

In Two Sections · Thirty Six Pages

The Only Newspaper Printed and Published in Hicksville

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& Levittown Times 35¢

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Friday, September 3, 1993

Fire Dept. Support



Oyster Bay Town Councilman Thomas L. Clark (third from right) was recently presented with a plaque from the Hicksville Fire Dept. in recognition of his years of support of the Dept. and its members. On hand for the occasion L-R were 2nd Asst. Chief Karl Schweitzer, 1st Asst. Chief Al Merk, Chief Pat Scanlon, Fire Commissioner William Schuckman and N. Y. State Assemblyman Phillip B. Healey.

Gulotta Installs Chamber Slate

Thomas Gulotta, Nassau County Executive, will be the installing dignitary at the annual Installation Dinner Dance being held by the Hicksville Chamber of Commerce on Tuesday, September 21. The County Executive has installed the officers and directors of the Chamber for the past several years.

This year, the Special Citizen of the Year award for the 1993 is being awarded to the Rev. Dr. and Mrs. Theodore S. Grant of Hicksville for their many philanthropic accomplishments. The Rev. Dr. Grant is Pastor Emeritus of Redeemer Lutheran Church in Hicksville, where he served as pastor for a quarter century. During his tenure there, he was instrumental in establishing the Hicksville Soup Kitchen, the Ecumenical Counseling Center, which provides affordable non-sectarian psychological counseling, the Hicksville Youth Council, H.A.D. (Hicksville Against Drugs), and coordinated a program in Hicksville which sponsored Vietnamese refugees. Dr. Grant taught classes at Yeshiva University's Graduate School, and on a local level, has served as Chaplain of the Hicksville Fire Department for over twenty years. He is a familiar figure at the Fire Department's well-attended Labor Day Parade Festival.

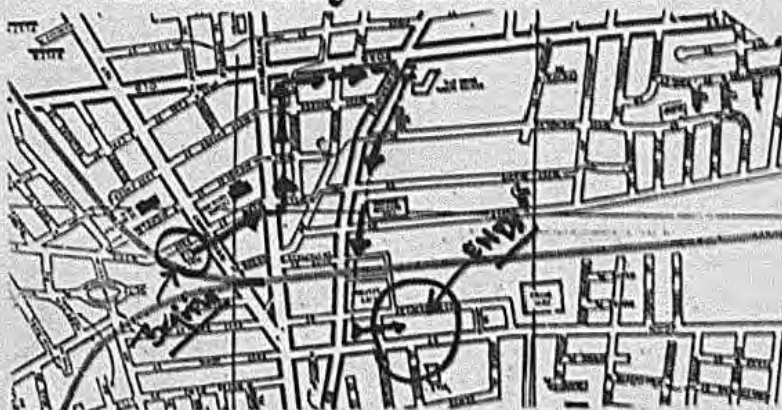
Dr. and Mrs. Grant together assumed positions of leader-

ship in the Ecumenical Counseling Center in Hicksville, maintained membership in the Chamber of Commerce and were extremely involved in the Open Door and Runaway Youth Programs. He is presently the Coordinator of the Nassau Branch of Lutheran Community Services.

The President elect of the Chamber, being installed at the Dinner Dance is Don LeCompt, well known in community circles. The outgoing President, Beth Dalton, owner of Dalton Funeral Homes, has served the Chamber for two years. Beth is scheduled to receive the President's Award from the Hicksville Community Council this year, in recognition of her long and variable contributions to Hicksville for many years past.

The Hicksville Chamber of Commerce, established in 1926, is the only liaison between the business community and local government. Anyone interested in becoming part of their activities is welcome to join this group, which meets once each month. The Installation Dinner Dance, honoring Dr. and Mrs. Grant, is being held on Tuesday, September 21, at Anton's in Hicksville. The Chairman of the Affair, Ivan Calpott, invites anyone interested in more information or in attending the festive dinner-dance to call the office of the Chamber of Commerce in Hicksville at 931-7170.

Labor Day Parade Route



The Annual Labor Day Parade on Sept. 5, will start at the Main Firehouse at 20 E. Marie Street (opposite the movie theater), and the parade will head West on West Marie Street until Jerusalem Avenue, it will then head South to Old Country Road. It will then head West to Newbridge Road and then North in the Southbound lane until it comes to West Barclay Street. It will head West on West Barclay Street and end at the reviewing stands. Following the parade there will be a block party on West Barclay St. Tournament and drill will take place Monday Sept. 6 at 10 a.m.

Community Council Annual Dinner

The Hicksville Community Council will be holding its Twenty-Third Annual Dinner, on Thursday, October 7, at Anton's 244 Old Country Road, Hicksville.

The evening will be highlighted by the Presentation of our President's Award to: Beth Dalton-Costello, and our Community Service Award to the Hicksville Lions Club, and a Special Service Award to the Hicksville Fire Department.

The 1993-94 officers and directors of the Hicksville Community Council will be installed during the Dinner.

The new officers are: Marc Herbst - President, William Kelly - 1st Vice Pres., William P. Bennett - 2nd Vice Pres., Councilman Tom Clark - 3rd Vice Pres., Maureen Traxler - Secretary, Ed. Draycott - Treasurer.

This Annual Event will be in the Main Ballroom of Anton's at 7:30 p.m. Dinner will be served at 8. Tickets are \$25 per person.

Tickets are available from Ed Draycott at 935-5793 and Amy Herbst at 938-2848. Reservations will be accepted until September 27. Please make checks payable to The Hicksville Community Council and mail to P.O. Box 163, Hicksville, N.Y. 11802.

Tax Value Drops In School Districts

The total taxable value of real property, for school tax purposes in the 1993-94 school year, is down in all local school districts, according to a recent report issued by the Nassau County Board of Assessors:

School District	'92-93 Taxable Valuation	'93-94 Taxable Valuation	% Decrease
Hicksville	\$129,253,263	\$128,305,938	.733%
Syosset	\$34,282,662	\$33,095,799	.837%
Jericho	\$99,245,656	\$95,845,319	3.631%
Bethpage	\$89,839,920	\$87,980,380	2.69%
Woodbury	\$68,518,048	\$67,077,131	1.227%

This decrease in taxable value mirrors the County as a whole, where the taxable value has dropped \$54,997,544 or 1.318 percent over the past year.

A drop in taxable assessments is bad news for residents and businesses since any increase can moderate a rise in the tax rate caused by increased spending; conversely, a decrease in taxable valuation means the tax rate may increase even though spending does not.

Why did this decrease in the school district and County occur? One reason is the lack of new construction or building improvements, due to the general state of the academy. Another factor is the sharp rise in the number of assessment protests and small claims assessment review cases and the number of writs of certiorari settled.

Still another cause is the rise in senior citizens' exemptions, due to the increase in maximum income permitted to qualify for the exemption. That increase was passed by the State Legislature, adopted by the County Board of Supervisors and signed into law by County Executive Thomas Gulotta last year. Towns, most school districts and villages have also adopted the change.

Humann Re-Elected Commissioner

One hundred forty six votes were cast for the re-election of Richard A. Humann to serve a three year term as Water Commissioner of the Hicksville

Water District, opposed none. Commissioner Richard A. Humann wishes to express his thanks to those who came out to vote.

Hicksville Native Son Celebrates Mass Here

By Richard Evers

St. Ignatius Loyola Roman Catholic Church was the scene of another joyous Mass celebration by a parish son, recently. Newly ordained Reverend Father Michael Shannon offered Mass with his parents and many family friends in attendance, on Aug. 22.

Reverend Shannon, a graduate of Hicksville Public Schools and Buffalo University, is the son of Mr. and Mrs. James Shannon of Wilfrid Blvd., Hicksville. Father Shannon was ordained in the order of the Legionnaires of Christ, whose seminary is in Connecticut.

He entered the seminary at age 26, after business employment, and was a seminary classmate of Hicksville priest, Father Richard Gill, ordained in 1991. Father Michael will serve his order as a school administrator in Mexico.

In Service

Navy Fireman Apprentice Nikolaos G. Yalamas, a 1990 graduate of John F. Kennedy, H.S. of Plainview, recently departed aboard the aircraft carrier USS America, homeported in Norfolk, Va., for a six-month Mediterranean Sea Deployment as part of the USS America Joint Task Group.

The group will relieve the USS Theodore Roosevelt Aircraft Carrier Battle Group, its embarked Special Purpose Marine Air-Ground Task Force and the USS Saipan Amphibious Ready Group.

Yalamas is one of the more than 12,000 Sailors and Marines assigned to the Joint Task Group which consists of the USS America Aircraft Carrier Battle Group, The USS Guadalcanal Amphibious Ready Group and the 22nd Marine Expeditionary Unit. The task group also includes two amphibious assault ships, two cruisers, two destroyers, two frigates, two submarines, one replenishment oiler and one ammunition ship. Aircraft squadrons include seven fixed-wing squadrons, and one Navy and three Marine Corps helicopter squadrons.

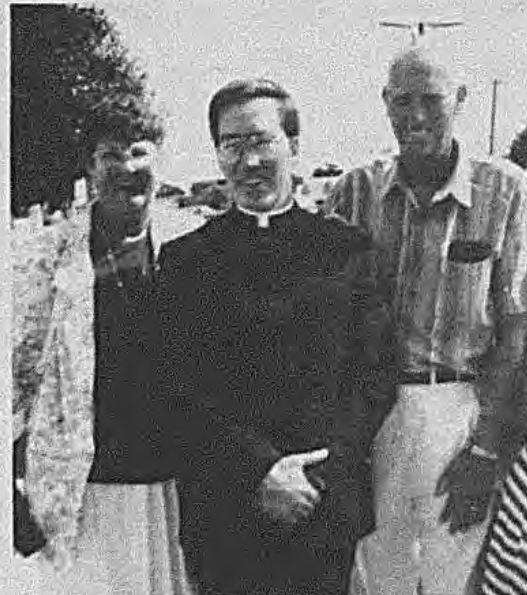
DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012, 294-8900 or 748-0240 for rates and information.



Newly ordained Father Michael Shannon gives the Last Blessing at a Mass in his parish church of St. Ignatius Loyola.



In the recessional procession, Hicksville's latest priestly vocation, Reverend Michael Shannon, closes a Mass of Thanksgiving in St. Ignatius Church.



Enjoying a family's great hour, Maureen & John Geier, with their cousin, Father Michael Shannon.



A parent's supreme moment, James and Agnes Shannon of Hicksville join their priest son, Michael Shannon, on the steps of their parish church.



Old friends share happiness of newly ordained Father Michael Shannon after a crowded Mass celebrated in his hometown.

Photos by Richard Evers

Mid Island Times & Levittown Times

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

Basic Boating Course

The Jones Beach Power Squadron will be offering a Free, eight-week Public Safe Boating Course beginning on Wednesday, September 29, at the Seaford Middle School on Washington and Sunset Avenues in Seaford, according to Town Clerk Carl L. Marcellino.

"Registration for the first class will be held in the Lobby of the Seaford Middle School on September 22 from 7 p.m. to 9 p.m.," Marcellino stated. "The first class will be held on Wednesday, September 29, at 7:30 p.m."

The program is Free, however, there is a nominal charge for text and navigational material.

Town Clerk Marcellino said a course in basic boating skills is

particularly appropriate due to the fact that many boaters forget the basic techniques. "This course will help expand upon the knowledge of the occasional boater and give the new boater valuable information to help them boat safely," he said. "The course will include basic boating skills, rules of the road, aids to navigation, basic seamanship and piloting as well as use of charts."

Additional information on the boating course can be obtained by calling Mr. Fred Rambold at 798-1136. "Active participation in the safe boating course can help save lives by keeping the waterways safe," Marcellino said. "It's a worthwhile investment of time for all sail and power boating enthusiasts."

Jottings From Yesteryear

By Bill Clark

Just watched a TV program. A couple traveled the old Route 66 from Illinois to California and they kept a scrap book of that trip years ago. They retraced their trip per notes and took pictures of towns, signs, eateries that still exist despite the super highways that today bypass the old Rte. 66. In the 40's I rode part of 66 thru Daggert, Barstow, Victorville, San Bernardino going to Los Angeles a couple of times. Some areas had 110 to 114 degrees and the tumble weed blew around. In winter with a freak snowstorm the tumble weed looked like several snow men to be finished.

Going back to those days, when you had a severe lightning storm you worried if the long outside radio aerial would be struck. Today it is the VCR, TV, microwave or computer that you think about.

A neighbor left home grown tomatoes from his garden on my stoop. Boy, a fresh picked garden ripe tomato sure tastes good, like when you are young you would pick one, polish it on your shirt and eat it on the spot.

Have a safe and enjoyable weekend.



The 5-10-25 Variety Store before corner fire in 1937. Teddy Sweet shop was to the left.



Same area with Spear's-Raulston, Quality Meat, Guckenberger's Ice Cream, Beatty's, Diagonal Parking, L.I. Nat'l. Bank at far end. All the above now is the 107 Southbound lanes.

Post Card, Bill Clark

Free Ballet Classes

Free classical ballet classes and performing troupe will be held on Thursdays, beginning September 9, from 4 - 4:30 p.m. for ages 4-6 and from 6 - 7:15 p.m. for ages 7 and up.

Beth Berry, with 13 years experience with various schools and companies throughout the country as artistic director, instructor and performer, will conduct the free classes at St. Paul Lutheran Church, 449 Stewart Avenue, Bethpage, Ms. Berry has 20 years of classical ballet study, including 2 years at Virginia Intermont College as a Ballet Teaching Major. She has trained and performed with various professional teachers and companies in New York City and throughout the Eastern USA.

Registration for ballet classes is limited and can be made by calling the church office at 931-8262. St. Paul Lutheran Church is located on Stewart Avenue just south of the Bethpage railroad station.

Fourth Annual

Bethpage Day

October 2, Bethpage will celebrate its 4th Annual Bethpage Day at the Bethpage Community Park, Stewart Ave., Bethpage.

All non-profit organizations of Bethpage are invited to participate in this day. A day of coming together, of sharing information and fundraising for our organizations.

For further information on how your organization can take part in the day or any special attention your organization needs to help make your day a success, please call Lenny Mulqueen, President of the Central Park Historical Society, at 935-2574.

Come and celebrate Bethpage!

Historical Society Annual Picnic

The Central Park Historical Society held its annual picnic in the Bethpage Community Park on July 29. It was a great evening! Our members socialized, introduced new members of their growing families, and shared their special treats. The weather was perfect and the added attraction of music under the stars, with the Concert Pops of L.I. sponsored by the Town of Oyster Bay made it a memorable evening.

While it might appear we have taken a summer break, your executive board and committees have been busy.

Plans for Bethpage Day are underway. We are looking forward to another fun day when Bethpage celebrates the people of Bethpage and the many organizations they represent. A day to inform and raise money for their organization. The Central Park Historical Society will have a flea market table and a cake sale. Treasures and baked goods donated by our members. We will be in touch with the organizations to confirm their roll in the days events.

The committee for the Historic Room at the Bethpage Public Library has been meeting. The first meeting of the fall season of our Society which will be held on September 22, at the Bethpage Public Library, will inform our membership of this gigantic endeavor. Lois Lovisolo will explain to our members the

scope of this undertaking and ask for your support to make it a success. We feel it is very important to have a facility to preserve and share the history of Bethpage for today and generations to come.

Area Residents On Commission

A number of area residents will serve on the County's Governmental Commission: Neal M. Lewis of Bethpage, Stuart Rabinowitz of Plainview, Edward T. Robinson of Syosset, Jeffrey L. Stadler of Jericho and Malvyn L. Weiss of Muttontown.

According to Nassau County Executive Thomas Gulotta, "The Commission, pursuant to the County Charter, will be responsible for shaping the size and structure of the new Nassau County Government, which will take effect January 1, 1996."

The 17-member group, unanimously approved by the Nassau County Board of Supervisors, will explore the possibility of a County Legislature, said Gulotta, that is, "cost effective, efficient and reflective of the diverse needs of our citizens."

The Commission will also be asked to consider many other issues, such as voter initiative and referendum and the citizens' right to reject a countywide tax increase.

The County Charter has not been revised for over 35 years.

Healey Opens Headquarters



Assemblyman Phil Healey cuts the ribbon to his campaign headquarters in Hicksville. Healey, who is running for Town of Oyster Bay Supervisor, is joined by fellow members of the Hicksville Republican Club and hundreds of well wishers.

Also shown are, 2nd from L-R: Judge Ken Diamond, Lou Savinetti, Oyster Bay Town Receiver of Taxes Jack O'Leary, Mrs. Geneva Healey, Councilman Len Symons, Town Clerk Carl Marcellino, Angelo Delligatti and Councilwoman Ann Ocker.

School Opens September 8

All schools in the Hicksville Union Free School District will begin regular classes on Wednesday, September 8. Students will report to their school at the regular time. There will be a full day of instruction.

Elementary schools are in session from 9 a.m. - 3:30 p.m. Middle School sessions are from 8:11 a.m. - 2:41 p.m., and High School sessions from 7:51 a.m. - 2:17 p.m.

Community Council Meets Sept. 9

Hicksville Community Council invites you to hear Frank Basta and Connie Steers talk about Local Veterans' Issues, and Sal Mugavero, Hicksville Schools' Supt. talk about the 1993-94 School Year, Thursday, September 9, at 8 p.m., in the Kenneth Barnes Community Room, Hicksville Public Library, Jerusalem Avenue.

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY THE GREEN POINT SAVINGS BANK, Ptf. vs. DAVID TAND, et al, Defts. Index #130292.

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 Marlene Dr. to the easterly side of Center Dr., being a plot 107.71 ft. x 100 ft. x 100 ft. x 60 ft. Approx. amt. 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 Ptf.
100 Quentin Roosevelt Blvd.
Garden City, N.Y. T499
SA 8704
4x5/20, 27; 9/3, 10

LEGAL NOTICE

Notice is hereby given that Sealed Proposals for the purchase of LIQUID CAUSTIC will be received by the HICKSVILLE WATER DISTRICT, at the office of the DISTRICT at 4 Dean Street, Hicksville, New York, until 4:00 P.M., on Thursday, September 9, 1993. Bids will be publicly opened and read aloud at 7:00 P.M.

Plans, Specifications, Information to Bidders and Contract Forms may be obtained at the office of the DISTRICT.

Each proposal submitted must be accompanied by a certified check or bid bond, payable to the HICKSVILLE WATER DISTRICT, in the sum equivalent to five percent (5%) of the total amount of bid.

The Board reserves the right to reject any or all bids, waive any informalities, and to accept such bid as, in its opinion, is in the best interest of the HICKSVILLE WATER DISTRICT.

BOARD OF COMMISSIONERS HICKSVILLE WATER DISTRICT
Town of Oyster Bay & Hempstead
Richard A. Humann, Chairman
Nicholas J. Brigandi, Treasurer
Gilbert E. Cusick, Secretary

Dated: Hicksville, New York

August 26, 1993
MIT 2730
lx9/3

News From Bethpage Library

Design Your Own Sweatshirt

Before you know it, you'll be feeling a nip of fall in the air! What better way to warm up and show your style than in your own custom-designed sweatshirt? Peggy Lang brings her traveling craft classes back to the Bethpage Library to show you how to create a sweatshirt that is chic, yet reflects your own style.

Choose a session! Thursday, Sept. 23, 1-3 p.m., or Tuesday, Sept. 28, 7:30-9:30 p.m. Bring a clean, gently washed white or other light-colored sweatshirt and a piece of cardboard. All other materials will be supplied for a small materials fee of \$7, payable upon registration at the reference desk.

These classes will fill up fast, so don't delay in signing up!

Gourmet Luncheon And Art Trip

On Thursday, Nov. 18, the Bethpage Public Library will

feature a gourmet luncheon and tour of New York's renowned French Culinary Institute and a visit to the outstanding collections of the Guggenheim Museum - Soho.

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

In the afternoon, we will visit the recently opened Guggenheim Museum - Soho at 575 Broadway at Prince Street. The museum is filled to overflowing with masterpieces of late 19th Century and 20th Century art by major names in the field such as Chagall, Klee, Mondrian, Degas, Gauguin, Picasso, Kandinsky and many more.

The deluxe motor coach will leave the Bethpage Public Library promptly at 9:15 a.m. and will depart from the museum at 5 p.m., for a return to the library at about 6:30 p.m.

The museum's gift and book shops will be open. The all-inclusive cost for the day will be \$49.50 per person. Register at the library's Reference Desk. Registration is limited to residents of School District #21 until September 7, and then is open to all as space permits. For further information, please call 931-3907.

Mill Neck Hearing Van and Sightmobile

The Bethpage Public Library is pleased to announce that on Tuesday, September 14, 10 a.m. to 3 p.m., the Mill Neck Hearing Van and the Sightmobile will be conducting free hearing and vision screenings for the Bethpage Community.

