

In Two Sections • Forty-Four Pages

The Only Newspaper Printed and Published in Hicksville

Mid-Island Times

& Levittown Times 35¢

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Friday, September 10, 1993

Lifeguard Winners



Oyster Bay Town Councilman Thomas L. Clark (center) presents a plaque to TOBAY Beach lifeguards who teamed up to win the Hicksville Fire Department's Invitational Volleyball Tournament. The competition raised funds for research and awareness of the childhood disease Cystinosis. Representing the Town's lifeguards were Tim Cummins, Jack Hanifan, Greg Abbate, John McGovern and George Ritter.

Tennis Awards



David Karp (standing, left), president of Karp Volvo in Rockville Centre, the Long Island sponsor of the 1993 USTA Adult Tennis League, presents certificates and T-Shirts to the Women's 2.5 Division champions from Bethpage Tennis Time in Bethpage, during the recent awards ceremony and celebration held at "Pitchers" Beer Gallery in the Long Island Marriott Hotel & Conference Center in Uniondale. The members of the winning team include: Back Row, L-R: Team Captain Terry Epstein of Plainville, Ellen Marshall of Massapequa, Pat Rosenberg of Melville, Edith Frank of Lido Beach, Claudia Deptula of Bethpage, Catherine Stanis of Levittown, Debbie Saline of Hicksville, Claire Gould of Cold Spring Hills; plus Front Row, L-R: Soosie Grant Dandaneau of Plainville, Bunnie Lewis of Amityville, Kathy Spiclarich of Syosset, Janice Levine of Plainville and team coach Mary Ann Cassata of North Massapequa. This team, along with 10 other Long Island Men's and women's division-champion squads, will go on to compete in the ETA Sectional in Albany. Winners at that level qualify for the USTA League National Championships, which will be held this Sept. and Oct.

Central General New Pavilion

Central General Hospital in Plainville will unveil its new and unique Ambulatory Pavilion on Friday, September 10, at 10 a.m.

The new facility includes state of the art facilities for same day surgical procedures, fully equipped rooms for the latest in endoscopic and pain management procedures; comfortable recovery rooms; separate entrance and waiting areas and the back-up of a full

service, modern community hospital. Included in the new pavilion will be Nassau County's first of its kind Chest Pain Emergency Room. This is a specialized, separate section of the Emergency Department dedicated solely to the evaluation and treatment of chest pain. The purpose is to encourage people to recognize chest pain or chest discomfort as an early warning sign of a possible heart attack and seek treatment.

Register For Adult Continuing Courses

The Hicksville Public School District Adult Continuing Education Program begins on Sept. 20. Mail registration is currently taking place. Brochures have been mailed to all district residents. Additional brochures are available at the district Administration Building, the Hicksville Public Library or the Adult Continuing Education Office at the High School.

An array of exciting courses are available through this highly respected program. In addition to such time-honored favorites as golf and tennis, a number of new courses have been added. Residents are invited to enroll in the new Arthritis Self-Help class, Junior Boating Skills and Seamanship, Chess, or Step Up to Fitness classes. Residents can reduce their automobile insurance by taking a course in Defensive Driving, or learn how to manage their money, or plan for retirement through several courses. Courses are available to assist in improving typing and wordprocessing skills or give residents an opportunity to pursue a foreign language, musical instrument or craft. The list is endless!

For those not interested in attending a class, a variety of new educational and cultural tours are scheduled; nineteen in all.

Individuals interested in registering for any courses should immediately contact the Adult Continuing Education Office, Monday-Thursday, 8 p.m.-9 p.m., at 733-6671.

Passes For Senior Citizens

Free passes are available for Senior Citizens to the first performance of all school-hosted and sponsored cultural and athletic events in the Hicksville Public Schools.

Residents of the district, age 60 and over, may pick up their passes at the Administration Building, Office of Public Information, Division Avenue, Hicksville, from Monday through Friday between the hours of 8 a.m. and 4 p.m. Proof of age and residence is required.

Residents who are at least 62 years of age will be entitled to free tuition for many courses in the Adult Continuing Education Program.

Neighborhood Watch



Oyster Bay Town Councilman Leonard B. Symons (second from right) and Town Clerk Carl L. Marcellino join in displaying a Neighborhood Watch sign which will be displayed in a Town parklet off Hollins Road in Hicksville. Local residents Alice Hollander (left) and Lynda Wright were also on hand as the new sign was posted.

Athletic Sports Physicals Required

The Hicksville Public School District Physical Education Dept., in conjunction with the Pupil Personnel Services Dept., will offer athletic physicals on One Day Only in each secondary school.

Students anticipating trying out or playing on any team this year, or in the Fall of 1994, must be examined this Sept. on the designated day. Failure to do so will require the student to obtain a physical from their physician at their own expense.

Athletic Physical Examinations will be offered to High School students only at the High School in the Old Gymnasium on Sat., Sept. 11, according to the following schedule: 8:30-9:30 a.m., present Varsity Boys Soccer players (gr. 9-11); 9:30-12 noon, Girls Only; 12:45-3 p.m. Boys Only.

Athletic Physical Examinations will be offered to Middle School students only in the small gymnasium on Sat., Oct. 16, from 8:30-22:30 a.m. for girls only, and from 12:15-3 p.m. for boys only.

No student will be examined without a permission slip signed by a parent or legal guardian. Letters informing students of the requirements, which include a permission slip, have been mailed to parents. For further information, contact Robert Kenney, Director of Physical Education, Health and District Activities, at 733-6671.

Lunch Menu Set For Elementary Schools

The Hicksville Public Schools plans to continue to provide nutritious and appealing lunches for the 1993-94 school year. Monthly menus will be sent home with students on the first day of school. The cost of a single lunch is \$1.25. Twenty lunch tickets may be purchased for \$20. Milk when purchased separately is 25 cents.

The menu for the opening day of school is as follows:

Charbroiled Hamburger or Cheeseburger on a bun or Tuna Salad Sandwich, Boston Baked Beans, Chilled Fruit, Milk.

Peanut butter and jelly sandwiches are always available upon request.

High School Equivalency Program

The Hicksville Public School District offers residents participation in the New York State High School Equivalency Program. Individualized instruction is given in English, Mathematics, reading, Social Studies and Science.

Residents who are 17 years of age or older, have been out of school at least one year, and whose high school class has already graduated, are eligible for this program.

Classes meet on a continuing basis on Tues. and Wed. evenings from 6:30 p.m. until 9:30 p.m. at the High School beginning Sept. 21. Individuals must pre-register. For further information, contact the Hicksville Public Schools Continuing Education Office, Mon.-Thurs., from 8-9 p.m. at 733-6671.

