

In Two Sections • Forty Pages

The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times

## & Levittown Times

35¢

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Friday, August 27, 1993

### Joe Lamb K. of C. Elects Officers



Newly elected Grand Knight Henry (Hank) Schettini (right) and Deputy Grand Knight Patrick Anello (center), swap congratulations with outgoing Grand Knight P.G.K., P.F.N., F.D.D. Peter Volpe (left). The elected officers will serve during the Columbian year which started on July 1st and will end on June 30, 1994.

Photo by Frank Jopp

The Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview-Hicksville, at the business meeting held in June, elected its new slate of officers. The newly elected officers will serve during the Columbian year, which started on July 1 and will end on June 30, 1994.

The Grand Knight of Joe Lamb Council is Henry D. Schettini, who has been with the Council for many years, and has been very active, serving in several different offices in the Council. The Deputy Grand Knight is Patrick J. Anello, one of our newer members.

The remaining officers are as follows:  
Chancellor - Joseph P. Allison  
Warden - Alfred J. Eusini  
Recorder - Robert W. Andruzzi  
Fin. Sec. - Richard P. Layh  
Treasurer - Roe Catalano  
Advocate - Frank J. Deturris  
Lecturer - P.G.K. John N. Lombardi

The Inside Guard is Frank W. Jopp and the Outside Guards are Joseph P. Zito and Salvatore Bruno. The Chaplain of Lamb Council is Magr. James E. Boesel, who is the Pastor of Our Lady of Mercy church in Hicksville, and who has served

as Chaplain of the Council for many years.

The Trustees of the Council are as follows: Three Year Trustee - P.G.K., P.F.N., F.D.D. Peter B. Volpe; Two Year Trustee - P.G.K. Josef S. Ort; and the One Year Trustee is P.G.K. John N. Lombardi

Our monthly publication, *The Knight*, is one of the outstanding publications in the whole Knights of Columbus. The Editor is Michael A. Abbriano who is doing a wonderful job getting *The Knight* out each month.

The Joe Lamb Council has always been very active in the community and will continue to do so. We have been very fortunate to have many "new" young members, who are very active in our Council.

The Joe Lamb Council meets the 1st and 3rd Thursdays of every month in the school basement of Our Lady of Mercy in Hicksville at 8:30 p.m. Any Catholic gentleman interested in joining our Council is cordially invited to do so! Just contact our Membership Director, P.G.K., P.F.N., F.D.D. Peter Volpe at 935-3116.

### Council Honors Peer Counselors

The Hicksville Youth Council is pleased to recognize the following peer facilitators for successfully completing the Peer Empowerment Training Course: Kristy Fiorillo, Christina Forestiri, Thomas Freda, Catic Geannikis, Christine Nigro, and Seka Wilson. These peer counselors are already utilizing their helping skills in various situations in the "Teens In Touch Group" that started on Aug. 5. They made a strong commitment to learn how to function as peer counselors and extend themselves to helping others.

The training format consisted of introducing communication skills such as empathy, genuineness, how to listen, summarizing, and problem solving. Each student practiced leading a discussion group and then they evaluated themselves and indicated which skills they used.

The Hicksville Youth Council honors these peer counselors for their dedication, time and effort to organize this project. We invite interested teens to join the "Teens In Touch Rap Group" which is opened to kids in grades 7-12. The group meets in a relaxed cozy atmosphere, every Thursday from 8-4:30 p.m. at the Hicksville Youth Council which is located at 17 West Old Country Rd. Members come to share ideas and provide emotional support for each other while they munch on delicious snacks. For further information call 822-KIDS and ask for a peer counselor or Letitia Bollon, C.S.W.

### Comm. To Mull

#### Pending Projects

A meeting of the Town of Oyster Bay Environmental Quality Review Commission (TEQR) has been scheduled for 9:30 a.m. on Tuesday, September 7, in the Environmental Control Division Conference Room, 150 Miller Place, Syosset, according to Oyster Bay Town Clerk Carl L. Marcellino. The agenda for the meeting will include discussion of pending projects and other general business.

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

## Winthrop, Central General Merge

The Board of Directors of Central General Hospital has authorized the sale of Central General to Winthrop-University Hospital, and has submitted its recommendation to the shareholders for approval. Central General is a 283-bed community hospital located in Plainview; Winthrop is a 591-bed tertiary care teaching hospital headquartered in Mineola.

"Central General regards this agreement as an excellent opportunity to become part of a major regional healthcare resource," says Robert J. Bornstein, Central General's Administrator. According to Martin J. Delaney, Winthrop's President and Chief Executive Officer, "Winthrop is enthusiastic about the prospect of making its full complement of tertiary care services available to the residents in the communities currently served by Central General."

Winthrop's intention is to offer Central General's medical staff privileges at both institutions. In addition to having the opportunity to provide their patients with direct access to specialized clinical programs and services, a wider range of diagnostic and therapeutic

technology and medical subspecialists, physicians will be able to maintain the close patient relationships they have established in their community.

Meeting community needs is of great concern to everyone involved in this project, particularly Louis J. Yevoli, Supv. of the Town of Oyster Bay. "I know, first hand, how extraordinary Winthrop-University Hospital is and how well Central General has served our community for years. Blending the best of both institutions means enhanced healthcare for everyone, and because the merger will directly benefit the residents of the Town of Oyster Bay, I personally support the acquisition," says Mr. Yevoli.

The purpose of the consolidation is to effect greater efficiencies in the delivery of every level of healthcare on Long Island. Both hospitals are pleased to be able to integrate the excellent services offered by a community hospital of Central General's caliber and reputation into a comprehensive system of superior acute and tertiary healthcare that will provide more Long Islanders with the finest available medical care in a coordinated, efficient and cost-effective manner.

### Ninth Grade Orientation

An orientation for students entering ninth grade at Hicksville High School in September will be held on Wednesday, September 1. The program will be held from 9 a.m. until 1 p.m. Students will assemble in the auditorium to meet with administrators and staff and obtain important information for the coming year. Activities for the morning will also include a tour of the building and a complimentary lunch.

Students who plan to attend and have not received a letter of invitation or who have not as yet responded to their letter should call 733-6821 or 8022 between the hours of 9 a.m. and 2 p.m.

### Pub. School Registration

All children new to the Hicksville Public School District, children entering Kindergarten or transferring to the public schools should register now. Please call the Registration Office at 733-6853 to review the information and materials that are necessary to process the registration.

The Registration Office is located in the Administration Building, Division Avenue and 6th Street, and is open every day this summer, Monday through Friday, between the hours of 8:30 a.m. and 3 p.m.

## Back To School

Pages 7 Through 15

## Protesting Closing



With no word from the Commissioner of Education on their petition protesting the closing of East Street School to Hicksville children, East Street School P.T.A. leaders, parents and their youngsters stand in silent appeal for a decision from Albany.

Photo by Richard Evers  
East Street School Resident/grandparent

**LEGAL NOTICE  
NOTICE OF SALE  
SUPREME COURT:  
NASSAU COUNTY  
DIME SAVINGS BANK  
OF NEW YORK, FSB,  
Pltf. vs.  
KEVIN B. LENNAN  
et al, defts.**  
Index #11301/89.

Pursuant to judgment of foreclosure and sale dated July 1, 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. 27, 1993 at 11:15 a.m. prem. k/a 1 Dahill Rd., Old Bethpage, NY, s/k/a Lot No. 1 in Block No. 60 on Map No. 6329 entitled, "Map of Seton Hills, Section No. 1, Located at Old Bethpage, Nassau County, N.Y. Nov. 4, 1953 Reilly & Malm land surveyors, 180 Hempstead Turnpike, West Hempstead, NY filed in the Nassau County Clerk's Office on Jan. 4, 1955. Approx. amt. of judgment is \$303,093.55 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

**EUGENE BRANNIGAN,  
Referee  
CASSIN CASSIN &  
JOSEPH  
Attys. for Pltf.,  
300 E. 42 St., NY, T845.  
BETH3174  
4x8/27-9/3,10,17**

## Bethpage Adult Ed.

Fall Registration for Bethpage Adult Continuing Education will take place Monday, September 20, and Wednesday, September 22, at 7 - 9 p.m. at Bethpage High School.

For additional information call 733-3756/57.

## Mid Island Times & Levittown Times

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## D'Amato Greet Band Prior To Sept. Show

U.S. Senator Alfonse M. D'Amato has extended his best wishes to Hicksville High School's Marching Band just as the band prepares to take part in its fifth annual Marching Band Show on Sunday, Sept. 26, 1 p.m., at the High School Field House on Division Ave.

The Band has an extraordinary history. It has competed at Giants Stadium in the CMBC Championships. It has been a finalist in its division at the TOB Atlantic Coast Championships every year, and was the Long Island TOB Group IV Champion 1990-91. Recently it was chosen from among hundreds of bands to perform at Walt Disney World, where it marched down Main Street USA.

At this year's show, at least seven bands from the Tri-State area will compete in judged competition, and attendance is expected to exceed three thousand fans, parents and music enthusiasts.

Letter from Sen. D'Amato to H.S. Band Director James McRoy:

It gives me great pleasure to extend my warmest greetings to all the students of the Hicksville High School Band celebrating the Tournament of Bands Festival.

This exciting event brings together our young musicians for a day of pride and entertainment. Hicksville's students display their talents in a showcase of vibrant musicianship for parents, friends, and the entire Hicksville community. As a parent and not-so-bad piano player myself, I share in the exuberant joy that the Tournament of Bands Festival brings to all.

As a United States Senator, I am delighted to offer my best wishes to all the young men and women of the Hicksville High School Band for much success, today and in the years to come.

Sincerely  
Alfonse M. D'Amato  
United States Senator

## College Notes

Shane D. Lefebvre, a 1993 graduate of Bethpage High School, will be entering SUNY Oswego this fall as an incoming freshman. Classes begin August 30.

Amy DiConza of Hicksville is a member of the incoming freshman class for fall semester at SUNY Oswego. Classes will begin August 30. Amy is a 1993 graduate of Hicksville High School.

Jacquelin Truelove of Sixth Street, Hicksville, has earned a B.S. degree in elementary education from SUNY Oneonta.

## Free, Reduced Lunch

Hicksville Union Free School District has announced a free and reduced price meal policy for all schools.

Local school officials have adopted the following family eligibility criteria to assist them in determining eligibility:

**Food Stamp/AFDC/ADC Households:** Households which currently include children who receive food stamps or benefits under "Aid to Families with Dependent Children" or "Aid to Dependent Children" for your child, you only have to list the child's name and food stamp or AFDC or ADC case number, print their name and address and sign the application. Separate applications are required for children in the same household with different case numbers. If the family does not list a food stamp, AFDC or ADC case number for all the children they are applying for, then the application must contain all the information as required for "other households" as described below.

**Other Households:** Households with incomes at or below the amount of money listed above for their family size may be eligible for and are urged to apply for free milk and lunch. They may do so by filling in the application forms sent home with a letter to parents. Additional copies are available at the principal's office in each school. Applications may be submitted any time during the school year to the Building Principal. If a family member becomes unemployed, if the family size decreases, or if your family income increases by more than \$50 per month or \$600 per year, the family must contact the school to file a new application. The form requests information needed to determine economic need based on the income and number of persons in the family. The information provided on the application will be confidential and will be used only for the purpose of determining eligibility.

The school district does, however, have the right to verify at any time during the school year the information on the application. If a parent does not give the school this information, the child/children will no longer be able to receive free milk and lunch.

In certain cases, foster children are also eligible for these benefits. A family may wish to apply for milk and lunch for them and should contact the school.

Under the provisions of the policy, the designated official will review applications and determine eligibility. If a parent is dissatisfied with the ruling of the designated official, he/she may make a request either orally or in writing for a hearing to appeal the decision. The Assistant Superintendent for Business Management, whose address is Division Avenue, Hicksville, NY 11801, has been designated as the Hearing Official. Hearing procedures are outlined in the policy. However, prior to initiating the hearing procedure, the parent or School Food Authority may request a conference to provide an opportunity for the parent and official to discuss the situation, present information, and obtain an explanation of the data submitted in the application, or the decisions rendered. The request for a conference shall not in any way prejudice or diminish the right to a fair hearing.

All questions on the application must be answered completely for the application to be considered by the school district for approval. This includes complete and accurate information regarding: the Food Stamp/AFDC or ADC case number; the names of all household members; the social security numbers of all adult household members or an indication that an adult does not have one; and the amount and source of income received by each household member. In addition, the parent or guardian must sign the application form, certifying the information is true and correct.

In the operation of Child Nutrition Programs, no child shall be discriminated against because of his race, sex, color, national origin, age, or handicap. If any member of a household believes they have been discriminated against, they should write to the Secretary of Agriculture, Washington, D.C. 20250.

A complete copy of this policy is on file in the Principal's Office in each of the schools and in the office of the School Food Authority District Administrator where it may be reviewed by any interested persons.

Income Eligibility Guidelines for Free and Reduced Meals (or Milk) (Effective from July 1, 1993 through June 30, 1994)											
Free Eligibility Scale Free Lunch, Breakfast, Milk				Reduced Price Eligibility Scale Reduced Price Lunch, Breakfast							
Family Size	Yearly	Monthly	Weekly	Family Size	Yearly	Monthly	Weekly				
One	\$ 9,041	\$ 754	\$ 173	One	\$12,895	\$1,073	\$248				
Two	12,229	1,022	236	Two	17,446	1,454	334				
Three	15,427	1,289	298	Three	22,997	1,916	442				
Four	18,625	1,555	359	Four	28,548	2,378	531				
Five	21,823	1,822	421	Five	34,099	2,840	620				
Six	25,021	2,088	482	Six	39,650	3,302	709				
Seven	28,219	2,355	544	Seven	45,201	3,764	798				
Eight	31,417	2,621	605	Eight	50,752	4,226	887				
For each additional family member add				For each additional family member add							
+\$3,198				+\$387							

# The Dutch "Half Moon" Discovers Oyster Bay

By Richard Evers

By Reuters courier: The Dutch East India Company's exploratory ship, the "Halve Maen" (Half Moon), under Captain Henry Hudson, has anchored in a beautiful American harbor. The 15 man crew of men and women have named their discovery "Oyster Bay" - since the bay's bottom is filled with an abundance of large oysters. Since dropping her anchor, the ship has been boarded by swarms of visiting natives who are being made welcome by the Half Moon's captain and crew.

Fancies aside, it may be reported that the visit of the replica of the historic Dutch "Half Moon" to Oyster Bay Harbor was a notable success. Between the arrival under sail of the recreated vessel, on August 11 and her departure 5 days later, over 8500 people climbed the gangplank to trod the deck and explore the cramped quarters of the visiting "museum."

Indeed, the Half Moon is a museum, a floating, touring exhibit.

The ship is sponsored by The Half Moon Visitor Center/New Netherland Museum, a not-for-profit corporation which berths the replica ordinarily at Liberty State Park, Jersey City, in the shadow of the Statue of Liberty. The 85-foot long replica was built at the Snow Dock, Albany, New York and launched in June 1989, to celebrate the Dutch role in exploring and colonizing America.

The five-day visit to Oyster Bay Town's Theodore Memorial Park was the latest in the ongoing colorful historical and patriotic programs sponsored by the Town of Oyster Bay and the Town's Bicentennial and Historical Commission, with the cooperation of the Town Department of Parks.

Active as always in recreating inspiring moments which highlight Oyster Bay's memorable and significant history has been Missa Dorothy Horton McGee, the Town Historian and Bicentennial/Historical Commissioner. Her efforts were echoed and supported wholeheartedly by Supervisor Lewis Yevoll, the Town Board, and Town Departments.

"This has been the most notable of all our ports of call, the Oyster Bay Town government and organizations going all out to provide facilities and programs for our visit," was the warm tribute paid by Nikolai Burlakoff, Managing Director of the New Netherland Museum, at the ceremony closing the Half Moon's visit Sunday evening.

## College Notes

Sharon Ann Beaumont of Acme Ave., Bethpage, graduated recently from SUNY Oneonta. She earned a B.S. degree in Speech Communication.

Dawn Marie McLoughlin of Ludwig Lane, Bethpage, has graduated from SUNY Oneonta. She received a B.S. degree in Elementary Education.



Rain can't dampen this crew's get-together. Officers, crew of the Half Moon ship replica visiting Oyster Bay and Town leaders at a covered barbecue luncheon. Left to right: Dorothy H. McGee, Town Historian; Ship Captain Kirk; Councilwoman Ann Ocker; Mrs. Charles Irvine, Netherlands Museum Board of Trustees and Oyster Bay resident; Museum Managing Director, Nicolai Burlakoff; Town Supervisor Lewis Yevoll and crew members.



John Gable, Executive Director of the Theodore Roosevelt Association, recalling the Dutch contributions to Oyster Bay and to the nation in the outstanding Netherlands-rooted Roosevelt families. Councilwoman Ann Ocker, left, Town Historian, Dorothy H. McGee in the background.



Members of the TOBAY Bicentennial/Historical Commission enjoying welcoming lunch for "Half Moon" crew: Anne Evers, left, and Mr. and Mrs. Charles Kopf.



Hicksville historians Anne and Richard Evers make Carole Bennett, an attorney, who sailed as "Half Moon" crew member with three other lady-mariners (center) welcome.



Believe it or not, this is Captain Kirk, master of the "Half Moon" replica surveying the Oyster Bay scene at luncheon for his crew.



Former TOBAY Councilman and past Fire Chief of Plainview Fire Department, Edward Ocker, with Mrs. Carol Sumroy, Town Historian Dorothy Horton McGee, and Mrs. Anne Evers.



Over 8500 visitors experienced a tour of the "Half Moon" replica during her 5-day Oyster Bay Harbor visit. Nicole Metakis was there with her granddad, Dick Evers, Hicksville Gregory Museum and Public Library historian.



Non-plussed by a rained-on welcoming ceremony for the "Half Moon" historic ship replica visiting Oyster Bay Harbor is Town Supv. Lewis Yevoll and a charming crew member, Carole Bennett, of Aspen, Colorado.



Hicksville second-grader Nicole Metakis stands near the main mast and holds a bunk railing in the "Half Moon's" 20-man crew quarters.



Nicolai Burlakoff, left, Managing Director, New Netherland Museum sponsor of the "Half Moon" exhibit visits, makes Hicksville visitors Dick Evers and granddaughter, Nicole welcome. They stand near the ship's capstan, the anchor windlass.



Ready to present 17th Century color to ceremony closing "Half Moon" visit is the Hofstra University Dutch Burgher Guard in traditional regalia. Not in order of line-up are: Cadet 2nd Lt. Leonard Wels; Cadet Staff Sergeants Michael Borg, James Bonasio, Lena Dauretta and Robert Mitchel.