These screenings will be conducted on a first-come, first-served basis. Please note that no screenings of minors will be

conducted unless a written consent form has been signed by a parent/guardian. There will be access for the disabled.

The Sightmobile is a mobile ophthalmological center, equipped with the latest medical equipment used to detect eye disease, especially glaucoma and cataracts. It is presented as a public service by Stahl Eye Associates of Garden City.

The free hearing tests conducted by the Mill Neck Hearing Van is made possible by the Mill Neck Foundation and their skilled personnel, using state-of-the-art equipment.

Seniorobics Ages 55 and Up

Ellen Coven, dance-fitness instructor will once again be leading Seniorobics at the library. This is an exercise program designed for the special needs and limitations of the over 55 age group. Ms. Coven has developed this class using the guidelines of cardiologists, exercise physiologists and arthritis specialists. It incorporates routines to improve flexibility, increase strength and enhance cardiovascular efficiency - all to the beat of lively music! The eight-week course will begin on Monday, Sept. 20 for eight Mondays - with two sessions each Monday. You can choose Session I - 9:45 a.m. to 10:30 a.m. or Session II - 10:45 a.m. to 11:30 a.m. There is a fee of \$25, payable when you register at the Reference Desk. If you pay by check, please make it out to FitWise Programs, Inc. Registration is limited to Bethpage School District #21 residents only until Sept. 4 - open to all after that as space permits. Enrollment is limited, so don't delay - grab your sneakers and sweats and join us!

Asphalt Plant Fights Ban

Twin County Recycling Corp. of West John St., Hicksville has petitioned the court to overturn the Town Board's decision not to renew its special use permit for the asphalt plant. The plant has been operating for 10 years. The company says that the Board's ruling is "arbitrary, unreasonable and capricious." The hearing was held Monday in State Supreme Court, Mineola.

The Town contends that the plant has been ineffective in containing odor, smoke and dust in its operations. And the Town says that the plant is so close to nearby homes that it generates noise and affects air quality.

The Town plans to continue with a court fight to shut the plant. In Aug. 1991 Oyster Bay lost a fight to close the plant as a "nuisance" but a judge ruled that the company had done much to reduce the dust and odor. The Town is appealing the ruling.

LEGAL NOTICE NOTICE TO BIDDERS SEALED BIDS

will be received by the Board of Fire Commissioners of the HICKSVILLE FIRE DISTRICT, 20 East Marie Street, Hicksville, New York, until 4:00 p.m. prevailing time, October 5, 1993, for the following:

One (1) 1994 Chevrolet Suburban Silverado 1500, 4 wheel drive, Model #CK10906 complete as specified in the bid package.

As alternate (1) additional 1994 Chevrolet Suburban Silverado 1500, 4 wheel drive, Model #CK10906 complete as specified in the bid package. The alternate shall be determined at the time of the bid award.

Complete specifications for the above items may be obtained at the office of the Dispatcher, Hicksville Fire House, 20 East Marie Street, Hicksville, New York.

BOARD OF FIRE COMMISSIONERS HICKSVILLE FIRE DISTRICT

Dated: August 31, 1993
Attest: John Knight, District Secretary
MIT 2731
1x/3

Birthday And Anniversary Club

- August 1 Terry Bowler
- August 2 Judy M. Cisek
- Dorothy Heidenmann
- Michelle Lane
- Lou Neumann, Sr.
- Michele Lane
- Jarah Knudsen
- Kristi Walker
- August 3 Clinton Brown
- Carol Miele
- Debbie Rapuano
- August 4 Chip Clark
- Christopher Krisel
- Angela Miele
- Danielle Stampel
- August 5 Justin Breitfeller
- Jamie Durkin
- Joe Parisi
- Kimberly Robeson
- Rob Willson
- August 6 Donald Buckley
- Tequila (Cat) Brogna
- Billy Doub
- Tommy Keseler
- Rick Rossi
- Doris Sanderson
- Jane Trerotoli
- August 7 Christine M. Cisek
- Lauren Giacopino
- Mary Mills
- Matthew Sanderson
- August 8 Michael P. Collins
- Helen Girnis
- Stephan Salvo

HAPPY BIRTHDAY

- Anthony Schiralli, Jr.
- Katherine Stickevers
- James Wahlen
- August 9 Ethel Coyle
- Jeanmarie Evernham
- Linda Palitto
- Linda Shaw
- August 10 Andy Fayda
- Joe Geiger
- John Harnett
- Grace Knudsen
- Ken Knudsen
- Ronni Malinik
- Phil Roth
- Kevin Sheedy
- August 11 Barbara Andersen
- Chris Camarda
- Charles Goederer
- Michael Minichello
- Chiara Scheidet
- Matthew Thomas
- August 12 Misay Kelly
- Michael Lopez
- Clara Mazzocchi
- Frances Palmeri
- Arty Salatto
- Kay Sheedy
- Frank Willard
- August 13

HAPPY BIRTHDAY

- Shannon Jones
- Gustave T. Juhlin
- Ron Willson
- August 14 Matthew Filazzola
- Jim Locke
- Wendy Marshall
- Larry Morillo
- August 15 Geraldine Dianelli
- Stephan Olafsen
- August 16 Jenny Anderson
- Anthony Cordero, Jr.
- R. Kasimakis
- Frank Lobmeier
- August 17 Loretta Koutsensky
- Cathy Lynn
- Danielle Riccardi
- August 18 Matthew Germain
- Kathy Hild
- Michael Kraemer
- Leonna Wahlen
- August 19 Anthony Cordero
- Vincent Polito
- Frank Riccardi
- August 20 L. Winifred Chayka
- Kathleen Gully
- J. Audrey Peterson
- August 21 Lorissa Budinich

- Buzz Doyle
- Elizabeth Jopp
- All Squillante
- Eileen Waxman
- August 22 Rita Salera
- Skip Jones
- Diana Norton-Taylor
- August 23 Christopher Chase
- Christopher Giacopino
- Jonathan Grundel
- Rose Izzo
- Mike Manson
- Jenn Peters
- Kim Peters
- Steven Pitonza
- Barbara Stampfl
- August 24 Raymond Bennett
- Judi Nijboer
- Derek Carl Stebel
- Michael Trongone, III
- August 25 Gerard Doherty
- Jessie Doyle
- Andrew Goerke
- Debra Grundel
- Joanne Saccaro
- August 26 A. J. Agosta
- Nicole Cox
- August 27

- Leroy Edwards
- Chris Manson
- Phillip Schlosser
- August 28 Arthur Di Giovanni
- Patricia Healy
- Rozlyn Kurkowsaki
- Kyle Rogers
- Trudi Mauch
- August 29 Pam Darken
- Dustin Sheppard
- Austin Sheppard
- William Zeck
- August 30 Theresa Brannan
- Gary R. Lewis I
- Thomas McGovern
- Jenique Nijboer
- Irmgard Tuechler
- August 31 Frances Banks
- Maureen Brannan
- Ruth Meade
- Austin J. Sheppard
- Linda Sevidzinaki
- Linda White

HAPPY ANNIVERSARY

- August 1 Walter & Gladys Gaylor
- August 3 Mary Rita & Bill Heberer
- August 5 Ann & Richard Evers
- August 6 Kurt & Joanne Breitfeller
- August 8 Debbie & Frank Rapuano
- August 10 Kevin & June Sheedy
- August 11 George J. & Ruth Morris
- August 14 Kathy & Buzz Doyle
- Mr. & Mrs. Mark Garbus
- August 15 Laura & Michael Cerlini
- Bruce & Sharon Edwards

- August 16 Theresa & John Moehringer
- August 18 George & Angela Karman
- Ray & Jennie Morillo
- Mr. & Mrs. Vincent Polito
- August 19 Warren & Cathy Breuer
- August 23 Bob & Sue Klein
- August 24 William & Ilse Zeck
- August 25 Fran & Bob Clark
- Mr. & Mrs. John Greggo
- Lou & Ann Neumann
- August 27 Mr. & Mrs. Wm. C. Peters
- August 29 Joseph & Beato Pucci
- August 31 Mr. & Mrs. Leonard Dutine

George & Mary Jane Parisi
Jane & Anthony Schiralli, Sr.

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PAGE FIVE Friday, September 3, 1993

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1600 Hillside Ave.
New Hyde Park, N.Y. 11040 (516) 775-2109

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Attorney At Law

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Discount Hicksville

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• Estate Planning • Litigation Support
• Accounting & Tax Services

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Garden City, N.Y. 11530 (516) 248-5531

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By Bill Clark

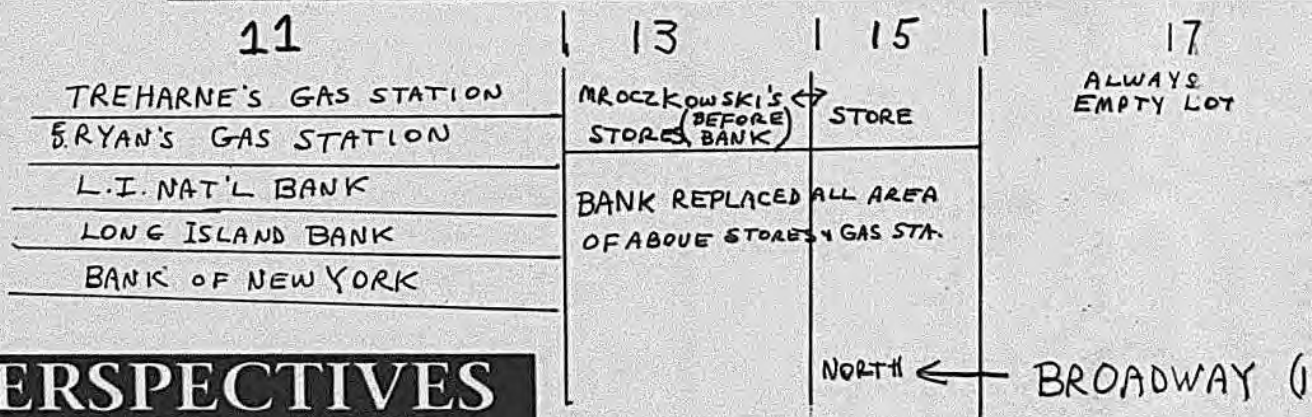
Many stores on Broadway (107) were in existence in the early 1900's, now with added modern fronts. Hahn-Spiro Dry Goods Store was large. Portion was removed for part of the new building for A&P and later other occupants. The bank and drug store haven't changed appearance. The shoe repair store and white church are very old. The lists may not be in date order. Some may be missing besides those offices on the second floors. A&P had been in 4 locations on Broadway. I wish I had photos of the way the buildings were then.

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Looking Back A

TO BE CONTINUED



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- How to identify these diseases.
- Accepted schedule for immunizations.

Joan Volpe, RCN, MSN, Pediatric Clinical Nurse Specialist, will moderate.

Date: Tuesday, September 21st Time: 6:30 p.m.
Place: Winthrop Conference Center
101 Mineola Boulevard (corner of Second Street)

Admission is free and refreshments will be provided. Seating is limited so call 663-2234 today to reserve your place.

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LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY

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

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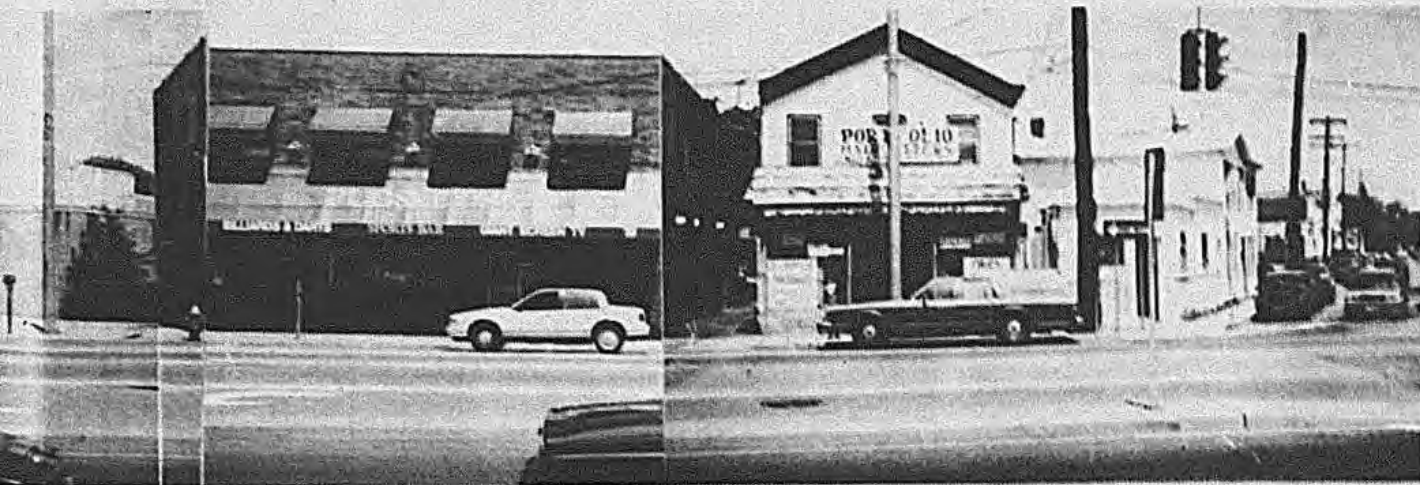


Left to right: Kiwanians Patti and guest speaker Anthony Amato Services.

Anthony Amato was the luncheon speaker at the August 11, Hicksville Kiwanis luncheon meeting. Mr. Amato, a registered nurse, works in the Labor & Delivery Unit at Syosset Community Hospital. He is also a captain in the Massapequa Fire Department, Rescue Co. 3. He gave his presentation as a volunteer speaker on behalf of Long Island Blood Services.

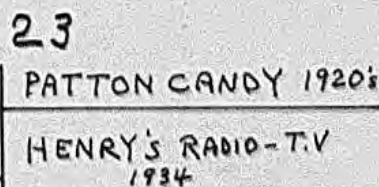
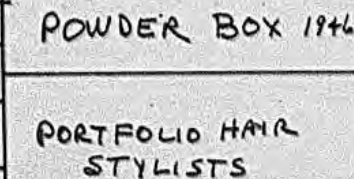
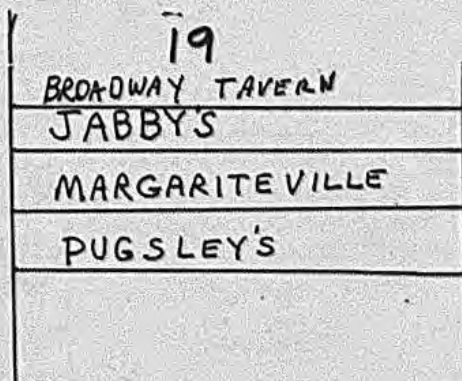
The Need For Blood:
- 800 pints of blood are needed daily for the 50 hospitals in Nassau, Suffolk and Queens.
- We do not collect enough blood in this area to meet this need.

Back At Broadway



E. B. R. C. L. A. Y. S. T.

17
AYS
Y LOT



BROADWAY (107) → SOUTH

PHOTOS BY BILL CLARK

Giving Blood Kiwanis Topic



Right: Kiwanians Patti LeCompte, Connie Clarke, speaker Anthony Amato and Meg Ferrar of L.I. Blood

Amato was the speaker at the August 1982 Kiwanis meeting. Mr. Amato, a nurse, works in the Emergency Unit at Syoness Hospital. He is in the Massapequa Department, Rescue his presentation speaker on being Island Blood

almost 1/3 of the blood supply must come from Europe where people are more willing to donate. But, Europeans are becoming more Americanized. This cultural change along with more West German blood being donated to East Germany is causing less blood to be available to export to us each year.

- Only four out of 100 who are able to give blood do so.
- 95 percent of us will need blood at some point in our lives.
- People needing blood most urgently are the elderly, especially those being treated for cancer. The second largest group is children suffering from blood

disease, cancer and accidents. They are relying on those of us who are able to donate blood to maintain a healthy blood supply.

The Uses Of Blood:
- Blood can be transfused as whole blood, or it can be divided into separate components to treat specific needs. In this way, one pint of blood can help several people.

The Components of Blood:
Red Cells: This component is responsible for carrying oxygen from the heart to the rest of the body; it is the component that is used most often on a daily basis. It is used where someone has had an accident or for a patient requiring surgery, especially open heart surgery. It is also used in complications in childbirth.

Plasma: This is the liquid portion of the blood. It is used for patients who have lost a lot of blood, as is typical in accidents.

Platelets: This component is vital to stop bleeding in patients. It is often given to cancer patients who have a low platelet count resulting from chemotherapy. Eight to ten units of blood are necessary to

make one transfusable unit of platelets.

Clotting Factors (Cryoprecipitate): This is given to hemophiliacs.
- Red blood cells live for 35 days and platelets for only five days.

- Blood types are inherited. There are four major blood groups: A, B, AB, and O. In addition, a person can have the Rh factor (making him or her Rh positive), or not (making him or her Rh negative). When a transplant is required, each of us can receive only certain types. Everyone can receive type O negative. Therefore people with Type O negative blood are referred to as "universal donors" and are in great demand.

The Process of Donating Blood:

- To donate blood you must be between the ages of 17 and 76, weigh at least 110 pounds, and be in good health.
- It is absolutely safe to donate blood. You cannot get any disease from donating blood. All materials used to collect a pint of blood are new (never used

before), sterile and disposable. They are used only once for your donation.

- It is perfectly safe and healthy to donate more than once a year. You can donate whole blood every 56 days, and up to five times a year. The average person has 10 to 12 pints of blood in his/her body. Healthy people can spare a unit (a little less than a pint) without any ill effects.

- Every donor is given a mini-physical to be sure it is safe for them to donate - and to be sure it is safe for a patient to receive their blood. The physical includes taking of pulse, blood pressure, temperature and blood sample.

- The entire donation process takes about 1 hour. This includes the mini-physical, taking of a brief medical history, the donation itself (about 8-10 minutes), and time in the refreshment area to rest and enjoy a snack.

For information, or appointments to donate, call 800-993-2566, or for information about running a blood drive, call Meg Ferrar at 752-8452.

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V.F.W. Post 3211 Gears Up For Labor Day

By P.P.C.

Carmine A. Somma

On Labor Day Weekend the members of Post will be busy on September 5. Members of the color guards and the comrades will participate in the annual Fireman's Labor Day Parade. The Hicksville Fire Department will host its 63th Annual Labor Day Parade and Tournament, September 5 and 6. The parade will be Sunday, September 5, at 5 p.m. Following the parade there will be a Block Party on West Barclay Street. Tournament and Drill will take place on Monday, Labor Day, at 10 a.m.

The parade route is as follows: From Headquarters, Hicksville Fire House on East Marie St., west down East Marie St. to Jerusalem Ave., south on Jerusalem, west on Old Country Road. Turning right on Newbridge Road, the parade will travel north (in the southbound lane on Newbridge Rd., going under the train track and then turning left onto West Barclay Street. The new route was designed to relieve the traffic tie-ups of the past.

On Monday, September 6, members of the Post will put flags along Broadway and side streets.

This time of year all Committee Chairmen get in high gear with all committees. Our Quartermaster, Conrad F. Steers, has a committee that goes on all year around. His

committee is "membership" and his job is to collect dues and to bring in new members. If you are a veteran who has served in the armed forces during WWII, Korea, Lebanon - from July 1, 1958 to November 1, 1958; Vietnam - July 1, 1958 to July 3, 1965; Quemoy & Matsu Island - August 23, 1958 to 1963; Taiwan Straits - August 23, 1958 to January 1, 1959; Congo - July 14, 1958 to September 1, 1962; Dominican Republic - April 28, 1965 - September 21, 1966; Korea - December 1, 1966 - June 30, 1974; Cambodia - March 29, 1973 - August 15, 1973; Vietnam - April 29-30, 1975; Cambodia (Mayaguez) - December 1967; Grenada - October 23 - November 21, 1983; Libya - April 12-17, 1986; Persian Gulf - July 24, 1987 - August 2, 1990; Panama - December 20, 1989 - January 31, 1990; Somalia - December 6, 1992 - Indeterminate. If you were in any of these conflicts, you are entitled to an Armed Forces Expeditionary Medal and are eligible to join the V.F.W. Women in any of these conflicts are eligible to join too. We have meetings every 2nd and 4th Monday of each month at 320 South Broadway, Hicksville, or call 931-7843 for more information.

From October to January we are the only V.F.W. Organization in Hicksville area that will be soliciting ads for a Souvenir

Journal by letter. No phone calls will be made. Our Jr. Vice Comdr. Victor Ribando is busy with the Souvenir Journal and our Community Service Book.