Defensive Driving Course For All Ages

A two-part course will be offered at the Bethpage Public Library on Mon., Nov. 15 and Wed., Nov. 17 from 7 p.m. to 10 p.m. Here's your opportunity to save on your insurance costs, deduct violation points and learn safety driving techniques. This course is open to all ages but enrollment is limited to Bethpage School District 21 residents until Oct. 20 and then open to everyone as space permits. Space is limited so don't delay. Call 931-3907 for further information or come into the library to sign up.

The cost is \$38 per person payable upon registration at the Reference Desk of the library. The check should be made out to Defensive Driving Program, Inc. There will be no

refunds.

The library is located at 47 Powell Ave., two blocks west of Exit 8 on the Seaford-Oyster Bay Expwy. (Rte 135), phone 931-3907.

Parish-Wide Garage Sale

Holy Trinity Episcopal Church is sponsoring a multi-family garage sale, rain or shine, on Sat., Sept. 11, 10 a.m. to 4 p.m., in the parish auditorium. Many good, used household and miscellaneous items will be on sale at very modest prices. Something for everyone! Holy Trinity Episcopal Church is located at the corner of Jerusalem Avenue and Old Country Road in Hicksville.

Create A Stunning Fall Basket

Fall is in the air! Perhaps you're in the mood to change the decor of your home to suit the new season, but you want something quick and inexpensive. Estelle Cohen will teach you a beautiful craft that will give your home a hint of fall in an instant! Join Mrs. Cohen at the Bethpage Public Library on Wed., Oct. 27, 1 p.m., and create a stunning fall basket that will bring the season into your home.

Sign up begins for Bethpage School District 21 residents on Wed., Sept. 1 at the Reference Desk (there will be a sample available). All others can sign up beginning Sept. 13. There is a materials fee of \$10.

The library is located at 47 Powell Ave., two blocks west of Exit 8 of the Seaford-Oyster Bay Expwy. (Rte 135), phone 931-3907.

St. Ignatius CYO Regis.

Fall Registration - Basketball and Cheerleading - registration will take place on September 12 and 26, between the hours of 10 a.m. to 1 p.m., in the old school basement of St. Ignatius. All applicants must register at this time for the full programs.

CYO monthly meetings will continue on September 16 at 8 p.m. in the old school basement. All parents are welcome to attend.

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY

EUROPEAN AMERICAN BANK, Pltff. 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, a/k/a Map No. 4647, Lot No. 16 in Block 245, entitled, "Section AA, subdivision Map of Property k/a Levittown, owned by County Community Corp., located at Levittown, Town of Hempstead, County of Nassau, NY, Jan. 1949, survey and map by C. A. Monroe," filed in the Nassau County Clerk's Office on 3/1/49. Sold subject to terms and conditions of filed judgment and terms of sale.

ELLEN N. SAVINO Referee
BERKMAN, HENOCH, PETERSON & PEDDY Attys. for Pltff.
777 Zeckendorf Blvd.
Garden City, NY T254
MIT 2727
4x5/20, 27; 9/3, 10

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY DIME SAVINGS BANK OF NEW YORK, FSB, Pltff. 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, a/k/a Lot No. 1 in Block No. 60 on Map No. 6329 entitled, "Map of Seton Hills, Section No. 1, Located at Old Bethpage, Nassau County, N.Y. Nov. 4, 1953 Reilly & Malm land surveyors, 180 Hempstead Turnpike, West Hempstead, NY filed in the Nassau County Clerk's Office on Jan. 4, 1955. Approx. amt. of judgment is \$303,093.55 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

EUGENE BRANNIGAN, Referee
CASSIN CASSIN & JOSEPH Attys. for Pltff.
300 E. 42 St., NY. T845.
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In person registration Sept. 14 & 15 only, from 5-7 pm at the following location(s): Ridgewood: 70-01 Fresh Pond Road, lobby Garden City: Waldorf School on Cambridge Ave., or call: 212 787-7543 or 718 456-8706.

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September Exhibits At Library

September Art Exhibits at the Hicksville Public Library include a display of hand-etched glass and the works of two painters. The artists were selected at the Town of Oyster Bay's annual Rotational Art Exhibit.

In the library's community room are the paintings of Westbury resident Lewis Shepp, who has been cited by art critics in New York daily newspapers for "his distinctive style, which leads beautifully from realism to fantasy, showing consummate skill throughout" and as "a painter of intensive and luminous abstract patterns."

Shepp has exhibited at the Hecksher Museum in Huntington, the Nassau County Museum of Fine Arts, the Benson Baker Gallery and the A.C.A. Gallery in Manhattan, among numerous other galleries; and his works have been purchased for many private collections.

In the lobby case at the library are portraits and a landscape painted by Farmingdale artist Harry Beukelaer. Widely known for his portraits and murals, Beukelaer received training at the Art Students League and Pratt Institute. He was a special service artist and muralist with the Army in World War II, has taught in South Carolina and New York and has had many showings of his work.

The library's fiction room case displays hand-etched glassware by local artist Kim Doran. Mirrors, vases and glasses are etched with a variety of designs, mainly nature-inspired. Doran, who has a commercial-art background, uses diamond-tipped tools to engrave directly into the glass.

After-School Activities Program

Elementary school youngsters in grades 3, 4 & 5 are invited to enroll in the Hicksville Public Schools After-School Activities Program. Eleven courses will be available to students in the area of Foreign Language, Computers, Guitar, Piano, Aerobics, and Arts and Crafts. The fee for each course is \$15.

All classes will be held at the Middle School with the exception of aerobics, which will be held at Lee Avenue School. Classes are scheduled Mon.-Thurs., on days in which the elementary schools are in session. The program will begin on Oct. 7. Parents must provide transportation to and from the program.

Registration, on a first-come first-served basis, will be by Mail Only. Forms will be sent to parents of children in the school district. All forms must be returned by Sept. 24.

Questions regarding the program should be directed to Mrs. Kathy Catania, Coordinator of Elementary Education, at 733-6580.

Hearing Van Sightmobile At Bethpage Library

The Bethpage Public Library is pleased to announce that on Tues., Sept. 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 Hear-

ing Van is made possible by the Mill Neck Foundation and their skilled personnel, using state-of-the-art equipment.