A brief Sunday twilight program closes another memorable nautical visit to historic Oyster Bay Harbor. "Half Moon" exhibit spokesman, Nicolai Burlakoff, compliments Supv. Lewis Yevoll for Town's all-out effort to accommodate Dutch ship visit. Receiver of Taxes John J. O'Leary, left, and Councilman Leonard B. Symons share the tribute.



New Netherland Museum's Nicolai Burlakoff enjoys presenting a 17th Century Dutch daler (dollar) facsimile coin in appreciation to Miss Dorothy H. McGee, Town Historian, who sparked planning for "Half Moon" visit.

## Eighth Annual Ocean To Shore Relay

Applications are now being accepted for Long Island's most unusual and most exciting running event, the 8th annual Spiegel Associates Ocean to Sound Relay, to be held on Sunday, Sept. 26.

The Relay is an annual September tradition on Long Island, with 150 teams of eight runners each traversing a 50 mile course that starts at Jones Beach State Park, heads north and east through Wantagh, Plainedge and Old Bethpage before crossing into Huntington, hitting the North Shore at Lloyds Harbor, returning to Nassau County via Cold Spring Harbor, and then heading south to a dramatic finish on the track at Jericho High School. Each runner on the team covers a leg of between 5 and 6 miles. The Relay starts at 8 a.m. on the 26th.

Eight thousand five hundred dollars in prize money will be given away at this year's Relay, with awards going to the top male and female open and masters, teams, co-ed teams,

corporate teams and physically challenged teams. A special award will go to the first team across the finish line composed entirely of residents of Nassau and Suffolk Counties. But prize money isn't the real attraction for most teams, who will be competing for the fun of it, to enjoy a great day on the beautiful roads of Long Island and "the best post-race party in the Northeast" at the Salisbury Restaurant in Eisenhower Park.

The entry fee is only \$260 per team (\$32.50 per runner), which covers entry into the race, a special commemorative T-shirt for each runner, and entry into the post-race party.

The entire net proceeds of the Relay will be turned over once again to ASPIRE, the special program that provides prosthetic devices, intensive physical therapy and rehabilitation for young amputees, most of whom have endured the tragedy of losing a leg to bone cancer or traumatic amputations.

The Relay is made possible by the generosity of Spiegel Associates, Long Island's leading real estate management organization, and is conducted under the auspices of the Plainview-Old Bethpage Road Runners Club. POBRR's Alan End serves as the Relay Director and technical assistance is provided by David Katz of Finish Line Promotions.

"We invite every local runner to join us for the single best day of running on Long Island," noted relay director Alan End. "The Relay is a great venue for team spirit, a terrific sense of camaraderie and participation, and a unique opportunity for runners to get a real sense of the scenic beauties and diversity of Long Island. And the post-Relay party is something else. In short, you are absolutely guaranteed to have a good time!"

For entry forms or more information call Alan End at 735-0981.

## Water Safety: Not Just For Pools

Drowning can occur in as little as one inch of water, according to the Long Island Regional Poison Control Center at Winthrop-University Hospital (LIRPCC). And, it is the second leading cause of accidental death in children.

While water "safety" brings to mind backyard and public pools, serious water hazards exist elsewhere and in unexpected places such as bathtubs, toilet bowls, kiddie pools, hot tubs and even pails of water. They can present especially grave dangers for children.

For this reason, it's important for adults in charge of children to be alert and keep young children in sight at all times. Precautions that should be taken inside as well as out-

side include: closing bathroom doors and toilet lids when not in use - not just in the summer months, but all year round.

The growing number of private backyard pools has also been accompanied by increased safety hazards, such as the misuse or abuse of chemical treatments, which keep pool water "healthy," and expanded operation of electrical equipment, such as radios, record players, TV's, VCR's and special lighting.

To ensure that a backyard pool remains "water safe," homeowners should: use, secure and properly maintain enclosures, the deck area, and electrical systems for pumps, filters, lighting and pool

alarms; use safe and regular water treatment; keep household electrical equipment far from the pool; and use a cordless telephone at poolside to avoid leaving swimmers unattended.

Water safety procedures also include: keeping constant eye contact with, and supervision of, children when they're around water; equipping infants and children who haven't learned to swim with life jackets at all times; designating "safe" swim areas and enforcing a "no horseplay rule" and "buddy system;" providing children with a qualified swim instructor; and learning cardiopulmonary resuscitation (CPR).

## Jottings From Yesteryear



Old Jericho Fire House, one of several buildings lost to today's highways, far from the old stage coach route.

Photo by Harold Kelly



Another of the lost buildings, Jericho Post Office of 1950's. Hicksville received their mail at Jericho where the stage coach delivered the mail. Hicksville's first postmaster, David Sammis in 1855.

Photo by Bill Clark

By Bill Clark

I just purchased an item that for years was advertised as good, then the best and now improved. Wonder what it needed to improve what I ate, as good for me? All I see is the new price. Ink-a-dently on Aug. 20, 1959 Hawaii became a state. Looking at my old metal wheel Union roller skates & key reminds me of when Earl & Inez Van Horn had the huge Mineola Skating Rink and they exchanged your wheels for wooden ones to protect the rink floors etc. I was one of the guys that printed the admission tickets and the Bumps and Falls paper giving all the rink ac-

tivities and gossip. It was printed in a building where Int'l Pancake House now stands. The rink was where the Nassau Court buildings and parking lots are today. Before that it was the Yearly Mineola Fair Grounds and Greyhound races. Folks that moved from Brooklyn and other areas went to the Empire Roller Dome if not at Ebbetts Field for the Dodgers.

Did you see that program on TV showing a crystal clear stream that reminded you of vacations upstate where you could drink the water right from the stream and see the little fishes so clear.

## St. Dominic High School is...

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



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

## St. Dominic High School

110 Anstice Street, Oyster Bay, New York 11771.



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## BLISS

EXTERMINATORS

ONE OF THE OLDEST AND LARGEST

By C.Z. Guest

## Managing soil properly reduces chemical use

Good soil management means preserving the natural systems that take place in the soil. To keep soil healthy, we must return nutrients to it and learn to use techniques that have the least damaging effect on the soil and environment.

For instance, soil uses organic matter as a food source. As microorganisms in the soil consume the organic matter, they replace nutrients into the soil, which are available to plants to take up through their root systems. If there's little organic matter in the soil, plants suffer and often look stunted.

Soil structure is most important to your garden's productivity. The goal of any gardener should be to have soil with a loose, crumbly, open structure that encourages good water and air movement within the soil.

Gardeners should also avoid working fine clay soil when it's wet and subjecting soil to heavy foot or equipment traffic, both of which can ruin its structure. In other words, don't walk on wet soil because it packs it down!

The best organic materials that can be added to soil are leaf mold, compost plant material, grass clippings and cover crops that are usually sowed in fall and then turned under.

The point is to recycle plant material back into the soil at least as

quickly as it is used.

If manure (cow, horse or exotic manure from the circus) is used, make sure it is aged. Otherwise, it may contain viable weed seeds.

In addition to adding organic matter and maintaining good soil structure, gardeners should strive for a soil pH (potential hydrogen) level between 6 and 7. Within this range, major nutrients such as nitrogen, phosphorus and potassium are available to plants.

If the pH is lower or higher, nutrients get tied up in the soil and can't be taken up by the plants. Adding fertilizers to the soil with incorrect pH levels is a waste of time, money and resources.

So, for best results, have your soil tested by a nursery or horticulturist at least every three or four years.

### TIP

To poison your garden is to poison the Earth. Since we're all residents of this planet, there is no such thing as "my garden." We're the "guardians," not the owners — tender, loving care is essential.

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

### Super soil

- Avoid working fine clay soil when it's wet.
- Enrich soil with organic material, such as leaf mold, compost plant material, grass clippings and cover crops.
- Only use aged manure.
- Maintain soil pH level between 6 and 7.



## Our Children

By Willard Abraham



## Children influenced by parent's eating habits

**Q.** My husband is a black-coffee breakfast "eater" (several cups daily), and he doesn't feel that our children require any more than just that. I was brought up on the need for an appropriate balanced diet for both children and adults in the family.

I tolerated his poor judgment when we had no children, but now that we have two, and they are no longer babies, I can't bear his repeated comments about how unimportant sound nutrition is.

It's not just his words, but also his terrible diet based on all meals. Even when I prepare one that is nourishing and well balanced, he will ignore it and eat some junk he put in the back of the refrigerator.

Because he is a bright man (well educated and successful in the business world), I find his attitudes increasingly hard to live with. As time goes on they will become even more dangerous to our children's development, unless they change drastically. But I can't see that happening.

He becomes more and more sarcastic to me on this subject, to the point that I dread every meal with him, not just breakfast.

What can I say to get some com-

mon sense into him? I need help badly.

**A.** He seems to be part of the breed that lives by this old line. "I've made up my mind, so don't confuse me with facts."

It's bad enough that he is gambling with his own life, but no one has the right to jeopardize the health of children by providing such a disastrous diet, nutrition pattern and role model.

Because he probably won't listen to you or read something from the mass of books, articles and other publications on the dangers to health and life of improper diets, you might consider trying to bring him together with someone he respects and may listen to — for example, your family physician.

It is the effect on your children that is most vital in this situation. Destroying himself is one thing, endangering them is far worse.

OUR CHILDREN

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# Fitness Forum

By Joe Mahr

## Pumping iron benefits athletes of all ages

Hey you, reclining in front of the television, with cookie crumbs on your shirt, fitness trainers have a message for you.

And senior citizens, dieters or anyone who thinks lifting weights is a waste of time, trainers also would like a word with you.

Their message: Weight training is no longer just for muscle-bound athletes. It's an essential component for anyone who wants to stay fit, lose weight or relieve stress.

"It just makes everything you do on a daily basis easier," says Bryant Stamford, director of the Health Promotion and Wellness Center at the University of Louisville in Kentucky.

The obvious benefit to weight training is to make a person stronger. To middle-agers, this may not sound important, unless they look ahead to their later years.

Studies show that by age 74, more than one-fourth of American men and two-thirds of American women can't lift an object heavier than 10 pounds.

Weak muscles make it impossible to romp with grandchildren, carry groceries, haul out the trash or even cross the street easily.

Fitness experts point to a mile-long list of other benefits for people of all ages. Weight training increases resting metabolic rate — how fast the body uses up calories. This differs from aerobic activity, which burns calories only during the exercise period.

"The more muscles you have, the more calories you burn," says trainer Jill McCallum.

Working out with weights makes for stronger bones, which helps prevent injuries. Stronger bones reduce one's risk to osteoporosis, the weakening of bones in older age.

As with all exercise, weight training reduces stress, makes one sleep better and increases general health.

In essence, total fitness must include weight training along with aerobic activity and flexibility, says trainer Chad Marschik.

"You can't do one without the others," he says.

Aerobic activity alone isn't enough, says Jackie Patru, owner of a fitness center, because 65 percent of the body's muscles are located above the hips, an area virtually untouched by aerobic activity.

"If you don't use it, you lose it," she says.

It's not only experts hailing the virtues of weight training. It's people like 72-year-old Ginny.

"After you start working out, it gets into your blood," she says.

Adds her husband, Paul, 78, "I feel much younger than people

who are younger."

The couple, who have been weight training since 1979, say it's never too late to get active, stay active and feel good. They work out for an hour and a half, three days a week.

Even partial paralysis could not stop Dan, 21, from enjoying weight training.

A car accident three years ago left Hicks paralyzed from the middle of the chest down. He lay in a coma for three weeks and in a hospital bed for five months, followed by five more months of physical therapy.

After a year and a half of weight training, Hick says his inner strength has grown as much as his outer strength.

"It makes you feel good about yourself," he says.

For the last three months, he has kept a consistent schedule, training three days a week for two hours a time.

"Everybody always looks at a guy in a wheelchair," he says. "I figure if they look at me, I'll give them something to look at."

Six years of weight training have not only helped Rick in the gym but in life.

"I can walk into a situation and feel a lot more confident," says Rick, 32, a maintenance worker. "I feel it's changed my life completely."

The results reward the hard effort, says Don, 48.

A city policeman, Don says he decided to work out about seven years ago after seeing friends die because they did not exercise.

"I can think of a thousand things I'd rather be doing," he says. "But I know it's good for me, and it makes me feel better."

Dave, 42, says weight training alleviates workplace pressures.

"I have a high-stress job for three to four months out of the year," says Dave, a lobbyist. "After a night of lifting, I leave stress-free. It's a great relaxer."

Beginning isn't as hard as one would think, Patru says, because experienced weight trainers can help newcomers.

Beginners should consult their physicians first and then should evaluate what they want to accomplish, says Bill Allerhelliger of the National Strength and Conditioning Association.

For example, a recreational softball player might want to concentrate on rotational development, while a tennis player might want to concentrate on shoulder development.

"It's somewhat like the alphabet," he says. "There are a variety of ways to put a workout together."

## THE HEALTHY GOURMET



By Kit Snedaker

Regular pesto with basil, olive oil, garlic, pine nuts and Parmesan has about 11 grams of fat or 90 percent of its calories from fat. Two tablespoons add 416 calories to a portion of fettuccine, for a fat content of 47 percent. Maybe this is fine for a worker in Genoa, Italy, where pesto originated, but not for a 20th century American.

Still it's hard to give up this great sauce. Instead Julie Rosso substituted broccoli and some other vegetables in her book, "Great Good Food." The result is a pesto that comes in at a little over 200 calories, for 2 tablespoons, 2.5 grams of fat or only 10 percent of its calories in fat per serving.

And the flavor is there. It doesn't taste as deep and rich as regular pesto; it tastes different, lighter, not so dense, with more vegetable flavor. Different, but good.

The Parsley Pesto has a tingle of parsley in each bite; the Potato Pesto is comfort food.

Each is wonderful.

### BROCCOLI PESTO

- 4 cups chopped broccoli florets
- 1 cup low-sodium chicken broth
- 4 cloves garlic, peeled
- 1 cup fresh basil leaves, tightly packed
- 1/4 cup toasted almonds
- 1/4 cup grated Parmesan
- Pinch salt
- Yields 2 1/2 cups.

Each tablespoonful contains 13 calories, 8 gram fat, trace of cholesterol and 215 milligrams sodium.

Steam broccoli over broth for 5 minutes until tender. Add enough broth to liquid that remains to make 6 tablespoons. Turn on food processor and drop garlic into work bowl. Process until garlic is minced. Scrape down sides. Add basil and almonds and process until finely chopped.

Add 2 tablespoons of cooking liquid and process until smooth. Add broccoli, Parmesan, salt and remaining cooking liquid. Process until smooth, scraping sides. Refrigerate covered until ready to use.

### PARSLEY PESTO

- 2 cups tightly packed fresh Italian parsley
- 1 cup fresh basil, tightly packed
- 1/2 cup fresh mint
- 2 tablespoons olive oil
- 2 tablespoons chicken broth
- 2 small jalapeno peppers, seeded
- 2 tablespoons grated fresh ginger
- 6 cloves garlic
- 4 tablespoons fresh lemon juice
- Freshly ground pepper
- Yields 1 1/2 cups.

Each tablespoonful has about 16 calories, 1 gram fat, trace cholesterol and 116 milligrams sodium.

Put all parsley, basil and mint in food processor and puree. Add remaining ingredients and blend until smooth.

### POTATO PESTO

- 1 medium potato, peeled and thinly sliced
- 12 cloves garlic, peeled and roughly chopped
- 1/2 cup low-sodium chicken broth
- Juice of one lemon
- 2 cups fresh basil, tightly packed
- 1 cups fresh Italian parsley
- 1/4 cup grated Parmesan
- Pinch salt
- Freshly ground pepper
- Yields 1 1/2 cups.

Each tablespoonful has about 13 calories, 4 gram fat, 1 milligram cholesterol and 200 milligrams sodium.

In small saucepan over medium heat, simmer potato, garlic and broth, covered, for 10 minutes. Remove cover, increase heat to medium-high and continue to cook until any remaining broth evaporates, about 1 minute.

Place hot potato mixture in blender or food processor and blend until smooth. Add lemon juice and combine. Let mixture cool slightly before adding basil, parsley and Parmesan, and then process in pulses to desired texture. Season to taste with salt and pepper.

## HEALTH WATCH

### U.S. spends more for health care

About 26 percent of the population of the United States is uninsured at some point during a year, even though the nation spends more per capita on health care than do Canada, Germany or Japan, where national health insurance is mandatory.

Per capita expenditures for health care, 1990

\$1,287

Germany

\$1,035

Japan

\$1,795

Canada

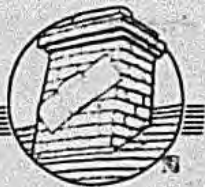
\$2,566

United States

SOURCE: Health magazine

## Here's How

By Gene Gary



**Q** I painted the exterior of our house two years ago. The paint was peeling within a year. I now need to repaint, but I certainly want the new paint job to last longer.

**A** Do you have any recommendations concerning paint products that might prove more durable? — W.P.

**A** In so many cases of unsatisfactory performance of exterior house paint, the cause is not the paint but can be attributed to moisture problems. Water, in one form or another, finds its way behind the paint film, saturates the wood, siding, stucco or masonry, promotes decay and destroys the adhesion of the paint to the surface.

Homeowners tend to blame this

condition on the paint, but investigations have shown that water is the primary offender and should be gotten rid of before you can obtain a high-grade paint job and protect your home.

Following is a list of common problems and easy remedies. These may not be the solution for advanced moisture problems, but in a majority of cases this checklist will identify the sources of unsatisfactory exterior paint performance.

- Look in the attic for moisture problems. Inadequate attic or roof ventilation can contribute to moisture conditions in walls and ultimately, siding. Roof leaks or leaky pipes also can cause serious damage to all construction materials.

- Install flashing at headers and set squared ends in paint to prevent water from entering. Leaky joints are the cause of many paint problems.

- Water in basements may come from leaky foundation walls or pipes. See that good drainage is provided.

- Seal the ends of siding with paint before the siding is put in place.

- Tighten up poorly joined window heads and siding butts. This guards against paint defects due to moisture.

- Install metal flashings over a drip cap. This prevents many types of problems with moisture.

- Make sure that the siding doesn't touch the damp ground. This way, moisture won't be absorbed and paint won't scale.

- Whether your roof is made of tile, slate, wood shingles or of other materials, be sure it receives periodical inspections and maintenance to safeguard your home against moisture problems. Be sure the gutter system is in good condition and extends far enough past the exterior walls to carry

water away from the house.

