will ever be yours.  
13 Paters, Aves and Glorias. A.M.C.

## DISCOVERY

### A colossal pain

Research is moving fast to find the cause of the mysterious afflictions known as migraines. Though several theories exist as to the cause, an official list of symptoms confirms the condition.

Pick any two and call it a migraine

In 1988 the International Headache Society established this list of migraine symptoms. Any two qualify one as a migraine sufferer.



■ Auras, vision trouble, hallucinations, seeing spots or lines.



■ Throbbing pain on one side of the head that lasts and lasts.



■ Nausea and sensitivity to light or motion.



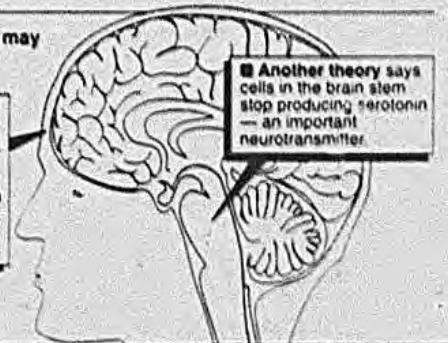
■ Head pain induced by foods, preservatives, straining, altitude or other conditions.



■ Tingling or localized loss of muscle control.

Where pain may originate...

■ One theory has it that blood vessels in the membranes (meninges) around the brain dilate.



■ Another theory says cells in the brain stem stop producing serotonin — an important neurotransmitter.

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# Kids Home Newspaper



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

By J.R. Rose -


DISCOVERY

## DRAW IT!

**DRAW A LIGHT FOR PUP TO TURN OFF!**

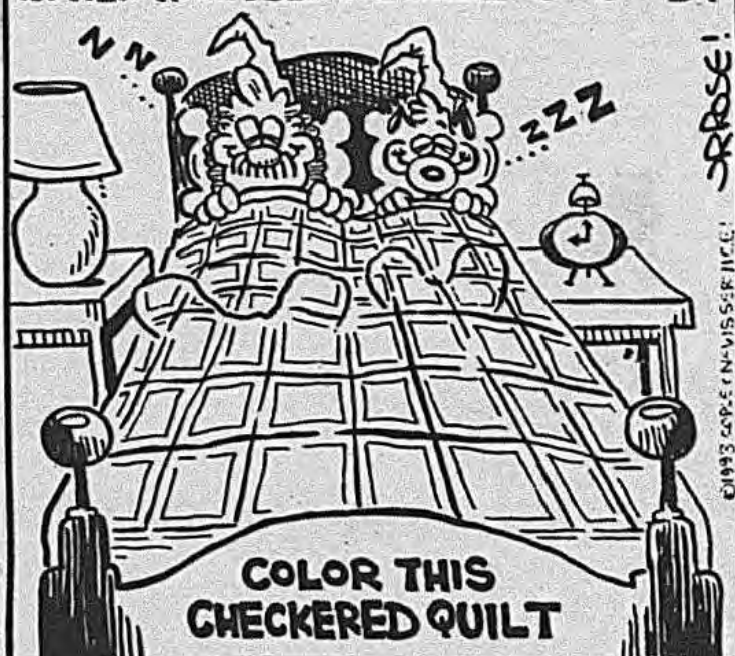


**LIST 5 WORDS THAT RHYME WITH BED!**



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

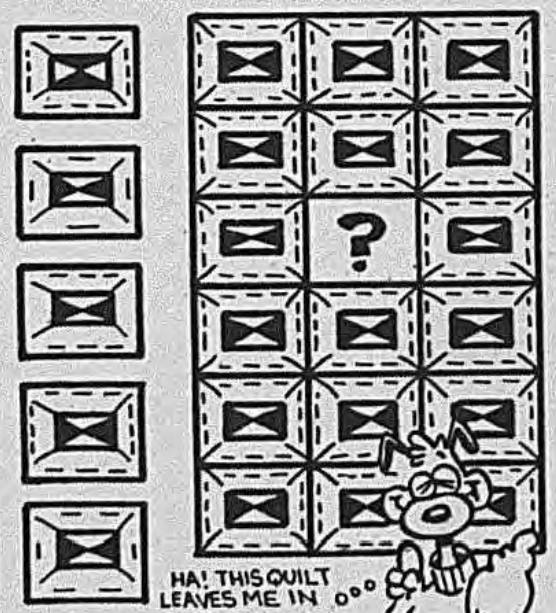
**WE'RE IN MY GRANDMA'S FEATHER BED ITS QUILT IS CHECKERED WHITE AND RED. THE BED IS LONG AND MADE OF WOOD IN HER WARM BED WE SLEEP SO GOOD!**




**COLOR THIS CHECKERED QUILT**

©1993 GORP & N-VIS SER INC. J.R. ROSE!