Excellence In Instruction



Preparing to Pursue "Excellence in Instruction," the Administrators in the Hicksville Public School District attend a seminar prior to the opening of school. The afternoon session included a special presentation entitled "What Makes A Teacher Effective?" by educational consultant Marilyn Posetsky. The workshop is one part of the overall district plan to achieve the Superintendent's goal for Excellence in Instruction for the 1993-94 school year.

Writers' Club To Meet

The Writers' Club meetings will resume on Saturday, September 18, from 2-4 p.m., at the Hicksville Public Library, 169 Jerusalem Avenue, Hicksville.

Dorothy P. Freda, fellow writer, and editor/publisher of the small press, *The Pink Chameleon*, will coordinate the meeting.

Come and join this informal, free gathering of writers, both seasoned and aspiring (you need not be published). Bring your work (fiction, non-fiction, poetry) and present it for constructive criticism, or simply come and listen and offer feedback. Learn or improve your writer's art through feedback. Many of our members, past and present, have gone from aspiring writers to prolific published authors. Learn about new markets and manuscript salability. Also, Mrs. Freda is presently considering submissions from subscribers to Issue No. 9 of *The Pink Chameleon*.

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LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU
HOME SAVINGS OF AMERICA, FSB, formerly known as HOME SAVINGS OF AMERICA, F.A.,
 Index No. 5632/92
 Plaintiff,

Supplemental Summons against

ANNETTE M. SCHACK; JAMES R. RERISI; if living and if they be dead, the respective heirs-at-law, next-of-kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors and successors in interest and generally all persons having or claiming under, by or through said defendants who may be deceased, by purchase, inheritance, lien or otherwise including any right, title or interest in and to the real property described in the complaint herein,
Dennis J. Schack; New York Telephone Company; Associated Plastic Surgeon & Consultants; "John One" through and including "John Ten" the last ten names being fictitious and unknown to the plaintiff, said names being intended to designate the persons or parties or corporations, if any, having or claiming an interest in or lien upon the premises described in the complaint.

The basis of the venue is the location of the property being foreclosed.

Defendants TO THE ABOVE NAMED DEFENDANT(S).

YOU ARE HEREBY SUMMONED to answer the amended complaint in this action, and to serve a copy of

LEGAL NOTICE

your answer, or, if the amended complaint is not served with this supplemental summons, to serve a notice of appearance on plaintiff's attorney within twenty (20) days after service of this supplemental summons, exclusive of the day of service, or within thirty (30) days after completion of service where service is made in any other manner than personal delivery within the State. In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

Nassau County is designated as the place of trial on the basis of the fact that the real property affected by this action is located entirely within said County.

Dated: Garden City, New York
 August 9, 1993

GOLDEN, WEXLER & SARNESE, P.C.
 Attorneys for Plaintiff
 377 Oak Street
 Garden City, N.Y. 11530
 (516) 745-6830

TO THE ABOVE NAMED

DEFTS: The foregoing summons is served upon you by publication pursuant to an Order of the Hon. George A. Murphy, a Justice of the Supreme Court, Nassau County, dated Aug. 12, 1993 and filed with the complaint and other papers in the Nassau County Clerk's Office, Mineola, NY. The object of the action is to foreclose a mortgage recorded in said Clerk's Office on Sept. 2, 1986, Liber 12795, page 1, covering prem. k/a 32 Ballard Lane, Hicksville NY being a plot 96.93 ft x 62.04 ft. x 99.09 ft. x 62 ft. Dated: Aug. 31, 1993. U198 MIT 2732 4 X 9/10, 17, 24, 10/1

Gourmet Luncheon Art Trip

On Thurs., 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, Gaughin, 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 Sept. 7, and then is open to all as space permits. For further information, please call 931-3907.

Jottings From Yesterday

By Bill Clark

My postcard of an iceberg in the early 1900's, off the south shore coast with men on the iceberg and a small boat with more men, would be a cooling sight these past warm days.

The Labor Day Parade, tournament and drill were very good. I remember going to the tournaments on Park Ave., West Ave., 4th Street, Mid Island Plaza, and East Barclay St. Population and traffic has made the changes over the years.

I was reading about Will Rogers and many of his comments. "American diplomacy is an open book - a check book" was one I recall. During the mid

thirties era Lum & Abner was on the radio, Jeannette MacDonald and Nelson Eddy was at the movies, there was no TV or VCR.

As the seasons change and the last holiday is over, you will soon see the leaves falling as they do every year, and as I read or heard somewhere, the family that rakes together, aches together.

I expect to do some painting tomorrow. I wish my paint would stand up like the old country barn ads like "Mail Pouch Tobacco," each year when you would go upstate and see the signs still looking good.



In the 1920's - the two residents were Hicks and Wagners. The corner later had a stone fence around the corner to match the house.



Today, 1993, the corner has changed.

Photo by Bill Clark

Walking Club Of Long Island

Do you enjoy walking? If so the Walking Club of Long Island is planning strolls in Cantiague Park. New members are welcome. For further information call Karin at 938-0506.

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11601. We'll do the rest!

PERSPECTIVES IN HEALTH

A free community health education program coordinated by the Winthrop-University Hospital Nurse Specialist Group.

Menopause: Mastery or Moodiness?

- Dr. Christine Conway, Associate Director of Gynecology, will describe medical aspects of menopause, physical changes, and choices regarding estrogen therapy.
- Pamela Shrock, PhD, Director of Psychosexual Ob/Gyn, will discuss emotional changes; their effect on confidence, relationships, and sexuality; maintaining emotional well-being through nutrition and exercise; and developing skills to master menopause.
- Anne Bantleon, RN, Nursing Care Coordinator, will moderate.

Date: Tuesday, October 26 Time: 6:30 pm
 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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Friday, September 10, 1993

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Looking Back

MID ISLAND TIMES Friday, September 10, 1993 PAGE SIX

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.



TO BE CONTINUED

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

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

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

Purpose/character of LP: Developing and managing a retail center.
 Beth 3173
 6x8/20, 27; 9/3, 10, 17, 24

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

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

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NORTH ← BROADWAY (107) → SOUTH						

Hicksville Scores In Triathlon

Fourteen year old Paul Tanck of Hicksville took first place in the 14 and under age group to pace a large contingent of Hicksville residents who successfully completed the Seacrest-TOBAY Triathlon in Oyster Bay on August 29. Paul completed the 4/10 mile swim, 15 Kilometer bike ride and 5 Kilometer run through the hills of Oyster Bay in 1 hour, 27 minutes, 11 seconds.