- Lumber siding should be thoroughly dry when being painted. For new lumber, this can take several months. Moisture from new plaster passes through the walls in the form of vapor and condenses on the back of siding.

You can prevent this by keeping the windows and doors open following any plastering operation (since plaster is rarely used in modern construction, this is not as prevalent a problem as a few years ago).

- Remember to check underground walls to be sure they are waterproofed. Also make sure the ground slopes away from the foundation to assure proper drainage. If you are not confident that you have the expertise to spot these problems, contact a house inspector, preferably a member of the American Society of Home Inspectors, for a professional evaluation of moisture in your home, which may be causing damage and impairing exterior paint applications.

## Decor Score

By Rose Bennett Gilbert



### Patio plants indoors

**Q** I'm planning now to bring all my patio plants indoors when the weather turns cold. They should do nicely on the sun porch — it has windows on three sides. What I need are ideas on how to display them (without buying new furniture. Our budget is fallow!) How would one of the wrought iron garden tables look indoors? It's painted white — C.D.

**A** Your table sounds like a perfect beginning — garden furniture is always in sync with plants, of course. Just remember that you are not just wintering-over; you are adding a display of living accessories to your room.

As with any collection, you should keep an eye out for variety in the size, shape, texture, and color of your plants in their pots or cachepots and in the height at which they stand.

As background, consider hanging several in front of a window, each at a different level. You can also harken back to that Victorian favorite, the plant pedestal, to showcase special greenery.

Legions of vintage plant stands can be found in antique stores and at tag sales. Or you can make your own so you can afford a variety of heights.

In the country-flavored dining room shown here, the plant stand has been built from four pieces of 1/2-inch plywood, topped with a square of inch-thick plywood and stood on another square mounted on a 1-by-2-inch wood frame. A

wrapping of faux marble wallcovering belies the handsome pedestal's humble — and inexpensive — beginning, a heritage shared by the homemade standing plywood screen. It's decorated with medallions cut from the chair rail border (the wallcoverings and fabrics, by the way, come from the Colony Club II Collection by Sunworthy).

All of which goes to prove that when your imagination is as fertile as your garden, there's a bumper crop of cheap-chic ideas just waiting to be harvested.

**Q** Our living room has three windows with arched tops across the front wall. Can you suggest some simple — and inexpensive — way to decorate them that won't also block the light? It's those curved tops that are making me crazy! — V.M.

**A** Pretty though shaped windows may be, there's a veritable plague of them descending on the homes of America. After all, the builders who seem to plug rounded windows into every available wall seldom stick around to tell you how to dress them.

Several solutions to consider, some less expensive than others:

- Have a blind or wooden shutters custom-fit to the curve for a spare, architectural treatment that will let you control the light (expensive but long-lived).

- Install a flexible plastic rod around the arch and hang regular floor-length curtains, tied high at

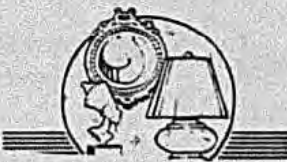
the sides (relatively inexpensive).

- Frame each window with a upholstered lambrequin you can make yourself from plywood. Hang ordinary sheer curtains inside so the frame conceals the rod (inexpensive if you're handy).

- Mount translucent shades or pleated blinds upside-down so they pull up to where the arch begins.

For curtains, borrow an idea from window expert Dorothy Collins: cut and hem a length of fabric that is twice as long as the measurement around the entire win-

dow. Knot it in the middle and tack the knot to the center of the arch. Make two more knots, one on each side at the lower edge of the arch and let the fabric panel drop into a puddle on the floor — inexpensive, depending on your choice of fabric.



**INSTANT ANTIQUES** — The "marble" plant stand and folding screen are actually made of plywood dressed in wall coverings.





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**NEED ENERGETIC, MATURE,** responsible permanent P/T sitter to care for my active boy (3 years) and girl (6 years) in my Garden City home. Tues. 11 a.m. - 6:30 p.m.; Wed. 9 a.m. - 2 p.m.; Thurs. 11 a.m. - 6:30 p.m. Some flexibility in hours. Light housekeeping, kid's meals & laundry. Driver's license and car a must. English speaking, non-smoker. Must know how to swim. References needed. Live in possibility in winter. 747-8810. gcS3

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**CHILD CARE NEEDED** for teachers children in her Huntington home, energetic, responsible person, beginning in September '93, M-F Teachers hours and holidays. References required, transportation needed. Please call 385-2360. hS1

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**CHILD CARE NEEDED** in my Garden City home. P/T. Must have car, good references, experience and be non-smoker. Call evenings 248-2893. gcS3

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**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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**CHILD CARE AVAILABLE**  
NYS certified early childhood teacher with Master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. w2

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**MINEOLA MOM WILL GIVE TLC** to your child in a childproof & happy environment. PT/PT. Non-smoker, References 742-3402 W-S1

**HOUSECLEANING PER DAY**, Monday & Tuesday. References. 483-7863 W-S1

**I AM A MATURE** Christian lady, whose job is to take care of the elderly in the privacy of their own home. If you need quality care for your loved ones, please call Amanda at (718) 337-2501. All references are available upon request. gcS1

**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

**HOME HEALTH CARE** seeks position with elderly person. Part time or full time, experience & reference. Call (718) 523-7842. gcS3

**IRISH GIRL-CERTIFIED** nurse's aide available to care for elderly or disabled people. Days: Nights: Call Lir; Weekdays after 5 p.m. weekends, anytime. (516) 358-9681. gcS3

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

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

**POLISH COUPLE, EXCELLENT** house, office cleaning or more jobs. Hard working. Very good references. Own transportation. Call (718) 945-2406. gcS3

**EXPERIENCED CERTIFIED NURSING** assistant seeks job. Mature, reliable hardworking and honest. Call Eva at (718) 845-8006 after 7 p.m. Mon. to Fri. or anytime Sat. & Sun. gcS3

**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). W-A-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. gcn2

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

**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

**HOUSECLEANER AVAILABLE MON-FRI**. Good experience & good references own transportation. Before 11 a.m. & after 7 p.m. Please call 867-0927 or 546-8585 between 11 a.m. & 7 p.m. Ask for Reins. gcS3

**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

**Situation Wanted**

**EXPERIENCED MOTHER** OF 10 year old, will care for your infant/toddler in my New Hyde Park home. Dorothy. 352-2218. W-S-3

**BABYSITTING SERVICE** IN my New Hyde Park home, reasonable rates. Excellent references. Available days, nights, even overnights. Call Lauri - 516-354-8158. W-S-3

**NURSE'S AIDE/COMPANION**. Irish woman, 7 years experience, excellent checkable references. Own transportation. Available weekends. Call 939-2467 or 937-1208. W-S-3

**CHILD INFANT CARE** in your home. Mature woman, former teacher, non-smoker, experienced, references. Available immediately, Mon.-Fri. Call evenings after 7 p.m. (718) 527-7108. gcS3

**MATURE WOMAN SEEKING** position as companion or housekeeper. Have 4 years experience, non-smoker, checkable references. call (718) 495-5165. gcS3

**RELIABLE WOMAN SEEKS** position as companion for elderly. Also available for babysitting or light housekeeping. Experienced, excellent references. Please call 489-8032. gcS3

**HOUSECLEANER AVAILABLE** For once every other week. Long time experience, good references, own transportation. Call evenings 742-6519. gcS3

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

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

**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

**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) 887-7486 or 437-0318 gcS1

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

**Real Estate for Sale**

**GARDEN CITY RANCH**, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hepa Allergy System, 1/2 Acre. Walk to LIRR. \$379,000 neg. 352-0608. gcS3

**SOUTHOLD WATERFRONT SPECTACULAR SETTING**. Secluded architecturally designed Contemp. LR/FPL, DR, 3 BRS, 2 baths, dock. Breathless views \$495,000. Orient Country Cape features LR/FPL, FDR, family room, EIK, 4 BRS, 2 baths, deck & private beach. Ask \$250,000. Cutchogue, Mint Saltbox overlooking vineyard, LR/FPL, FDR, den, EIK, 3 BRS, 2 baths on 1 plus acre \$224,000. Lewis Realty 734-5533, 298-4600, 765-5810 gcA4

**CUTCHOGUE/NASSAU POINT** Bayfront exclusive. Very special 1920's 3 BR vacation cottage on 1 plus wooded acre. Glorious views. Asking \$550,000.

Southold Creek Front with easy bay access. Cory retreat on private road. Great room, 2 BRS, 2 baths, extensive decking, dock & peaceful views. Ask \$275,000.

Southold Waterview Magnificent multi level home in exclusive bayfront beach community. Unobstructed bay view & private deck. 5 BRS, 4 1/2 baths, solarium with hot tub & amenities galore. A Home of Distinction. Ask \$495,000. Waterfront Mattituck. Beautiful Sound front, architect designed home on 2.3 secluded acres. Perfection. Asking \$695,000. Southold-Striking Contemp on 1 plus landscaped acre in private bay beach community. 3/4 BRS, 2 1/2 baths, FPL, deck & CAC. Reduced to \$269,000. East Marion Doll House in beach, boating community. 2/3 BRS, lovely property. Handsome renovation \$139,000. Marion King Realty 734-5657 gcA4

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

**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

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

**Real Estate for Sale**

**GARDEN CITY, OXFORD BLVD.** Colonial 5 BRS, 4 1/2 Bths, LR/Fpl, FDR, Den, High 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** section, large Colonial, 3 BRs, finished basement, CAC, 1/2 acre, ultra mint. Turn key. All amenities. Owner \$369,000. 741-5433 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

**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

**SOUTHOLD TOWN SERENELY** set on a scenic 1.5 acre beautifully-wooded Bayfront plot, this attractive custom-built, year-round, recently completely renovated home is the ultimate in delightful, waterfront living. The charming center hall entrance leads to 7 magnificent rooms including 25' great room with massive stone fireplace, gourmet, cabinet-lined dine-in kitchen, 4 oversized bedrooms, 3 1/2 baths, closets galore, Full basement, oil forced air heating, central air conditioning, 5 appliances. Amenities include screened porch with great waterviews, stairway to bulkheaded, sandy beach, outside shower, roof-top electric shutters on all windows, attic fan, generator and much more. Realistically priced at \$799,000. Call for an early appointment. Bookmiller Real Estate 722-4423 gcA4

**GARDEN CITY NEW EXCLUSIVE** Fantastic, mint, spacious Contemp, 4 Full BRS, 2 1/2 baths, modern EIK, fabulous family room, 2 car, CAC, deep property \$400's Western expanded Ranch 4 BRS, 2 baths, EIK, rec room, 2 car, motivated. Owner \$300's Brick CH Estates Colonial, slate roof, 3 BRS, 3 baths, EIK, rec room, 2 car \$400's Central Section Classic CH Colonial 7 BRS, 4 baths, large EIK, family room, 2 car, 1/2 acre \$700's Vers Atamian 354-1994 gcA4

**CARLE PLACE SD, WESTBURY:** 4 BR Expanded Cape, 2 Full Baths, Fin. Bsmt., Garage, possible Mother/Daughter. \$189,000. Principals only. 742-0879. wS3

**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, REMSEN-BURG. Historic 5 BR, 5 Bths., Separate guest sec. New Furnace, hot Water heater, well, pump and newly painted. Deep secluded, wooded lot. Owner anxious to sell at \$340,000. 325-0562. gcO1

ALBERTSON: HERRICKS 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. gcsl

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 298-8814 for details. gcAg4

GARDEN CITY CAPE Ranch, 4 BRs, 2 Bths., Country Kit., LR, DR, Den/Fpl. Walk to school & RR. Principals only. \$360,000. 747-0939. gcAg4

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. gcAg4

SOUTHOLD BY OWNER, remodeled with new addition. 3 BR, 2 Bth., Ranch. walk to sandy beach, A/C, new Appliances, beautiful Florida Room, oversized detached garage. \$179,000, 765-5496. gcS3

BACK TO SCHOOL Powerhouse. Immense Tudor. Walk to schools, town, railroad & library. 6 BR, 4 bath, newly reduced for new owners. Asking \$675,000. Crosby Realty, 110 Seventh St., Garden City, NY 11530. 739-5155 or after 6 pm 746-0563 gcS1

WEST HAMPTON BEACH, 10-12 Glovers Lane. Modern two family, business zoned, equity of \$230,000. Will exchange equal, or sell. (516) 287-0655 gcS3

Real Estate for Sale

GARDEN CITY - MOTT, Prime Location, Mint Center Hall Colonial. Totally updated, new EIK with skylights, adjoining new oversized Family Room with Cathedral ceiling. New wood floors, 3 BR, new 1 1/2 Baths, LR/fpl, FDR, CAC, Alarm, Sprinkler, New Heating System, Fin. Bamt., New Roof/Exterior, New Windows throughout, Deck, Large Lot, Newly Landscaped. No brokers. \$429,000. 746-5822. wa3

PECONIC 12 ROOM COLONIAL on 1 plus acres. 5 BRs, 3 1/2 Baths, huge EIK, Full Bamt., 2 Car Garage, 3 Zone heat, IGP, Decking galore. Walk to bay. Appraised at \$290,000. Asking \$235,000. No brokers. 734-7044. gcS3

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 gcS3

MONTAUK, 2 RM FURNISHED Co-op. One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$37,000. Great rental history. 724-5572 gcS3

GARDEN CITY ESTATES, BLVD. address, Contemp. 4 BRs, 2 1/2 Bths., LR/Fpl., DR, Den, Lg. EIK, 2 Car Garage. Beautiful private yard. Walk RR \$359,000. Owner 741-0154. gcS3

GARDEN CITY PRINCIPALS only. Brick Colonial on 1/2 park-like acre. LR/Fpl., DR, 3 BRs, 3 Bths., Fin. Bamt., 2 Car Garage, Green House. Need TLC. Must sell now \$299,000. 742-4301, leave message. gcS3

GARDEN CITY SOUTH Custom Cape, Mint. Dead end. Golf course. 80'x100'. Includes 40' mini villa, porch, new windows/doors. Five BRs, two Baths, EIK, DR, LR/fpl. Many extras, low taxes. \$265K. Principals. 481-8919. wa3

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

SOUTHOLD - THE PERFECT N.F. beach house! Open Contemporary sound-front home with plenty of room for guests. Decks, views, sandy beach & only asking \$450,000. Southold Brand New 3 BR, 2 bath spacious home on a very private landscaped "near Acra". May consider lease option. Asking \$329,000. Wine Country Real Estate 734-7780 gcA4

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. 741-8210. gcS3

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 248-5066 (evening) gcS1

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 gcS1

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, 616-248-1468. W-TFN

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 Co-op, 1 BR, first floor, CAC, EIK, dining area, large LR, updated bath. Asking \$61,400. 742-7642 or 294-8638. gcsl

MINEOLA JR. 2 BR CO-OP, LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$760 redeccorating bonus. \$81,000. Owner (516) 742-0229. gcAg4

GARDEN CITY 2 BR Cherry Valley Co-op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5226. gcS2

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. gcAg4

GARDEN CITY CO-OP, 2 BR, Second Floor, newly renovated. Walk to LIRR, \$69,900. Reduced for quick sale. By owner, 248-5347. gcS2

GARDEN CITY, SECOND floor, 1 BR Co-Op in mint cond. Spacious & sunny. All closing costs paid by seller. \$59,900. 294-7496. gcS4

GARDEN CITY CO-OP, 2 BR, second floor, center of village, 2 block LIRR, refinished floors, new windows, \$116,000. Leave message. Owner 873-9469 gcS3

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. gcAg4

CO-OP, GREAT NECK, 1 BR, two blocks from train station. Ideal for single person who commutes to city. Asking price \$74,000 - negotiable. 937-1273. hS3

Co-Op For Sale

MINEOLA, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 gcS1

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

CO-OPS & CONDOS 2 BIRCHWOOD COURT Top of The Line, 1 BR, 1 bath \$39,000

Cherry Valley LR, Ultra/M/EIK, 2 BRS, 1 bath \$112,000

2 BRS, 1 bath, 1st fl, 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 Est. Sale 2 BRS, 2 baths, front \$140,000

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

Mineola "Horton House" 1 BR, 1 new bath, Walk All \$73,000

Mulford Place LR/FPL, DR, DEN, 1 BR, 1 bath, Corner \$95,000

Lg Foyer, 2 BRS, 2 baths, EIK, LR, DR \$75,000

Stewart Franklin 2 BRS, sunny, LR/FPL, DR, EIK, Wants Offer

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 BRS, 1 bath, kit, LR, DR \$199,000

DOUGALL FRASER REAL ESTATE 248-6655 gcA4

Real Estate For Rent

FLORAL PARK, 80 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. gcS2

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

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 gcS1

Real Estate For Rent

GARDEN CITY/HEMPSTEAD 2 BR Apt., Lg. Patio, w/w carpeting, renovated kitchen & Bath., DR, spacious LR, near LIRR \$950. Immed. occupancy. 565-3988 day or evening. gcAg4

WEST HEMPSTEAD, SPACIOUS/like new 1 BR, LR, EIK, Bamt. Apt. Female, non-smoker preferred. \$850 includes all. 481-9490. gcAg4

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. 718-217-4235 W-S1

OFFICE SPACE FOR rent. Ideal location. Garden City vicinity. Beautiful office suites, 150 sq. feet - 500 sq. feet. Owner (516) 535-7476 gcS1

FURNISHED ROOM IN GARDEN CITY home for female student. Must be non-smoker. \$400/mo. 741-7929. gcAg4

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. 1 m med. occupancy. 538-3013. gcS3

GARDEN CITY FURNISHED room for rent, priv. entrance, non-smoker, share bath, appliances available. Near RR, 475. 742-7706. gcAg4

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. gcS2

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. & 5 p.m., Monday - Friday and 877-0133 weekends. gcS2

GARDEN CITY SOUTH, 3 1/2 room apartment, second floor. Mature working person preferred. Available Sept. 1. \$700 includes utilities. 486-4005. gcS2

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, 292-0544. gcS1

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. gcS1

GARDEN CITY / FURNISHED ROOM, Private Entrance & bath. Walk to store/transportation. Female professional/student preferred. Call after 6 Mon. - Fri. \$400. month 746-4522 gcS2

**Real Estate For Rent**

**GARDEN CITY SOUTH.** Large room for rent, newly decorated, private entrance, share bath. Clean environment, located between train and bus. \$350/month + security. 538-0063 gc53

**WILLISTON PARK: 1 BEDROOM APT.** LRw/alcove, large modern EIK, Bathroom, wall to wall carpeting, blinds, fairly new appliances, 1 parking spot, use of yard. Charming. Must See. \$750 (firm), includes gas. Call owner 746-2392 wa3