Progress for POW/MIA, our men who are captured or missing in Southeast Asia must be accounted for before American Corporations can capitalize on new markets in Vietnam. Corporate greed cannot take precedence over bringing 2,500 POW/MIA home. You can call the White House: 202-456-1111, or you can write letters to our political leaders.

Our Acting Chaplain, Barney McCartan, sends a speedy recovery to Comrades and Sisters and their families who have been hospitalized during the past month. Larry Colapietro is home recuperating. Louis Dettloff is in Central General Hospital. Our sincerest condolences go to the family of Rita Aug.

Congratulations to Nancy and Dom Giacopelli celebrating their 49th Wedding Anniversary and to Jean & Ernie Simuro celebrating their 46th Wedding Anniversary, also to Jean & Ed Kondracke celebrating their 50th Wedding Anniversary. Happy Birthday to Connie Steers, Carmine A. Somma, May and Max Bergsohn.

On September 27 the V.F.W. Post 3211 will present a plaque to George C. Lang who served in Vietnam and is a recipient of

the Congressional Medal of Honor. George is a Life Member of our Post.

September 11 is our next Las Vegas Night from 7:30 p.m. to 12 midnight. Our games are black jack, roulette, Joker seven, big six and beat the dealer. For more information or directions call the V.F.W. Hall at 931-7843.

In Service

Navy Fireman Apprentice Dennis Sullivan, a 1989 graduate of Hicksville High School of Hicksville, recently completed basic training at Recruit Training Command, San Diego.

During the cycle, recruits are taught general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 occupational fields.

Studies include seamanship, close-order drill, naval history and first aid.

He joined the Navy in November, 1992.

Local Resident

Bank

Appointment

The First National Bank of Long Island recently announced the appointment of Frederick G. Ruff of Hicksville as General Services Officer. He will officially assume this position on Sept. 1.

Mr. Ruff joined The First of Long Island in 1989 after retiring from a varied career in police and security work with the New York City Police Housing Dept. and Banca Nazionale. More recently, he was principal of an independent contracting company. In the three years he has worked for the Bank in the General Services Dept., he has expertly managed a variety of construction and maintenance projects. As General Services Officer, Mr. Ruff will be responsible for the management of the facilities and purchasing functions for the Bank.

He currently resides in Hicksville with his family.

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Memories Of Spring Time At Dutch Lane



You are so special! Dutch Lane students entertained guests at their school's Special Persons' Day. Pictured are: Dana Probst, Kaitlyn Eric, Christopher Gleason, Deborah Alinger, Laura Degennaro, Megan Monahan, Joseph LaRosa and Daniel O'Connor.



The Sounds of Music fill the Dutch Lane Gymnasium during the annual Spring Concert. The program was directed by music teachers Ms. Sperber, Ms. DiBenedeto and Ms. Frisch.



Picture perfect presents and smiles are displayed by Brittany Capel, Jessica Kuefner, Lisa McCartney and Erica Leo. The girls purchased their Fathers' Day gifts at the school's Boutique sponsored by the PTA.

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.

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Referee
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BETH3174
4x8/27/93,10,17

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY EMIGRANT SAVINGS BANK, PLAINTIFF, VS MICHAEL HYMSON, ET AL DEFENDANTS. ATTORNEY (S) FOR PLAINTIFF: JOSEPH SCHUMAN, ESQS., 890 WESTBURY ROAD, WESTBURY, N.Y. 11590.

Pursuant to judgment of foreclosure and sale, entered herein and dated Aug. 6, 1993, I will sell at Public Auction to the highest bidder, at the North Front Steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N. Y., on the 1st Day of Oct., 1993, at 9:00 a.m., PREMISES in Hicksville, New York and Described as Follows:

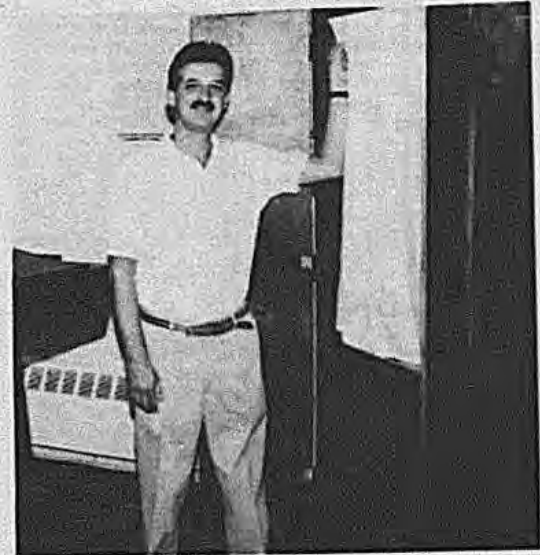
Beginning at a point on the easterly side of Bay Ave., distant 150.00 ft. southerly from the corner formed by the intersection of the easterly side of Bay Avenue with the southerly side of Lotie Ave., and being a regular parcel of land 62.50 ft. x 100 ft. PREMISES known as 150 Bay Avenue, Hicksville, New York. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of Judgment - \$164,151.57, plus interest and costs.
INDEX NO. 2489/83

RICHARD L. GUMO,
REFEREE

MIT 2729
4X 9/3, 10, 17, 24

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Beth Torah To Hold Junior Holiday Service



Howard Liebenstein standing next to the ark that his family donated at Temple Beth Torah.

This year, Temple Beth Torah's Junior Congregation will be treated to a special High Holiday Program. On Rosh HaShanah (September 16 and 17), services will take place from 11:15 a.m. till noon, and on Yom Kippur (September 25) services will be held from noon until 12:45 p.m. This special program has been designed for children attending the 3rd, 4th, 5th, and 6th grades.

The Junior Congregation High Holiday Service will be held in a newly renovated

classroom. The classroom has been painted and recarpeted. A special Ark donated by the Liebenstein family, has been built and will be housed in this location. Kalmon Fliegelman, Temple Beth Torah's renowned cantor for over 30 years, has trained some of his former students to lead the services. In addition to the prayers of the Shabbat service, there will also be stories and special activities.

For further information, call Temple Beth Torah at 334-7979.

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY

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

Pursuant to judgment of foreclosure and sale dated Mar. 19, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY, on Sept. 23, 1993, at 10:00 a.m., prem. k/a 38 High Lane, Levittown, NY, s/k/a Map No. 4647, Lot No. 16 in Block 245, entitled, "Section AA, subdivision Map of Nassau 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, HENOCK,
PETERSON & PEDDY
Attys. for Pltf.
777 Zeckendorf Blvd.
Garden City, NY T254

MIT 2727
4x8/20, 27; 9/3, 10

Republican Club Meets Sept. 10

The Ernest F. Francko Republican Club, Hicksville, will hold its monthly meeting at the VFW Hall, South Broadway, Hicksville on Friday, Sept. 10. Guest speakers will be Assemblymen Phil Healy who is running for Supervisor of Oyster Bay and Angelo Deligatti running for election as Oyster Bay Councilman.

LEGAL NOTICE
GAS 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 6/3/1993. 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.

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

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Town Sponsors Bluefish Tourney

The Town of Oyster Bay will sponsor the eighth Annual Bluefish Tournament on Sun., Sept. 12, according to Town Councilman Douglas J. Hynes.

"The bluefish tournament is open to residents of all ages who are interested in a chance to compete," Councilman Hynes said. "Prizes will be awarded in the form of gift certificates which can be redeemed at Oyster Bay Marine Supply, one of the event's co-sponsors."

The first place prize is a \$2,000 gift certificate for the biggest catch, second prize is \$1,000, third prize is \$600, fourth place prize is \$400, fifth and sixth place receive \$300 each, seventh and eighth place \$200 each, and ninth and tenth place winners will each get a \$100 certificate. Winners will also receive plaques at the awards ceremony and 'tail gate' party which will begin at 2:30 p.m. "Everyone who registers before Sept. 1 will be given a free tournament T-Shirt," Councilman Hynes added.

The cost to enter the tournament will be \$12 for Town residents and \$17 for non-residents and registration will be limited to the first 300 boats. Boats will leave Theodore Roosevelt Memorial Park beginning at 5 a.m.

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU NOTICE OF SALE

Index No. 021985/92
Manufacturers and Traders Trust Company, Plaintiff
against
Etta Warren,
Et al Defendant

Pursuant to a judgment of foreclosure and sale entered herein on July 14, 1993, I, the undersigned, the Referee in said judgment named, will sell at public auction at the North Front Steps of the County Court House, 262 Old Country Road Mineola, New York 11501, County of NASSAU, State of New York, on September 27, 1993 at 9:00 A.M. on that day, the premises directed by said judgment to be sold and therein described as follows:

Said premises being known as and by street address 98 Southwood Circle, Syosset, New York, 11791, Dist: Section: 15 Block: 98 Lot: 42

Said premises are sold subject to any state of facts an accurate survey may show, zoning restrictions and any amendments thereto; covenants restrictions, agreements, reservations and easements of record; municipal departmental violations, and such other provisions as may be set forth in the complaint and judgment filed in this action.

Dated:
Syosset, New York
August 9, 1993

James Gallagher, Esq.
Referee

Philip Irwin Aaron, P.C.
Attorney for Plaintiff
115 Eileen Way
Syosset,
New York 11791
(516) 364-4500
(718) 483-8918
SYO 8706
4X 8/27, 9/3, 10, 17

and must return no later than 4:30 p.m. Additional rules for the contest are contained in the registration form which is available at all Town of Oyster Bay Parks, Town Hall South, 977 Hicksville Rd., Massapequa and Oyster Bay Marine Supply, 47 West Main St., Oyster Bay.

Various fishing related items, including a 12.5 ft. Quicksilver inflatable boat and a Mariner outboard engine, will be awarded at approximately 4:30 p.m., followed by a "tail gate" party which will include food and refreshments for all tournament contestants. Co-sponsors of the event include the Coca-Cola Bottling Co., Molson Beer, Canterbury Ales Restaurant, Snapple Seltzers and Nathan's Famous.

"For those experienced fishermen or those who think they might have 'beginners' luck' this will be the opportunity to try your hand and, possibly, come away with the big catch of the day," Councilman Hynes said.

Firefighters Fight Cancer



Pictured are Garry Kyle, 2nd Annual Charity Drill Chairperson, on the left, and members of the "Hicksville Hicks" Drill Team. Shown are: Eddie Larking, Eric Pletzak, Tommy Goettelmann, Red Mertz, George Pelcher Jr., George Pelcher Sr., John Telesky, Tex Zulkofake, Scott Carson, Marc Walton, Richie Schmidt "Kid," Mike Kelley, and Jimmy Milze.

The 2nd Annual Long Island Volunteer Firefighters Charity Drill Tournament will be held on Saturday, September 18, at 11 a.m. at the Four Towns

Training Center on Merrick Road in Merrick. Sponsored by the Nassau and Suffolk County Drill Team Captains Associations, event proceeds will

benefit the American Cancer Society, Long Island Division. This year's firefighters battle is against cancer in kids on Long Island.

Over 600 volunteer firefighters from over 40 Long Island volunteer fire departments, and over 60 local businesses and organizations donating goods and services will be involved in this worthwhile cause. The Charity Drill, which is a series of timed competitions and daring relays, is expected to raise over \$22,000 and draw a crowd of over 2,000 spectators providing a day of quality family entertainment (including lots of food and vendors)! This is the second year the Charity Drill has helped fund the Society's vital cancer-fighting programs of early detection, prevention, patient services and research.

The event is open to the public and the admission donation is \$5. All are welcome!

For more information, call Cathy LaSusa at 334-5900.

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Dutch Lane Field Day



And the winners are ... Students received a certificate for each race they participated in. Art teacher, Mrs. Loshigian, and PTA mom, Mrs. Faup, help issue certificates.



Mrs. Napolitano's kindergarten class lines up for a relay race, blue against white!



On your mark, get set, go! and Mrs. Rubins's third grade girls are off and running.

Masonic Greeting



Nassau County Executive Thomas S. Gulotta (second from right), greeted Manetto Lodge #1025 Master Karl Zoehfeld, a Hicksville resident (second from left), at a celebration honoring the Free and Accepted Masons. The celebration, at the Lakeside Theatre in Eisenhower Park, was recently held to recognize the Masons on behalf of their outstanding community service.

Masonry and its affiliated organizations bring men and women together for fellowship. Its charitable activities and good works are for the benefit of all mankind. Looking on were: District Attorney Dennis Dillon and Glen Cove Supervisor Don DeRiggi.

Lamb K. Of C. Annual Picnic

The Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview/Hicksville, will hold its annual Family Picnic on Sunday, September 12, from noon to 6 p.m. This year the picnic will be held at the Syosset Community Park in Woodbury.

The cost is \$9 per person. All children thirteen years and younger, who are accompanied by an adult, will be admitted free of charge. In the event of rain, the picnic will be held on the following Sunday, September 19, also at the Syosset Community Park.

Plenty of food and beverages, including hot dogs, hamburgers, ice cream, soda and beer will be available. Various games and events are being planned for both the children and adults. Although this annual picnic is primarily for the children and families of the Joe Lamb Council, friends of the Council are invited to attend.

For tickets and information, contact the chairman of the Picnic, Robert Andruzzi, at 931-2611, or the co-chairmen P.G.K. John Lombardi at 681-0285 and P.G.K. Anthony Iannuzzi at 931-3677. It should be noted that brother Knight Robert Andruzzi, his co-chairmen P.G.K. John Lombardi and P.G.K. Anthony Iannuzzi, have organized and planned these annual picnics for many years, and have always done an outstanding job. We at the Joe Lamb Council certainly appreciate their efforts.

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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



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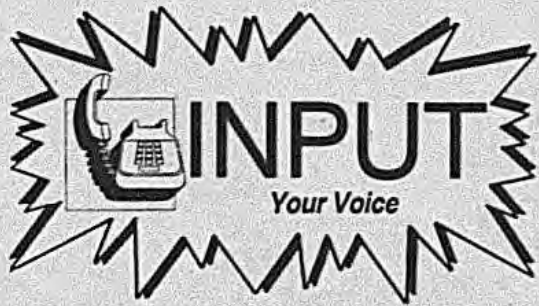


Friday, September 8, 1993

**Patti Playpal
Returns Home**



SEE PAGE 1



THE QUESTION OF THE WEEK

Do you think we should pursue war lords in Somalia?



Sen. Dole Brings Mixed Input Calls

Reaction was mixed to 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?" Here are some of the answers:

DOLE RIGHT CHOICE

Dole has years of good experience in government compared to what's in the White House now and I'm sure he wouldn't need his wife to do his job for him. He has the right idea that you can create prosperity when you take the government's hands off your billfold. Can he get the job done even if he has a Democratic congress? I'm sure he can. He knows where all the bodies are buried. He knows where all the pork is. **R.S.**

PEOPLE FOOLED

People wonder why the Germans picked Hitler who led the country into ruin. But I wonder how anyone could pick someone like Senator Dole or any Republican to run the country. People are easily fooled. **K.K.**

YES AND NO

Not only did Sen. Dole oppose the tax plan, so did one fifth of all Democrats. Perhaps as many as half the Democrats opposed the tax, but many voted for it to avoid embarrassing the President immediately. As sure as a cement canoe will sink, increased taxes will reduce prosperity. Dole would not, however, make a good Presidential candidate. **R.E.K.**

NIGHTMARES

Senator Dole did a terrible job. He did what he did best for the last ten years. He forgot about the poor and the middle class. He helped President Bush and President Reagan lead us into the greatest debt ever, and a recession couldn't give us an alternative because the thoughts he had would have bankrupt the nation, the middle class and the poor. I dread the thought of his being President. It gives me nightmares. **A.G.**

ILLEGAL FUNDS

I'm not a financier so I can't comment on Sen. Dole's opposition to the Clinton tax plan. But I am an American citizen and resent anyone who is considered for President who raised funds illegally in his last campaign. **J.K.**

STRONG IDEAS

Sen. Dole probably won't be nominated for President even though he has some strong ideas on the way the country should go. The reason he probably won't be nominated is because he is at times abrasive, and most people would rather have an affable liar than an abrasive truth teller in the White House. **J.G.**

TRIED HARD

I think Dole tried hard on the tax plan but he lacked something in not getting it changed more. While Clinton promised us that only people making more than \$200,000 per year would be taxed before he was elected, he hit the middle class and lower class and refused to cut the budget which included the hordes of people in worthless government departments who are making higher than middle class salaries, if all special perks are included in salaries. Clinton just has not got it. **H.F.C.**

DOESN'T RELATE

I think it is about a year too early to predict who will run for President, although the Republicans seem without anyone other than Dole to run. I'm afraid that he lacks the personality to be elected President. His war record is a great asset, but he doesn't seem to relate well to the poorer people. **M.F.**

TIME WILL TELL

If I were a Reagan-Bush Republican I would obviously answer yes to both questions. But having voted for Clinton, I am hopeful that the recently passed tax plan is the first step in bringing down our federal deficit. Needless to say, more spending cuts are necessary, but having listened to Senator Dole on this subject, I have yet to hear specifically how he would reduce the deficit without any new taxes. Credit, however, must be given to Senator Dole on his ability as minority leader, to rally each and every Republican Senator against President Clinton's deficit reducing plan. Only time will tell who deserves to be President three years from now. **C.K.**

DOLE SUPPORTER

Actually, Senator Bob Dole has been my personal candidate for years because I respect his common sense approach to the nation's serious problems. I firmly believe that his approach to our national financial concerns is based upon common sense principles. He has been involved in countless national problems over the years and, in my opinion, has kept his thinking tied to realistic objectives in the national interest. Certainly, his performance as Minority Leader in the Senate, starting in 1987 was a fine example of objective leadership in the common interest. Along the same lines, I thoroughly approved of his leadership in opposing the Clinton tax plan so much so that I definitely would consider him as a good Republican candidate for President. **P.G.S.**

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5. Publishers reserve the right to edit, modify or omit any and all material.



Discovery!

Patti Playpal Returns Home

By Arleen Rueth Urban

It was Christmas time, 1959. At the top of my wish list was Patti Playpal, the newest doll by Ideal. She was three feet tall and could wear real children's clothing. Although Santa never disappointed me with my doll requests, Patti was the most expensive doll I had ever asked for. She was \$30. I was the oldest of three children. My brother was expecting a shiny new bike, and my youngest sister, although more of a stuffed animal enthusiast, would also want a Patti Playpal; or at least my parents would feel obligated to give both daughters their usual equal treatment. The idea of spending \$60 on two dolls in 1959 was quite extravagant for middle-class Americans, but somehow I knew Mom and Dad would find a way.

On December 1, Mays Department Store had a special one-day sale. "Patti Playpal, one per customer, \$15 each, half price, while supplies last," read the newspaper ad. As Cabbage Patch fans camped out before opening hours in more recent times to adopt those hard to purchase critters, so too did my parents arrive before doors opened to each purchase a beautiful Patti Playpal for their precious little girls.

Christmas was very special that year. Santa had granted my biggest doll wish ever. For the next few years Patti was a very important part of my life. My best friend got one for Christmas as well, so Patti and I would visit them every Saturday morning, inventing games that allowed her to become alive.

One day while brushing Patti's long straight hair, she fell apart in my arms. My brother and sister who did not share my strong attachment to this doll, laughed as I sat there in tears with four separate limbs and a decapitated Patti. Once again Mom and Dad came to the rescue. We were off to the Ideal Toy Factory for a super repair job - one that to this day never again needed mending.

Unfortunately, as my teenage years replaced my desire for dolls with crushes on "Little Joe Cartwright" and eventually with a real live "Joe," my interest in dolls was temporarily put on hold. During a weak moment and a major cleaning job, Patti was sent to live with a nearby neighbor along with many of her sisters, including Revlon, Betsy Wetsy and Shirley Temple.

Many years went by. I was now married with three children of my own, a boy and two girls. Never did I see a large doll without thinking of my Patti and, once again, wishing she was still part of my world. My daughters and I began to collect new dolls. I often told them of the three-foot doll I once had. At one point my aunt passed away leaving me her one and only doll, a composition baby doll from the twenties in need of repair. This not only triggered a family interest in collectible and antique dolls, but it once again rekindled the warm spot in my heart for the dolls I gave away.

Soon the family collection included my aunt's restored doll and several other replacements of my childhood companions. However, as I thought about the history of these new additions, I wondered where and how my Patti was.

Wishing without work is fruitless, so one day I decided to try to contact the widow woman who last had Patti. After numerous phone calls, I located Mrs. V., who was now nearly ninety years old. I made an appointment to go back to the old neighborhood and



bring Patti home to my girls. Mrs. V. was delighted to return her to her "natural" family and to grant that second wish for my three-

foot companion.

Although Patti was my only childhood doll to be found in Mrs. V.'s house of dolls, she was indeed the most welcome of all. She was returned in all original-mint-condition. The last 25 years for Patti were quiet ones, without the sounds of happy children. There was almost something eerie about how time had no effect on the aging process of this old friend, as the rest of us grew older since our last association.