Among the other Hicksville residents competing in this year's Triathlon were Brian Heneveld (1:13:50), Mary McShane (1:12:29), who finished 6th in the women's 25-29 year age group, John Dietl (1:17:59), Peter Magnuson (1:20:25), Patricia Davis (1:33:16), fifth finisher among the 45-49 year old women, John Lupaki, who ran the anchor for the first Co-ed team in the combined 105-139 age group in the team competition, Diane Birkel, Rich Keiton and Larry Krummenacher, who also competed in the team competition.

A \$500 check out of the proceeds of the Triathlon was presented to Hicksville's Larry Krummenacher for the Cystanosis Foundation. Larry's daughter is one of only 400 children in the country who suffers from this dread blood dis-

ease, and the Triathlon sponsors were most happy to be able to support this Hicksville family with a contribution to the Foundation.

The Triathlon was conducted under the auspices of the Town of Oyster Bay and its fine Department of Recreation and Parks, and administered by the Plainview-Old Bethpage Road Runners Club under the direction of Triathlon Director Steve Winkler. Technical support was furnished by David Katz of Finish Line Promotions. POBRRC Volunteer Coordinator Mindy Lerner organized a staff of more than 100 volunteers to help make the event possible.

"This was a great day for our Club, for the Town and for all the athletes who took part in the event," observed Triathlon Director Steve Winkler. "We were quite happy to have so many of our Hicksville friends on hand, thrilled by the big performance put on by Hicksville youngster Paul Tanck, and happy to be able to help Larry Krummenacher and the Cystanosis Foundation."

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Hicksville's Larry Krummenacher heads for the Triathlon finish.

FALL/WINTER CAR CARE



Special Edition Appearing in
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Bethpage Newogram, Syosset Advance, Jericho News Journal, Garden City News &
The Great Neck News

Friday, September 10, 1993

FINE FINISH

By Sharon Achatz

Sloppy winter weather can wreak havoc on an automobile's finish.

Frost, hail, muddy highways, road salts and pollution-laced rain all work together to dull a car's shine. Add to that mix a prevalence of rust and ultraviolet damage caused by snow-reflected sun, and it's a wonder any vehicle makes it through the worst of winter.

There are ways, however to keep a car looking like it just rolled out of the showroom — if you have the right chemistry with your car.

With the array of car-care products on the market, bringing out the best an auto's paint has to offer is simply a matter of knowing which chemicals to use for cleaning, polishing, waxing and pampering an auto.

Whether you're a do-it-yourselfer or choose to rely on a detailing service to do the dirty work, a sparkling finish begins with a thorough cleaning.

Start by removing all trim that will come off — including license plates and brackets, wheel covers and roof racks — before washing the car.

For washing the painted surfaces of the auto, look for solutions that prevent streaking.

While some household dish detergents are mild enough for use on vehicles, professional car soaps remove less wax, allowing several

cleanings between waxing jobs.

Stubborn stains such as bird droppings and road tar need special cleaners and solvents. Remove caked exhaust stains from the end of the tailpipe and bottom of the rear bumper with a scouring pad.

Additionally, there are specialized treatments and cleaners for chrome, stainless steel and every other material found on an auto. Check all product labels for appropriate use before buying.

After the car is washed and dried, polish it. Cars that don't have a clear-coat finish must have dull oxidized paint removed before they'll shine.

Cars with clear-coat finishes need an abrasive-free polish. Very weathered finishes may require several polishings.

If the car has a history of improperly applied waxes and polishes, it may have oxidized paint, yellowing or layers of wax buildup.

Many one-step waxes and polishes employ a cleaner to cut through and loosen the previous layers of wax. If this fails, however, there are finishing compounds on the market that strip off old layers of wax and any oxidized paint to restore luster to the paint surface.

There also are swirl removers that lift off old layers of incorrectly applied waxes and polishes.

If applying by hand, be sure to use a clean applicator, as dirt on a rag will leave scratches and abrasion rings.

Don't allow wax to bake onto the surface before you buff it off or it can chemically etch to the paint.

Whatever surface treatment your car requires, no longer is hand application considered the ideal.

The most popular option these days is with orbital buffers, offered through auto-parts dealers, that eliminate unattractive swirls and the risk of buffing right through the paint — mishaps often caused by disc buffer or hand application.

Avoid using any polish or wax product that seals paint permanently. Such materials may prevent normal expansion and contraction of paint, and seldom offer

UV blocker protection.

When you're done polishing all painted surfaces, shine all vinyl and plastic parts using chemical treatments designed specifically for such surfaces and that allow them to breathe. Most simply spray on and wipe off to restore showroom gleam.

Finally, check for nicks in the paint. Remove rust with a heavy-duty wire brush or sandpaper, then apply touch-up paint.

As much as you'd love to show off your car's newfound shine, the wise motorist will protect it even further by parking it in a garage whenever possible.

CARFACTS

Auto insurance costs vary widely

Where a person lives contributes greatly to the cost of automobile insurance as revealed by average insurance rates from around the nation. Densely populated areas and states with high government insurance regulation, as well as areas with high winter-accident levels appear to have higher rates.

Highest average rates		National average	Lowest average rates	
Massachusetts	\$835		 \$518	Ohio
New Jersey	734	Nebraska		367
Nevada	691	Mississippi		360
California	673	Wyoming		360
Pennsylvania	620	Idaho		357
Arkansas	614	North Dakota		344
Washington, D.C.	606	Tennessee		338
Maryland	604	South Dakota		325
Rhode Island	604	Iowa		293
New York	602	Alabama		278

SOURCES: A.M. Best Co.; Federal Highway Administration; Changing Times magazine

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Extras that make driving more fun

By Brian Lee Gardner

As we spend more time in their automobiles, the goal is to make them as comfortable as possible. The working person hasn't been forgotten, either. The options and accessories becoming available for cars, and standard on many models, enable owners to make them a virtual office on wheels.

Previously, Buick offered a separate temperature control for the driver and front passenger, eliminating the cause of one of the minor disagreements that people often have.

"Head Up Display," which will make driving safer and easier, is found on Pontiac's 1994 Grand Prix model. Developed by Delco Electronics and Hughes Aircraft engineers, it projects important information such as vehicle speed and low fuel warnings over the hood of the car. The driver can view this information without diverting the eyes from the road.

If you have ever driven at slow speeds for extended periods of time, you know that the steering was much "heavier" than when cruising at highway speeds. Many models now offer a device that adjusts the steering effort based on the speed of the car. When the car is moving slowly, the steering effort is reduced and only becomes firmer at higher speeds.

A common problem for drivers is discomfort on long trips. Cruise control has removed the irritation of having to keep one's leg in the same position for hours, but advances continue into the design and support of automotive seats.