**HOUSE FOR RENT - Mineola, 4BRs, LR, DR, EIK, Fin. Bsmt., Washer/Dryer.** No fee. \$1,300 plus utilities. September occupancy. 747-8722 wa3

**WILLISTON PARK STOREFRONT, 626 Willis Ave.** for rent or sale. 1100 sq. ft., plus 1100 sq. ft. basement. Parking. Rent \$1,350. No fee. Favorable terms. Contact owner. 746-3141. wa3

**FLORAL PARK - A LOVELY** Apartment available after the first. Close to all transportation. \$900/mo. No pets. 488-5332. gc3

**TWO FEMALES LOOKING** for third to share home in Mineola. 3 BRs, 1 1/2 Bths., Fpl. Walk to LIRR & Winthrop \$460 plus. Smokers OK. Oct. 1 occupancy. 873-9241. Call evenings. gc53

**IDEAL GET-A-WAY, 2** country cute cottages across from picturesque Southold Beach. Two and three bedroom, L.V. Kitchen, Bath, Porch. Special price. Call Holly, days 481-7995. gc53

**FLORAL PARK 1 BR, Second Floor, Terrace, Mod. Kitchen & Bath, Garage, 2 Blocks from RR.** Available Oct. 1. No fee \$795. Leave message. 437-7245. gc53

**GARDEN CITY / HEMPSTEAD.** Large 2 BR Apt., wall to wall Carpet, renovated Kitchen & Bath. DR, LR. Walk to all. \$925. Immed. occupancy. 481-6131. gc53

**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. gc1

**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-51

**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 468-6120. gc2

**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. gc2

**EAST MARION BAYFRONT,** Private sandy beach. Fantastic views. 5BRs, 3Bs, Deck, etc. Must see to appreciate. Available September, October. 437-3333. gc2

**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. gcAg4

**MARTHA'S VINEYARD / WEST STISBURY.** Enjoy off season delights. Attractive 3 BR, 2 Bth., home. All amenities. Available weekly/long week-ends from Sept. 11 \$700-\$900 per week. Call (212) 777-2606. gc53

**MONTAUK FALL GET-A-WAY** special 4 nights \$255. a couple. 2 rm. suite, heat, full kit. Sleeps 4. Walks dining, shopping. Hundred feet to beach. Also for sale \$37,000. Immaculate. Call 724-5572. gc53

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**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. ha2

**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) 748-5796. gc51

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

**WORKING OLDER WOMAN** seeks apartment with 1 BR, plus attic or 2 BRs, LR & Kitchen in Williston Park, for November or December occupancy. Please call and leave message. 294-5552. wa3

**For Sale**

**BABY GRAND PIANO,** black ebony. Schumann, 3 years old. Mint condition. Asking \$3,250 plus you move. Evenings (516) 741-6705. gc2

**1920's FURNITURE. TWO** dressers, two floor lamps, captain's trunk, Singer Sewing Machine & Cabinet, Mission bookcase and mirror. Call 481-7255. ha4

**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. gc51

**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, Pimp-pong table \$50, Porcelain platter \$35, IBM Selectric \$250. 746-6074. gc2

**ETHAN ALLEN DARK ANTIQUE PINE WOOD, 2** dressers, desk with hutch & corner desk. \$700. 486-7726 W-51

**ANTIQUE PROFESSIONAL SHUFFLEBOARD.** A-1 condition w/equipment and formica top. Great for business and/or home entertaining. Firm \$1300. 747-8176. gcAg4

**BLACK PRO SECTION** electric guitar. Mint condition w/black leather case. Asking \$150 or best offer. 352-8355. gcAg4

**CARRIER AIR CONDITIONER** 5000 BTU's \$100. G.E. window fan \$30. New Murry 10-speed bike & basket \$80. 747-4855. ha4

**DOG LARGE VARI KENNEL.** Brand new (paid \$120), \$50. Courads made in Denmark twin bed with desk, shelves & drawers built under, mattress & ladder included \$85. Gensel's pecan oval coffee table with glass top. Excellent condition \$75. Call 746-0914 after 5 p.m. gcAg4

**SOFA BED \$260,** office bench \$100, office chair \$75. Call 741-0182 gc53

**MOVING 88 INCH BAKER** Chippendale sofa, mint condition. Ask \$1,500. 2 Kindel Pembroke tables, also mint, ask. \$1,750 each. 741-5477. gcAg4

**HOSPITAL BED, WHEEL** chair, commode, used (718) 729-3616 gc52

**MOVING: MUST SELL** Air Rider Exercise Bike, Ethan Allen bedroom furniture, Castro Convertible love seats, Beatriz 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) 741-6816. W-A-4

**For Sale**

**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 WS2

**REFRIGERATOR 18CC** White, Westinghouse side by side. Must sell, remodeling. \$120. 681-6358. gc2

**BALDWIN SPINET PIANO,** fruitwood finish. 8 yrs. old, under warranty \$1,600. Ethan Allen glass & brass cocktail table, originally \$600, asking \$235. 741-6550. gc53

**WASHER & DRYER** almost new, white. Extra large capacity. Will sell separately. Call 867-5661. gc53

**BEDROOM SET, MAHOGANY,** Heritage Herndon, double bed, double dresser, chest on chest, 2 night tables \$1,500. Dining set, walnut French Provincial table, 43 x 64 with pads & 3 1/2" leaves, 6 upholstered chairs, 2 with arm rests, breakfast, rolling server \$1,500. Maple bed, 3/4 size w/mattress & spring \$100, 24" attic fan \$50. 294-0124. gc53

**NORMAN ROCKWELL** "Gone with the Wind" series, 9 pieces \$800. 741-0441 gc53

**REDWOOD PATIO SET - 54"** round table & 2 benches, loveseat, 2 club chairs w/cushions, & 2 end tables. Please call 352-6858 evenings. gc53

**DRESSER W/MIRROR \$60.** Full length brown Nutria fur coat w/large Fox collar \$325. Early American solid wood arm chair \$55. Full size whole bed ensemble "Desert Mist", like new \$100. Books, pictures, new and used clothing. 334-5999 gc53

**BENNINGTON PINE FURNITURE** sofa, 2 rocking chairs & ottomans. \$850. 742-7706. gcAg4

**GRAY LACQUER MASTER** bedroom set, 6 pieces \$650. Fruitwood dining room, 9 pieces \$800. Seeburg juke box, print sofa, white canopy bed & dresser, recliner. 248-2952. Please leave message. gc53

**GOOD STUFF, EXCELLENT** condition. Air Conditioner \$150, Queen mattress, box spring, frame \$100, Ladies bike, Raleigh \$50, Exercise cycle \$125, Beach chairs, portable, lamps, fabrics, sheets, stepladder chair, bric-a-brac, more. 741-7040. gc53

**Car For Sale**

**1981 CORVETTE, T-TOPS,** Mint condition, alarm, 19,000 original miles. \$13,000. neg. 741-2475. wa1

**'85 VOLKSWAGEN SIROCO,** 5 Spd., Red, sunroof, Wolfberg edition, A/C, PW, PB, PS, Benzi, BBS Wheels, dual power mirrors, 79K. Well maintained. Must sell \$3,490. 741-4650. gcAg4

**1983 NISSAN RED** Sentra, hatchback, a/t, A/C, 4 new tires. Excellent running condition. Ignition security system. \$1,375 neg. 352-8355. gc51

**VOLVO 1984 TURBO** Wagon, all options, graphite with tan leather, new Turbo & dealer maintained. \$3,600. 741-6842 gc51

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

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

**1989 DODGE VAN,** low miles, original owner. Excellent condition. \$7,500. 775-8875. gcAg4

**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. gc2

**1973 CHEVROLET NOVA, 2** door sedan, 6 cylinder, automatic, new tires & brakes. Asking \$900. 747-1666. gc52

**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. gc2

**1983 NISSAN STANZA - Tan,** 4 dr., power windows, cruise control, A/T, A/C, 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 gc52

**1986 BUICK PARK AVENUE,** 47,000 miles. Needs transmission. \$3,500. 294-7434 gc52

**LYNX MERCURY '83, 2** door \$500. 739-6102 gc52

**1984 FORD COUNTRY SQUIRE** Wagon - one owner, clean interior, exterior. Excellent motor. Must See. \$2,500. 518-746-7780. W-S-3

**1988 NISSAN MAXIMA,** color gold, loaded with sunroof. Only 47K miles, must sell \$7,995. Call anytime and leave message. (516) 485-4480 gc53

**'91 VW JETTA G.O. Red,** 40,000 miles. Asking \$7,900. Call 352-2523 gc53

**Car For Sale**

**1987 DODGE CHARGER.** 2 door hatchback, black w/red int. Auto trans, air cond. Good condition. Original owner. 294-4256. \$1,900. *gcS3*

**1939 PLYMOUTH,** 2 door. Model P8, good condition. Mostly original. Second owner, garaged \$3,000. 747-4610. *gcS3*

**1989 RED VW GTI,** 16 valve, 2-door hatchback, 5 speed, 50,000 highway miles, AC, cruise control, power brakes and steering, sunroof, stereo/Benzi, excellent condition \$7,500. (212)473-2788. *gcS3*

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Reward. 742-4597. gcS2

**Lost and Found Pets**

**LOST CAT, BLACK** with  
white chest and paws. Answers  
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Last seen Somerset and Ken-  
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drums, golf clubs, stereos,  
electric typewriter, records,  
books, much miscellaneous.  
Please join us at 78 Wilson  
Street (off Stewart Ave. West)  
Saturday, August 28, 9 a.m. - 2  
p.m. gcA4

**YARD SALE GARDEN CITY**  
at 168 Pine St., Fri., Sept. 3, 8-1  
p.m. Furniture, baby items,  
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Rain date Sat., Sept. 4. gcS1

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gcAg4

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Furniture, clothing, crystal,  
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**SAT., AUGUST 21, 9-4** at 73  
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Household, toys, bikes, clothes,  
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# Novenas

## NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all 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. C.H. gcAg4

## HOLY SPIRIT WHO SOLVE

all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. C.M. h44

## PRAYER TO THE BLESSED

**VIRGIN** (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. L.S. h44



## DISCOVERY

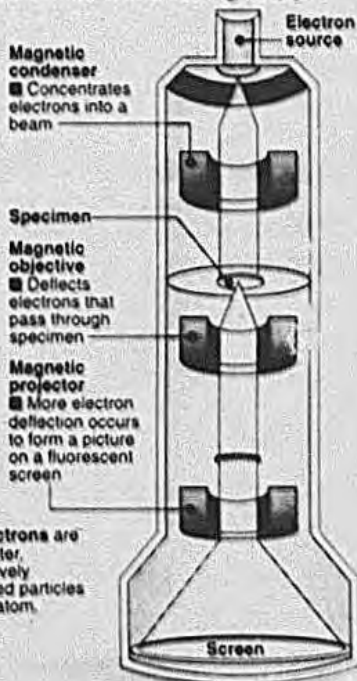
### How an electron microscope works

Though expensive, electron microscopes allow science, industry and academia to study the tiniest worlds around and within us with amazing clarity.

#### The nature of It

There are two types of electron microscopes. In the scanning version a beam of electrons hits a target and some electrons bounce back. In the transmission version (shown here) the electrons pass through.

Magnetic coils affect electrons as the lenses in an optical microscope do light, blowing the image ever bigger. Optical microscopes can enlarge an image about 2,000 times, vs. 1 million times in electron microscopes.



SOURCE: The Way Things Work, David Macaulay

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# Kids Home Newspaper



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

By J.R. Rose -

## DRAW IT!

**DRAW A CROWN ON THE KING OF THE BEASTS!**

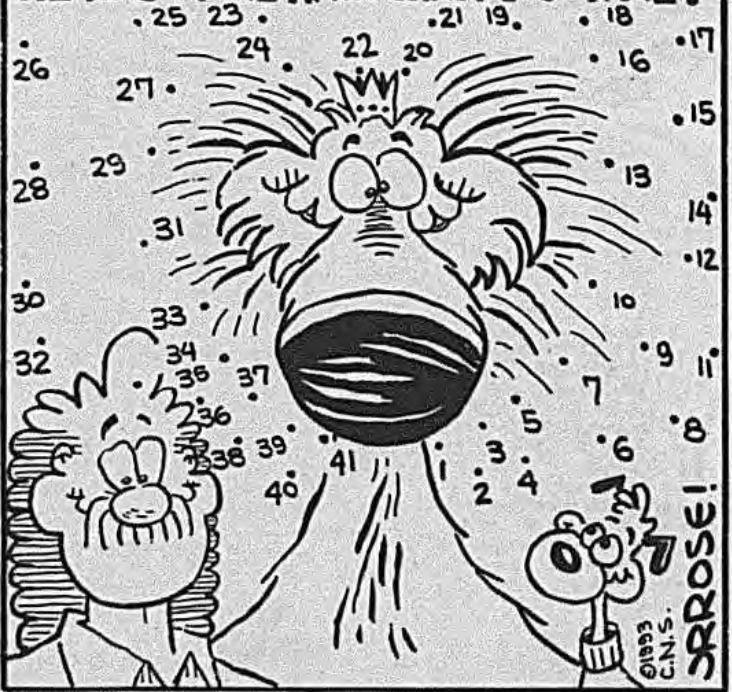


**LIST 5 WORDS THAT RHYME WITH MANE!**

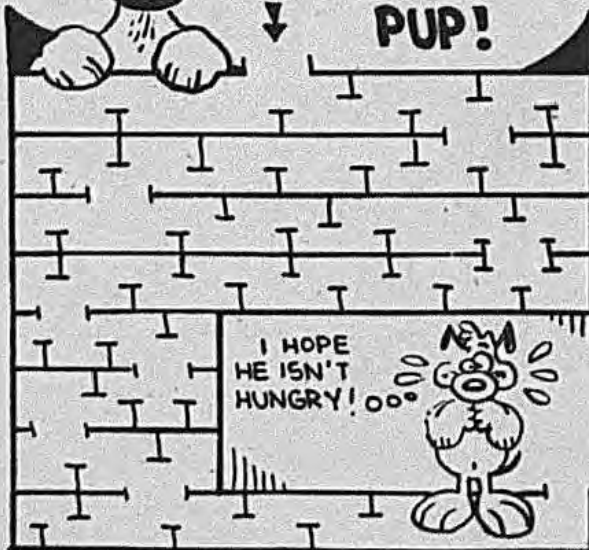
- 1 \_\_\_\_\_
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**WHAT DID THE MOTHER LION SAY WHEN SHE SAW HER SON CHASING A HUNTER AROUND A TREE?**

**STOP PLAYING WITH YOUR FOOD!**



PUP THANKS SHIRLEY CABAN OF CAMP SPRINGS, MD.



# ANTIQUÉ OR JUNQUE



By Anne McCollam

## Sioux Indian image used for advertising

**Q.** Enclosed is a picture of an Old Sleepy Eye pitcher that originally belonged to my mother-in-law, and I have had it in my possession since 1964. It is marked "W.S. Co." and "Monmouth, Ill."

Recently, I have seen pitchers like mine in antique shops for various prices with and without marks. Would you please give me some information as to the age and value of my pitcher?



**A.** Sleepy Eye was the name of a 19th century Sioux Indian. In the early 1900s, Old Sleepy Eye Flour Co. of Sleepy Eye, Minn., used his portrait on advertising. The company offered stoneware and pottery mugs, pitchers, steins, bowls and crocks decorated with his image as premiums.

Weir Pottery Co. made the stoneware from 1903 until 1906, when they merged with Western Stoneware Co.

Not all Sleepy Eye pieces were marked. Your pitcher, depending on its size, would probably be valued about \$200 to \$300 in good condition.

**Q.** I have enclosed the mark that is on the bottom of my compote. It is 6 inches high, and 8 inches in diameter. There is gold around the edge, and it is decorated with violets against a cream background.

Could you please tell me who made it and what it might be worth?

**A.** Your compote was made in Tettau, Germany, by G.C. Greiner. This mark was used around 1890. It would be worth about \$65 to \$75, in good condition.

**Q.** About 30 years ago, a glass bottle was given to me. It measures 5 inches wide, and 8 inches tall. There is a female figure acid etched on one side and two male figures on the other side. On the bottom is the word "Orrefors."

Can you give me any idea of the value of this bottle?

**A.** Orrefors Glassworks was established in 1898 in Smaaland, a Swedish province. The company is still producing art glass, tableware and limited edition plates.

Currently, the glass made in the 1940s and '50s is sought after by collectors. Most of the decorative pieces are marked with the Orrefors name etched into the glass.

The value of your bottle would probably be about \$125 to \$150 in good condition.

**Q.** For years I have been curious about a porcelain tea set.

As a child, I was told that it was very old and had been brought from Germany by relatives. The set consists of a teapot, creamer and covered sugar bowl. They are decorated with flowers against a white background.

Each piece has a blue-green band around the top and bottom, and is trimmed in gold. On the bottom, it is marked "Victoria - Carlsbad - Austria."

Could you please provide me with any information about the age and value of my tea set?

**A.** Victoria Porcelain Factory, Althoflau, Austria, made your tea set. The company existed from 1883 to 1945. The mark you describe was used from 1891 to 1918.

Your three-piece tea set would be worth about \$100 to \$110 in good condition.

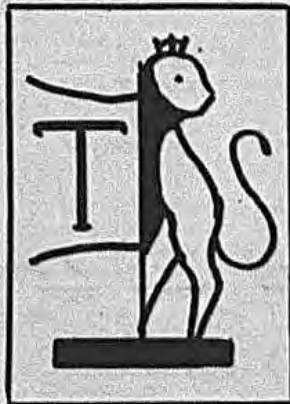
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ANTIQUÉ OR JUNQUE





# Points on Pets

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

**Q.** Our daughter was recently bitten by our neighbor's dog. Our daughter was teasing the dog. The dog is usually very calm and usually enjoys playing vigorously with the children of the neighborhood.

The bite did not look serious, and we did not go to a physician. We washed the wound and put an anti-septic on it. Should we have done anything differently?

**A.** All bites by animals — whether they be pets, farm animals or wild animals — should be considered serious, and the bitten person should be examined by a physician as soon as possible following the injury.

Although puncture wounds caused by dog or cat bites usually do not look serious, they can be quite dangerous because of the number of germs (bacteria and viruses) in the biting animal's mouth.

In addition to the threat of a serious infection from the bite, the risk of contracting rabies or tetanus is present.

Dogs, cats, farm animals and wild animals such as skunks, foxes, bats, raccoons, wolves and coyotes

may transmit rabies.