I realize I was most fortunate in locating my childhood treasure. Most of us regret losing part of our past to an impulse to clean, or perhaps we have no recollection at all of what ever happened to some of these possessions. A very important lesson can be learned from my experience. Don't part with your dolls during teenage distractions. It's better to temporarily pack them away. If you are a true doll lover, the interest will most certainly return at a time of your life when childhood memories mean the most.

Patti Playpal was reunited with me, and she now stands proudly at our fireplace with a bit of history and tales to tell. As I watch the second generation enjoying her companionship as much as I did way back in December of 1959, I know she will always be my favorite. With two wishes for one doll, she will never leave this family line again.

About The Author

Arleen Rueth Urban of Garden City is a free-lance writer, editor of the Village Art Club of Rockville Centre, and an accomplished portrait artist.

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WINE TALK

At the center of the Bordeaux universe

By Richard Nalley

If you love the subtle, long-lived red wines of Bordeaux, you probably know more about the sleepy, river-port town of Pauillac than you realize.

It's not a place that strikes you with awe when you see it: solidly bourgeois, with a modest square where all the traffic squeezes, one direction at a time, through a one-lane bottleneck, a scattering of not-quite-impressive limestone facades along the quais, which are now given over to weekend sailboats and the French version of fast-food joints.

What you remember instead is the taste of Pauillac, the particular intensity, structure and feel its vineyards and their specific climates impart to Pauillac's wine. For make no mistake: Little Pauillac is the center — absolute ground zero — of the red wine universe.

There are other places that make great red wines, of course: Burgundy, the Rhone, Piemonte, Tuscany. But to the wine regions defined by Cabernet Sauvignon, Merlot and Cabernet Franc — the grapes that make Bordeaux-style reds the world over — Pauillac is what Paris is to the fashion world: the yardstick by which all other attempts are measured.

Consider that in the legal classification of the hundreds of Bordeaux wine chateaux on the famous Medoc peninsula, only 61 are rated as "Great Growths" (Grand Crus). Of these, just five exalted wineries are "First Growths."

There is Chateau Haut-Brion, south of the city of Bordeaux, and Chateau Margaux north of it. There are other very famous and superb estates in St. Julien and St. Estephe, but these towns have no First Growths.

Pauillac has three of them, and you know the names: Chateau Latour, Chateau Lafite-Rothschild and Chateau Mouton-Rothschild. And these world-famous wineries only headline the star-studded list that also includes the rival chateaux commonly called Pichon-Lalande (or Pichon-Comtesse) and Pichon-Baron, plus Lynch-Bages, Pontet-Canet, Grand-Puy-Lacoste, Batailly and Clerc-Milon.

What makes these Pauillac properties so special is not an easy matter to define. Pull over by the road in any vineyard in France, no matter how barren or humble, and ask the proprietor what's so great about his wine. He'll immediately answer, "Le terroir!" — the territory, a semi-mystical concept that exalts the precise plot of ground, and its combination of climate, soil, subsoil and exposure to the sun.

French winemakers must go to school for this, because every one of them, from Chateau Lafite to Chateau Dogswater, feels that these two words — "Le terroir!" — say all that needs to be said. No specifics necessary, because the concept speaks — or rather tastes

— for itself.

With a little coaxing, however, you can glean that Pauillac's soils are gravelly, porous and light, poor soils for much of anything but a grapevine. They are well-drained, which they need to be since Bordeaux sometimes refers to itself as "the umbrella of France" thanks to its humidity and tendency to catch squalls and storms blowing in off the Atlantic. This is all to the good, so long as the rain doesn't fall to excess at harvest time, as in 1987 and 1992.

Pauillac, like the rest of Bordeaux, exists closer to the high end of the stress level, climate-wise, for ripening Cabernet Sauvignon than virtually any well-known California Cabernet vineyard (Ridge's mountainside Montebello being a possible exception). The result is a wine that feels, tastes and ages differently than a typical California Cabernet.

The wine words used to describe this difference are things like "structure," "intensity" and even, for the British, "breed." They are less rich and less alcoholic (at around 12.5 percent) than most California Cabernets, more harshly tannic when young, and — dare I say this? — more subtly shaded.

Pauillacs in particular have a powerful feel that comes not from high alcohol or extract, and not at the sacrifice of elegance. This, and the fact that these wines age heroically, well evolving a dazzling array of secondary and tertiary flavors and aromas over decades, has made Pauillac's great reputation.

Tasting notes for Pauillacs typically evoke words like black currant, cedar, mineral, "pencil lead" and leather. The best idea is to taste these wines for yourself — it's that *terroir*.

RECENT VINTAGES

The great heat-and-drought vintages of 1989 and 1990 are certainly the stars. My recent tastings confirm that the better-balanced '90s are certainly equal, if not superior, to the much-heralded and superexpensive 1989s.

The best deals now are the classically structured 1988s, which are cellaring wines (10 years on) to drink after the '89s and maybe the '90s, too, and the little-praised but very solid 1991s, available starting this winter and next spring.

For drinking now, the relatively inexpensive 1987s offer some tasty, lighter-styled wines from the better properties. A favorite is the 1987 Pichon-Longueville, Comtesse de Lalande (about \$17-\$20).

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

DINING GUIDE

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COOKS' BOOKS

Basic advice for men in the kitchen

By Charles Britton

"Dad's Own Cookbook" by Bob Sloan (Workman, \$12.95).

As a birthday or holiday gift for Dad, how about this chubby book? I'm sure he'll prefer it to that new set of mag wheels he's been hinting around about.

Well, anyway, it's a lot cheaper, for the publishing house of Workman has worked its proprietary magic on this volume, which manages to be stylish yet practical, fun to look at and not at all expensive. And with any luck, Dad will find it very useful indeed.

Author Bob Sloan, who has a successful catering business in New York City, knows that a lot of men are interested in cooking but don't have a clue about fundamentals.

"A lot of basic cookbooks assume that you already know a lot — that you know terms like 'brown' and 'blanch' and 'cream,'" he said recently.

This highlights perhaps the main strength of "Dad's Own Cookbook," its firm grasp of fundamentals. For that reason alone, it would be a good choice of many people, male and female, parents or not, who need to get started in the kitchen.

Sloan pointed out several advantages of getting busy in the kitchen — aside, of course, from the practical value of doing so.

"If men cook," he noted, "they can get out of doing other tasks that are even more odious. You can say to Mom, 'Mow the lawn yourself.'"

And, as a bonus, cooking can be a powerful source of satisfaction.

"Don't you feel good after you've made a meal and everyone's happy?" he asked. "You don't get that out of much in life."

The next time you're in a bookstore, take a look at "Dad's Own Cookbook," and I think you'll be taken by the wealth of information on techniques and ingredients

presented in a graphically striking, inviting manner.

We can't sample that effectively here, but we can offer a glimpse of the recipes, which are enough to keep even an accomplished cook interested.

HUNAN ORANGE-GINGER ROAST LOIN OF PORK

¾ cup orange juice
¼ cup white wine
¼ cup honey
¼ cup soy sauce
2 tablespoons sesame oil
1 tablespoon minced fresh ginger or 1 teaspoon dried ground ginger
2½- to 3-pound boneless pork loin
¼ cup apricot jam
Yields 6 servings.

In medium bowl, mix together orange juice, wine, honey, soy sauce, sesame oil and ginger. Place pork loin in plastic container just large enough to hold it; pour sauce over pork, cover and marinate in refrigerator for 6 to 12 hours.

Preheat oven to 350 F. Arrange loin in roasting pan and pour sauce over it. Roast on center rack of oven. While pork is roasting, put apricot jam in small bowl.

Roast 1 hour 15 minutes. Remove from oven. Take 3 tablespoons of pan drippings and mix

with jam. Spoon jam mixture over loin and return to oven for another 20 to 25 minutes, until meat reaches 150 to 160 on a meat thermometer. Let roast sit for 10 minutes before slicing.

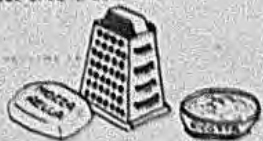
A dad himself, Sloan knows that some male forays into the kitchen are motivated by sheer necessity. This dish may not be elegant, he notes, but it's "high on the list of children's favorites."

KITCHEN HINTS

Cooking with cheese.

Differences in protein, fat and moisture content mean cheeses cannot be used interchangeably in recipes.

1. Use high-fat cheeses, such as fontina, to brown on-top of a casserole; low-fat ricotta or goat cheese will not work for this purpose.
2. Do not cook sauces containing cheese for too long or at too high a temperature. Excessive cooking causes the casein in cheese to coagulate, making the cheese stringy.
3. Add grated cheese to sauce slowly over low to moderate heat; stir constantly. Remove from heat once cheese has melted.



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

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KITCHEN KIDS Brunch for Mom

By Rena Coyle

Before letting the kids take over the kitchen, have a few ground rules set up. For one, the kids also are responsible for cleaning up the cooking mess as well as the dishes. Isn't Mother's Day sounding better all the time?

Once that is established, have an older sibling or dad help determine timing. The Smoked Salmon Stuffed Baked Potatoes needs some time to cook; even in the microwave, it could take as much as 15 minutes. While that is cooking, the kids can prepare the filling ingredients, the eggs, ready to be cooked, and the Mother's Day Spritzer.

Then, once the potatoes are being baked for the second time, start cooking. Encourage all the kids to get into the action. Put the youngest in charge of egg cracking and tray decorations. The oldest child can put the foods in, on and out of the oven and stove.

There are only a few acceptable places to serve this wonderful brunch — the porch or patio, in the garden or, of course in bed; never serve it in the kitchen. This is a special day, and with a few close smiling faces, what a day it is going to be. Who needs the maitre'd when you have a family.

SMOKED SALMON STUFFED BAKED POTATO

4 (4-inch) baking potatoes
4 sprigs chives
1 teaspoon chopped fresh dill
4 slices smoked salmon
¼ cup sour cream
¼ teaspoon salt
¼ teaspoon black pepper
Yields 4 servings.
Preparation time: 20 minutes.
Microwave time: 18 minutes.
Baking time: 15 minutes.

Utensils: Fork, microwave-proof pan, oven mitts, scissors, mixing bowl, measuring cups and spoons, baking sheet.

Prick potatoes with fork. Set them on microwave pan so they don't touch. Microwave at HIGH for 12 minutes. With your oven mitts on, remove pan and check for doneness by pressing fork into potato. If it goes in easy, they are ready; if not, microwave them for another 6 minutes.

While potatoes are cooking, with scissors, snip chives and dill into small pieces, set aside. Tear salmon into small bits and set aside. When potatoes are cooked, remove pan and set on counter.

Turn oven to 400 F. Cut top of potatoes off and set aside. Scoop out pulp of potato and put it in mixing bowl. Combine with smoked salmon, sour cream, chopped chives and dill, salt and pepper. Fill potatoes with mixture and set them on baking pan. With oven mitts on, put pan in oven to bake for 15 minutes.

When ready, turn off oven and carefully remove pan. Put a potato on each plate and serve with scrambled eggs.

SCRAMBLED EGGS

8 large eggs
1 teaspoon butter
1 tablespoon cream cheese
¼ teaspoon salt

skillet, spatula.

Crack eggs in bowl and whisk until blended.

Melt butter over medium-high heat. Add eggs and stir while they cook. Add cream cheese and stir into eggs. Once eggs firm up, turn heat off and move skillet to cool burner. Season with salt and pepper and serve while hot.

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Vegetarian View



By Lou Marra

Mediterranean favorites

Healthy eating doesn't have to be bland, according to Carole Kruppa.

Kruppa apparently knows what she's talking about. She has streamlined a number of recipes to reflect today's concern for healthful and nutritious eating and put them together in "The Love Your Heart Mediterranean (Low Cholesterol) Cookbook" (Surrey Books Inc.).

"We have followed the guidelines set down by the American Heart Association, which call for no more than 30 percent of caloric intake to come from fat," notes Kruppa.

"Our goal has been to retain the great tastes of Mediterranean cooking while reducing the fat and controlling calories, cholesterol and sodium."

The book features more than 200 reduced-fat versions of traditional recipes from the South of France, Italy, Greece, Spain and Morocco.

Each recipe also has a nutritional analysis, detailing among other items, fat and cholesterol content.

The recipes cover 15 chapters from "A" (appetizers) to "B" (beverages). In-between are pages devoted to pasta, pizza and desserts.

According to Kruppa, the people of the Mediterranean tend to be frugal, and their cuisines use produce and fruit in season, seafood and native spices and herbs.

"Large amounts of meat are not the norm," notes Kruppa.

Instead of butter and cream, Kruppa has substituted yogurt and evaporated milk.

"We routinely recommend vegetable cooking spray to coat pans and skillets instead of oil," she writes.

"But we haven't eliminated olive oil entirely. We call for it, in moderation, to lend many of these dishes the incomparable flavors for which they are famous."

Kruppa developed a number of recipes after a recent visit with her family in France, including an uncle who owns a restaurant in Paris.

"He specializes in gourmet French and Italian cuisines," she says. "So I was able to watch him prepare many of the recipes I've used in the book."

The author points out that you can make cappuccino without a cappuccino machine by whipping warm milk in a blender for 1 minute to produce a bit of foam.

"Combine equal quantities of very strong, freshly brewed, Italian-roast coffee with the frothy milk. Dust with chocolate shavings and ground cinnamon, and serve with sugar or a sugar substitute."

Or you could start your day with *diosmo*.

"*Diosmo*, or double mint, is the morning drink of choice for many Greeks. It is calorie free. Just boil

6 teaspoons of dried mint in 6 cups water. Strain and serve. It makes enough for six people."

And the Greeks are very fond of chicken, according to Kruppa.

"They have one important step that most Greek cooks insist on prior to cooking chicken in any recipe.

"This is to pour boiling water over the chicken to plump and whiten it; then they rub it with half a lemon."

Following are some "Love Your Heart" recipes for you to try on your family.

Bruschetta is the original garlic bread, which can be served as an appetizer or by itself for lunch in much the same way as pizza is served, according to Kruppa.

BRUSCHETTA

12 (1-inch slices) coarse bread, such as Italian country bread
2 garlic cloves, cut in half
2 tablespoons olive oil (optional)
2 tomatoes, sliced thin
12 fresh basil leaves, chopped
Yields 12 servings.

Grill bread over fire or under broiler until just beginning to brown around edges. It should remain soft inside. Remove from heat and rub while still hot with cut clove of garlic. Brush with olive oil and top with slice of tomato. Sprinkle with fresh basil.

•••

"Everyone I serve this dish to is pleasantly surprised at the combination of carrots and onions. They love it," says Kruppa.

CARROTS VICHY

1 pound carrots, scraped and cut into slices 1/2-inch thick
2 1/2 cups water (divided use)
1 teaspoon granulated sugar
1 teaspoon salt substitute
Vegetable cooking spray
2 large onions, chopped
1 envelope butter buds
2 tablespoons parsley, chopped
Yields 4 servings.

In heavy saucepan, combine carrots, 2 cups water, sugar and salt substitute. Cover and bring to boil. Lower flame and simmer 30 minutes. Remove from heat and set aside.

In small skillet, sprayed with vegetable spray, add onions and cook until soft. Add carrots and butter buds with 1/2 cup water. Simmer about 3 minutes. Remove from heat and place carrots in bowl. Top with parsley.

MOCK HOLLANDAISE SAUCE

1/4 cup plain low-fat yogurt
1/4 cup mayonnaise
2 teaspoons skim milk
1/4 teaspoon dry mustard
Dash white pepper
Yields 4 servings, or 1/2 cup.
Place all ingredients in blender; process until smooth.

After Work Gourmet



By Sharon Achatz

Entree salads keep kitchen cool

Entree salads are one of summer's favored meal tickets — all-on-one-plate dinners that don't overheat the kitchen but do make you the hottest cook around.

Here's a selection of fruit and vegetable salads laced with precooked meats that stand alone as standouts in keeping the summer kitchen forecast considerably cooler.

Catalina Shrimp Salad — with its combination of precooked shrimp from the market seafood counter, celery, apple, pineapple and grapes — is a showstopper whether served mounded on a plate or stuffed into halved cantaloupes, avocados, pineapples or papayas.

Green-and-Orange Turkey Salad utilizes precooked or smoked turkey meat found in the deli section of markets. Paired with spinach leaves, orange segments and red-onion rings, it's all topped with a tangy vinaigrette.

Fried Chicken Salad can be made with frozen, store-bought or homemade fried chicken. The combination of juicy chicken, little bits of crisp skin and fresh, crunchy jicama is delightful.

CATALINA SHRIMP SALAD

For Dressing:
3/4 cup mayonnaise
1/2 cup sour cream
Juice of 1 lemon
1/4 teaspoon curry powder
Dash Tabasco sauce
5 dashes Worcestershire sauce

For Salad:
2 cups small cooked shrimp
1 cup diced celery
1/2 cup minced green onions
Juice of 1 lemon
1 apple, coarsely chopped
1/4 cup chopped green bell pepper
3/4 cup chopped fresh pineapple
3/4 cup seedless grapes
2 tablespoons capers
3/4 cup slivered almonds
Yields 4 servings.

Preparation time: 20 minutes.
In small bowl, whisk together all dressing ingredients; set aside in refrigerator.

In large bowl, combine all salad ingredients. Toss salad with dressing and refrigerate until served.

GREEN-AND-ORANGE TURKEY SALAD

For Dressing:
1/4 cup vinegar
1 teaspoon minced garlic

2 tablespoons frozen orange juice concentrate
2 tablespoons olive oil
1/4 teaspoon black pepper

For Salad:
4 cups spinach leaves, torn into bite-size pieces
1/4 pound cooked or smoked turkey, cut into julienne strips
3 oranges, peeled and sectioned
1 red onion, thinly sliced into rings

Yields 4 servings.
Preparation time: 20 minutes.
In small bowl, combine dressing ingredients; mix well.

In large bowl, combine salad ingredients. Toss with 1/2 cup of dressing. Serve with remaining dressing on the side.

FRIED CHICKEN SALAD

6 chicken breasts, boned and fried, skin reserved
4 ounces jicama, peeled and cut into julienne strips
1/2 head iceberg lettuce, thinly sliced
4 cups curly endive, thinly sliced

1 cup sliced almonds
1/2 cup sliced green onions

For Dressing:
1 teaspoon minced garlic
2 teaspoons mustard
2 tablespoons soy sauce
2 tablespoons vinegar
2 tablespoons vegetable oil
1/4 cup chicken broth
Yields 6 servings.

Preparation time: 25 minutes.
Cut skin into small dice; set aside. Cut chicken breasts into julienne strips.

In large bowl, combine julienned chicken, jicama, lettuce, endive, almonds and green onion.

In small bowl, whisk together garlic, mustard, soy sauce, vinegar and oil. Thin as desired with chicken broth.

Toss salad with dressing.

QUICK TIP

Bottled salad dressings make flavorful chicken dippers. When making breaded chicken, dip the chicken pieces in your favorite dressing rather than melted margarine or milk prior to coating with bread crumbs.

Sharon Achatz is a free-lance writer.



Desiree Vivea

Seniors are our fastest growing population group. More than 50 million Americans are over age 55, and as baby boomers reach their "golden years," we'll find ourselves in the middle of an even bigger "senior boom."

The number of people over age 65 is expected to double and the number over 85 to quadruple!

Seniors have special dietary requirements. At age 60, your body needs about 20 percent fewer calories than it needed at age 20 — so if you haven't already, this is a good age at which to cut down on high-calorie foods.

Commercially prepared foods tend to be high in sodium and fat — two ingredients most seniors would be wise to avoid.

Many older Americans are on a fixed income and need to watch food dollars more closely than ever. Cooking at home with fresh ingredients gives you more control over what you eat, and it's cheaper, too.

Many seniors already know the benefits of microwaving; in fact, more than half of all Americans over age 50 now own a microwave.

Whether you're one of today's or tomorrow's seniors, your microwave oven can help you get nutritious meals on the table with minimum fuss.

Microwave ovens are a boon to young families needing meals on the go, but they're equally helpful for older people who prepare frequent, smaller meals. Many seniors live either with a spouse or alone, and there's no longer a need to cook in quantity for a large family group. Your microwave can help you prepare servings just right for the one or two of you.

A major dietary problem among seniors is lack of variety — many people tend to eat the same foods all of the time. To maintain good health, you should remember to eat a variety of foods to give your body all the nutrients it needs.

Some seniors find that four or five smaller meals during the day work better than the standard breakfast, lunch and dinner. It may be physically more comfortable to eat smaller portions more frequently, and this routine can also help encourage variety in diet.