Many of them can be electronically adjusted into different positions that can be stored and recalled later if another family member should drive the car and change the seating position. Lumbar supports can be inflated for personal preference and some seats can be heated for added comfort in winter months.

Technology for windows also is improving. Many of the models will have devices that automatically adjust for sunlight to control glare. The windshields will get darker when the sunlight is brightest and lighten when light is lessened.

Windshields also are being constructed so that they will cause less damage to occupants.

The handling and tires also are being improved. Many models now come with tires that will automatically seal minor punctures. With anti-lock brakes and more sophisticated suspensions, the new cars make stopping and avoiding accidents much easier.

The driver and passenger, like never before, are riding in a "safe-zone." Most of the manufacturers have already installed side impact beams in the doors, which will be mandatory in 1997. Many auto makers have built into the front and rear ends of their models, "crumple zones" specifically designed to absorb impact and protect the passenger compartment in the event of a collision. Some are planning to install air bags in the doors to further protect passengers from side impacts.

Some of the ideas are simply going back to basics that haven't been employed as yet. A retired firefighter in Fremont, Calif., has a patent pending on a system for installing front brake lights. His concern is that current automobiles don't offer enough frontal information to pedestrians and other drivers. His system utilizes existing lights and has received encouragement from top insurance companies as well as Chrysler Corp.

LOST AND FOUND

Innovative companies are offering detailed maps and location just concluded a 12-month Intelligent Vehicle Highway System test in Orlando, Fla. The project consisted of 100 Oldsmobile Tornados equipped with dead reckoning, map matching and global positioning satellite receiver in-vehicle navigational systems, cellular telephones and on-board informational equipment called TravTek.

During the test, nearly 5,000 AA members rented TravTek cars

from Avis Rent a Car System Inc. for use on trips in the Orlando area. High-mileage local drivers also evaluated the system. The drivers who participated in the TravTek project received up-to-the-minute information on traffic conditions, their location and business listings via the in-vehicle navigation system.

This in-vehicle navigation color display gave drivers visual instructions about current location, destinations, routes and drive times. The system also suggested alternate routes and provided audio driving instructions and messages.

The price of the current units, about \$3,000 installed, may keep most consumers from purchasing them in the short term. But smaller units are coming and since ETAK has mapped virtually the entire United States and offers individual areas on CDs, when the smaller units are available, ETAK will still have a piece of the action.

technology in conjunction with satellites, so that eventually if one were lost, by having this equipment on-board you could locate your position and continue on your way.

Etak, in Menlo Park, Calif., has

Special Car Care Pages

These smaller units would probably cost between \$1,200 and \$1,500. A disc featuring the city of Boston, for instance would sell for about \$100. But the disc set for the entire United States would sell for only \$500.

CARFACTS

Ways to save on your auto insurance

Here are a few ways financial experts suggest a family can save on automotive insurance costs.

- Increase your deductible.
- Good driving records get discounts.
- Insure cars with one company. Get a 15 percent to 20 percent group discount.
- Take a defensive-driving course. Get discount on insurance.
- Buy a car with air bags, automatic seat belts or anti-lock brakes. Get up to 40 percent discounts.
- Install anti-theft devices.

SOURCE: Family Circle magazine



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WHEEL LOVE Museums, events and more car kitsch

By Alison Ashton

For some uninitiated souls, cars are little more than a convenient way to get around. Just keep the gas tank full, the tires inflated and the windshield clean, and you're ready to go.

But millions of automotive aficionados swear that cars are much more than mere transportation. If getting around is all you need to do, ride the bus.

Car love manifests itself in many forms.

At the top of heap are car lovers with money, like former newspaper publisher Otis Chandler, who has a private car museum in Oxnard, Calif. (it's stocked with roaring muscle cars as well as requisite classics, such as a Duesenberg Derham Tourster).

More car lovers are likely to buy a beat-up version of their favorite model, then invest many, many weekends and lots of cash restoring it to its former glory. These folks also are likely to join special-interest car clubs.

And just because you don't have the time or money to indulge your automotive passion doesn't mean you don't love cars.

You're probably one of those people who never misses a car show when it comes to your area or goes out of your way to visit car museums whenever you travel.

Rich or poor, machines on wheels are a siren call to many. Chandler, for instance, once said that his love of cars started when he dismantled his dad's lawn mow-

er to make a go-kart.

MOTOR MUSEUMS

Car lovers are, in a way, like art lovers. Once they start collecting, they can't stop, and soon — really wealthy ones, anyway — they've put together enough to make a museum. Some collections, like Chandler's, are private, but many more are open to the public.

There probably is a museum where your favorite cars are enshrined.

The National Corvette Museum Annex in Bowling Green, Ky., opened a few years ago, right across the street from Corvette plant. Many visitors combine a visit to the museum with a tour of the plant facilities. Worshipping acolytes have been known to describe their favorite 'Vettes as "sleek," "smooth" or "voluptuous" — stand-ard chat for car lovers.

If Fords are your favorites, go to the Henry Ford Museum in Dearborn, Mich., to see mint-condition Fords exhibited in displays that reflect their eras ('60s McDonald's arches, '40s railway cars, etc.) The museum also showcases a host of the other mechanical wonders that fascinated Ford.

But for antique Fords, head west to Sacramento, Calif., where the Towe Ford Museum is located. It has the world's largest collection of antique Fords, including the first production model, a 1903 Model A runabout.

Those who love to tinker on their wheels will have a special appreciation for the Boyertown Museum

of Historic Vehicles in Boyertown, Pa. It's home to one of the earliest "horseless carriages" ever produced, a gasoline-powered farm wagon designed and built by James Hill in 1868.

The contraption is a tribute to American innovation — Hill adapted the steering wheel from a treadle sewing machine.

When your travels take you to the South, take the family to Silver Springs, a theme park near Ocala, Fla. It's not as glitzy as Disney World, but visitors have come to the park for more than 100 years to see its exotic wildlife. And it boasts a classic car museum, including a Rolls Royce designed for the Duke of Windsor and a rare Tucker.

Car aficionados also have a reason to visit Graceland in Memphis, Tenn. Its 13,000-square-foot Elvis Presley Automobile Museum contains many of the King's cars, including his mom's pink Cadillac and Priscilla Presley's Mercedes — a perfect tribute to a man who did his Christmas shopping at the local Cadillac dealership.

To see a magnificent collection of classic cars built between the two World Wars, plan a trip to the Behring Auto Museum in Danville, Calif. (east of San Francisco). You'll see a lot of rare models, including Delahayes, Packards and Auburns. Because many of the cars have wooden parts, the museum has an intricate climate-control system and a filtration system to keep dust to a minimum.