The rabies virus is transmitted through the saliva of infected animals.

The risk of getting rabies from animal bites is much greater if the biting animal is a farm animal or a wild animal because they are less likely to have been vaccinated against the disease. Fortunately, most biting animals are not rabid.

All animals biting humans should be confined for a period of time for observation.

Your veterinarian or local law-enforcement officers can give you information regarding the length of time required by law in your area.



## Aunt Tilly's Corner

When I was growing up my parents used to take me to the country every summer for a weeks vacation. There I found red dirt roads to take walks on, cows in the neighboring pastures and old gnarled apple trees to climb. There was a brook behind our old country house and I especially loved to walk along its steppingstones trying not to fall in.

One day as I was balancing on one of the stones in the brook I spotted a big fat toad sunning himself upon a nearby rock. Silently I crept up behind, just to see if I could catch him. That old toad never moved an inch. He just allowed himself to be scooped up in my hand which was the size he was! I don't know which of us was more surprised.

After I took him into the kitchen to show my mom, I let him go down by the brook.

Your friend,  
Aunt Tilly

### RULES

#### BOYS AND GIRLS

Here is your chance to win One Dollar (\$1.00) - to spend or to save.

Here's all you have to do:  
1. Contest is open to children 4 to 12 years of age.  
2. Entries must be received by

Friday, September 3, 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. 11598

## YOUR SOCIAL SECURITY

### The 2 parts of Medicare

By William M. Acosta

**Q.** I understand that Medicare has two parts. What does this mean? — A.T.

**A.** Medicare does have two parts: hospital insurance and medical insurance.

Hospital insurance can help pay for inpatient hospital care, inpatient care in a skilled nursing facility, home health care and hospice care.

Medical insurance can help pay for medically necessary doctors' services, outpatient hospital services, and a number of other medical services and supplies that are not covered by the hospital insurance part of Medicare.

Medical insurance also can pay for home health services.

**Q.** My mother, who recently divorced, wants to add my name to her bank account so I'll have access to the money if something happens to her. I receive Supplemental Security Income (SSI) checks and remember there's some special rule about joint bank accounts.

**A.** Can you refresh my memory? — B.W.

**A.** Generally, the money in any account with your name on it is considered to be yours, even if you don't use the money or account. Check with your Social Security office before your mother adds your name to her account.

**Q.** When my mother remarried several years ago, she started receiving Medicare hospital insurance coverage based on the work record of her new husband. She never worked under Social Security.

**A.** Now, they are getting divorced and she's concerned about how this might affect her Medicare coverage. — S.H.

**A.** Since your mother's hospital insurance coverage is based on her husband's work record, her coverage will end if she and her husband divorce before they have been married 10 years.

**Q.** My Social Security check almost always gets here by the third day of the month. Today is the fifth day of the month, and my check still hasn't come. It has never been this late.

**A.** Although it doesn't happen often, once in awhile checks are late. If your check isn't delivered by the sixth day of the month, get in touch with Social Security at the toll-free number, (800) 772-1213.

The people there will help you find out what happened and see that you get your money as soon as possible.

YOUR SOCIAL SECURITY

## Most Beautiful Grandchildren



Meet Sierra Patricia Bobynskyj who is 1½ years old and destined to be the future "Miss America." Her mom and dad are Linda and Bohdan Bobynskyj of Coram. She adds much joy to her grandparents lives - Hedy and Ed Pecinka of Bethpage and Jerry and Karl Fleckhammer of Floral Park.

Hedy & Ed Pecinka  
Bethpage



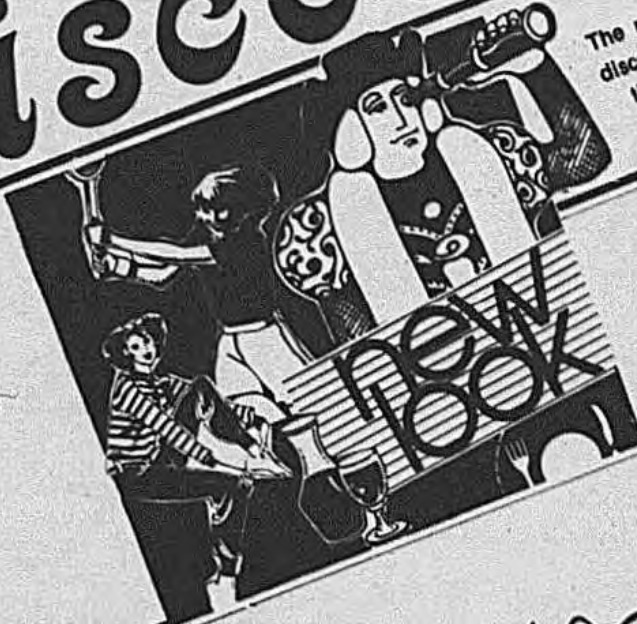
Introducing Matthew Leone, one month old. The proud grandparents are Lazzaro and Sandy Leone (proprietor of Edward Mitchell Inc., custom tailors in Garden City).

Part Two of the Mid Island Times,  
Syosset Advance, Williston Times,  
New Hyde Park Herald Courier,  
Bethpage Newsgram, Jericho News Journal,  
Great Neck News and The Garden City News



# Discovery! Magazine

The newspaper edition that helps  
discover new writers, new ideas  
through input and special  
family features.



Friday, August 27, 1993

**For Birds Only**



SEE PAGE 3



## THE QUESTION OF THE WEEK

Do you think that Senator Dole did a worthwhile job in opposing the Clinton tax plan? Do you think he would be a good Republican candidate for President?



SENATOR BOB DOLE  
R--KANSAS

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3. Limit your opinion to five minutes (make notes before calling).
4. Leave your name and telephone number, or simply use a pen name (your message can be anonymous).
5. Publishers reserve the right to edit, modify or omit any and all material.

## Callers Favor Direct Access To Ballot

Most callers to Input believe that items should be placed on the ballot if the public petitions for them in answer to this question: "Do you think New York State should allow items to be placed on the ballot through a petition drive similar to California? Here are some of the answers:

### PUBLIC SHOULD BE CLOSER

Yes, I believe the public should be closer to the decision making process simply because in the past few years our political representatives have not done a good job of doing what the public wants. This is particularly true on taxes. In California real estate taxes have to be held to a certain amount because the public voted to keep them down. In California and many other states the public can have direct access to the ballot by petitions of a percentage of the voting electorate from the previous election. In N.Y. State our politicians would have to okay this type of law before it would be given to the public and they have not done so, I believe because they are afraid of the results. **M.F.**

### VOUCHER SYSTEM

Yes, I believe the public should be able to petition the politicians to put items on the ballot. In some states they have a petition which will be voted on this election to allow a voucher system to let people select which school they want their children to attend. The voucher would be for a percent of the costs. I do not know whether this will be approved but if it is, it will represent the wishes of the people, rather than a system that is imposed on them and which they are forced to pay for even when they do not approve of the results. **F.H.**

### SOUNDS BETTER

A system of referendum and recall sounds better than it will be. What happens in cases where they have this system in a number of states is that a group organizes and steamrollers the rest of the people so that many sign the petition without thinking over what will happen and whether they want to tie the hands of elected officials. It seems to me that the system we have now is better where if we don't like what a representative is doing, we can vote him out. Unfortunately so many people who are not satisfied do not vote, so they really are the ones who have disenfranchised themselves. **J.F.**

### NOT BINDING

I would like a system where items would be placed on the ballot but not be binding on our legislators because we expect them to work, do research and put in more hours than the general public will do. Referendum and recall is not practical because it allows people who are dissatisfied on a single issue to throw someone out of office. Everyone knows that it is impossible for any official to please all of the people on all issues so you would be throwing out some able people and run out of good replacements very rapidly. **N.F.**

### GOOD SYSTEM

I think we have a good system of not re-electing officials who do not do a good job. With the number of polls studying everything that comes up, the political people do know what the public wants so if they do not follow these wishes then they should be out of office. I also think that term limits would get us more new talent in office and not allow the building up of political power systems which have no regard for the public. **B.D.**

### LIMIT TAXES

Yes. We ought to have a referendum limiting the amount of taxes that can be levied in a school district to not more than a certain percent of the tax base. Now budgets are made up without any regard to how the bill will be paid, but what is deemed necessary to expand the school system. Raises ought to be indexed to inflation and not given because of pressure. **M.S.**

### FAVOR SYSTEM

First of all, I am not familiar with the California legal set-up as opposed to ours in New York. I even checked it out with a friend of mine in town who is a practicing lawyer and even he could not apprise me of the differences between our two states with respect to normal legal procedures. In any case, just by comparing the Republican and Democratic methods practiced in each as indicated in the sketches accompanying the "Question," I can't help but favor our system in New York State. Unfortunately many of our residents in New York do not involve themselves in the legal items presented for them at the polls on Election Day. Luckily, those of us who do treat the responsibility seriously do prepare ourselves, do devote the time and interest to the important consequences of their votes. Looking at the California democratic system I can't help but feel a sense of alarm at the consequences of the power which can't help but accompany the petition drive technique in California. Needless to say, the system in our "Republic" has its faults and weaknesses but I strongly favor the pinpointed responsibilities of our elected officials over the California latitude so evident in their democratic system. **P.G.S.**



# Discovery!



## For Birds Only

By John Laughlin

A few years ago my son-in-law gave me a bird feeder, a six foot length of pipe threaded at one end, an adaptor to screw the feeder onto the pipe and a cap to screw on the pipe threads to keep them from being damaged when I drive the pipe into the ground with my trusty sledgehammer. He also gave me a bag of birdseed to get me started on feeding the birds, as well as a colored chart with pictures of birds so I can tell what species are alighting on the feeder.

I already owned a house-type feeder with glass sides and a covered chimney for pouring the seed into the feeder. I bought it from an old timer sitting outside a shopping center and it sat unused in a corner of the garage. I guess I bought it to lend support to retired old timers who make bird feeders for a little extra income.

Now I was the owner of two bird feeders, the new one being a tall, cylindrical, plexiglass thing with a removable cover and convenient perch rods and holes down its length. I didn't want to turn the garage into a storage place for unused bird feeders, so I had to go to the plumbing supply store for another length of pipe and a threaded flange to attach to the bottom of the house feeder so I could mount it on the pipe.

I understand that you only need to feed the birds in the winter months because they can find enough food on their own in the warm weather. So when the cold weather rolls around I get out the pipes, feeders and sledgehammer. With the hammer I drive a piece of steel rod (specially kept for the purpose) about a foot into the ground, wiggle it around a bit to enlarge the hole, screw the protective cap onto one of the pipes, and then slam it into the hole with the sledgehammer. After repeating the process a little distance away with the other pipe, I fill the feeders with seed, place them on the threaded pipes and give them a spin to seat them firmly in place. Now all I have to do is watch for the birds.

After some experience at this game I discovered that the birds pay no heed to the feeders for about four days. I think they only discover the food by accident. One of them will eventually land on a feeder for a rest, or out of curiosity, look around a bit and suddenly find the food. After sampling the fare and finding it to his liking, he flies off to tell his pals about the new found feast.

One day I spied a squirrel climbing up to one of the feeders and start gorging himself on the birdseed. I was surprised that a squirrel could climb up a smooth metal pipe, but it wasn't my intention to feed the squirrels. I reasoned that it would be an impossible task to climb a greased pipe, so I got a can of grease from the garage and slathered some liberally on the pipes from top to bottom.

A day or so later I glanced out the window and saw a squirrel sitting on a feeder having a feast. It was evident that this problem was going to require more thought. Next, I took two empty plastic bleach bottles, cut a small hole in the bottom of each and impaled them on the pipe, with each pipe passing through the bottom hole and the top. I got the idea from my navy days when we used to place sheet metal collars around the hawsers when we tied up to dock, to prevent rats from entering the ship.

The plastic bottles proved to be an effective barrier against the

squirrels. So in amug satisfaction I stood looking out the kitchen window to observe the colorful variety of birds that would come to dine at my backyard feeders. Much to my dismay, I next spotted some pigeons roosting on the house-type feeder scarfing up the bird seed. Now, a pigeon is a pretty good sized member of the feathered community and can consume a disproportionate amount of bird feed. If I didn't want to replace it on a daily basis, I would have to figure out how to keep the pigeons off the feeder. My solution was to attach pieces of stiff wire mesh to the overhanging edges of the roof to make it more difficult for the pigeons to fit underneath and gain a foothold on the perch.

Next time I peered out the window, the pigeons were back on the house feeder. They had squeezed in from the end and were gobbling up the seed. This time I attached a strand of wire across each end of the feeder from roof edge to roof edge to eliminate the newest point of entry. That seemed to do the trick for the pigeons.

A few days later the squirrels were back on the house feeder feasting again. I found out they were reaching their goal by jumping from a branch of my backyard tree. I got out my stepladder and sawed and removed a low hanging branch. I had hardly put the ladder away when a squirrel was leaping from the newly shortened branch toward the feeder. It took him three attempts of just missing his target and falling to the ground; but on the fourth try he got the range and swung himself down on the perch to begin eating.

I briefly entertained thoughts of buying a pellet gun, but instead I got out the sledgehammer and moved the feeder further away from the tree, but nearer the other feeder - too near as it turned out. The squirrels were now able to climb up one pole to the bottom of the plastic bottle, brace themselves momentarily, and then leap across to the other pole at a point above the barrier, and scamper onto the feeder.

I made one final attempt with the sledgehammer routine and moved it once again a few feet further away. I have not seen those poachers on the feeders again. It was a tough fight, but I finally won in a tenth round knockout - or was it a decision? As old Cal Coolidge once said, "...Persistence and determination, alone, are omnipotent..." That goes for me, the squirrels and the pigeons.

Every time I refill the empty feeders with more bird seed, I think of the scene in "Mary Poppins" where the two children want to spend their tuppence to feed the birds. But it costs a lot more than tuppence, plus considerable aggravation to feed the birds around my place!

### ABOUT THE AUTHOR

John Laughlin lives in Williston Park. This is his first contribution to *Discovery*.

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## WINE TALK

### California's 'other' red

By Richard Nalley

Man does not live by Cabernet Sauvignon alone. Or even by Pinot Noir, Merlot or Zinfandel. The world is full of exotic and spicy red wines, and California, after a long bout of Cabernet-fixation, is producing a mouthwatering new array of them.

Since Italian immigrants were so instrumental in planting California's great vineyards, you'd reckon that their native grapes — flavorful reds like Barbera and Sangiovese — would be the first thing into the ground. But somewhere along the line California grapes in the style of Bordeaux (Cabernet Sauvignon, Merlot, Sauvignon Blanc) and Burgundy (Chardonnay, Pinot Noir) became synonyms for fine wine in this country.

On most connoisseurs' lists of fine red wine, the great wines of Italy and France's Rhone Valley would rank right up with best. Until recently, however, Italian-style reds were few and far between in California (though Zinfandel now turns out to have been of Italian origin), and Australia, not the United States, became the second home of Rhone-style reds. Even California's own remarkable treasure trove of old vines from obscure European origins — like Petite Sirah — have been entirely overshadowed.

Though California's premium wineries remain Cabernet and Merlot-heavy, folks who enjoy the rich, forward style of California reds now have an exciting new flavor palette to choose from. New red grape types are going into the ground, and the heirlooms handed down by earlier generations are starting to get the star treatment that allows them to show their stuff.

Because many of the wines are available only in limited quantities, they tend not to be cheap. Unless otherwise noted, assume that the wines below will be priced between \$10 and \$18. It is to be hoped that, as with more familiar wines, these will become less and less expensive as production increases.

One of the most notable efforts — at the high end of the market — comes from Atlas Peak Vineyards, an ambitious winery owned by three of the best-known names on the international wine scene: Antinori of Tuscany, Bollinger of Champagne and the British-based international drinks conglomerate, Hiram Walker.

With the urging of Marchese Piero Antinori — one of the most prominent figures of modern Italian wine — Atlas Peak produces a Sangiovese, from the grape that is the backbone of fine Chianti. The 1989, the first vintage, impressed me as tight, overly lean, and not quite up to its \$27 sticker price.

The new release, the 1990, however, is nothing short of sensational. Yes, it's a pretty piece of

change, but if you want a treat, try this silky, spicy, subtly layered red that any Tuscan could be proud of.

Atlas Peak is also making a Cabernet Sauvignon-Sangiovese blend in the style that has captured so many headlines in Italy. Called Consenso, the 1989 is a blend of 80 percent Cabernet Sauvignon and 20 percent Sangiovese. It won't make wine lovers forget Antinori's own Solaia quite yet, but it is a lovely, round wine with flavors of juicy black plum and cherry.

A new wave of California Barberas would be most welcome, since the Italian bottlings of this pleasurable, early drinking, nothing-fancy red have disappeared beyond the \$15 line and into the \$20s. There have always been some California Barberas around — Martini makes a decent one — and more are on the way from newly interested wineries.

A Barbera that has been on the market for several vintages now is from Amador County's Montevina. The 1990 Montevina Barbera Reserve is an excellent example of what Barbera's about: a medium-bodied red with lots of oak and plummy fruit flavors, good acidity and moderate tannins. It's a wine for a lamb chop or something hot off the grill.

The velvety, exotically spiced wines of the Rhone have become a subject of great interest in California over the past decade, spurred by a loose movement of innovative winemakers known as the "Rhone Rangers." The godfather of the movement is the wry iconoclast Randall Grahm, proprietor of Bonny Doon Vineyards.

Probably Grahm's most famous wine is Le Cigare Volant — "the Flying Cigar." The name comes from the French idiom for flying saucer and Grahm's conviction — unsupported by anyone I've asked in the region — that the town of Chateaufort-du-Pape once passed an ordinance against such vehicles landing in their vineyards.

At any rate, the 1989 Le Cigare Volant is a Chateaufort-style blended red with its own California style mix of medium-bodied richness, mouth-filling fruit and spice, all held nicely in balance. Look closely at the label to see the UFO hovering behind the trees.

Other Bonny Doon wines worth searching out: The \$7 1992 "Clos de Gilroy" (perversely named for California's garlic capital), a chillable, black-pepper spiced red Grenache that packs more flavor punch than most comparably inexpensive Beaujolais, and the rich, intense 1989 Estate Syrah.

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

# DINING GUIDE

## READER RATINGS

**Q.** I'm a newlywed and a novice at flower arranging. In a couple weeks I will be picking flowers from my first garden to use as a table centerpiece for our first dinner party. Any suggestions?

**A. Two.** First, this is the time to use your own creativity instead of borrowing someone else's.

Second, rinse the flowers and greenery thoroughly so that bugs from the garden don't find their way from the flowers into your guests' salad!