Following are some tips to help you maintain good health as you age:

- Do not smoke.
- Eat breakfast every day.
- Include moderate exercise in your daily routine (with doctor's advice).
- Get seven to eight hours of sleep every night.
- Limit fatty, salty or sweet snack foods and alcohol.
- Maintain recommended weight for your height.
- Drink six to eight glasses of liquid every day.
- Eat a variety of foods, including high-fiber vegetables, fruits, whole-grain breads and cereals.
- Bake, broil, steam or microwave instead of frying.

FETTUCINE WITH TURKEY MEATBALLS

4 ounces fettuccine noodles
 ½ pound ground turkey
 3 tablespoons milk
 2 tablespoons seasoned dry bread crumbs
 1 tablespoon grated Parmesan cheese
 ¼ teaspoon dried parsley flakes
 Dash ground black pepper
 1 (8-ounce) can tomato sauce
 ¼ teaspoon each dried basil and oregano
 Dash garlic powder
 Yields 2 servings.
 Preparation time: 10 minutes.
 Cooking time: 8½ to 12 minutes.
 Oven setting: HIGH (100 percent power); MEDIUM (50 percent power).

Cook fettuccine as directed on package. Meanwhile, in medium mixing bowl combine turkey, milk, bread crumbs, Parmesan cheese, parsley flakes and pepper. Mix thoroughly, then shape into 6 meatballs.

Arrange meatballs in 8x8-inch shallow microwave-safe baking dish. Cover with wax paper and microwave at HIGH setting 3½ to 5 minutes, or until meat at center is no longer pink, rearranging twice during cooking time. Set aside.

Combine tomato sauce and remaining seasonings in 1-quart microwave-safe casserole. Cover and microwave at HIGH setting 2 minutes. Add meatballs. Cover and microwave at MEDIUM setting 3 to 5 minutes longer.

APPLE ACORN SQUASH FOR TWO

1 medium (about 1 pound) acorn squash
 1 medium Golden Delicious apple, cored and finely chopped
 2 tablespoons chopped pecans OR walnuts
 2 teaspoons brown sugar
 ½ teaspoon cinnamon
 2 teaspoons butter OR margarine
 2 teaspoons maple syrup
 Yields 2 servings.
 Preparation time: 5 to 10 minutes.
 Cooking time: 8 to 11½ minutes (plus 3 minutes standing time).
 Oven setting: HIGH (100 percent power).

Wash squash and pierce with fork several times. Set on microwave-safe plate and microwave 3½ to 5 minutes, turning over halfway through cooking time, until squash is softened and partially cooked.

Cut squash open lengthwise; scoop out and discard seeds and fibers. Fill each cavity with half of nuts and half of brown sugar. Top each with a sprinkle of cinnamon and dot with 1 teaspoon butter or margarine.

Cover squash loosely with wax paper and microwave 4½ to 6½ minutes longer, until filling bubbles and squash is tender. Let stand, covered, 3 minutes. Drizzle with maple syrup just before serving.

FOR TEENS

By Willard Abraham, Ph.D.

Offended by 'crude' words

Dr. Abraham: Maybe I am just too sensitive, but I have a hard time listening to some of the ways my boyfriend talks. I don't think he means to offend me, but I am offended by one thing he does.

He uses the correct words in connection with sexual relationships and body parts, and maybe that is better than some of the crude, gross words two friends of his use. But whether correct or crude, I wish they wouldn't be used.

In my home they never are used, and I guess that is the problem. I'm used to living in a place where people control their language.

When I hear my boyfriend's choice of words, and especially those of his two friends, I know my face gets red and I'm totally out of the conversation.

Am I a prude, or what? Is something wrong with me? Please don't hold back. Tell me straight. — Uncomfortable

Uncomfortable: You obviously are a product of your home environment, and it may be that those three boys reflect theirs. Another source of their word choices (especially of the two friends) could be some current movies, television productions and novels.

Why not be frank with your boyfriend and share the discomfort you feel about being with him and his friends? Tell him the reason for it perhaps relates to the family you come from.

If that discomfort is less when you're alone with him, let him know that. Also tell him that you respect his use of correct words, but you would appreciate being exposed to them less often (or not at all).

If he can tone down his friends and their language, that may help limit your displeasure, but if he won't or can't, you may want to discontinue being in their company.

Talk this whole matter through with your boyfriend, especially if he is important to you. If not, that is a different story, which we can discuss later.

Dr. Abraham: My boyfriend's face is always good looking, but the rest of him isn't. It depends on how much binge eating he does, and he does it quite a bit. But there are times in between when he controls himself, and there he is, "pretty face" again.

He is driving me crazy with his yo-yo dieting, and I don't know what to do about him. I guess I'll always love him, but he makes it so hard for me to hang on. — Worried

Worried: There is something called "ownership of the problem" (used by Thomas Gordon in his book "P.E.T. Parent Effectiveness Training"). He was writing about parent-child issues, but it may also apply in the situation you mentioned. It's not your problem, al-

though you obviously want to be as helpful as possible to this boy whom you like so much.

Although his eating binges may not be the sole source for weight gains, they could be part of them, together with genetic or other factors.

"We know obesity is not a single condition, but a group of conditions with no single cause and no single cure," said Dr. C. Wayne Callaway, associate professor of medicine at George Washington University Medical Center in Washington, D.C. He feels that each weight management plan must be individualized based on such factors as heredity, psychological issues, and fat distribution, as well as diet habits.

A change in behavior might become a long-term effort. Some people get frustrated because weighing themselves every day may be discouraging.

The problem you raised may not be solved with a quick solution. That's why I'd like to suggest that you encourage your friend to contact his own physician or pediatrician.

His or her help or referral to another medical professional with special skills in this field may be the way to get started toward a solid solution for his yo-yo practices.

Dr. Abraham: This may sound strange to you. I like to dance, but my girlfriend doesn't. Isn't it usually the other way around?

She says that she is uncomfortable about even trying, and felt so awkward when she did try once with me. Now I can't get her to try again.

I know she would be upset if we go out together where people are dancing, and I danced with another girl.

So I don't do that, at least not yet. The two of us just sit like sticks, and see others letting themselves go and having such a good time.

What can I do about this? I'm really about ready to give up. Except for this problem, she is a doll.

— Dancer
Dancer: If she likes you enough she may be willing to consider taking dancing lessons. If money is an issue, you might be able to work that out between the two of you. She could enjoy having you go with her, or maybe not. It's a point you can discuss, but it probably should be her choice.

If she won't take the lessons, you might have to make a decision: Her or your dancing enjoyment.

You could, of course, limit your being with her to other involvements, but it doesn't seem quite fair to deprive you of your dancing fun.

Please let me know what your decision is and how your life is working out.

Cooking Corner



Herbs bring flair to simple fare

By Robin Kleven

Ten years ago, Paul Friedman had a small plot of land in Encinitas, Calif., and visions of an herb-scented future.

Today, the 42-year-old businessman runs the Green House, the largest supplier of fresh herbs in the nation.

The original 1½-acre garden, which Friedman tended with two helpers, was the inspiration for a company with a 200-acre farm, a busy packing plant and more than 300 employees.

Friedman would not disclose exact figures but said the Green House sells between \$10 million and \$20 million in fresh herbs annually. That's a lot of green for a product that blossomed into a widely used kitchen staple only during the last few years.

"When I got into fresh herbs, no one was really doing it," said Friedman, who describes himself as a high-school dropout. "It would have been hard not to make money."

Herbs have become big business. One supermarket trade journal says a conservative estimate of fresh herb sales is more than \$150 million annually. Membership in the International Herb Growers and Marketers Association has doubled in the last two years, to more than 700.

Donna Greenbush, marketing director for the Green House, said a recent informal survey she did of food magazines revealed that 60 percent to 70 percent of the recipes called for fresh herbs.

WIDELY AVAILABLE

Most supermarkets carry at least a dozen varieties of herbs these days, and the major chains carry the Green House brand. Julie Reynolds, spokeswoman for Vons, said the Green House herbs are the best in terms of quality and packaging.

Consumer demand is increasing rapidly, Reynolds added. "Sales of fresh herbs continue to grow as a category faster than any other produce items."

On a recent tour of the Green House's aromatic growing grounds, tucked into the hills east of Oceanside, Calif., it was easy to understand the plants' burgeoning popularity. Long rows of herbs stretched across the fields; greenhouses sheltered sprouting baby plants; bees hovered above blue rosemary flowers.

The air was intoxicating, with peppery oregano, licorice-y tarragon and sweet mint melding into a potent potpourri. This was aro-

matography on a grand scale.

The herbs taste even more intense than they smell, which is Friedman's primary goal.

"We grow flavor," he said. "We're not selling a plant; we're selling oils."

High oil levels are what give premium herbs their punch. While home gardeners might be proud of their patches of basil or dill, the Green House folks constantly research methods to improve oil production, thereby producing herbs that are superior, they believe, to backyard varieties.

Those methods are trade secrets, as are efforts to develop new strains of basil; create disease-resistant plants; and suppress the seed-producing instincts of the herbs, which slows growth and reduces flavor.

A full-time agronomist with a doctorate in plant breeding — aptly named Rosemary Salter — handles these tasks, as well as tending experimental patches of weird-looking new varieties.

NO SMALL TASK

Producing herbs is a year-round, seven-day-a-week job. The growing grounds alone employ about 125 people who ensure that there's a steady supply in the cool winter months, when extra care is needed, as well as during the summer, when the herbs thrive.

In one sun-baked greenhouse, a dozen workers meticulously trim rosemary stems, then dip them into a root-stimulating powder before planting them in tiny trays to grow new plants. Outside, another group picks the choicest basil leaves, which will arrive in supermarkets the following day. Other workers hand-weed, prune and plant their fragrant charges.

Despite their reputation for hardiness, it's not true that herbs thrive with poor soil and neglect, Friedman said. The Green House herbs are pampered, fertilized and watered with a drip irrigation system to ensure healthy, flavorful plants.

Each day, the harvest is sent via refrigerated trucks to the packing and shipping facility in Encinitas. In deliciously scented warehouses, the herbs are sorted carefully; only the perfect-looking ones make the cut.

Herbs need to look as appealing as they taste to inspire sales; wilted or raggedy leaves won't do.

The herbs that are discarded for cosmetic reasons currently are made into compost. Greenbush said plans are in the works for

using the rejects to produce dried herbs for sale.

The difference between dried and fresh herbs is dramatic, Friedman said. "When you dry herbs, you eliminate the top notes of flavor."

He recommends using dried herbs in recipes such as soups and stews where the ingredients are simmered together for long periods. Fresh herbs can be added just before serving for a dash of additional flavor, if desired.

But fresh herbs are at their best in uncooked dishes where their potent flavors get a starring role. That means adding them to salads, sandwiches and dips, sprinkling them over omelets and pasta dishes, or blending them into a sauce.

Friedman's favorite treats include egg salad or potato salad with arugula and tarragon blended with mayonnaise.

The Green House herbs come in resealable plastic bags and will keep, refrigerated, for about five days. Sturdier herbs such as rosemary should last longer. Discard the herbs when they look wilted, or if any mold develops on them.

While the herbs are grown largely without pesticides, marketing director Greenbush recommends giving the herbs a quick rinse before using in case there's a bit of dirt clinging to the stems.

HERB GLOSSARY

Here are suggestions for using some of the most popular fresh herbs. Use your imagination to create additional combinations.

• **Arugula:** This slightly bitter green perks up sandwiches, salads and pasta dishes.

• **Basil:** Wonderful with fresh tomatoes and mozzarella cheese; in sandwiches and salads, tossed with pasta, as a pizza topping, in herbed butter or with sauteed summer squash. Purple basil makes a pretty addition to salads and herb vinegar.

• **Chervil:** Use this delicate herb to season fish, poultry, omelets, salads and sauces. Add to mayonnaise or cream sauces to dress up salmon. Sprinkle over baked potatoes instead of chives.

• **Chives:** Use as a garnish for omelets, salads, baked potatoes and creamy pasta dishes. Also delicious in dips.

• **Cilantro:** A classic garnish for Mexican and Asian dishes. Add to salsas, guacamole, tabbouleh, tacos, tostadas and spring rolls.

• **Dill:** At its best with fish, especially poached salmon, either sprinkled on top or added to a sauce. Also delicious in potato salad or egg salad, in herb breads and rolls, and in yogurt dips.

• **Italian parsley:** Stir into dips or mashed potatoes. Sprinkle on salads, pastas, crepes, steamed vegetables or garlic bread.

• **Mint:** Commonly used in jellies and sauces, mint is also tasty sprinkled on fruit salads, steamed green peas or coleslaw. Use as a garnish for drinks.

• **Oregano:** Sprinkle on pizza, omelets or rice pilaf. Add to fresh tomato sauce, meatloaf, poultry stuffing or Greek salad. Good replacement for salt.

• **Rosemary:** Excellent in poultry stuffing, or put a few sprigs in a chicken before roasting. Use stems

as skewers when grilling kebabs. Add the chopped leaves to vinaigrettes. Place a few sprigs over the coals when barbecuing. Sprinkle on garlic bread. Add to marinades for grilled meat and fish.

• **Sage:** Fresh sage is tasty in sausages, stuffings, breads, biscuits or meatballs. Sprinkle on cottage cheese or turkey sandwiches.

• **Savory:** Add to meatloaf. Sprinkle on steamed corn, brussels sprouts or cabbage. Good with bean dishes.

• **Sorrel:** Use in lettuce, egg or potato salads, mayonnaise and sauces. Makes a delicious soup.

• **Tarragon:** Adds a licorice essence to sauces, mayonnaise, mustard or potato salad. Sprinkle over poached fish. Add to steamed vegetables with a touch of butter. Use in Dijon vinaigrette. Add to creamed or pureed vegetable soups.

• **Thyme:** Add to jambalaya, gumbo, clam chowder, rice pilaf, poultry stuffing, egg salad, tossed salads or marinades for roast lamb and chicken.

The following recipes were provided by the Green House.

ROSEMARY LEMON CHICKEN

8 baby red potatoes
8 carrots, peeled
4 chicken breasts, skin removed
½ cup lemon juice
1 teaspoon lemon peel, finely grated
2 tablespoons honey
2 tablespoons vegetable oil
2 tablespoons fresh rosemary leaves, chopped
Yields 4 servings.

Parboil potatoes and carrots for about 5 minutes. Rinse in cool water, drain and set aside.

Marinate chicken in rest of ingredients for 30 minutes to several hours.

Cover chicken. Bake at 375 F for 30 minutes. Remove cover, add potatoes and carrots, and bake for another 20 minutes.

CRAB-STUFFED AVOCADOS

½ pound cooked, shredded crab meat (or imitation crab)
1 medium tomato, peeled and diced
1 stalk celery, diced
1 teaspoon fresh tarragon, minced
½ cup mayonnaise
3 avocados, halved and peeled
Yields 6 appetizer servings.
Combine crab meat, tomato, celery, tarragon and mayonnaise. Blend well. Spoon into avocado halves.

MINTED VEGGIE DIP

1¼ cup plain non-fat yogurt
¼ cup light sour cream
3 cloves garlic, minced
1 cucumber, peeled, seeded and chopped
1 tablespoon fresh mint, chopped
Salt and pepper to taste
8 cups assorted raw vegetables (jicama, celery, radishes, broccoli, carrots, etc.) cut into sticks or florets
Yields 8 servings.

Put first five ingredients into food processor or blender. Process until well combined. Season with salt and pepper to taste. Chill. Serve with raw vegetables.

Garden Talk

By C.Z. Guest

Your next meal could be as close as your yard. A garden filled with eggplant, squash, tomatoes, onions and garlic has all the fixings needed to make ratatouille, a Mediterranean medley of vegetables.

Ratatouille is cooked in olive oil and served as a main course or a side dish, hot or cold.

There's no mystery to growing tasty vegetables. As with cooking, a few basics are what matter. The recipe for successful vegetable gardening calls for healthy transplants, good soil, plenty of sunshine and proper amounts of water.

A few tips for turning your harvest into ratatouille:

- The vegetables should be planted in a spot that receives at least six to eight hours of sunlight a day. The site should also be well drained and close to the house for easy maintenance and harvesting.

- Nothing is more important than ensuring that the garden is fully prepared to receive and nurture crops. Vegetables require soil that consists of at least one-third organic matter, such as Canadian Sphagnum Peat Moss, because it holds up to 20 times its weight in water, releasing it slowly to thirsty roots.

It also improves any soil type since it binds sand, dramatically reducing the leaching of fertilizers, and aerates clay, giving roots room to grow.

- Provide your vegetables with the proper growth environment by digging out the garden bed to a depth of 8 to 12 inches. Break up

the clods of dirt and remove rocks, weeds and other debris. Mix in a ratio of one part peat moss with two parts soil.

- When insufficient rainfall leaves the soil dry to the touch, give the garden a deep, penetrating soak, at least 1 inch of water weekly will suffice.

Reduce the chance of evaporation by watering at ground level in the early morning.

- Applying an organic fertilizer is also recommended; the first application should be added before tilling so that the proper nutrients will be well mixed in with the soil.

Check planting instructions for each vegetable you buy to see if the particular variety has specific fertilizer needs.

A kitchen garden allows the gourmet gardener to pick the vegetables at their best. Such freshness should be considered a delicacy when compared to supermarket products, which probably traveled a great distance before waiting on a store shelf to be purchased and put into a refrigerator until eaten.

When the vegetables are picked fresh and cooked moments later, the result is an organic, home-cooked meal that will be a treat for the tummy!

So many varieties of each ratatouille vegetable exist that the kinds you choose to plant will make the taste of your dish unique. The different colors and sizes of the vegetables add beauty to the garden as well.

Our Children



By Willard Abraham

Letting go is hard to do

Q I feel guilty about something that I can't seem to handle. I'm a widow with one son. Because I depend on him so much, I know I'm smothering him, and I can't seem to help it.

He is 16 years old, will be going to college next year and wants to go to a state school pretty far from home. I'd really like him to go to one nearby and continue living at home.

I need help in handling this whole situation. Please give me the benefit of your wisdom.

A Your needs are just as obvious to me as they are to you.

Because your possessiveness and possible pressure can't help but bother him, and perhaps give him some guilt pangs, too, action on your part to "cut the silver cord" (the title of a play many years ago on this issue) is essential.

Your possibilities can go in several directions, including a part-time or full-time job (if you don't already have one), involvements with friends and time spent on hobbies or other interests. You might also consider meeting with a qualified family counselor. There probably are a number of them in the large city where you live.

Because you may have developed this dependency over the years, it might take a while to overcome it. With your participation in other directions plus professional counseling, I hope you will gradually be able to loosen the hold on your son.

As you seem to realize, he needs at least a partially changed relationship as much as you.

Q I wonder whether our 13-year-old daughter is peculiar or in the adolescent mainstream.

She recently told me that she can't imagine ever getting married. She became a little graphic with me by mentioning being physically near a man and in bed with a male stranger. Such ideas seemed to be impossible for her to imagine.

I wish we had a couple of sons in the family because then she might be a bit more accepting of "maleness," but it's too late for that.

She has two sisters, both older than she, neither one married. Both are popular with boys, and neither ever brought up a subject like our youngest one did.

A Your best help may come from her two sisters if they have a close relationship with her. However, it probably won't be wise for them to come on too strong.

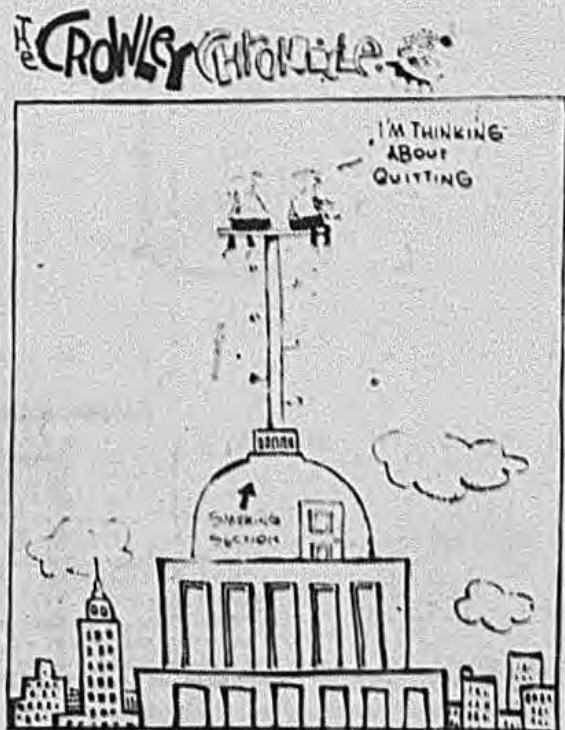
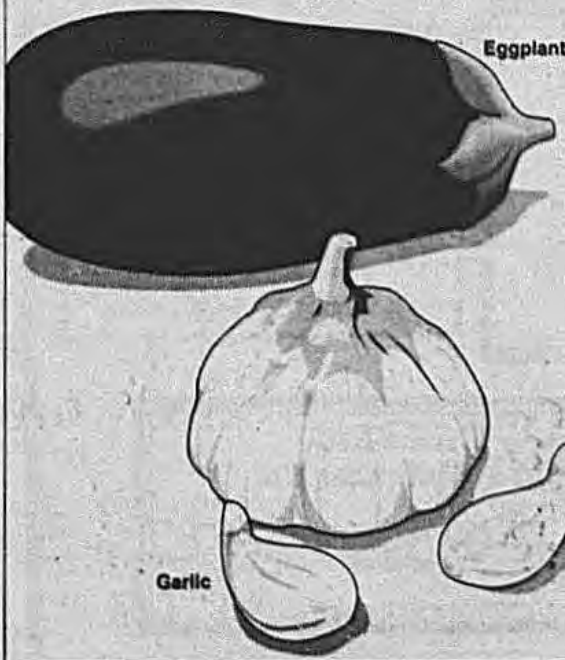
If they (or just the one with whom she relates best) dropped into conversations with her some ideas like these, her maturation on male relationships may begin to evolve: some favorable things about the boys they know with whom she may also be acquainted, the family sex and related topics, course or courses at her school for which she might consider enrolling.