SHOW ME

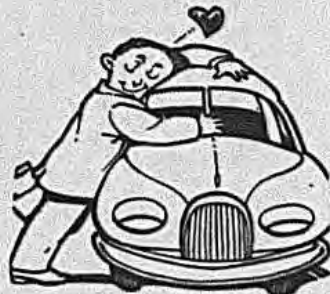
Car shows are, of course, festive

events that draw lots of car lovers and potential car lovers.

"British Invasion" is an anglophile's dream come true. Every September, More than 150 antique car clubs from Canada, England and the United States converge in Stowe, Vt., for a Touring and Concours Class competitions and antique car parade. English country picnics, polo, rugby and cricket games round out the events. You might think you've fallen into "Brideshead Revisited."

The Annual Steamboat Springs Vintage Auto Race and Concours d'Elegance in Steamboat Springs, Colo., also takes place every September. Highlights include seven racing classes, from pre-1960 vintage cars to formula cars manufactured through 1972.

Vintage auto racing also is the highlight of the Monterey Historic Automobile Races, held every year in conjunction with the Pebble Beach, Calif., Concours d'Elegance. The cars not only look pretty — the owners relish the opportunity to rev their classic Bugattis, Ferraris and Jags.



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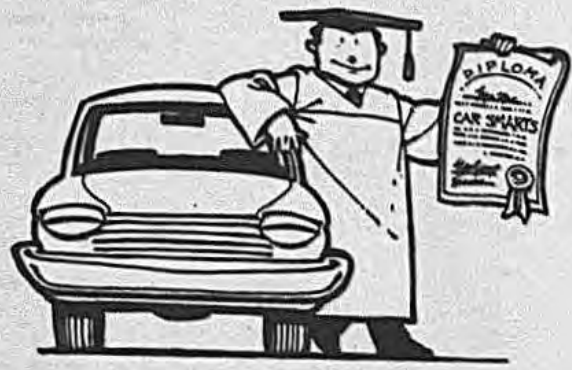
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CLEVER CARE
Basic smarts keep car on the road



By R.J. Ignelzi

How do you do you keep from getting ripped off by unscrupulous mechanics?

Take an automotive repair course and fix it yourself? Arrive at the garage with a police officer by your side? Both are possibilities, but not very practical ones.

Instead, Chris Stevenson, author of "Auto Repair Shams and Scams, How to Avoid Getting Ripped Off" (Price Stearn Sloan), suggests you arm yourself with enough information to deal with your mechanic or service manager more effectively. He urges you to learn as much as you can about your own car, the various types of mechanics and repair facilities available and some basic mechanical functions.

"With knowledge comes power — power that will make a mechanic or manager think twice about pulling a scam," he said.

Stevenson offers some tips and suggestions:

- Take your car to a shop that specializes in the type of repair or service you need. When it comes to reliable auto repair, there's no such thing as one-stop shopping, Stevenson says.

- Go to a tire shop for tires and front-end alignments. Head for a muffler shop, like Midas, for muffler work. The quick-stop shops are

OK for a simple oil change and lubrication, but nothing more.

"For anything much more serious, I'd suggest going to the dealer — if you can afford it," Stevenson said. "At the dealer you know they are going to use only original manufacturer's parts, the mechanics are highly skilled technicians and experts on your particular vehicle. But, you're going to pay dearly for this."

- Before the shop does any work on your car, ask if the mechanics are paid on a commission or bonus system. If the answer is yes, look for another shop.

- Make sure the mechanic and the shop are trained and qualified to work on your car. One indication of the mechanic's proficiency is certification with the National Institute for Automotive Service Excellence, an independent organization that tests the competence of auto technicians.

- Demand a free inspection and estimate once you've described the problem as accurately as possible. Go with the service manager if possible while your car is inspected.

Find out exactly what is included in a standard or major tuneup from your owner's manual, then compare that list with what a repair facility offers. Go to the facility that most closely follows the guidelines set by your owner's

Special Car Care Pages

manual.
 • When getting a smog check, make sure your vehicle is brought to full operating temperature before the actual testing begins. Cold or choked engines often fail the smog check. Tell the mechanic to warm it up first.

- A battery being tested must be fully charged using a battery charger before the test is performed, otherwise the battery's likely to fail the test.

- It's time to replace your brakes when you have 30 percent or less lining left. Have the mechanic show you the comparison of your brake shoes or pads vs. new ones. Remember, brake shoes or pads only need to be replaced as axle sets: the two front or the two rear. Don't be talked into a "mandatory" four-wheel brake job.

- Four items are removed and replaced or retightened during an oil/filter change: the filler cap, the dipstick, the filter and the oil pan bolt.

Check to make sure these were replaced and tightened properly. After you get the car back, check to see that the oil level is at the proper point and that it is clean and a yellowish-green — not black.

Also, make sure a new oil filter has been installed. During the hectic, repetitive pace of a busy garage, it's possible that mechanics overlook these things.

PAGE ELEVEN Friday, September 10, 1983
 The New York Times
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Common sense is key to road safety

By Brian Lee Gardner

With about 40,000 people being killed each year in automobile accidents and more than 20 times that number injured, the need for safe cars and competent drivers has never been more sorely needed.

Fortunately, automobiles are safer than ever, due to the technology that's being built into them. Legislation mandating that every car must be equipped with air bags and side impact protection will take effect in 1997. Many models, including Chevrolet's redesigned 1994 Camaro, already meet the side impact regulations.

However, it is the driver and the decision made by the driver that will ultimately determine how serious the accident will be to person and property, or if an accident will happen at all.

The first decision that a competent driver can make is actually decided well before he or she even gets behind the wheel. Since all of us operate our automobiles on public roads and highways, sharing them with other drivers, one should drive only after having sufficient rest.

"Having sufficient rest" can mean different things to a wide variety of people. Some can function well with less rest than others. An easy guideline is: If you're tired, get more rest before you drive. This is especially true for long trips, which can be quite difficult and taxing when already in a

fatigued state.

If a long drive is planned, obtain maps of the route and break the trip into sections, based on how long you can drive without becoming exhausted. At the end of each section, mark where the rest stops or motels are and plan to stop at the end of each section. Use the map as a reminder so that the urge to, "get where you're going," doesn't take precedent over the rest and sleep you require in order to ensure the trip is a safe one.

Another decision that should be "set in stone," is that one never drives when taking prescribed medication from a physician, when one has been drinking alcohol or taking any drugs whatsoever.