**WHICH SHAPE CORRECTLY COMPLETES THIS QUILT?**




HA! THIS QUILT LEAVES ME IN STITCHES!



**WRITE US!**  
IF YOU HAVE ANY FUN GAMES OR JOKES SEND THEM TO : **PUP**  
81 EAST BARCLAY STREET  
HICKSVILLE, NEW YORK 11801



**WHAT HAS A HEAD AND A FOOT BUT CAN'T THINK OR WALK?**



**A BED!**

**PUP THANKS EDNA HANNOVER OF EMMETSBURG, IA**

# ANTIQU OR JUNQUE



By Anne McCollam

## Drop-leaf Empire table

**Q.** Enclosed is a picture of my drop-leaf, pedestal table. The wood is mahogany and the table is in excellent condition.

Please advise me of its age and value.



**A.** Your drop-leaf table is Empire. It was made around the mid-19th century. The turtle base, lyre pedestal and mahogany wood are all characteristics of Empire furniture.

The value of this table could be in the \$500 to \$600 range.

**Q.** The enclosed mark is on the bottom of a pair of chamber sticks that I have. They are 5 inches high, have a green glaze, and are in excellent condition.

What can you tell me about who made them and what they might be worth?



**A.** This mark was used on Van Briggie Pottery in the mid-20th century. Artus Van Briggie was a decorator for Rookwood Pottery of Cincinnati, Ohio. He was a talented artist, and Rookwood arranged for him to study in Paris from 1893 to 1896. In 1899 he moved to Colorado Springs, Colo., where he established his own art pottery company in 1901. After Van Briggie died in 1904, his wife Anne continued the pottery.

Your chamber sticks would probably be worth \$115 to \$125.

**Q.** What can you tell me about my pitcher? It is 6 inches tall, about 6 1/2 inches wide, and has two gold bands at the top. It is marked on the bottom "Haynes - Balt. - Toulon."

**A.** David Haynes bought Chesapeake Pottery in Baltimore, Md., about 1880, and established D.F. Haynes & Co. Pottery. The company existed until 1914.

The mark you describe was used around 1900 on semi-porcelain and majolica. Balt. is an abbreviation of Baltimore and Toulon is the name of the pattern.

The value of your pitcher would be around \$65 to \$75.

**Q.** Could you possibly tell me how much a 1970 sterling-silver Gorham Christmas snowflake ornament is worth?

Also, how much is the entire set from 1970 to 1992 worth?

**A.** Your sterling-silver Christmas snowflake ornament was introduced in 1970 and could be valued at \$65 to \$75. Each additional one would be worth about \$25 to \$50.

**Q.** I have a teapot in the shape of an elephant that my mother and father received as a wedding present in 1923.

It measures 10 inches in length and 7 inches high. It is painted porcelain and trimmed in gold. On the bottom are the words "Made in Japan." I would be interested in any information you may have and if it has any value.

**A.** Elephant-shaped figures and their related items are popular with collectors. Because of the vast quantity of these collectibles, quality is very important. Your teapot was made in the early 1900s.

It could sell for about \$65 to \$75 in good condition.

## ANTIQU OR JUNQUE



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# Points on Pets

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

Q. A small kitten was recently left on our doorstep. Our children will not allow me to take it to the animal shelter. How should we feed this kitten? Are there commercially available formulas?

A. Raising orphaned or rejected kittens is usually quite demanding and time consuming.

There are commercially available canned formulas for kittens obtainable from your veterinarian or pet store. The directions on the container should be followed exactly.

There are many homemade recipes available for formulas for kittens. A simple one is 8 ounces of canned, evaporated milk mixed with one egg yolk.

Kittens can usually be fed with an eye dropper, small syringe (obtainable from your veterinarian), or a toy baby's bottle.

At three to four weeks of age, kittens should begin to eat solid food plus the milk they can lap from a saucer. Most kittens are fully weaned by seven to eight weeks.