**Q.** What are the rules about having people sit on the floor at one's parties? We like doing it and wonder if that's a no-no or not.

**A.** It all depends on the age of your guests. Anyone under 30 who doesn't have a broken leg can sit and eat on the floor with grace. Anyone under 40 can pretend to do it and get away with it.

Most people over 40 (marathon runners and ardent athletes excepted) creak and long for the comfort of a chair.

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## KITCHEN HINTS

### Under pressure.

Timesaving pressure cookers are making a comeback in the kitchen.

1. Pressure cookers cut cooking time by one-third to one-half. Soups, stocks and stews retain their moisture and flavor.
2. Today's models have improved pressure valves and are quieter than previous models.
3. A 2-quart pot is perfect for small families; for larger groups, use a 4-, 6- or 8-quart pot.



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

## KITCHEN KIDS



By Rena Coyle

## New ways to cook summer vegetables

Steamed, blanched or sauteed — these are the usual ways we quickly prepare our family's vegetables. No wonder the kids say, "What, that again?"

If your household is ready for a change, bring your kids into the kitchen and watch what they can do with those same old vegetables.

Everyone is a fan of home-fried potatoes, and with a twist, these home fries can be served alongside dinner as well as breakfast. The Fennel Potato Hash is a layered skillet dish that takes the unusual taste of the fennel bulb and combines it with potatoes and fresh herbs into a wonderfully delicious vegetable.

There are several steps to making this dish, none too complicated and most that can be done simultaneously. For example, while the fennel and potatoes are cooking, the bacon can be fried. This recipe is best prepared by children about the age of 10 or older since it does require three steps at the stove.

Younger children can use their hands to prepare these Zucchini Pancakes. Zucchini, which is a vegetable that creates a loud vocal reaction in my house, has finally found a new place on our dinner plates. I found that my fussy eater loves these small pancakes even though she had completely sworn off zucchini.

Small children will enjoy grating the zucchini and blending all the ingredients together. Depending on your child's age, an adult may need to cook the pancakes, but let the kids spoon the batter into the pan.

With a couple of steps, vegetables can come alive and add an entirely new dimension to your family's dinner.

### POTATO AND FENNEL HASH

- 1 medium fennel bulb
- 2 medium red-skin potatoes
- 4 strips bacon
- ½ teaspoon rosemary
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 small onion

Yields 4 servings.

Preparation time: 20 minutes.  
 Cooking time: 25 minutes.

Utensils: saucepan, cutting board, knife, skillet, paper towels, plate, strainer, spatula, spoon.

Fill saucepan half full of water and bring it to a boil.

Trim the stalks off fennel and discard. Add fennel and potatoes to water and cook for 10 minutes. Meanwhile, cook bacon strips in skillet until crisp. Reserve bacon drippings and hold them off to the side on paper towel-lined plate.

Place strainer in sink and carefully pour in potatoes and fennel to drain. Rinse with cold running water to cool down vegetables. Once they are cool enough to handle,

secure them on cutting board and cut them into ½-inch slices. Season potatoes with rosemary, salt and pepper. Set aside.

Secure onion on cutting board and trim off ends. Peel off papery skin and cut into thin slices.

In skillet, reheat bacon drippings and add onion. Cook for 2 minutes, until onion softens. Alternate layers of potato and fennel pieces, then make a final layer of crumbled bacon. Cook over medium high heat for 4 minutes. Using large spatula, flip vegetables over, pat down mixture into bottom of pan. Lower heat to medium low and continue cooking for 10 minutes. Use spoon to serve hash.

### ZUCCHINI PANCAKES

- 3 medium zucchini, washed
- 1 small onion
- 3 eggs
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons flour
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon oil
- 1 recipe of tomato relish, optional (recipe follows)

Yields 4 servings.

Preparation time: 20 minutes

Cooking time: 10 minutes.

Utensils: cutting board, knife, grater, plate, strainer, mixing bowl, measuring spoon, non-stick skillet.

Secure zucchini on cutting board and trim off ends.

Put grater over plate and carefully grate zucchini in an up-and-down motion.

Scrape grated zucchini into strainer in sink.

Once all zucchini has been grated, secure onion on cutting board and trim off ends. Peel off papery skin and grate onion just like zucchini. Add it to strainer.

Using your hands, squeeze out any excess liquid you can and put vegetables in mixing bowl.

Add eggs, salt, pepper, flour and cheese. Toss together.

In skillet, heat oil. Using a tablespoon, drop batter into skillet, making small pancakes.

Cook them for 1 or 2 minutes on each side. Remove pancakes and place on paper towel-lined plate to drain while you cook remaining batter.

Serve alongside grilled chicken, fish or meat. Top each pancake with a spoonful of tomato relish if you like.

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



# DINING GUIDE

HOME ENTERTAINING

## In praise of peaches

By Carol Cutler

There isn't a chef, professional or amateur, who doesn't rejoice at this time of the year. It's local produce time. Now is when fruits and vegetables are at their freshest, ripest — just plain their best.

What is particularly rewarding for the cook is that so little needs to be done to these just-harvested beauties. A naturally ruby-red tomato begs to be left alone. Forget the vinaigrette, please. Butter is almost superfluous on supersweet corn. And fruits — relish eating them out of hand.

All of this is a boon to anyone counting calories. Cream, butter and rich sauces can transform pallid peaches into an acceptable dessert. Happily, those heavyweight embellishments are not needed at this time of the year.

The following dessert suggestions require peeled peaches. The procedure is very easy and quick. Plunge the ripe peaches into boiling water for about a half-minute and lift out with a skimmer. As soon as you can handle them, slip off the skins.

Once peeled, peaches will begin to darken in a short time, so be prepared to proceed with the recipe. Of course, if you are going to slice them to put under a pie crust or crumb topping, a little darkening is hardly disastrous.

Now that the peaches are peeled, here are a few simple ways to handle them. Nothing could be easier than peaches and wine in a pitcher. In one handy container you have both wine to pour and dessert.

Chill a bottle or two of dry white wine. Since the flavor of the wine will be changed a little, do not use a very fine wine because its taste will be altered.

But even the taste of delicious

peaches can't disguise a cheap jug white. Don't use a wine you wouldn't drink straight. Select a modestly priced dry white wine from California, perhaps a chenin blanc, sauvignon blanc, chardonnay or a good blend of white wines.

Count on one peach for each diner and put the peeled peaches in a clear, wide-mouthed glass pitcher. If one pitcher is not large enough to hold all the wine and peaches, use two. Pour the chilled wine over the peaches. The acid in the wine will prevent any discoloration of the flesh.

Refrigerate the peaches and wine for at least two hours. During this time the peach flavor will delicately perfume the wine.

### RASPBERRY-BAKED PEACHES

1 (10-ounce) package frozen sweetened raspberries, defrosted

1/4 cup white wine  
2 tablespoons kirsch  
8 peaches, peeled  
Yields 8 servings.

Preheat oven to 375 F. In blender, puree raspberries with wine and kirsch; then force puree through sieve to remove seeds. There should be about 1 1/2 cups of sauce.

Cut peeled peaches in half, remove stones, and place fruit halves, round sides up, in baking dish that will hold them in one layer. Pour sauce over peaches and bake, uncovered, about 10 minutes. Baste 1 or 2 times during baking.

Serve 2 halves per portion, spooning some of raspberry sauce over them.

If prepared dish was refrigerated, allow an extra 5 minutes baking time.



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# Vegetarian View



By Charles Britton

Today's produce counters are so full of a number of things, I'm sure vegetarian cooks should all be as happy as kings — provided that we could figure out how to make use of the wealth of unusual fruits and vegetables that come our way.

Although supermarkets and some produce dealers try to get information to the public, produce items rarely come with instructions, user-friendly or otherwise. So the prospective buyer finds any willingness to experiment undermined by doubt.

How do I know that this vegetable is ready to eat? How do I prepare it? Come to think of it, how do I know whether it is a vegetable?

To help with at least some of these quandaries, we went on a shopping spree in supermarkets that specialize in fancy and unfamiliar produce.

Some of what we found is rare, some is exotic, some has been around for awhile without finding a place in the everyday repertory.

Here's a users' manual to a selection of the curios available currently:

## BLOOD ORANGES

Blood oranges are particularly popular in Europe, especially in Sicily. Those unfamiliar with the variety may be alarmed when they see the flesh streaked with reddish purple, but that's the idea. The sweet, citrusy flavor presents no problem.

**Selection:** As with any other orange, look for heavy, firm fruit.

**When ripe:** At purchase.

**Storage:** Refrigerate.

**To prepare:** As for any orange, but perhaps best sliced in a fruit salad to show off the color.

## CHERIMOYA

The scaly appearance of a cherimoya makes it look like a dragon's heart, but it has won the favor of many consumers who love its melting flesh and willingly pay a premium price for it.

**Selection:** Look for dark-skinned, bruise-free fruit.

**When ripe:** Cherimoyas yield to gentle pressure and may begin to split at the stem end. Dark color indicates ripeness.

**Storage:** Room temperature until ripe, then refrigerate.

**To prepare:** The luscious flavor of cherimoyas is so special that the fruit are best simply served on the half shell. The thin skin and black seeds are not edible.

## ENGLISH CUCUMBER

The long cucumber usually comes sealed in plastic. Otherwise, it can be used just like any other cucumber.

**Selection:** Look for firm, unblemished examples.

**When ripe:** They are ready to use.

**Storage:** Refrigerate.

**To prepare:** Use in any cucumber recipe.

## FAVES

Until fava beans (or faves, or

horse beans) got some unfortunate publicity in the movie "Silence of the Lambs," they were best known among ethnic communities. Mediterranean people love them.

**Selection:** Some people like small pods that contain beans that are still green; others like the more mature beans. In any case, there is a lot of waste with faves, so buy plenty.

**When ready:** At purchase.

**Storage:** Refrigerate.

**To prepare:** Remove the beans from the cottony pods. Except for very tender, young beans, each bean should be peeled of its tough skin. Or just leave the skins on and remove them when eating. Very young faves may be eaten raw, as an hors d'oeuvre.

## FEIJOA/GUAVA

Every 30 years or so, *Sunset* magazine publishes an article declaring that feijoas (aka guavas) will become a huge cash crop in California. It hasn't happened yet, but who knows? Maybe the tropical-fruit taste will catch on.

**Selection:** Choose firm fruit.

**When ripe:** Feijoas give to gentle pressure.

**Storage:** Room temperature until ripe, then refrigerate.

**To prepare:** Ripe feijoas need only to be peeled and sliced as part of a fruit platter. Or you can stir-fry the peeled slices until heated through as a fruit garnish for almost any grilled dish.

## KIWANO

Also known as the African horned melon, the kiwano somewhat resembles a cucumber. But you ignore the rind and eat only the juicy, somewhat gelatinous flesh and seeds, which have a curious tart-sweet character.

**Selection:** Fruit should be brightly colored, with firm spikes.

**When ripe:** At purchase.

**Storage:** Kiwanos will keep for weeks in a cool, dry place; don't refrigerate.

**To prepare:** Cut kiwanos in half, scoop out seeds and juicy pulp. Besides being added to a fruit salad, you can make a drink out of the flesh.

## KOHLRABI

No nouvelle vegetable, the odd-looking kohlrabi, a member of the ubiquitous cabbage family, remains unfamiliar on most tables.

The leaves may be eaten as cooked greens, but the vegetable is grown for the globular development of the stem, which has a crisp texture rather like the stem of broccoli.

**Selection:** Smaller kohlrabi are best; bigger ones may be tough.

**When ready:** At purchase.

**Storage:** Refrigerate.

**To prepare:** The leaves may be prepared like collards or other greens. The skin of the bulb is removed before or after cooking, depending on recipe.

# After Work Gourmet



By Sharon Achatz

## Summer side dishes star in simple dinner

Come summertime, the best dining is simple — for a number of reasons.

Among them: Produce is at its peak and therefore requires minimal preparation for fantastic results, and appetites just don't require the hearty entrees of winter.

In fact, for the simple meal that follows, the entree takes second billing to the stupendous side dishes that are the true stars of the show.

Granted, broiled Trout in Lemon Sauce is nothing to sneer at, but the side dishes showcase some of summer's finest fare.

**Fruit Salad with Lime Dressing** is a virtual cornucopia of nine types of fresh fruits, including nectarines, blueberries, pineapple and plums. The limeade-based dressing enhances the unique flavors of the many fruits.

To select a fresh pineapple, look for a plump, firm fruit with a bright-green crown and flat, shiny eyes, the diamond-shape sections that cover the surface. Avoid any pineapple that smells like vinegar, which is a sign of fermentation.

Select peaches and plums that have a pleasantly sweet fragrance and a slight give to the flesh. To ripen firm peaches, place them in a brown paper bag and set on the kitchen counter for a day or two.

As a vegetable side dish, **Green Beans With Tomatoes** is a natural warm-weather pleaser as both veggies hit a peak in late summer. Combined and gently steamed, they provide a dish of colorful and textural contrasts.

In the market, the most flavorful and less fibrous beans will be just a bit thinner than a pencil in diameter and the seeds inside not yet visible. As for tomatoes, those at the peak of ripeness will be completely red, have a subtly sweet fragrance and give slightly to gentle pressure.

To round out the meal is another high-profile side dish: colorful **Chili-Cheese Muffins** that provide a spicy counterpoint to the sweetness of the fruit and the tartness of the fish.

### TROUT WITH LEMON SAUCE

**For Sauce:**

1½ tablespoons margarine, melted

3 tablespoons lemon juice

¼ teaspoon Worcestershire sauce

**For Fish:**

4 (6-ounce) trout fillets, skinned

Pepper to taste

2 tablespoons sliced almonds

1 lemon, cut into wedges

**Yields 4 servings.**

**Preparation time: 15 minutes.**

Preheat broiler. Combine all sauce ingredients; set aside.

Sprinkle fillets with pepper to taste.

Arrange on broiler pan and pour lemon sauce over all. Broil just until fish is firm and opaque, about 8 minutes, turning once.

Sprinkle with almonds and return to broiler 2 to 3 minutes more. Garnish with lemon wedges.

### FRUIT SALAD WITH LIME DRESSING

**For Dressing:**

½ cup vegetable oil

2 tablespoons honey

5 tablespoons limeade concentrate, thawed

½ green apple, chopped

**For Salad:**

1 nectarine, cubed

1 red plum, cubed

1 black plum, cubed

1 green apple, cubed

1 cup fresh cubed pineapple

1 cup halved seedless red grapes

1 cup halved seedless green grapes

1 banana, sliced

1 cup fresh blueberries

1 cup halved fresh strawberries

2 kiwi, peeled and sliced

**Yields 4 to 6 servings.**

**Preparation time: 20 minutes.**

Whisk together dressing ingredients. Chill until ready to use.

Combine fruit in large bowl. Pour dressing over fruit and toss gently. Cover and refrigerate until ready to serve.

### GREEN BEANS WITH TOMATOES

1 pound fresh green beans

8 boiling onions, about 1½ inches in diameter

2 tablespoons olive oil

1 clove garlic, thinly sliced

Salt to taste

2 tomatoes, peeled, seeded and chopped

1 tablespoon chopped fresh dill

OR basil

1 tablespoon chopped fresh parsley

3 to 4 tablespoons water OR juice from tomatoes

**Yields 4 servings.**

**Preparation time: 35 minutes.**

Top and tail beans; cut into 1½-inch pieces. Peel onion and slice into thin rounds. In large skillet, heat oil; add onion and garlic, cook over low heat until onions begin to soften, about 5 minutes.

Salt lightly, then add beans; cover with chopped tomatoes and herbs. Add water or tomato juice; cover skillet and cook over medium heat until beans are tender, about 15 minutes.



Desiree Viveca

Modern technology has created so many amazing conveniences that make everyday living easier. But we often take them for granted. Cars, televisions, radios, computers — we may use them every day, but how many of us know how they all work?

I'm ashamed to admit that the internal combustion engine is still largely a mystery to me. I can, however, give you a brief rundown on how your microwave oven works. It's not as mysterious as you might think.

Microwaves are very short (hence the "micro") high-frequency electromagnetic waves. It might surprise you to learn that everything emits microwaves — the potted plant on your desk, your toaster, even you! But your microwave harnesses these tiny waves to generate cooking power.

Radio waves, television waves and even ordinary daylight are all waves of differing frequencies. You might think of your microwave oven as a miniature broadcasting system, but instead of sending long waves out, it generates short waves that concentrate in a small area.

In your microwave oven, a magnetron tube converts electricity into microwaves. They can't pass through the metal walls of the oven, but they can penetrate glass, porcelain, paper and other materials to reach the food you want to cook.

Microwave energy is attracted to moisture, sugar and fat molecules in food, causing these molecules to vibrate millions of times per second. All this jiggling friction results in heat, and this is what gets things cooking.

Of course, density and moisture will vary from potato to potato, and fat content will vary from roast to roast, so cooking times are always approximate.

You don't need to add fat to keep foods from sticking in the microwave, but a little additional butter, margarine or oil will attract microwave energy, and this can speed the already fast cooking process even further. A sprinkle of water can also help dry foods to heat more efficiently.

Foods that are higher in moisture will attract microwaves and cook faster than those lower in moisture. Be careful when heating sandwiches and sweet rolls with fruit or cheese fillings. The bread outside may feel only slightly warm, but fillings can be quite hot, so check inside temperature before taking that first bite.

Some final safety hints:

- Because microwave cooking creates steam pressure within foods as molecules heat, you need to be careful to pierce skins or membranes of foods like sausages, eggs, potatoes, etc. This allows built-up steam to escape and prevents messy explosions. Remove plastic wrap and lids with care to avoid steam burns.

- In a conventional oven, hot air does the cooking. But with a micro-

wave, food heats up — not the oven. Heat will transfer from food to cooking utensils, however, so hot pads are in order when removing containers from the oven.

## RED SNAPPER DJION

2 teaspoons butter OR margarine  
 ¼ teaspoon paprika  
 ¼ cup sour cream  
 1 teaspoon Dijon mustard  
 ¼ teaspoon lemon pepper  
 ¼ cup seasoned bread crumbs  
 ¼ teaspoon dried parsley flakes  
 1 pound red snapper fillets, in serving-size pieces  
 Yields 3 to 4 servings.  
 Preparation time: 5 minutes.  
 Cooking time: 5 to 6½ minutes (plus 3 minutes standing time).  
 Oven setting: HIGH (100 percent power).

Place butter or margarine in 8x8-inch microwave-safe baking dish. Add paprika. Microwave about 1 minute, to melt. Tilt dish to spread melted butter and paprika evenly over bottom. Set aside.