Once in the car, the seat belts should be worn no matter how short a trip is planned. In many states, driving without seat belts on is against the law. Those that have watched auto races and experienced some of the terrifying wrecks but were surprised that the driver was able to walk away from the accident, know full well how important strapping on safety belts is.

For many years, children were often allowed to ride on parents laps. Many parents operated under the false idea that in an accident they could hold onto their child and prevent them from hitting the windshield. Current crash tests confirm that at a speed of only 30 miles per hour, a 10-pound infant is ripped out of the adults arms with



SMART SECURITY — Signs like this "SOS" symbol allow stranded motorists to get help without getting out of the car. **car16, CAR CARE & BUYING** Copley News Service

200-pounds of force. There are very few parents that can hold onto a child under such extreme circumstances.

With car seats for young people mandatory, in the United States, one would think that the problem of infant injuries in accidents would be a thing of the past. But from a booklet prepared by the American Academy of Orthopaedic Surgeons titled, "Drive It Safe!" comes some sobering statistics regarding children and auto accidents.

"Traffic crashes are the leading cause of death in children over the age of one year. Motor vehicle crashes kill more children than any disease or other type of accident. A recent study showed that 25 percent of the children treated in an emergency room were injured, not in crashes, but in swerves, stops and turns."

Another study found that many parents were using the car seats improperly and a surprising number had taken their baby out of the car seat while the vehicle was traveling. Had they asked the driver to pull over and stop, the rate of injury could have been reduced by more than 25 percent. The need for hospitalization in these cases, would have dropped a staggering 75 percent.

With the driver well rested and belts on, it would seem that the driving chore would be relegated to merely that of keeping the car pointed in the right direction. People do forget, after they have been driving for a few years, how much has become automatic when they get behind the wheel. Actually, it's this fact which allows one to relax and drive defensively, as most of it does become, "programmed in," if not we would be driving just like the first day we got behind the wheel, every time we drive.

One of the most dangerous driving situations is when you are passing a slower car in the lane next to you. It often happens that just as you have nearly past the adjacent vehicle is the moment they decide to change lanes. They don't check their mirror and they move directly into your path causing an accident.

In this sort of situation there is but a split second to react. If defensive driving techniques are being

used, the driver will be anticipating that the other driver might make this mistake. Having those extra few seconds could enable the driver to react quick enough to avoid the accident.

Inclement weather creates additional problems for the driver. A good knowledge of the dos and don'ts for driving in poor weather conditions is essential. Following these guidelines will assist travelers to avoid accidents and injury under extreme conditions.

- During normal weather always leave one car length for every 10 miles per hour that you are traveling. However on snowy or icy roads it takes three to 12 times as far to stop as on dry pavement. So leave yourself lots of room to stop.

- In areas that receive measurable amounts of snow, one should always carry canned food, snacks, a few highway flares, a portable radio, extra blankets and mittens or gloves.

- Before winter, have the snow tires you will use during the upcoming months checked for wear. If you have a four-wheel drive vehicle, have a mechanic check over the major components and include a tune-up.



- Driving on ice and snow requires the driver to use a light and conservative touch when accelerating, turning and stopping.

- If the rear of the car starts to slide, release the accelerator and steer the front of the car in the direction the rear is skidding. As soon as the car starts to straighten out, straighten the front wheels.

- If your car should break down in a storm or slide off the road and you can't get going again, stay in your vehicle. It is a good shelter. Walking in a storm can be very dangerous. You can lose your way, or wander out of reach of rescue teams.

- Make your car as visible to rescue teams as possible. Tie a colored piece of cloth around your antenna.

- If it's dark, turn on the interior dome light of the car. Road crews, helicopters and snowmobile rescue units can see a small glow at considerable distances. Always rotate the watch for rescue teams — everyone in the car shouldn't sleep or rest at the same time.

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Special Edition appearing in National News, Monday, September 13, 1993. New York Times, New York, N.Y. Edition, September 13, 1993. The Great Neck News, The Great Neck, N.Y.

By Sharon Williams

Every motorist who has driven farther than around the block knows that accidents do happen.

From flying pebbles that crack windshields and fenders that bump in traffic, automobile accidents are among the saddest, most frustrating and costly realities of the road.

There's no surefire way to predict or prevent an automobile accident before it happens. But, by investing in a sound automobile insurance policy, you can at least prepare for the financial implications of the unplanned and unexpected.

Finding the right policy requires a lot more effort than wheeling down to the nearest agent's office and signing on the dotted line. Auto insurance policies in the 1990s are as individualized as motorists themselves, and wading through the coverage complexities can be as challenging as driving through an obstacle course.

What's more, certain types of auto coverage are mandatory in certain states.

And, good coverage doesn't come cheap. The costs of medical care, bodily injury lawsuits and auto repair have skyrocketed in recent years, and auto insurance rates have followed their lead.

Still, most motorists realize their car insurance is well worth its premium — especially after a fender bender or two. Following are some tips and trends for finding a good policy.

THE RIGHT COMPANY

In the coming years, your insurance representative will be much more than just the person who sold you your auto insurance policy. He or she will review and update your coverage, advise you on the best insurance moves to make and help you submit claims.

Of course, your first concern should be the policy itself. But, it also helps to have a representative with whom you can communicate and feel comfortable, and who will provide prompt, friendly service.

Find the best of both worlds by talking to friends and business associates, and browsing through the phone book to come up with a preliminary list of insurance agents to consider.

Keep in mind that some insurance companies write insurance directly without using agents, while independent agents often represent several companies. Company agents, meanwhile, work for a single insurance group.

Insurance companies also vary in how they do business. Many agents, for instance, allow their clients to let their fingers do the walking by quoting rates over the phone. Other representatives prefer to meet with prospective customers face to face.

THE RIGHT POLICY

From no-fault and uninsured motorist to medical payments and comprehensive, there are several different types of insurance coverage designed to protect you, your car and the other drivers in your family.

In fact, when purchasing car insurance, you actually are buying

several types of coverage at once. To get the most complete coverage at the best price, you'll need to break down and compare the specific parts of an insurer's package with all the others.

Liability insurance protects you when you car harms someone or something else, while no-fault coverage applies to any auto insurance program that lets you recover personal injury loss from your own company — no matter who is to blame.

Uninsured motorist coverage protects you when you've been hit by a liable, but uninsured driver, medical payments coverage provides for doctors, hospitals and surgical expenses and collision covers repairs to your car.

And finally, comprehensive coverage takes care of damage to your vehicle caused by non-collision type accidents.