Kittens normally weigh at least 3 ounces to 4 ounces at birth. Dur-

ing the first three days of life, a kitten should drink approximately 20 percent of its body weight. The next four days, the kitten should receive approximately 25 percent of its body weight.

During the next week, the kitten should get about 30 percent of its body weight. Between days 14 and 21, the kitten should ingest about 35 percent of its body weight.

The total amount of formula should be split into six to eight feedings for each 24-hour period. One tablespoon is equal to 15 milliliters, or one-half fluid ounce.

Therefore, during the first three days of life a 5-ounce kitten should eat 1 ounce (2 tablespoons or 30 milliliters) of formula daily. This would be approximately five milliliters, or one teaspoon per feeding.

It is important that the kitten be awake prior to feeding it. The kitten should be burped after feeding. Stroking the kitten's stomach will often stimulate urination. Your veterinarian can give you advice regarding vaccinations and other health care for your new kitten.

**WIN A BIG PRIZE!**  
**ADD ALL THE SINGLE NUMBERS ON THE QUINOCROSS AND COLOR THIS CONTEST ENTRY.**

**WRITE THE TOTAL HERE**

## Aunt Tilly's Corner

Early yesterday as I sat in my garden sipping my morning coffee, I happened to spy a squirrel skipping over the backyard fence enroute to his favorite tree. Perhaps I should say trying to skip, for he was carrying something in his mouth that was almost his size. As he skipped and tripped and stumbled over this huge round thing (most ungracious for a squirrel) I suddenly recognized the object he carried was a slice of bagel we had for breakfast the day before.

The squirrel made it to the other side and proceeded head first down the telephone pole. I didn't think he'd make it knowing how hard and heavy the bagel was, but much to my surprise another squirrel came up to help carry the ungainly load. Together they both disappeared to their destination.

Your friend,  
Aunt Tilly

### RULES

#### BOYS AND GIRLS

Here is your chance to win One Dollar (\$.100) - 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, August 27, 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

### VA services

By William M. Acosta

Q. I am a disabled veteran who is receiving Social Security benefits and Medicare.

Recently, I received treatment at a Veterans Administration hospital (VA) for a condition not related to my military service. The VA charged me a co-payment fee. Will Medicare reimburse me? — J.T.

A. No. Medicare does not reimburse veterans for VA co-payments for services they receive in VA hospitals and facilities unless those services are emergency inpatient or outpatient hospital services.

Q. I receive Supplemental Security Income (SSI) disability payments, but I would like to try to work again.

Is it true that I can deduct the cost of my wheelchair from my earnings and not have that amount counted in deciding my eligibility or payment amount? — B.C.

A. Yes, you can deduct certain impairment-related expenses from your earnings and not have that amount counted in deciding your eligibility or payment amount. However, any work-related expenses that you want to claim must be first approved by Social Security in order for you to deduct it.

Generally, you may deduct expenses for, among other items, wheelchairs, braces, artificial limbs, equipment with adaptations

for use by physically challenged individuals, Braille devices, telecommunications devices for the deaf, the cost of attendant care and the cost of certain transportation to and from work.

For additional information, contact your nearest Social Security office or call Social Security's toll-free number, (800) 772-1213, business days between 7 a.m. and 7 p.m.

Q. I plan to retire at the end of this year. How long will it take for me to begin receiving benefits after I submit my claim to Social Security? — R.R.

A. Retirement claims take between three to six weeks to process; Social Security suggests that individuals planning to retire apply two to three months before they stop working.

We also ask that you check with us up to a year before you stop working because, depending on your earnings and Social Security benefit, you may be due benefits while you're working. When you do decide to retire, you can apply by phone.

For additional information, contact your nearest Social Security office or call Social Security's toll-free number, (800) 772-1213, business days between 7 a.m. and 7 p.m.

## Most Beautiful Grandchildren



Chelsea Ann File was born on December 13, 1992 and will be six months old on June 13. Chelsea is the daughter of Scott and Susan File of Huntington. The proud grandparents are Nick and Carol Voelger of Syosset and Dorothy File of Smithtown.

Nick & Carol Voelger  
Syosset



Our most precious Grandson Mackenzie Bove, 21 months old, the son of Robert & Gabrielle Bove. The proud grandparent are Marie & Bob Bove of New Hyde Park and Jamie & Don Bogutak of Garden City.

Marie Bove  
New Hyde Park, NY