You might want to talk about all this with her school counselor. He or she may be aware of some school relationship or development which might have triggered this attitude of hers.

GARDEN TIPS

Kitchen garden

- Before planting, dig vegetable bed to a depth of 8 to 12 inches. Remove rocks, weeds and other debris.
- Use 1 part peat moss to 2 parts soil.
- Soak soil with at least 1 inch of water weekly.
- For a kitchen garden, plant eggplant, tomato, peppers, onion and garlic.



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Fitness Forum

By Tamara Browning

Athlete's foot is equal-opportunity nuisance

When it comes to feet, athlete's foot is an equal-opportunity nuisance.

The fungus infection can hit anybody, not only people who wear athletic shoes or who exercise frequently.

Athlete's foot is "not related to whether or not they are people who do a lot of exercise," says Dr. Jonathan Goldfarb, chairman of the dermatology division at Southern Illinois University School of Medicine. "It can happen even to people who take religiously good care of their feet."

Tinea pedis, better known as athlete's foot, affects 18 million people yearly.

"I don't know where the term 'athlete's foot' came from," says Goldfarb. "It's not a term that dermatologists use, but the lay public uses. I guess it's because they relate athlete's foot to people who are in tennis shoes or who do a lot of exercising."

The fungus *trichophyton rubrum* is the most common of three different types of fungi that can cause athlete's foot. The inflammatory reaction occurs when the fungus invades the upper layer of skin.

Symptoms can progress from scaling and itching between the toes or on the bottom of the feet to swelling and blistering.

"So there's a whole spectrum," says Goldfarb. "But people can have athlete's foot and not itch at all."

Athlete's foot sufferers who assume they picked up the offending fungus in a public shower or bath are mistaken, because the microscopic plant naturally inhabits the skin.

"I wish it were as simple enough to say, 'Well, listen, just wear sandals when you go into a shower or don't use public showers,' but that's all fallacy," says Goldfarb.

"They've proven on numerous occasions that you can do cultures from people who have absolutely no symptoms or signs of athlete's foot, and you can culture the fungus from the skin."

Color of socks no longer makes a difference, says Goldfarb.

"In the olden days, they used to tell you to wear white socks and the reason was that the dye in the socks — if your feet sweated a lot — would get on the skin and begin to irritate the rash," says Goldfarb.

Today's socks usually don't have those particular types of dyes.

It's unclear why some people develop tinea pedis and others don't.

However, diabetics, people who sweat heavily on their feet, those who take medications that compromise the immune system and overweight people seem to be predisposed to developing athlete's foot. Heredity may play a role,

says Goldfarb.

Once it's in place, the fungus needs a suitable environment in which to thrive.

"Fungus loves warm, moist, dark areas," says Goldfarb. "Of course, you can't think of a nicer, warmer, moister area than your feet, and if you sweat a lot, then it does tend to make the problem worse and probably contributes to the development of it."

In treating or preventing athlete's foot, people should keep the feet dry and aired out, says Mark Smaha, director of athletic medicine at Washington State University in Pullman.

Smaha, who sporadically suffers from tinea pedis, fights it by using a topical antifungal powder.

Scott Clark, program executive for a YMCA, has used over-the-counter medications for his athlete's foot, which he's had three or four times.

"I personally think the cream that comes in the tube works better than that that comes in the spray because you can get it directly on the spot a little better," says Clark.

"It's never caused me many problems at all, just a little minor irritation and then you get it cleaned up and taken care of."

Antifungal medications won't help bacterial infections, says Dr. Gordon Denno, chairman of the Department of Medicine at the Dr. Scholl College of Podiatric Medicine in Chicago.

He suggests that people see a doctor to help make the diagnosis because some bacterial infections can mimic tinea pedis.

Some people may have resistant forms of athlete's foot that may require more intensive therapy than the usual over-the-counter antifungal preparations or even prescription medicines, says Goldfarb.

"Dermatologists probably see more cases than anybody else," says Goldfarb. "Family practitioners get to see it — sort of incidentally. 'Oh, by the way, Doc, what's this thing between my toes on my feet?' But we get to see the real bad ones."

Forty-three percent of sufferers have athlete's foot periodically for six or more years because they don't effectively treat it.

Left untreated, athlete's foot can spread on the foot and to other areas of the body, including up the leg and onto fingernails and hands. (Men outnumber women by more than 2-to-1 in getting the disease).

Most people, however, can get cleared up with over-the-counter medications, Goldfarb says.

"It's not one of those things that will kill you. It just bothers the dickens out of you when you have it."

THE HEALTHY GOURMET

By Kit Snedaker

RED SNAPPER WITH MUSHROOMS ON A BED OF GREENS SFORMATO D'ORATA

1 pound whole red snapper

Marinade:

4 tablespoons lemon juice

2 tablespoons lime juice

5 fresh basil leaves

Pinch salt

8 tablespoons olive oil

Salad:

1/2 pound fresh shitake mushrooms, washed and stemmed

2 tablespoons olive oil

Pinch salt

Pinch black pepper

2 tablespoons chicken stock

1/2 pound arugula washed

1/2 pound Belgian endive, each

leaf cut in half lengthwise and

then cut in long strips

4 tablespoons olive oil

1 small tomato, cut in 1/4-inch

cubes

Yields 4 servings as an appetizer.

Clean and scale fish. Wash and fillet or ask fish store to do this. Steam fish in rack with about 1 inch boiling water in large skillet, covered, for 8 minutes. Don't let fillet touch the water. When done, lay fillets on sheet pan and remove skin and bones. Cool to room temperature.

Combine all ingredients for marinade except olive oil in stainless steel bowl. Slowly pour in olive oil, whisking briskly to make an emulsion. Put fish in plastic bag, add marinade and refrigerate for at least 2 hours.

Make salad by slicing mushroom caps 1/4-inch thick. Heat 2 tablespoons olive oil in skillet for 30 seconds. Add sliced mushrooms and saute for 3 minutes. Remove from heat. Add seasoning and chicken stock and return to heat for 2 minutes, stirring constantly, until stock has boiled away.

Toss endive and arugula with 4 tablespoons olive oil and divide among four salad plates.

Break each fillet of fish into four pieces. In bottom of four ramekins place one piece of basil from marinade. Press pieces of fish into ramekins on top of basil, using rame-

kins as mold for each fillet mound. Invert each ramekin on top of arugula and endive greens. Pour 1 tablespoon of marinade over each fish mound, then put mushrooms on top of fish. Sprinkle tomato cubes over each serving.

MUSHROOM SOUP

1 ounce dried porcini mushrooms

1/2 cup olive oil

1/2 cup chopped onions

1/2 cup chopped celery

1/2 cup chopped carrots

1 1/2 cups diced potatoes

1 pound mushrooms coarsely

chopped

1/2 pound oyster mushrooms

coarsely chopped

1/2 cup dry white wine

6 cups chicken stock

Salt and freshly ground pepper

to taste

3 tablespoons olive oil

5 cloves peeled whole garlic

1/2 tablespoons chopped fresh

rosemary

1/2 tablespoon chopped fresh

sage

3 tablespoons freshly grated

Parmesan cheese

Yields 6 to 8 servings.

Soak porcini mushrooms for about 20 minutes in warm water. Heat 1/2 cup of olive oil in large saucepan. Braise onions, celery, carrots and potatoes about 5 minutes, stirring occasionally. Add all mushrooms and cook for 5 minutes, stirring from time to time. Pour in white wine and cook until wine has evaporated. Add chicken stock and salt and pepper to taste. Lower heat and cook uncovered for about 40 minutes until potatoes are soft.

In separate skillet heat 3 tablespoons olive oil and add garlic. Cook until golden brown. Stir in fresh herbs and seasonings and remove from heat. Add garlic mixture to soup and simmer for about 4 or 5 minutes. Remove soup from heat and puree in blender or food processor. Return soup to pan and simmer for 10 minutes. Just before serving, stir in 3 tablespoons Parmesan cheese.

HEALTH WATCH

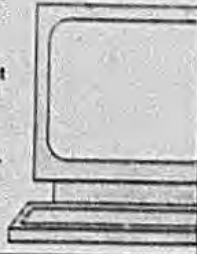
More than 10 million people will need treatment for computer eyestrain this year

Those who spend much of their lives sitting in front of a computer terminal know the discomfort associated with computer-related eyestrain. Many seek treatment for headaches, blurred vision, dry and irritated eyes, double vision, poor distance vision, afterimages, crossed eyes and increased sensitivity to light.

Ways to deal with computer eyestrain

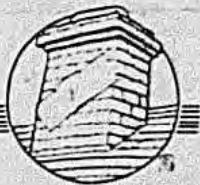
- Much strain is caused by glare caused by reflections off computer screens. Use indirect lighting or wear glasses coated with a special anti-reflection coating. Use anti-glare hoods or glare filters on the computer terminal.
- If possible, change screen from a dark background to a light background.
- Keep video terminal below eye level.

SOURCE: American Optometric Association



Here's How

By Gene Gary



Q. I inherited a dining room and living room set of rattan furniture. I would appreciate any information on how to refurbish these pieces. In several areas the finish has worn off.

The furniture will be in a sun room with direct exposure to sunlight. In this environment, what type of finish and regular care does rattan require so the finish will be protected? — M.O.

A. For general cleaning, remove any soil from rattan with a cloth dampened in warm water. If the piece is not lacquered, you can add a mild detergent to the water. Scrubbing with a bristle brush dipped in the same solution will remove grime from stubborn areas. Be sure to rinse and dry the rattan quickly.

If mildew is present, you can add a small amount of household bleach to the solution. However, it would be better to use one of the commercial mildew removers recommended for wood products. Test any cleaning solution in an inconspicuous area to assure that it does not harm the finish prior to proceeding.

Never hose off rattan furniture, while it does need some moisture, a drenching can cause the woven strips and rattan frame to fall apart.

To help restore dried-out fiber strips, wipe the brittle areas with a damp sponge or wrap a dampened cloth around the strip so the rattan can absorb the moisture.

When rattan with a clear finish (lacquer, shellac or varnish) be-

comes dull, you usually can restore its luster by rubbing with a soft cloth dampened with furniture polish or lemon oil. Minor scratches can be disguised by rubbing with a wax-stick scratcher remover, available at home centers or hardware stores.

Worn spots in clear-finished lacquer can be touched up with lacquer or varnish, either sprayed on or applied with a small paintbrush, to avoid clogging the weave. Painted rattan can be treated the same way, but if many spots require attention, you may have to repaint the entire piece to camouflage the touch-ups.

To refinish or repaint rattan, first clean it thoroughly. Next brush with a liquid sanding preparation (available from home centers or your paint dealer), which will remove grease and oil, and condition the surface to enhance the bonding of the new finish.

If the previous finish has badly clogged the weave, it will be best to have the furniture professionally stripped. Stripping weakens the fibers and makes it brittle, so this should not be done often, and only by a professional.

If you are applying the same finish or paint color, spray on two light coats of clear finish or enamel paint, allowing plenty of drying time between the coats. It is very important to apply several light coats evenly. Do not try to cover the rattan with one thicker coat of paint. This will clog the weave and ruin your rattan.

When applying paint of a different color, you will need to primer with two light coats prior to the enamel application.

Maintain your rattan furniture by wiping occasionally with a damp cloth to prevent fiber strips from drying out. To keep dust from settling in the crevices of the rattan, dust frequently with a soft brush attachment of your vacuum cleaner or with a small, tapered paintbrush.

Rattan furnishing should not be used outdoors unless it is sheltered from direct sun and rain. Sunshine is especially harmful to rattan since it dries out the fiber strips.

Indoors, rattan pieces need to be shielded from direct sunlight, and dry, hot air coming from heat registers; both can cause fiber strips to crack and break.

Decor Score

By Rose Bennett Gilbert



Curtains solve door dilemma

Q. What do I do with the French doors that open into our dining room from the entry hall? I don't want to cover the glass, do I? How would it look to hang curtains over the doorway? Or should I just leave the glass bare? As you can tell, I need help! — A.T.

A. Help is as close as the photo we show here: French doors leading from the foyer to a dining room are graced with simple curtains, pulled back and tied so you have the best of both possible worlds — a "dressed" look that doesn't obscure the visual flow of space.

The curtains are gathered on flat rods made just for such door installations, so they swing in with the doors and leave the entrance completely open. Another approach would be to mount loose curtains just below the upper pane so you get the view from the top, literally.

In either case, I'd suggest either sheer fabric or fabric in a color that coordinates with the walls in the room they face and blends with the color scheme in the inner room. That kind of coordination is made especially easy with collections of home fashions products, where colors and patterns have been pre-harmonized by the manufacturers' design team.

Here, for example, we're looking at "Traditional Living" home coordi-

nates from Wall-Tex Wallcoverings, which include the lamp, mirror and pillow, as well as the wall coverings, border and color-kin tieback curtains.

Q. We're trying to eke out furniture for the old family getaway in the hill country. It's really not much more than a farm cabin, but it's been our gathering spot for three generations.

The trouble is, the house belongs to the entire family, so no one of us wants to spend a lot of money, which is why I'm hoping you can suggest a cheap idea for a cocktail table.

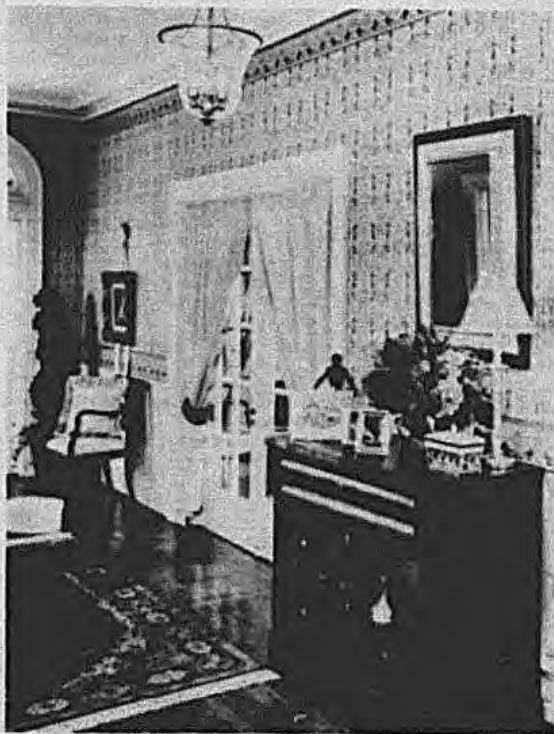
We need something really large to go in front of the fireplace, and my husband and I have agreed to spend \$100 max and call it our "love contribution." Any suggestions? — E.O.

A. Yes, a marvelous idea stolen straight from GEAR designer Raymond Waites' vacation house in East Hampton, N.Y.

Waites is the man who practically invented the "country look," remember? Now he's moved on to elegant whimsy, a highly personal mix of that which works and that which delights.

His cocktail table fits both categories: It's nothing more than a square of half-inch-thick glass set on four large white urns — the kind

you can find in any garden shop — filled with sand for extra stability. In his large, all-white living room, Waites uses a glass that's 6 feet by 6 feet square, but you could adjust proportions to suit your floor space (and pocketbook).



FRENCH FLAIR — Doors between an entrance hall and dining room are curtained in colors picked up from the wall coverings.



LOCAL READER

CLASSIFIED ADS sure to get results

There is Nothing Else Like Local Classified Ads From Neighbor to Neighbor

DEADLINE
TUESDAY
12 NOON

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

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

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

Help Wanted

MY FRIENDLY 5½ year old girl needs a responsible college student or woman to care for her from 2:30-4:30, Mon.-Fri. References. Please call 358-2767 gc5el

CHILD CARE NEEDED for East Williston working family, Monday to Friday, 7:30 a.m. to 6:30 p.m. Live out. 2 & 6 year old. Call evenings after 7 p.m. 516-877-0237. WS-4

LOCAL CHIROPRACTIC OFFICE seeks receptionist/asst., Monday, Wednesday, Friday evenings. Must have good communication skills. Will train. Williston Park/Mineola vicinity. 294-9483. WS-1

TWO PERSON CARPENTER Crews for erection of lawn storage buildings. Good pay, lots of work. Sturdy Built Mfg. 1-800-942-0414, P.O. Box 187, East Freedom, PA 16837 hS2

RECEPTIONIST/LIGHT BOOKKEEPING, computer experience. Hours 12-5, Mon.-Fri. Salary open. benefits. Garden City area. 488-3602. gcS3

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

CHILD CARE/LIGHT HOUSEKEEPING needed. Monday thru Friday, 2:45 to 5:45 p.m., for school age child in my East Williston home. Own transportation/references. 741-2592. WS-3

CLEANER/HANDYMAN, indoor/outdoor work - Public Library, P/T flexible schedule. Must be available weekends Sept. to June and early mornings year round. Must be dependable. Ideal for retiree or second income. Albertson, Williston, Mineola area. Contact Mrs. Conrad, 248-7363. wal

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

Help Wanted

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. hal

CHILD CARE WANTED in my New Hyde Park home, approximately 5-7 hours a day. Flexibility and own transportation necessary. Call 775-1408. Please leave message. WS-3

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

Situation Wanted

SMALL WORLD NANNIES specializing in high quality live-in child care. All applicants thoroughly screened. Let us help your family find competent, consistent and loving care. (516) 382-2339. gc1

HOUSECLEANING WITH GOOD Experience and references for big/small house. I do a good job. Own transportation. Good price. Please call after 6:30 PM. Ask for Cida. 877-0630 gcS4

COMPANION / HOUSEKEEPER, Live-in/Live-out. Available weekdays and weekends. References available. Experienced. Call (718) 217-4146 gcS4

HOUSECLEANING AVAILABLE. Good references. Own transportation. 565-2119 gcS4

HOUSECLEANER EXPERIENCED, GOOD References, own transportation. Available every day. Call 486-7418 or 481-3798 gcS1

CERTIFIED IRISH LADY seeks job as a nurse's aide/companion. Caring, honest and reliable. Good references available. Live out. Please call (516) 326-9726 gcS1

CLERICAL &/or BABYSITTING, experienced all fields. 775-6738 after 5:30 p.m. Near all transportation. gc1

NEW HYDE PARK HOUSE cleaning service. Excellent references. Reasonable rates. Call for free estimate, John or Lauri. 354-8158. WS-3

CHILD CARE AVAILABLE caring, dependable woman, references. 775-2729. S-3

Situation Wanted

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

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

EUROPEAN WOMAN LOOKING for position for child care, light housekeeping. Seventeen years experience, excellent references, own transportation. Please call 794-0981. gcS2

BABY SITTER/CHILD CARE. Retired, licensed, professional nurse will care for your child P/T Mon., Wed., & Fri. Good references, own car, non-smoker. (718) 276-0655. gcS2

RETIRED NURSING CAREGIVER of new mother's & babies desires week end infant & toddler baby sitting position. Excellent references (516) 379-8422 gcS1

ELIZABETH AND ZOILA clean houses. Good references and experience. 481-0093. gcS2

MATURE WOMAN SEEKS job to care for small kids. 4 years experience. Good reference, English speaking, live in or out. Call Melrose after 6 PM (718) 773-1474. gcS3

CERTIFIED NURSES AIDE - seeks position to care for sick or elderly patient, years of experience, good references. Call (516) 582-2201 or 482-7811 After 7 PM 621-8609 hS3

BABYSITTER/HOUSEKEEPER AVAILABLE English speaking. Good references. Responsible & flexible. Call any time 482-6196 hS3