Combine sour cream, mustard and lemon pepper in shallow bowl. In separate bowl, combine bread crumbs and parsley; toss with fork to combine.

Rinse fish and pat dry with paper towels. Dip fillets first in sour cream-mustard mixture, then in bread-crumbs mixture to coat. Arrange in baking dish with thicker portions toward outside. Cover dish with paper towel and microwave 4 to 5½ minutes, or until fish flakes easily with fork. Let stand 3 minutes before serving.

## BRUSSELS SPROUTS WITH TARRAGON BUTTER

1 pound fresh brussels sprouts  
 ¼ cup water  
 2 tablespoons butter OR margarine  
 ¼ teaspoon dried tarragon  
 ¼ teaspoon pepper  
 Yields 4 servings.  
 Preparation time: 10 minutes.  
 Cooking time: 10 to 14 minutes.  
 Oven setting: HIGH (100 percent power).

Rinse brussels sprouts thoroughly and trim off stems; remove any wilted outer leaves. Soak in cold, lightly salted water about 10 minutes. Rinse under cold running water and drain.

Combine brussels sprouts and water in 2-quart microwave-safe casserole. Cover and microwave 8 to 12 minutes, or until sprouts are tender, stirring gently halfway through cooking time. Turn into colander to drain.

Place butter, tarragon and pepper in 1-cup glass measure. Microwave 2 minutes to melt.

Transfer sprouts to serving dish. Drizzle seasoned butter over top, toss gently, and serve.

# FOR TEENS

By Willard Abraham, Ph.D.

## Clear up relationship

Dr. Abraham: I have been going with this girl for three years. It all began when we were 14. Neither of us has gone out with anyone else since then.

One of the things I've liked most about her is her brain. I have always been so proud of the fact that she chose me to be best friends with.

But something has happened in the last six months that bothers me. So that is why I'm writing to you.

The plain fact is that she has become bossy and even ridicules my not being as smart as she is. I never felt funny about her being smarter than I am, but now I do. These days she even tells me what to wear, and even what to have an opinion on (like about politics, for example).

It has just become too heavy for me and not much fun anymore.

I haven't told her how I feel. Do you think I should? — Too Much

Too Much: Perhaps this is the time to clear up the relationship you have with her, with each of you putting in the open how you feel about it and what the strengths and weaknesses are.

That step will probably either result in strengthening your friendship or finding out that a short (or longer) vacation from each other would be worth considering.

Dr. Abraham: My parents are trying to run my life, and I think that is a pain. I don't run theirs, and I wouldn't even try. They just can't live my life, and I wish they would stop trying.

After all, it is likely that I will be around longer than they will, and who'll be telling me then what to do?

It is all because I've always wanted to be a stewardess. They are both professionals (one a lawyer and the other a doctor, for gosh sakes), so they tell me how dull it will be serving meals and trying to please everybody.

They just don't understand me. I like pleasing and talking to people, and doing that constantly would be just fine for me. And going places that won't cost me anything (I'll even be paid to get there!) seems like a groovy thing to do.

Is there any way to calm them down and get them to back off? — Tell Me

Tell Me: Some research indicates that it is common for the average person to change jobs or careers six or seven times. It may be worth sharing that fact with your parents so they recognize that there is "hope" for you. At least it might encourage them not to block your first choice and give it a chance.

That may not totally satisfy them, but it might reduce their anxiety at least a little bit.

Dr. Abraham: I'm a guy who likes music, and I really can't understand why others can't enjoy it, too. The others in this case are my parents. When I put on a tape and turn it on loud so they can hear it in their part of the house, one or both of them come on strong, yelling at me.

It has to be played loud for me to enjoy it and also so they can hear it.

Can you help me solve this problem? — Music Lover

Music Lover: You seem to be providing them with a favor they obviously neither need nor want, so either you can turn your tapes down, close a door or two between you and your parents, or play the tapes when they aren't home. You might once in a while also consider playing music that they like better than some of your choices.

I imagine they would appreciate your thoughtfulness if you respected their wishes a little more than you appear to have been doing.

Dr. Abraham: A few years ago my dad suggested that I study the stock market and perhaps invest in it. So I did, by buying some stocks with my birthday and other savings, and with the advice of a business teacher at his school on how to get started. The result is that on my own I've made a bundle by buying and selling.

An unusual part of this story is that my investments paid off and my father's have hit the skids. He feels good about my success, but asked me what my secret is. I thought at first that he was kidding, but he wasn't. He was really serious.

I told him that I had no magic touch or anything like that, just a kind of intuition or something. I also studied company and corporate histories and personnel and got some hints from them.

I told him that if he wants me to invest some money for him I would do it, but not to hold me responsible if I lose some of his. He thought that was fair enough.

Here is how it is turning out: I've earned back all of his losses, and my bundle is still getting bigger. He and I are having a ball, and are closer together than ever. My mom has hinted that she may want to get in on the act, but I've put her off for a while. — No Name (for a good reason!)

No Name: What a great story of a rare father and son. I'm tempted to ask to "get in on the act," too, but I won't. I don't want to jinx your success in any way.

More good luck to both (or all three) of you!

# Cooking Corner



## Winning ways with pasta

You've got to give them credit: Home chefs are using their noodles.

A recent call to readers for their favorite unusual pasta recipes brought more than 250 responses and produced a three-way tie for first place.

Noelle Leshan Hicks wowed our panel of six judges with a soothing linguine with a golden sauce of pureed butternut squash, cream, pancetta and fresh rosemary.

Carolyn Bonebright jazzed up angel-hair pasta with red bell peppers, basil leaves, balsamic vinegar and a splash of vodka.

And Patricia Berg, who is at work on a cookbook of eggplant recipes and art, contributed a top-notch fettuccine with eggplant, plum tomatoes, feta cheese and toasted walnuts.

Vegetables were in the spotlight in many contest entries. In fact, more than half of the recipes submitted were all-vegetable, others used just a bit of meat or seafood for flavoring.

There were red and yellow bell peppers galore, sun-dried tomatoes, garlic, carrots and cauliflower. Pine nuts and walnuts were popular ingredients, too. Anchovies showed up in about a dozen dishes, so did cannellini beans.

Most dishes took advantage of the availability of fresh herbs, using basil, cilantro, rosemary and parsley to add pizzazz to bland noodles.

Most dishes also included cheese. Parmesan was the first choice, but goat cheese, feta, fontina and ricotta were popular choices, as well.

When meat was called for, chicken was the first choice. Salmon and shrimp were the most common seafood choices.

Simplicity and ease of preparation are important to readers. Most recipes had fewer than 10 ingredients; most could be prepared in less than an hour. And though there were a few lasagna and tortellini creations, most recipes used widely available and simple-to-sauce noodles such as linguine and angel hair, fusilli and fettuccine.

No longer an Italian exclusive, pasta is being treated to a cosmopolitan array of flavors. Our entries included Thai-inspired dishes with garlic, peanut butter and dried chilies; Mexican creations with Cheddar cheese and cumin, canned green chilies and refried beans; and Chinese dishes sauced

with hoisin and soy.

Some folks went all out on the creativity bit. One recipe attempted an international merger of Chinese five-spice powder, Japanese horseradish powder and Indian curry powder. Another teamed chicken, mushrooms and artichoke hearts with mango, kiwi and black olives.

Not all 250-plus recipes were winners. There were plenty of cans of cream of mushroom soup and American cheese squares, some fruit-flavored yogurts and apple juice, and lots of sodium-packed seasoning mixes.

But overall, our contest netted dozens of healthful, imaginative creations.

### NOELLE LESHAN HICKS' LINGUINE WITH GOLDEN SAUCE

- 1 pound linguine
  - 1 onion, finely diced
  - 3 tablespoons olive oil
  - ½ pound pancetta (Italian bacon) OR bacon, diced
  - 1 pound peeled, cooked butternut squash, pureed, or 2 cups canned pumpkin puree
  - 1½ cups cream
  - Pinch of nutmeg
  - 1 tablespoon minced fresh rosemary
  - Salt and freshly ground pepper to taste
  - 1 tablespoon minced Italian parsley
  - Freshly grated Parmesan cheese
- Yields 4 to 6 servings.

Cook linguine in salted boiling water. Meanwhile, cook onion in olive oil until onion softens. Add pancetta and cook until golden. Add squash, cream, nutmeg, rosemary, salt and pepper to taste, and parsley. Warm gently.

Drain pasta. Toss pasta with warm sauce, Parmesan cheese to taste and additional freshly ground pepper.

### PATRICIA G. BERG'S EGGPLANT STIR-FRY WITH FETA

- ¼ cup plus 1 tablespoon olive oil
- 2 large carrots, peeled and cut into 3x½-inch strips
- ½ pound eggplant, cut into 3x½-inch strips
- 2 to 3 tablespoons water
- 1 teaspoon coarse salt
- 2 to 3 cloves garlic, minced
- ½ red onion, coarsely chopped
- ¼ teaspoon red pepper flakes

- 1 pound Italian plum tomatoes, peeled, seeded and quartered
- ¼ cup tomato sauce
- 2 to 3 tablespoons dry red wine
- 1 tablespoon balsamic vinegar
- 3 to 4 tablespoons toasted walnuts, chopped
- ¾ cup fresh basil, chopped
- ½ cup black olives
- 1 pound fettuccine, cooked
- 4 ounces feta cheese, crumbled
- 2 Italian sweet sausages, browned and crumbled (optional)

Yields 4 to 5 servings.

Heat wok on stove with ¼ cup of oil; bring to high heat.

Add carrot strips and stir-fry 1 minute; add eggplant strips and stir-fry 2 minutes; add water and stir fry 1 minute.

Place stir-fried vegetables in bowl. Toss with ½ teaspoon of salt. Set aside.

To wok, add 1 tablespoon oil and, over high heat, add garlic, onion, pepper flakes, tomatoes and tomato sauce. Stir-fry 10 minutes. Add remaining salt and wine.

Cook until sauce thickens.

Remove from heat. Stir in carrot-eggplant mixture, vinegar, walnuts, basil and olives.

Place pasta on plates, spoon sauce over. Garnish with cheese and sausage.

### CAROLYN BONEBRIGHT'S RED PEPPER AND VODKA PASTA

- ½ cup olive oil
- 6 red bell peppers, thinly sliced
- 6 to 8 garlic cloves, thinly sliced
- 2 tablespoons balsamic vinegar
- ½ cup vodka
- 1 tablespoon sugar
- Dash of red pepper flakes
- Dash of cinnamon
- ¾ cup sun-dried tomatoes, finely chopped
- 16 whole basil leaves
- Salt and freshly ground pepper
- 1 pound angel-hair pasta, cooked
- ½ cup grated Parmesan cheese
- ¼ cup toasted pine nuts (see note)

Yields 4 to 6 servings.

Heat olive oil in large pot. Add peppers and garlic. Simmer covered for 10 minutes. Stir in vinegar, vodka, sugar, red pepper flakes and cinnamon. Simmer uncovered for an additional 15 minutes. Add sun-dried tomatoes and basil, salt and pepper to taste. Simmer 5 to 10 minutes more.

Toss with drained angel-hair pasta. Top with Parmesan and pine nuts.

Note: To toast pine nuts, toss a little olive oil with pine nuts in small fry pan. Stir on medium heat until light brown.

### ED CHAPMAN'S PASTA WITH CHEVRE AND ROASTED RED PEPPER SAUCE

- Sauce:
  - 2 large red peppers, roasted, peeled and seeded
  - 1 cup parsley, tightly packed (no stems)
  - 8 ounces chevre cheese
  - ½ cup grated Parmesan cheese, or more, to taste
- Pasta:

- 3 tablespoons salt
- 1 tablespoon olive oil
- 1 pound fettuccine (or pasta of choice)

Yields 4 to 6 servings.

For sauce, roast peppers under broiler, turning frequently, until skin is blackened. Place in plastic or paper bag until cool enough to handle. Remove skin and seeds.

Place parsley in food processor with metal blade. Pulse 8 to 10 times until finely chopped. Add roasted peppers and process until pureed. Add chevre and Parmesan. Process until smooth and ingredients are completely blended.

For pasta, bring large pot of water to boil. Add salt, olive oil and pasta, and cook to taste. Drain pasta and return to pot. Over low heat, add sauce and toss until well blended and pasta is hot. Serve with additional grated Parmesan cheese, if desired.

### SUSI ANKENBRANDT'S PORTOBELLO BASILICO

- 2 cups fresh basil leaves, coarsely chopped
- 1 cup best-quality olive oil
- ½ cup pine nuts, toasted
- 4 cloves of garlic, finely chopped
- 1 medium red bell pepper, julienned and slightly charred
- Juice of 2 lemons
- 1 teaspoon balsamic vinegar
- ½ cup Pecorino Romano cheese, freshly grated
- ¼ cup Parmesan cheese, freshly grated
- Salt and freshly ground pepper to taste
- 4 portobello mushrooms
- 1 tablespoon butter
- 6 ounces Gorgonzola cheese
- 1½ cups half-and-half
- 1 pound red bell pepper fettuccine

Yields 4 servings.

In medium bowl, mix together basil, olive oil, pine nuts, garlic, red pepper, lemon juice, vinegar, Romano and Parmesan cheeses, salt and pepper. Allow to marinate at room temperature for about 1 hour.

Trim stems and slice mushrooms in ¼-inch strips. Melt butter in frying pan over moderately high heat. Add mushrooms and toss gently until all butter is absorbed and begins to reappear, about 5 minutes.

Lower heat.

Crumble Gorgonzola into pan with mushrooms and stir to melt. Add half-and-half. Simmer gently for 5 minutes.

Bring 6 quarts of salted water to a boil. Cook pasta *al dente* according to package directions. Drain pasta. Place in large bowl and toss with basil mixture. Place on warmed plates. Top with mushroom sauce and fresh grating of Parmesan.

COOKING CORNER



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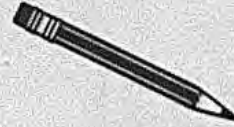
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# Local Artist Creates Work On Holocaust

HERALD COURIER Friday, August 27, 1993

New Hyde Park artist Michael Benedetto has created a painting symbolizing the horrors of the Holocaust for the New Hyde Park Jewish Center on Lakeville Road, where it now hangs.

Placing only a solitary figure on the canvas, Michael Benedetto has created a powerfully symbolic work of art. Departing from his usual classical style of painting, he has entered once again the realm of abstract painting, as he has occasionally done in the past when the spirit moves him. "I wanted to focus intently on interweaving composition with the subject in order to create a tension that leaves no doubt as to what the painting represents. Developing as an abstract painting was not deliberate planning, but a reaction to a particular feeling as are all my creations."

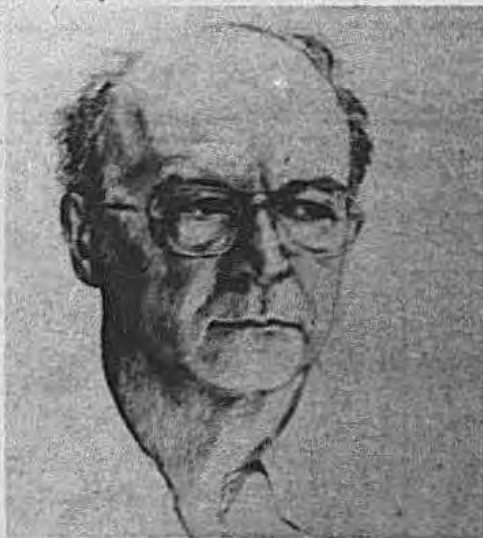
Depicting a figure reminiscent of the skeletal forms seen in the Nazi concentration camps, Benedetto portrays the figure in a severely angular, tortuous position emphasizing the agony suffered by the inmates. Symbolizing the Divine, at the top of the painting is the Sun. However, the rays do not appear to spread and envelop the figure with warmth. Instead, they appear needle-like and piercing. Mindful that mortal human beings possess human frailties, this serves to illustrate a moment of overwhelming despair ... the apparent feeling of abandonment by God. Unbounded grief is symbolized by the dandelion bursting in full seed emerging from what appears to be sections of the boards used as bunks or beds for the victims. Finally, to emphasize eternal hope, the figure protects a replica of the Menorah and with the other hand shelters the biblical oil lamp.

The artist states: "Oscillating from the real to the surreal is not a conscious deliberation but a natural consequence as my hand is guided by my inner feelings. This permits a greater facility to project my reactions to a particular subject or experience, allowing an expression of the invisible through symbols. With the use of natural forms, I try to reach the fragile and elusive beauty, which I believe to be the spiritual quality that lies within all God's work. "I believe I was born into this field. I have never given a thought to any other profession ever." As a teenager, Benedetto was employed as a scenic artist/designer for various resort hotels in the Catskills. In High School he had a "studio in school" association during all the years attending. He studied fine arts at the Cooper Union under Morris Kantor.

A highly versatile artist, Benedetto has created paintings and sculptures in classical, abstract and surrealist styles. All illustrations are of award winning works.



"Monument To The Holocaust."



"Michael Benedetto: Self Portrait"



"Tormented Centaur" - Sculpture



"Bathers at a Waterfall"



"Death and Reincarnation"



"Sleeping Satyr" - Sculpture



Artist Michael Benedetto in his New Hyde Park studio.

# Don't forget museums, theater, music

By Letitia Baldrige

We should be concerned over our children's growing lack of interest in cultural matters (which, let's face it, only reflects our own). Television and Nintendo games supersede opera and ballet in small people's lives to the point where one might think we are raising a nation of turtle-worshippers.

How can our lives be enhanced by our rich cultural heritage if no one appreciates it?

It's understandable that many children prefer to play rather than practice the piano, but when they're not practicing the piano, and when they're not exercising outdoors, but instead are watching rented horror movies, perhaps we should do something about it.

If we maintain the present lack of cultural enthusiasm (both in attendance and in financial support), our future promises to be bleak. Think of the quality of life without great museums, the theater, opera, ballet and concert halls.

• Getting your child to a museum.

Most museums have special programs for children, with specially trained volunteers ("docents") to guide them through their experience. (One woman wrote me several years ago, complaining there was no docent program in her city's museum, and she asked me what should be done. I replied with a two-word answer: "Start one." She did, and now it is in full operation on Saturdays, with a full complement of children enjoying everything from treasure hunts in the museum to art history slide lectures, complete with slides of great works of art juxtaposed with cartoon slides of Snoopy and the Muppets.)

A child may protest at first, having to devote some of his or her precious free time in a museum, but then almost always becomes an enthusiast — particularly if a parent or relative is involved. There are scrapbooks to be made with postcards of paintings, sculpture and objects of art that have been admired in the

local museum.

A child may be asked at the dinner table what his favorite thing is in the museum, and in explaining it, he becomes proud to be able to articulate his thoughts. When he becomes an adult, he will also be a supporter of the museum.

• The theater.

Check out from the public library a copy of the play you and your child will be seeing at some matinee. A traditional thriller like "Dial M for Murder" is fine, but so is a Shakespearean play.

If you read the script together and discuss it before you and your child attend the performance, you'll sense the enthusiasm and energy generated by that young person sitting next to you.

• The concert hall.

Buy or borrow the tape of compositions to be played at an upcoming concert to which you will take your child. Borrow from the public library an interesting book on the life of at least one of the composers whose music will be played. If you read it before and can make an interesting, amusing synopsis of that life for your child, he will probably be much more excited when he hears the music in the concert hall.

Encourage your child to learn about musical instruments and to take any music appreciation classes that may be offered in your town — particularly in your child's school.

• The ballet.

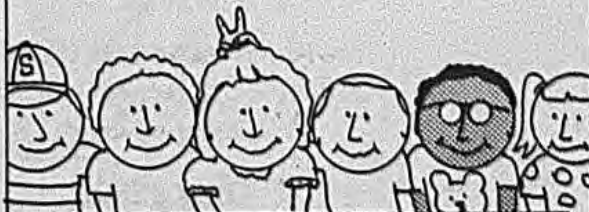
Before you see the local ballet perform, borrow the tape or record of the music from a friend or from the tape library, if there is one in your town. A few days before the performance, listen to the music and discuss the story of the ballet. Then watch your child experience it. He or she will already be familiar with it, and with that recognition will come utter delight as the spectacle unfolds onstage.

If your child is not enthusiastic the first time he or she has been exposed to a cultural event, try it a second time. By the third time, the child will probably be "hooked."

## SCHOOLFACTS

### Many childhood vision problems go undetected

Standard eye exams pick up only about 20 percent to 30 percent of vision problems experienced by children age 5 to 6.



One in six children age 5 to 6 has significant vision problems.

SOURCE: American Optometric Association

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# What to look for in preschools, day-care

Special Back To School Pages

By Jane Clifford

Judy Spate is almost up to her elbows in plaster of paris, easing kids' small hands in and out of play-molds.

"Oh, Colin, great job!" Spate says to the towhead next to her. Colin, flushed with success, stares down at the imprint of his small hand in the goo. When hardened, it will be a gift for his mother.

Spate, surrounded by children, sighs. "It works. We have one," she says. "Now, only 15 more to go."

The Chula Vista Presbyterian Preschool in Chula Vista, Calif., is a place that feels good; a place where spontaneous affection is frequently exchanged between big people and little people; a place with a comfortable, relaxed atmosphere; a place where teachers laugh as much as children do.

Most of the time.

"He's not sharing," cries a 3-year-old who wants what she can't have.

Nancy Reeves pulls the young girl close, explaining that sharing means waiting your turn, too.

"OK, OK," Linda Roche gently chides boys turning Legos into lethal weapons. "Fire engines, police cars — but no guns."

It is 9:15 on a Monday morning, but it could be any weekday as more than 80 youngsters fill three classrooms in the church. They play, dashing from one activity to the next or slowly moving through a puzzle or painting.

The atmosphere is easygoing, comfortable for learning things like spatial relations, prereading

and math skills. And subconscious lessons in life skills — confidence, compassion, cooperation.

These are just a few of the signs that the preschool is doing a good job.

There's no law requiring preschools to be accredited. The overwhelming majority of programs don't have accreditation and may never. But even preschools that do not seek it still may have many of the characteristics the National Association for the Education of Young Children deems necessary to a quality program.

Two NAEYC members provide the following guidelines for parents selecting preschools and for those who want to measure programs in which their children are enrolled.

The list is not all-inclusive, but covers what early childhood education specialists consider among the most important factors.

• Visit the school.

"You must go and visit," says Sue Welsh, director of the Chula Vista Presbyterian Preschool. "Visit long enough to observe. How are children disciplined — such basic things as that. And parents need to be asking questions."

Sylvia White, president of the California Association for the Education of Young Children, suggests what some of those questions might be.

"Is this a program where, maybe, once a week they get the (building) blocks out (or) are they out all the time where children have easy access to them?" asks

White. "Is there a block area where something built stays standing, even with a notice reading, 'This is Jennifer's building, don't take it down.'"

White says the length of time a child is in preschool each day has a profound impact on the child's self-image, and parents should pick a program where that impact is a positive one.

• Pay attention to what you see.

"If you see children and an adult gathered together and they're all laughing together, you know they're interacting well," says White.

"In a quality program, parents see teachers and children talking to each other, see the teacher at the child's eye level. You see children approaching adults and instigating the interaction. If a child can come up and ask for help when he needs it, after he has tried it on his own, then you know the child feels comfortable."

And parents should be aware when their children don't feel comfortable.

"I've seen children 14 months old line up, march in (to lunch) and be told to sit down, don't talk, eat fast and don't spill," White says.

"The better way is to have children eat in an area where spilling is not a big deal, where they can pour their own beverages, help themselves to the food and, to a certain degree, eat as quickly or as slowly as possible, within reason. I think a quality program is one in which teachers and staff eat with the kids."

• Go with your gut feeling.

"Is this a good place to be? Does it feel good to be here? If it does, go with it," Welsh says. "It doesn't matter if it's a (preschool or a) restaurant; you know whether you like it."

In addition, White listed the more important of the NAEYC accreditation guidelines, another yardstick parents can use to measure the quality of their children's preschools:

• Teacher-child interaction: This is at the top of NAEYC's list. The mandate is to ensure self-esteem and a sense of security in children; teachers who provide support for children to develop an understanding of self and others; teachers who demonstrate warmth, personal respect, positive support and responsiveness to individual personalities.

"You can have a program where physical environment is absolutely gorgeous," White says. "And I've observed some programs where things are old and cluttered but the interaction between the children and adults is wonderful. That's where I would choose to put my child."

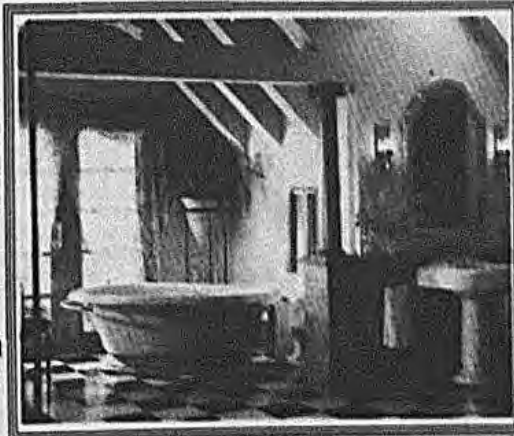
• Staff-child ratios: NAEYC requires that for children between the ages of 1 and 2, if the group size is six children, the ratio is one staff member for every three children; if the group size is 12 children, the ratio is one adult to four children.

For 4-year-olds, if the group size is 16, the ratio is one adult staff member for each eight children, if the group size is 20, the ratio is one to 10.

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## Sick and staying home

By Mike Dale

"Momm, I don't feel good!"

And that's just the beginning. Once the novelty of being home sick wears off, your little patient may become bored, lonely and scared, in addition to feeling downright yucky.

Like many adults, children who don't feel well regress. The sicker they become the more infantile they get. The potty-trained 3-year-old may soil her pants for the first time in months. And a self-reliant first-grader might cling to his mother all day.

If you're cooped up with a sick child, remember that a big dose of TLC, lots of boredom-busting activities and a parental perspective are the best medicine.

What you say and how you act during the illness can have long-lasting effects.

Experts recommend presenting a positive message to sick youngsters. Convey to the child, "I know you're feeling bad, but we're going to get you better real soon."

How? Try physical affection — back rubs, cuddling, tummy scratching, handholding. You might set up a special "infirmary" for daytime hours — a sofa with extra pillows and blankets, or even a sleeping bag in the family room.

Also, break up the day into tiny activities. Tell your child that at a certain time you'll watch TV or bake cookies. Try to plan endeavors that don't tax little bodies: board games, puzzles, crafts and staging puppet plays may be just what the doctor ordered.

Reading and storytelling are naturals for the under-the-weather crowd. Don't forget to tap your local video store's rentals for kids. And if you normally limit your child's time in front of the television, now's the time to bend the rules a bit.

## Sew easy clothes

This season's back-to-basics dressing makes it easier than ever to home-make your way to the fashionable head of the class.

There's nothing simpler to stitch up than the ever-popular jumper, and choosing several different fabrics means several different looks from a single pattern.

Leggings, sweat pants and T's come from straight forward stitching as well, and the increasing diversity of stretch knit fabrics makes it super easy to turn out one-of-a-kind creations.

Fabric shops are full of wonderful homemade ways to dress in school colors, as well — from a simple set of drawstring shorts stitched up in a school-color print to a made-for-game-day spirit shirt.

For simpler sewing additions to premade or homemade pieces, just stitch a lace collar onto a dress, an eyelet trim around a skirt hem, beading around a shirt placket, and appliqued insignias on to jacket pockets and lapels.

Craft stores are brimming with lots of non-sewing ways to develop creative dressing as well.

- Cover canvas sneakers with colorful sequins.

- Employ fabric paints to make an oversize T match favorite leggings, design a custom-painted jazz cap or personalize a bookbag.

- Use a hot iron and colorful glue to add appliques — from save-the-animal and floral prints to cartoon characters — to leggings, shirts, sweats and bags.



POWER OF PLAY — Team sports make learning to work together more fun. Shown here: Clothes by Oshkosh H'Gosh.

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### GRADFACTS

■ Gender gap is closing in education.

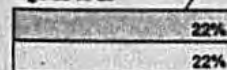
College graduates by sex

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Age 25 to 29



SOURCE: Bureau of Labor Statistics

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## GOP Women Greet Delligatti



Town of Oyster Bay candidate for Councilman Angelo Delligatti is greeted by Nassau Federation of Republican Women members, L-R: Rose Rufrano, Joanne Reeves, Menetta Modica and Rosemary Stein, at a recent meeting of the Theodore Roosevelt Republican Club of Bethpage. Delligatti, the popular former Town of Oyster Bay Supervisor, was enthusiastically received by the capacity crowd that welcomed his candidacy. "We are just thrilled that Angelo is running for Councilman," said Federation Board Member Rose Rufrano. "We look forward to working for his election this fall."

## Call President Clinton



"Telephone President Clinton and tell him not to lift the trade embargo with Vietnam," urge Paul Maal, Vice Pres. and Chairman of the POW/MIA Committee of the Nassau County Chapter 82, Vietnam Veterans of America. Maal is pointing to a sign carrying his message on the Chapter's display booth that has appeared at various Nassau County fairs this summer. Matt Rufrano, the Chapter's Public Affairs Officer said, "Our men who are captured or missing in Southeast Asia must be accounted for before American corporations can capitalize on new markets in Vietnam. Corporations greed cannot take presidents over bringing our POW/MIA home." Call the White House: 202-456-1111.

## HBA's Babe Ruth 'A' In 1st Place

Hicksville Baseball Association would like to congratulate our Hicksville boys for winning 1st Place in the Babe Ruth "A" Division. These boys deserve a lot of credit for a fine season.

The "B" Division team also had a good season; they learned and improved their skills. Look out for them next year!

The younger "D" Division (13 year olds) also had a successful season, making it to the playoffs. These boys are the team's basis for the future and did the organization proud.

HBA regrets saying Good-bye to some of their "A" team boys as they are 18 years old, and wish them luck in all future endeavors. Hicksville Baseball Association's hope is that their years of baseball will be looked back on with fond memories.

The Association also extends congratulations to their ace pitcher, Adam Grecco, who was named "Most Valuable" player in the Nassau/Suffolk County Exceptional Seniors Game.

**HBA Announces Boys Fall League**

Hicksville Baseball Association

is pleased to announce its participation in the Babe Ruth Fall Baseball League. All boys from 12-17 years old are eligible to try out. The team's ages are set up in three groups: 12 & 13 (12 yr. olds must be 13 by end of 1993), 13-15 and 16 & 17 years old. Games run from Labor Day through November, double headers every Sunday. Hicksville will join other Sanctioned Babe Ruth teams in Nassau and Suffolk for intercounty league baseball. Equipment and uniforms will be provided by our league. More details are forthcoming. If any boys are interested, please contact Mike Famiglietti (ages 16 & 17), at 935-6369; Harvey Fried (ages 13-15) at 931-3990; Joe Caruso (ages 12-13) at 937-6253.

A note of interest, HBA will again sponsor 4 travel teams in the Babe Ruth League Int he Spring of 1994 in Nassau County. Age groups include 13, 14-15, 16-17 and 18-19 years old. Games are played at night at the best Town and County fields.

## College Notes

Amy DiConza, a Hickville resident, has reserved a place in the incoming freshman class for the fall semester at SUNY Oswego. Classes will begin Aug. 30.

Set to attend Oswego Amy DiConza, is a 1993 graduate of Hickville High School.

SUNY Oswego is among both the largest and the most selective of the four-year State University of New York colleges.

The college on the shores of Lake Ontario is listed in the college guides "Barron's 300 Best Buys in College Education," U.S. News and World Report's "America's Best Colleges" and "How to Get an Ivy League Education at State University."

## In Service

Navy Petty Officer 3rd Class Adam Hersh, son of Alan D. and Sheila F. Hersh of Santa Barbara Drive, Plainview, recently returned with Strike Fighter Squadron 147, Naval Air Station, Lemoore, California, which was embarked aboard the aircraft carrier USS Nimitz, following a six-month deployment to the Western Pacific and Persian Gulf as part of a seven-ship battle group.

While operating in the Persian Gulf, the battle group completed 19 bilateral and multinational exercises with various Gulf nations in continuing efforts to develop and strengthen political and military ties with countries of the region.

During this deployment the squadron, along with other eight aircraft squadrons aboard USS Nimitz, flew nearly 3,000 missions in direct support of Operation Southern Watch, enforcing the U.N. "no fly" zone over southern Iraq.

Navy Ensign Joanne M. Barsaleau, a 1976 graduate of Bethpage Senior High School of Bethpage, recently moved from the Mediterranean Sea aboard the destroyer tender USS Shenandoah, homeported in Norfolk, Virginia and is now in the Persian Gulf.

The Yellowstone-class destroyer tender, which departed its homeport in April for the Mediterranean to support the aircraft carrier USS Theodore Roosevelt Battle Group, was ordered to deploy to the Persian Gulf to tend ships of the aircraft carrier USS Abraham Lincoln Battle Group.

Moving the Shenandoah to the Gulf will save the Navy time and money. Tended units can take advantage of the ship's floating intermediate maintenance activity, thereby avoiding paying a foreign shipyard to perform repairs.

Commissioned August 15, 1983, USS Shenandoah is the Navy's newest destroyer tender. The ship and its 1,400 men and women can provide battle damage repair, maintenance and logistics support to ships at anchor or pie-in in both peacetime and wartime.

## 50th Wedding Anniversary



George and Ruth Morris celebrated their 50th Wedding Anniversary on August 11.



George and Ruth Morris had a celebration at the Maine Maid Inn. Pictured are George and Ruth Morris with their 10 grandchildren.

## Children's Library Pen Pals

### Meet At Last



Hicksville's Public Library is a scene of many happy public encounters. Assistant Director Marilyn Kappenberg (left) joins 10-year pen pals Jennifer Corrado and Amber Coleman of Farmerville, Texas, in their first personal meeting. A 1983 Library Children's Program started the correspondence.

Photo by Richard Evers, Library Historian

A friendship at long distance is not everybody's experience. For Jennifer Corrado of Hicksville and Amber Coleman of Farmerville, Texas, it was ten years of unique and satisfying letter writing which bridged distance and an aura of mystery.

The recent high school graduates were united recently for a five-day visit by Amber at Jennifer's home, on Oxford Place. They lived up to each other's expectations, apparently, these pen pals who were brought together as eight-year-olds, during a summer program launched by Mrs. Marilyn Kap-

penberg, Children's Librarian at the Hicksville Public Library.

Kappenberg, now Assistant Library Director, recalls that "several pairs of pen pals did get started, but until recently I never knew how long the letter writing was carried on. It was wonderful to see Jennifer and Amber united here in Hicksville."

Both young women are off to college this fall. Jennifer is going to be up at New York's Alfred University preparing for a career in elementary school teaching, and Amber will be studying for the field of nursing.

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### Council Cites Laura Scavetta

The Hicksville Youth Council is proud to recognize Laura Scavetta for her dedication to the "Teens In Touch Project." This a newly created peer counseling group for teens. Due to Laura's artistic drawings, the group was well publicized and also successful. Congratulations to Laura for her long service and concern to help the youth in the Hicksville Community.

### Richard Humann Seeks Reelection

Richard A. Humann is seeking reelection as Commissioner of the Hicksville Water District, for his fourth term.

The election is being held Mon., Aug. 30 at the Hicksville Fire House, located at 20 East Marie Street (Gebhart Pl.), Hicksville. The polls will be open between 6 p.m. & 9 p.m.

**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

**LEGAL NOTICE  
NOTICE OF SALE  
SUPREME COURT  
NASSAU COUNTY  
APPLE BANK FOR  
SAVINGS, Plif. 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.

**JOHN R. RYAN**  
Referee  
**ESSEKS, HEPTER &  
ANGEL**  
Atty. for Plif.  
108 East Main Street  
Riverhead, NY 11855  
MIT 2725  
4x8/20, 27; 9/3, 10

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**LEGAL NOTICE  
NOTICE OF SALE  
SUPREME COURT  
NASSAU COUNTY  
THE GREEN POINT  
SAVINGS BANK, Plif. vs.  
DAVID TAND, et al, Defs.  
Index #1302/92.**

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. a mt. of judgment is \$96,749.43 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

**GEORGE P.  
MCPHILLIPS**  
Referee  
**CULLEN & DYKMAN**  
Atty. for Plif.  
100 Quentin  
Roosevelt Blvd.  
Garden City, N.Y. T499  
SA 8704  
4x8/20, 27; 9/3, 10

**LEGAL NOTICE  
NOTICE OF SALE  
SUPREME COURT  
NASSAU COUNTY  
EUROPEAN AMER-  
ICAN BANK, Plif. vs.  
HARRY JAMES REESE,  
et al, Defs. 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, a/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.

**ELLEN N. SAVINO**  
Referee  
**BERKMAN, HENOCH,  
PETERSON & PEDDY**  
Atty. for Plif.  
777 Zeckendorf Blvd.  
Garden City, NY T254  
MIT 2727  
4x8/20, 27; 9/3, 10