HOUSECLEANER AVAILABLE. Good references & experience. Own transportation. 483-5732. gcS3

CERTIFIED NURSE'S AIDE seeks position to work with the elderly. 5 to 8 hrs. per week day, 4 or 5 days per week, caring, reliable with own transportation. (718) 468-7783. gcS3

TWO HOURS FREE CLEANING for new customers. Woman available for housecleaning. Speaks English. \$10/hr. Minimum 4 hours. Daily/weekly/monthly. Call 741-6616. References available. WS-3

Help Wanted

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

RN, FT, P/T for busy Garden City pediatric practice. Pediatric experience necessary, phone experience. 228-6560. Ask for Joann. gcS1

COLLEGE STUDENT NEEDED to track active 12 year old boy, 3:30-6 p.m. on a weekly basis. Some flexible hours necessary. Non-smoker, own transportation, references. \$6 per hour. 742-4688. gcS4

CASH APPLICATOR F/T. Medical billing service located off New Hyde Park Rd. in Lake Success. Must be detail oriented, well organized, good with numbers. Call (516) 358-0245. Ask for Ellen. gcS2

MOTHER'S HELPER, LIVE-IN 741-7929. gcS4

CABINET MAKER, CUTTER & assembling, experienced. Steady work. 625-1650. gcS1

REAL ESTATE SALES - Very active Garden City office seeks experienced sales associate. Call Ed Keusey. 747-1300 gcS4

LIVE-IN HOME CARE for sweet, elderly, self-sufficient lady. Weekends, Sat. through Mon./Tues. References required. Call 938-5200. hS1

ORTHODONTIC ASSISTANT, Garden City location. Three afternoons per week. Will train. 747-4541. gcS2

Help Wanted

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

CHILDCARE/HOUSEKEEPER, LIVE IN 5 days to care for 2 children. Loving, responsible, energetic, non-smoker. Fluent English. Experience/References required. (516) 488-0989. gcS2

IMMEDIATE CHILD CARE WANTED: Mature woman wanted to care for 3 children in my home. Light housekeeping, non-smoker. Must have own car. Experienced/references. Call after 6 p.m. 873-6040. WS-2

EXCELLENT HOUSEKEEPER NEEDED for Garden City home 2 mornings per week. Mon., Thurs. or Tues., Fri. for 2-3 hours. Hourly pay. Must have local checkable references. 877-0812 gcS1

RECEPTION/CLERICAL. Seeking individual to handle reception and light duties for a fast growing electronics manufacturer located in Great Neck. Must have great personality, excellent phone presence, willing to make in and outbound calls. Also must be willing to wear many hats at once. Light typing is required. Call 516-466-1313 Attn: Stuart. hS1

FULL TIME CASHIER. Responsible, intelligent, energetic, flexible. Shoe Town, Carlo Place. Call Manager 746-3581 gc1

SECURITY GUARD P/T. Pleasant surroundings. Ideal for senior citizen. Evening & Weekends, all others need not apply. Day 885-6932, evenings and weekends, 649-9094. wTFN

Situation Wanted

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

HOUSECLEANER AVAILABLE, experienced, Reference, English speaking. Own transportation. 747-8523 gcS1

NURSE'S AIDE / COMPANION, 45 years old, seeks employment to care for sick, elderly or disabled. Live in or out. Checkable references. (718) 843-0711 gcS1

MINEOLA MOM WILL GIVE TLC to your child in a childproof & happy environment. FT/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) 292-0166. 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 Liz; Weekdays after 5 p.m. weekends, anytime. (516) 358-9681. gcS3

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

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

I CLEAN YOUR HOME, office weekly or bi-weekly. Excellent Polish lady. Reliable, top references. Live out. Call (516) 328-1678 gcS4

BABYSITTER AVAILABLE WITH good experience and references available in my Mineola home. English speaking. Lunch and snack available. Please call and ask for Flavia 294-5304 before 4 PM, after 9:15 PM gcO4

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

CHILDCARE AVAILABLE in my Floral Park home. Mature mother with 2 1/2 year old of her own, is very interested in caring for your child also. Safe, loving environment. (516) 358-7595 Kathy. gcS4

LADY WANTS TO care for sick or elderly. Babysitting, light housekeeping, non-smoker, car, excellent references. 483-4743. gcS4

LOVING AND CARING, experienced nurse's aide seeks position to work with the elderly, sick or young children. Available full time 5 days a week, living out or on weekends. References are available. Can be contacted at 538-5072. gcS4

RESPONSIBLE WOMAN SEEKS housekeeping/companion weekend position. Excellent references. Call 718-868-1733, late evenings. W-S-4

NICE IRISH LADY seeking position, companion for elderly. Light cooking, some housekeeping. Monday to Friday. Live out. Excellent references. East Williston, Garden City, Mineola. Will travel to city. 294-8917. W-S-4

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 Reina. 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

RELIABLE, EXPERIENCED PERSON with reference seeking job as a nurse's aide. Can work 8-12 hours per day. Call (718) 527-5211. gcS4

HOUSECLEANER AVAILABLE Mon-Sat. Experience, references & own transportation. 294-5916. gcS4

MATURE, HONEST & RELIABLE Nurse's Aide seeks job working for elderly, half days per week. Call after 9 p.m. 516-485-6276. W-S-4

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

ST. JAMES, FAIRFIELD - Beautiful adult community, magnificent townhouse with many updated, expensive improvements. Club house w/ tennis courts, 3 swimming pools, own bus service, 2 miles RR & mall. 3 large BRs, 2 1/2 Bs, Jacuzzi whirlpool tub, LR, DR, stereo intercom, closet organizers. Amenities galore. 12 hour man security gate. 584-7820. Low taxes, 6 years young. gcS2

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 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

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

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

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

CHARMING DUTCH COLONIAL built 1928. Updated and immaculate, featuring 3 BRs, 1 1/2 baths, LR/FPL, FDR, sunporch(den) Eat-in-kitchen, finished basement, 2 car detached garage. Low taxes. Low \$300's. Principals 873-1910 after 7 PM gcS4

GARDEN CITY DORMERED Cape SE section, 2 1/2 baths, 5 BRs, finished basement. Low taxes. Possible Mother/ Daughter. 1 mile to RR \$279,000. Call 747-6392 gcS4

CUTCHOGUE EXCLUSIVE 1ST Offering. Dramatic flair abounds in this unusual 2-story home. 2 BRs, 3 Bs, LR w/cathedral ceiling & Fpl, huge screened-in porch. Landscaped for privacy \$265,000 Sound Front 1st Offering. Large parcel with secluded country home. 4 BRs, LR/FPL, DR, attractive Formal Room with dramatic water views. Guest suite. A rare find \$750,000

Nassau Point 1st Offering. If Bay front with panoramic views, soft sandy beaches and cool breezes are for you, then this cottage will make your dreams come true \$395,000 Exclusive Southold Colonial Home on 2+ acres, 4BRs, LR, FRw/fpl, country kitchen, 2 1/2 baths. Ideal for horse lover - \$239,000 New Suffolk 1st Offering. A little cottage with a little price near beach \$79,000 Marilyn Lang Realty 734-6472, 734-6690 gcS1

Real Estate for Sale

GARDEN CITY, OXFORD BLVD. Colonial 5 BRs, 4 1/2 Baths, LR/Fpl, FDR, Den, Hgh 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, 2 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 Baths., 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

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

ORIENT, AUTHENTIC OPEN natural beamed Col. in secluded area. Gourmet Kit., 3 BRs, Decks, Class & Privacy. Motivated seller \$250,000 Nassau Point, Spacious 1920's Farmhouse on 1 1/2 beautifully landscaped acres in prestigious community. Country comfort w/wood burning stove in Master BR. Separate 2 Car Gar. w/lovely upstairs guest apt. Very special at \$495,000

Southold Value Packed offering custom built Contemp Ranch in area of fine homes. A short walk to beautiful bay beach. Amenities galore. Newly listed at \$325,000

Southold, Reduced \$35,000! Very special 3 BR, 3 Bth., Col. in exclusive beach community. Beautifully landscaped property w/solar heated IGP. Treat your family to the best. \$260,000

Southold, 4 BR Dutch Col. EIK, Fam. Rm./Fpl, FDR, LR/Fpl., 2 1/2 Baths., 2 Car Garage, IGP. Prof. landscaped setting. Mint condition. Excellent walk-to-beach location. \$49,000

Southold WaterView Quality Cape. LR/Fpl., Florida Rm., Oak Floors, Deck, Garage & Bsmt. Private Beach community. Just reduced to \$172,500. Marlon King Realty 734-5657. Please call for our new brochure. gcS1

JAMESPORT LARGE 7 ROOM Ranch. Private Peconic Bay beach. LR/DR, 3BRs, 2Bs, Country Kitchen, Den, Screened Patio, Garage, all appliances, oil heat. \$169,000. Owner. 722-4158. gcS2

Real Estate for Sale

WESTBURY - DESIRABLE WHEATLEY VILLA. Sprawling Ranch, 3 BRS, 2 Bths, LR/Fieldstone Fpl., FDR, EIK, 3 Season Porch. Large Rooms, tons of closets, enormous work-up attic, prof. landscaped, fenced yard. 1/2 acre. Alarm. \$275K 338-5601. w84

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. 325-0552. gc01

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. gc01

E. WILLISTON, TUDOR. 3 BRS, 1 1/2 Bths, FDR, LR/Fpl, Bkfst Rm., TV Rm., Terrace, hardwood floors. 2 car detached garage, 70x100 plot. Asking \$320,000. Principals only. 248-9336. w84

GARDEN CITY MEWS area, expanded Ranch. LR/Fpl, DR, Ultra Kitchen, Fam. Rm., BR & Bth, 3 BRS & Bath up, attach. Gar. fenced. Walk RR. Ask \$279,000. 873-0925. gc54

GARDEN CITY BEAUTIFUL lg. split, 3/4 BRS, 2 Bths, New EIK, Cth. LR/Fpl, DR, Den, Fin. Bamt., 2 Car Gar., 70x100 fenced yard, new driveway, porch, walk. Convenient to park, RR, Shopping. Low taxes. Priced to sell \$335K Owner 746-6386. gc54

GARDEN CITY BY Owner. CH Ranch, 3 BRS, 2 Bths, new EIK, CAC, Garage, in ground sprinklers, new appliances, fenced in yard, 68x100 \$325,000. Principals only. Leave message. 248-5404. gc54

GARDEN CITY CAPE Ranch, 4 BRS, 2 Bths, Country Kit, LR, DR, Den/Fpl. Walk to school & RR. Principals only. \$360,000. 747-0939. gc54

SOUTHOLD BY OWNER, re-modeled 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. gc53

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. gc51

WEST HAMPTON BEACH, 10-12 Glovers Lane. Modern two family, business zoned, equity of \$230,000. Will exchange equal, or sell. (516) 287-0555. gc53

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, IOP, Decking galore. Walk to bay. Appraised at \$290,000. Asking \$235,000. No brokers. 734-7044. gc3

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 gc53

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. gc53

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. gc53

MATTITUCK RANCH \$129,900. Charming wide-line home on secluded, wooded plot near beach/boating. Large windowed LR, FDR, Dine-in-kitchen, 3 BRS, 1 1/2 Bths, 4 Appliances, front & Rear porch, Bamt., Garage, Skylites, much more. Southold Complete Ranch. Look no further, here's a spotless home complete in every detail. Bay-windowed LR, Festive DR, Fam. Sized EIK, 3 Big BRS, 2 tiled Bths, Utility Rm., 5 Appliances, A/C, Bamt., Garage. Top area. Top Value. Call today \$157,500 Mattituck, Horse Lover. Here is a 6 yr. young 2 story home on a full 1 acre plot with 2 horse barns & Paddock. 7 Lg. Rm., Fam. Rm., 3 BRS, 1 1/2 Bths, all appliances, Bamt., Garage. Reduced to \$169,000 Nassau Point Ranch \$199,000. Priced to sell, attractive Ranch on 1/2 acre wooded plot with R.O.W. to beach/boating. 7 Lg. Rms., Bright LR, FDR, Kit., 3 BRS, 2 Bths, Den, Fpl., Bamt., Garage. At this price - won't last! Bookmillier Real Estate 722-4423. gc51

GARDEN CITY VICINITY, 5,000 sq. feet clear span warehouse, 1 drive-in-door, parking. Priced for immediate sale. R. Polley Enterprises. 747-3900. gc51

ORIENT VILLAGE WATERVIEW. Retire or retreat. 2 BRS, 2 Bths, yr. round, gas heat, low tax. Walk to Marina and Market. Make offer, 323-3953, 742-4436. gc54

Real Estate for Sale

SOUTHOLD WATERFRONT CUSTOM Ranch home in private community features 3 BRS., 2 Bths., Gourmet Kitchen, DR, Boat Docks, Expansive views. Newly listed at \$375,000

Mattituck Georgian Colonial on 1.3 acres. LR, DR, EIK, 3 BRS, 2 1/2 Bths., 2 Car Garage plus widow's walk. \$209,000 Cutchogue New England Saltbox. LR/Fpl., FDR, Den, 3 BRS, 2 Bths., EIK. Professionally landscaped, vineyard views. \$219,000

Nassau Point Waterfront large expanded Cape home on protected lagoon. LR/Fpl., FDR, EIK, Fam. Rm., 5 BRS, 4 Bths., Sunporch plus 2 BRS, Guest House w/Fpl., Dock on Landscaped 1.8 acres. Steps to sandy beach. Drastically reduced to \$650,000. Lewis Realty 765-5810, 298-4600, 734-5533. gc51

SOUTHERN MAINE SANFORD Lakefront Cape, 4 yrs. old. 3 BRS, 2 Full Bths., Lndry. Rm., screened porch, skylights, Andersen windows, winterized & furnished. 120' frontage on sandy spring fed lake. Close to shopping. Located only 20 minutes from coastal area of Ogunquit & Kennebunkport. \$129,000. Please call collect (407) 283-9673. gc04

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. \$285K. Principals 481-8919. wa3

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. gc53

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. gc53

GARDEN CITY, SECOND FLOOR, 1 BR Co-Op in mint cond. Spacious & sunny. All closing costs paid by seller. \$59,900. 294-7498. gc54

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 gc53

GARDEN CITY CHERRY Valley Co-op, 1 BR, first floor, CAC, EIK, dining area, large LR, updated bath. Asking \$60,900. 742-7642 or 294-8658. gc51

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

Co-Op For Sale

MINEOLA, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330 gc51

GARDEN CITY 2BR - 2nd floor end unit facing 15th St. A/C, wash/dry, attic, garage. \$109,000. 294-0269. gc51

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. h53

GARDEN CITY CO-OP, 1 BR, Second floor, newly renovated. Walk to LIRR, \$69,900. Reduced for quick sale. By owner, 248-5347. gc54

GARDEN CITY, STEWART/FRANKLIN building, top floor. Spacious 2 BR, LR/Fpl, EIK, A/C. Maintenance \$734 a month, 70% deductible. Apartment vacant. Make offer. \$124,000. (516) 294-5896. gc54

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. 294-5984 W-S-2

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 294-2235 (day) or 248-5088 (evening) gc51

CO-OP & CONDOS 2 Birchwood Court Top of the line 1 BR, 1 Bth. \$ 89,000

Cherry Valley 1 BR, 1 Bth., Creampuff, 1st Fl. 75,000 LR, Ultra/M/EIK, 2 BR, 1 Bth. \$112,000

2 BR, 1 Bth, 1st Fl., Wash/Dry \$116,000

Hamilton Gardens 1 BR, 1 Bth., Lg. EIK, LR, Foyer \$85,000

LR, DR, EIK, 1 BR, 1 Bth. \$105,000

Second St. Hamilton House Est. Sale 2 BRS., 2 Bths, Front \$140,000

Mineola's Harrison House 2 BRS, 1 Bth., CAC, Lndry, 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 Bth., Cor. \$ 85,000

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

Stewart Franklin 2 BRS, Sunny, LR/Fpl., DR, EIK, Want offers \$225,000

LR/Fpl., DR, EIK, 3 BRS, 2 Bths, Rent or \$225,000

Mint 3 BRS, 2 Bths., LR/Fpl., DR, EIK \$250,000

Super 3 BRS, 2 Bths. Penthouse Rent \$ 2,100

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

All New 2 BRS, 1 Bth., Kit, LR, DR \$189,000

Dougall Fraser Real Estate 248-6655 gc51

Co-Op For Sale

GARDEN CITY 1 BR Co-Op, A/C, Lg. LR, dining area, new kitchen, wall to wall. Walk to LIRR, hospital & stores. \$85,000 owner. 248-7640. gc54

MINEOLA CO-OP, SUNNY SPACIOUS, SW Exposure. 2 BRS, 2 Bths., Closets galore. Walk to RR, Shops, & Hosp. \$109,990. Homes America, Smith & DeGroat. Call Charlotte, 248-1468. w82

GARDEN CITY 2 BR Cherry Valley Co-Op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5228. gc52

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 gc51

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, eve or weekends (516) 538-0757. gc2

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, professionals w/references. Immediate occupancy. 516-326-7864 WS2

OFFICE SPACE FOR rent. Ideal location, Garden City vicinity. Beautiful office suites, 150 sq. feet - 3,500 sq. feet. Owner (516) 538-7478 gc51

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 WS1

GARDEN CITY SOUTH, 3 1/2 room apartment, second floor. Mature working person preferred. Available Sept. 1, \$700 includes utilities. 488-4005. gc52

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. gc51

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. gc51

GARDEN CITY / FURNISHED ROOM. Private Entrance & bath. Walk to store/transportation. Female professional/student preferred. Call after 6 Mon. - Fri. \$400. month 746-4522 gc52

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 gcS3

WILLISTON PARK: 1 BEDROOM APT. LR/w/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, 4 BRs, LR, DR, EIK, fin. bsmt., washer/dryer. No fee. \$1,300 plus utilities. September occupancy. 742-8722. wa4

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. gca3

TWO FEMALES LOOKING for third to share house in Mineola. 3 BRs, 1 1/2 Bths., Fpl. Walk to LIRR & Winthrop \$460 plus. Smokers OK. Oct. 1 occupancy. 873-9241. gca3

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. gca3

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. gca3

GARDEN CITY / HEMPSTEAD. Large 2 BR Apt., wall to wall Carpet, renovated Kitchen & Bath. DR, LR. Walk to all. \$925. Immed. occupancy. 481-6131. gca3

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

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 ed. occupancy. 538-3013. gca3

GARDEN CITY ROOM - Furnished. Separate entrance, private bath, non-smoker, female preferred. Reference. Call 741-0535. Rent negotiable gcS4

Real Estate For Rent

FLORAL PARK 2 BR furnished, second floor, solarium, private entrance. Vacant October 1. Perfect for newlyweds. \$850 not including utilities. Owner (516)352-6433 gcS1

GARDEN CITY / HEMPSTEAD, 2 BR CO-OP, LR, DR, EIK, w/new appliances, new windows, ceiling fans, wall to wall carpeting, newly finished wood floors. Security intercom system, laundry facilities. Asking \$950 month. 292-8245 gcS4

GARDEN CITY SOUTH - Large furnished room. Walk-in closet, private bath, small refrigerator, air conditioner. Near all. Female preferred. Call 483-2095 evenings 6-8 pm gcS4

CHERRY VALLEY APT. for rent 1 BR, first floor, CAC, completely refurbished. Parking available. August 1 occupancy. Please call (516) 742-5577 between 9 a.m. and 5 p.m., Monday - Friday and 877-0133 weekends. gcS2

WEST HEMPSTEAD, 2 Large sunny rooms, full bath, utility kitchen, private entrance, second floor, all wood floors, A/C, furnished or unfurnished. Utilities included. Large area for storage Wildwood section. Near all \$600. 486-2427 gcS4

STUDIO ROOM FURNISHED, share bath, near bus & Stewart Manor RR station. Refrigerator, microwave, silverware & dishes in own kitchenette. Color TV, linen, patio, yard. Non-smoker, woman preferred. Security, references, private entrance & parking facilities. 775-4245. gcS4

WEST HEMPSTEAD / GARDEN CITY border. Lovely, large furnished room w/bath, private entrance. Centrally located. Suitable for non-smoking professional male. Immediate occupancy. Security & references. \$400 monthly. 489-5941. gcS4

MINEOLA/WESTBURY APTS for rent. 2 Jr. 1 BR. \$450 to \$600 Lge 1 BR - Pvt. House \$750 2 BR, LR, DR, etc. \$850 3 BR. \$950 Royal Int'l-742-3355 W-S-1

NEW HYDE PARK - 4 rooms plus large deck & new bathroom, \$775 includes heat & gas. Couple/single. Walk to RR, shopping & recreation. Available October 1st. (516) 328-0611 W-S-4

WESTBURY; SALISBURY PARK Drive. BR., LR, Kit/Combo, W/W, thermostat, 2nd floor. Private entrance. Near stores and parkway. Non-smoker/pets. Working single, security. \$600. Please call after 6 p.m. 746-7236. W-S-4

APARTMENT FOR RENT, full kitchen, full bath, separate BR, LR. Suitable for one person only. No pets, non-smoker. \$600/month including utilities. Separate entrance. 294-8917. W-S-4

Real Estate For Rent

BELLEROSE, 1 BR APT. LR, EIK, w/w carpet, newly painted, full bath. Near RR, bus & stores. \$600 per month. (718) 347-4000, (516) 354-1694. gcS4

GARDEN CITY PRESTIGE ground floor offices abutting RR station and hotel up to 3,500 sq. ft. plus storage. Parking 24 hour building. R. Polley (516) 747-2900. gcS1

MINEOLA APARTMENTS, 3 room, ground floor, 4 room, upper. Excellent location. Clean, 2 months security. Suitable 1 or 2. \$850. Call 747-6392. gcS4

Vacation Rental

MYRTLE BEACH, 2BRs, 2 Bths Condo near Restaurant Row, 1-1/2 blocks off beach, CAC, CTV, VCR, Washer/dryer, dishwasher, indoor/outdoor pools, 2 balconies. Sleeps 6. Reasonable rates. Call 294-8132. gcS2

EAST MARION BAYFRONT, Private sandy beach. Fantastic views. 5BRs, 3Bs, Deck, etc. Must see to appreciate. Available September, October. 437-3333. gcS2

MARTHA'S VINEYARD / WEST STISBURY. Enjoy off season delights. Attractive 3 BR, 2 Bth., home. All amenities. Available weekly/long weekends from Sept. 11 \$700-\$900 per week. Call (212) 777-2606. gcS3

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

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 gcS3

MT. SNOW /HAYSTACK. Large fully equipped 4 BRs plus loft, 2 1/2 Bths. with color TV, VCR, microwave. Avail. by the week or week-end. Beautiful views, lots of privacy. Near golf courses & lakes. Call 466-6120. gcS2

JAMESPORT, HEART of North Fork Wine country. Comfortable home on 1/2 acre w/priv. beach available for short term rental. Many extras. Call Lorna 742-5149. gcS4

SANIBEL ISLAND, FLORIDA. Tropical Gulf Paradise. Sundial Beach & Tennis Resorts. 2,000 foot beach, 5 pools, jacuzzi, soft tennis courts, golf, fishing, boat/bike rentals, bike/jogging paths, supervised children's activities available, gourmet restaurants, superb shopping, world famous shelling, 35 min. to Ft. Myers Jetport. 1,2,3 BR with full Kitchens. Rent daily, weekly, etc. 746-2211. gcD3

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. 378-3502. gcS1

Vacation Rental Wntd

WE ARE LOOKING for a Gulf front home that will sleep a family of 10 on the West Coast of Florida. December 22-29. Call 437-3161. 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) 748-5798. gcS1

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

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. gcS2

HOSPITAL BED, WHEEL chair, commode, used (718) 729-3616 gcS2

BEAUTIFUL FRENCH PROVINCIAL, Champagne colored DR and LR set, excellent condition. Also white kitchen set in excellent condition, Mediterranean and French Provincial BR set. Call after 12 noon, 488-7045. ha2

ANTIQUE MAN'S WATCH (Longine) \$700. Couch (olive) \$225, matching chair \$150. French coffee table \$150, Buffet \$200, Tiffany style kitchen lamp \$60, entrance hall lamp \$40, round end table \$25, Ping-pong table \$50, Porcelain platter \$35, IBM Selectric \$250. 746-8074. gcS2

ETHAN ALLEN DARK ANTIQUE PINE WOOD, 2 dressers, desk with hutch & corner desk. \$700. 486-7726 W-S1

SOFA BED \$250, office bench \$100, office chair \$75. Call 741-0182 gcS3

MOVING: MUST SELL Air Rider Exercise Bike, Ethan Allen bedroom furniture, Castro Convertible love seats, Beatrix Potter figurine, Royal Doulton, Bunny Kins and Wedgewood Peter Rabbit Mugs, Typewriter, bed frame w/box spring, Crewel pictures, Misses clothes, jewelry, Tupperware, etc. (516) 741-6616. W-A-4

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, Walham ladies pocket watch \$75, Cinderella watch \$40, antique silk umbrella w/800 silver handle. \$50. 352-0855. gcS1

REFRIGERATOR 18CC White, Westinghouse side by side. Must sell, remodeling. \$120. 681-6358. gcS2

WASHER & DRYER almost new, white. Extra large capacity. Will sell separately. Call 867-5661. gcS3

BALDWIN SPINET PIANO, fruitwood finish, 8 yrs. old, under warranty \$1,600. Ethan Allen glass & brass cocktail table, originally \$600, asking \$235. 741-6550. gcS3

BEDROOM SET, MAHOGANY, Heritage Herndon, double bed, double dresser, chest on chest, 2 night tables \$1,500. Dining set, fruitwood, French Provincial table, 43 x 64 with pads & 3 12" 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. gcS3

GOOD STUFF, EXCELLENT condition. Air Conditioner \$150, Queen mattress, box spring, frame \$100, Ladies bike, Raleigh \$50, Exercycle \$125, Beach chairs, portable, lamps, fabrics, sheets, stapladder chair, bric-a-brac, more. 741-7040. gcS3

REDWOOD PATIO SET - 64" round table & 2 benches, loveseat, 2 club chairs w/cushions, & 2 end tables. Please call 352-6858 evenings. gcS3

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 gcS3

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. gcS3

NORMAN ROCKWELL "Gone with the Wind" series, 9 pieces \$800. 741-0441 gcS3

LIVING ROOM SOFA bed & chairs and bedroom furniture. Reasonable and in good condition. Other assorted items. (516) 488-7644. Call for appointment. If no answer leave message. gcS4

ETHAN ALLEN COUCH, Colonial, \$150; Rocker - \$50; full size wicker Headboard, \$36. Call after 5 p.m. 741-6348. wa4

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

Car For Sale

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

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

1988 RV Conquest by Golfstream, 60,000 Miles Fully Equip. Self Contained \$14,000. Call 9 A M - 11 A M (516)826-2190 hS1

PLYMOUTH '89 VOYAGER, 7 passenger, auto transmission, A/C, ps, pb, tinted windows, alarm, roof rack, running board, new tires, 66,000 miles. \$7,000. 739-1802. gcS2

1973 CHEVROLET NOVA, 2 door sedan, 6 cylinder, automatic, new tires & brakes. Asking \$900. 747-1866. gcS2

1991 JAGUAR XJ6, solvent blue with grey leather. Auto, sun/moon roof, 14,000 miles. Mint condition. \$24,000. Call after 6 p.m. 248-2429. gcS2

85 OLDS CUTLASS CIERA, 4 Dr., V-6, AC, fully loaded. Clean, excellent condition. 97,000 miles. \$1,450. 516-742-5470. W-S-4

1986 MITSUBISHI STARION Turbo, Excellent mechanical condition. Automatic, AC, leather interior, all digital, new transmission & turbo. Looks great. Must See! \$3,700 neg. 516-248-6171. W-S-4

BUICK 1987 SKYHAWK, 4 door, Excellent condition. Low mileage, 37,000 miles. \$4,500 neg. One owner (516) 294-9613 gcS2

LYNX MERCURY '83, 2 door \$500. 739-6102 gcS2

1988 NISSAN MAXIMA, color gold, loaded with sunroof. Only 47K miles, must sell \$7,995. Call anytime and leave message. (516) 485-4480 gcS3

'91 VW JETTA G.O. Red, 40,000 miles. Asking \$7,900. Call 352-2523 gcS3

Car For Sale

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

1984 FORD COUNTRY SQUIRE Wagon - one owner, clean interior, exterior. Excellent motor. Must See. \$2,500. (516) 746-7708. wS4

'86 VOLVO 240 GL, leather int., sunroof, GVC deck, A/C, full power, 5 speed standard. 100,000 miles. \$4,200 (516) 328-0781. gcS4

1984 BUICK REGAL Classic, T-top convertible, 58,000 miles. Excellent condition. Original Owner. \$3,500. (516) 747-7465. gcS4

1983 NISSAN STANZA - Tan, 4 dr., power windows, cruise control, A/T, AC, tape deck. Original owner. \$1,600. call after 4 PM. 742-3147 WS2

1986 BUICK PARK AVENUE, 47,000 miles. Needs transmission. \$3,500. 294-7434 gcS2

VOLVO 1984 TURBO Wagon, all options, graphite with tan leather, new Turbo & dealer maintained. \$3,600. 741-8842 gcS1

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

1983 NISSAN RED Sentra, hatchback, a/t, A/C, 4 new tires. Excellent running condition. Ignition security system. \$1,375 neg. 352-8355. gcS1

Services

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Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings my specialty, including beautiful cakes. Professionally trained staff. Call Susan 742-1956. gcS1

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SUNSHINE WINDOW CLEANING-Attention Housewives! Windows washed in your home. Quality work. Call Frank 796-2350 gcS3

Services

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Spring Special!
Decks Cleaned From \$50
We Clean, Seal & Restore
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741-WASH 741-9274 wO4

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EVON'S EMPLOYMENT & Services - Nurse's aides with qualified experience will take care of your sick & loved ones. Days, nights, weekends. Live out, live in. P/T helpers, baby nurses. 546-0000. gcS1

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DJs UNLIMITED. Lighting, all types of music. Reasonable rates. Sweet 16, weddings, etc. 354-1721. gcS1

CHILD CARE/BABY NURSING/COMPANIONS. Day workers, sleep-ins, house-cleaners, party help. Experienced, references. Class A Maid Service (516) 486-8262. gcS2

LADIES, RELAX & ENJOY your next party! Catering & experienced professional services for assisting with preparation, serving & cleaning up before, during and after your party. Bartenders available. Call Kate at 248-1545 or 746-8264. wfn

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Services

HANDYMAN: QUALITY HOME repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe, 746-7517. wS4

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 jogger in good condition. Call
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 I collect dolls and other doll
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 4670 gcS4

GRANDPARENTS - Send in
 your grandchildren's photos and
 enter our "World's Most
 Beautiful Grandchildren"
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 and a brief description of the
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Antiques Wanted

**ARLENE, BUYING FOR
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 old linens, toys, etc. 725-4679
 W-S1

Lost and Found

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

Lost and Found Pets

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

Garage/Tag Sale

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

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

**TAG & YARD SALE -
 MOVING,** Albertson, 13 Evans
 Ave. off Willis Ave., Saturday,
 Sunday, September 11 and 12,
 10 a.m. to 4 p.m. Everything
 must go! wa2

YARD SALE: 98 YALE ST.,
 Williston Park, Saturday, Sep-
 tember 11, at 9 a.m. Something
 for everyone. wsl

**GARAGE SALE - SATUR-
 DAY,** September 11, 9 a.m.-4
 p.m., 72 Kingsbury Rd., Garden
 City (off Clinton Rd.) - Baby
 items, toys, books, household
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 in
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 In the Discovery Section
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 rates and information.



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.M.E. wal

MAY THE SACRED HEART OF JESUS be adored, purified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. Say the prayer 9 times daily; by the 8th day your prayers will be answered. My prayer has been answered, say it 9 days, it has never failed. Publication must be promised. C.M.E. wal



HOLY SPIRIT YOU 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. M.M. gca1



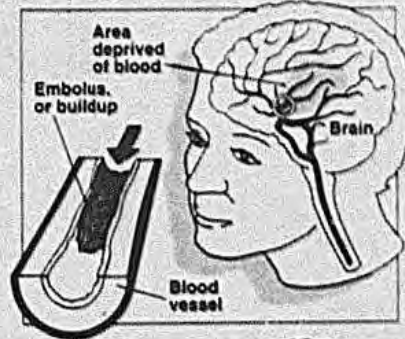
DISCOVERY

What is a stroke?

A stroke is the interruption of blood supply to a part of the brain. Though fatal in one-third of cases, doctors now believe much can be done early in treatment to prevent massive damage.

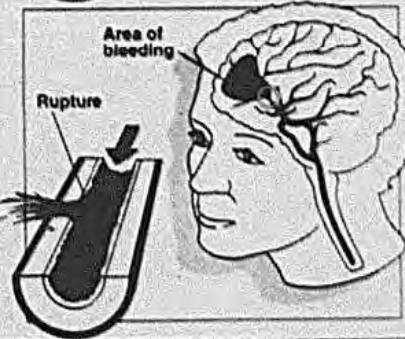
Stroke by constriction

Buildup on the lining of an artery may constrict blood flow, or an embolus (usually a clot) may flow from another area and lodge in a narrow artery. Roughly 75 percent of strokes happen this way.



Stroke by rupture

A vessel may rupture, spilling blood into the brain. About one-fourth of strokes are of this type.



SOURCE: AMA Encyclopedia of Medicine

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By J.R. Rose -

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IN HIS
MOUTH!**



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CROSSED WITH EACH OTHER
SUCCESSFULLY.

A LION
AND A
TIGER
PRODUCED
A LIGER!



**DRAW STRIPES ON THIS
TIGER!**

AND COLOR
ME ORANGE!



**A TIGER IS A REAL BIG CAT.
HE'S FULL OF MUSCLE, NOT MUCH FAT!
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PLEASE FIND 8 THINGS THAT START WITH 'T'.**



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

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TIGER DRIVE ?**

A CAT-
ILLAC!



PUP THANKS JOANIE McNAMEE OF CANADA

ANTIQU OR JUNQUE

By Anne McCollam



Corner cupboard made before Industrial Revolution

Q. Enclosed is a picture of a two-piece corner cupboard that I received from a relative. It is 84 inches high, 54 inches wide and 32 inches deep at the center. I think the wood is pine.

I wonder if you could tell me the age, manufacturer and worth of my cupboard?



A. Your corner cupboard was handcrafted by a cabinetmaker around 1800. Furniture was not manufactured until the Victorian period.

Handcrafted furniture disappeared due to the Industrial Revolution, when machines made mass-produced furniture possible.

Your corner cupboard would probably be worth about \$3,000 to \$3,500.

Q. The enclosed mark is on the back of a plaque that I recently inherited. It is decorated with a scene of a pump by a stream with ducks drinking, a meadow with trees and a mountain in the background.

It is 17 inches in diameter and is in good condition.

I would like to know something about the value, vintage and maker of my plaque.



A. The mark on your plaque was used by Villeroy & Boch, Mettlach, Saar, Germany, from 1890 to 1910. The company has been in existence from 1813 to the present.

Although there were factories in other cities, the main factory was at Mettlach.

Germanic scenes of country life, religion and mythology were some of the more popular motifs. This plaque would sell for about \$700 to \$725.

Q. For some time I have been trying to find out something about my cookie jar. I hope you can help me.

It is a figure of Little Red Riding Hood. She is 14 inches tall, has a red hooded cape, and is carrying a basket. On the bottom are the words "Little Red Riding Hood — U.S.A."

Can you tell me anything about this and if it has any value?

A. Everyone loves cookie jars, and collecting them has become an established field. Their cheerful colors and whimsical shapes have a universal appeal. Even the late artist Andy Warhol had a large collection.

The cookie jars that bring the highest prices are those that are marked, have the original lids and have no cracks or chips.

Your cookie jar was made in the mid-20th century.

The value would probably be in the \$50 to \$100 range in good condition.

Q. My typewriter is a No. 3 Blickensderfer, which is mounted in a wooden box. I would appreciate any information you can give me.

A. Most collectors of typewriters are primarily interested in those that date from 1874 to around 1915.

The Blickensderfer usually was a single-element machine with a type wheel. The type cylinder would spin into place before hitting the platen.

Some of the Blickensderfers were unique because they were equipped with type that joined the letters to look as though it had been handwritten.

Your typewriter was made in the early 1900s. It would be worth around \$125 to \$150.

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Points on Pets

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

Q. Are the medications for deworming dogs and cats sold by grocery stores adequate for most pets? Because we have several dogs and cats, we cannot afford to take them all to our veterinarian for preventative care.

A. The drugs sold over the counter, that is, without a prescription at grocery stores, pet stores and farm stores for deworming pets generally are effective against the particular types of worms for which the medications are advertised.

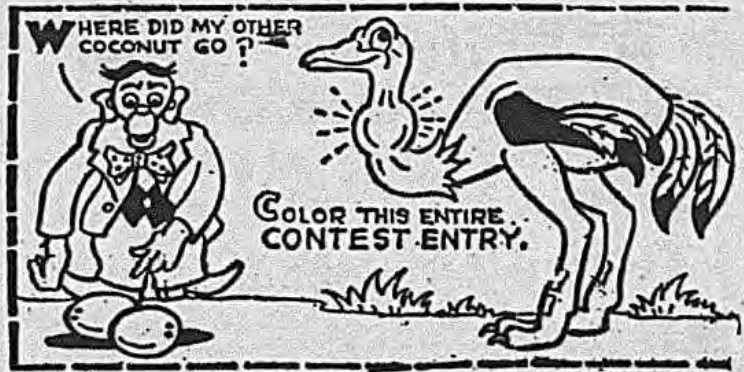
However, it is possible that your pets may have types of worms for which the over-the-counter medications are not effective.

Many veterinarians recommend changing deworming medications periodically so that the common parasites do not build an immunity to the medications being used. In other words, it is possible that some of the commonly used medications will become ineffective over time if used too often because the worms have become immune to the drugs.

Your veterinarian can determine exactly which worms and

other internal parasites your pets have by examining fresh stool samples and blood samples. Most veterinarians will evaluate stool samples without actually having the pet present. Once the parasites have been accurately identified, your veterinarian can prescribe or administer the most safe and effective drugs available.

POINTS ON PETS



Aunt Tilly's Corner

Do you enjoy parades, contests and races? If you do you won't want to miss the Hicksville Fire Department's parade and tournament. Each year on Labor Day many other fire departments are invited from far and near to march and then compete in various competitions. Some of these are dangerous and some are comical.

The one I liked best was the bucket brigade. This was where each fireman on the team positioned himself on a tall ladder so that a bucket filled with water could pass between them. The man at the top would then fill a huge barrel. The team who could fill the barrel fastest won.

As you can guess the men at the bottom of the ladder always went away drenched. Lots of water was spilled.

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 10, 1993

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

4. Decisions of the judges will be final.

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

YOUR SOCIAL SECURITY

Report your wages to SS

By William M. Acosta

Q. I receive Supplemental Security Income (SSI) and would like to know if I should report this to Social Security. — D.B.

A. Yes.

You should always report your wages to Social Security. You can call (800) 772-1213 to report your work, or you can mail the information (your pay stubs) to your local Social Security office.

Do not assume that just because you pay taxes on the money, "the government" knows about it. For example:

- SSI wages count when paid, not when earned.

- Wages affect SSI checks two months after the wages are paid, in most cases.

- If you have expenses for things that help you to work, they can sometimes be subtracted from the amount of your wages that we count, before the SSI is figured.

- Blind people get additional exclusions.

- Overpayments are inevitable because wages usually go up and down, and there often are unavoidable delays in processing.

Q. I understand it is important for an employer to have your correct Social Security number. How can I be sure my employer has my correct Social Security number? — G.D.

A. Just check your pay stub. It also is a good idea to check every now and then.

If there is an error, be sure to let

your employer know about it right away.

If wages were reported for you under an incorrect Social Security number, the error can be corrected.

Contact your local Social Security office. But do not delay. You'll want to get full credit for your correct wages.

Q. I am going to be 65 in September. My wife is 62. I will be retiring in August. Will my wife be eligible for Medicare? — L.R.

A. No.

People who are 65 and older, certain disabled people and most people with kidney failure can get Medicare insurance. Local Social Security offices take applications for Medicare and provide information about the program.

You can call toll free, (800) 772-1213, and they will be able to provide you with additional information.

Q. Does Medicare pay for a podiatrist's services? — L.T.

A. Medicare medical insurance can help pay for certain services of a licensed podiatrist, including the removal of plantar warts.

But it does not generally cover routine foot care unless you have a medical condition affecting the lower limbs (such as severe diabetes).



This is William Lederman, son of Veronica and Fred Lederman of Mt. Kisco, N.Y.; grandson of Carmen Baeza and great grandson of Maria Rivera; pride of Aunt Jasmine Baeza and Uncle Antonio Baeza of Garden City.



This is my beautiful granddaughter, Gianna Lynn Costa. She was born June 16, 1991 (Father's Day). She is the daughter of Scott and Joanne Costa of Huntington. Her paternal grandparents are Tony and Lynn Costa of Roslyn. Her maternal grandparents are Bob and Margie Gallione of Williston Park.

Margie Gallione
Williston Park