Remember that each type of coverage usually has a limit of liability — or the maximum amount that the company will pay for a claim — along with other terms and conditions. Additionally, collision and comprehensive coverage usually have deductibles — or the amount you'll pay before coverage applies.

How much coverage is right for you? While certain types of insurance are mandatory in some states, you'll probably need more than what's required by the law.

Your insurance agent — who will take into consideration everything from your age and driving habits to your cars and where you live — probably can give you the best answer and the insurance options to back it up. Financial guides, workbooks and magazines also can help you hone in on a ballpark figure.

For your part, you should be prepared with information about your automobiles and the people you want to insure when you approach an agent about a policy.

Among the must-haves: the vehicle identification numbers for every car you plan to insure, your annual mileage — including the amount devoted to commuting — and birth dates and the driver's license numbers of every household member you plan to name in your policy.

MONEY-SAVING TACTICS

Everyone loves to save money and there are many ways to lower car insurance premiums without cutting the quality of coverage. Suggestions include:

• **Watch for the discounts:** Many insurers offer discounts and special rates for certain groups and qualifiers, such as drivers with good records, senior citizens and those who own economy cars or models equipped with air bags.

• **Increase your deductible:** Insurance premiums go down when deductibles — or the specified portion of each claim that you agree to pay — go up. Be sure to select a deductible you can afford, however. If you're involved in an accident, you'll probably have to come up with that new and improved figure.



miles off your annual mileage in the process. Such lifestyle changes

• **Choose a new car wisely:** Before you drive out of the showroom in that brand new sports car, get estimates of what your insurance premiums will be down the road. Many companies offer lower premiums for certain makes and models — such as those that are less likely to be damaged or are less expensive to repair — and the difference is often significant enough to steer new car buyers to another choice.

• **Update your agent:** Once you choose an agent, let him or her know periodically what's going on in your life. Maybe your son or daughter now has his or her own auto insurance policy, or a change of jobs means you now walk to work — and shave hundreds of

often result in lower auto insurance premiums.

CARFACTS

Use less gasoline when traveling

These simple methods can save gasoline when traveling.



- **Pack lightly.** Extra weight can cause wasted fuel consumption.
- **Pack luggage in trunk.** Luggage on roof adds to wind resistance and wastes fuel.
- **Don't top off the tank on hot days.** Heat will cause fuel to expand and overflow the tank.
- **Use air conditioners sparingly.** Air conditioning cuts fuel efficiency.

SOURCE: American Automobile Association, Fuel for Women magazine

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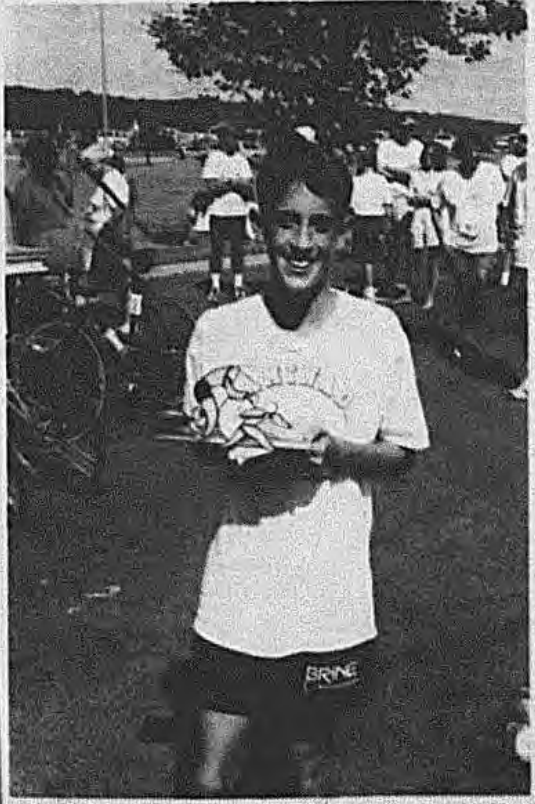
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**LEGAL NOTICE
NEWGEN REALTY
PARTNERS, L.P.**

Notice of a Domestic Limited Partnership filed with the New York Secretary of State on June 10, 1993, as amended by Cert. of Amendment filed with said office on July 8, 1993. NY State office location Nassau Co. The Sec. of State has been designated as agent upon whom process served against the L.P. may be served. The address the Sec. of State may mail a copy of any process against the L.P. served upon the Sec. of State is c/o Spiegel Associates, 375 N. Broadway, Jericho, NY 11753. The principal office is located at 375 N. Broadway, Jericho, NY 11753. The name and address of the general partner is NEWGEN REALTY PARTNERS, c/o Spiegel Associates, 375 N. Broadway, Jericho, NY 11753. The date the partnership is to dissolve is 12/31/2040. The purpose of the L.P. is to among other things, acquire, own, lease, finance, operate and sell realty property.
JER 8415
6X 9/3, 10, 17, 24, 10/1, 8

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

Index No. 021965/92
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) 463-9918
SYO 8706
4X 8/27, 9/3, 10, 17

L.I. Breast Cancer Day of Unity

In a show of solidarity and strength, people concerned about breast cancer and advocates from all over Long Island will converge at the Old Bethpage Village Restoration on Tuesday, October 5, which has been designated as the "Long Island Breast Cancer Day of Unity." The hour-long rally, which will begin promptly at 11 a.m. and end at noon, is expected to draw hundreds of Long Islanders who are fighting breast cancer in their bodies, in their communities, in Albany and in our nation's capital.

The high point of the rally will be when hundreds of participants form a "living map" of Long Island to demonstrate that...

- they have many roles but one unifying purpose - to fight breast cancer
- together they are a formidable power to which politicians on Long Island, in Albany, and in Washington must be accountable.
- every Long Islander should take action and can take action against this disease, by virtue of the many issues concerning breast cancer and the many groups and organizations that are addressing those issues.

When the "living map" is formed, twelve Long Islanders who lives have been touched by breast cancer will bear witness to the urgency of this disease, and to the power that Long Islanders have to fight back.

It was only three years ago when the first breast cancer advocates rallied on Long Island. Since then, thousands of other Long Islanders have been moved into action, some forming town-wide organizations, other working with existing or-

ganizations, and some working individually. The results have been dramatic, including community studies of breast cancer incidence to government initiatives to dedicate more funds for research.

The rally will be held rain or shine, and will be open to the public. For more information call 800-877-8077.

District Grounds Use Policy

The Hicksville Public Schools would like to advise the community that in accordance with Board of Education policy all organized groups wishing to use athletic fields in the district are required to apply for a permit. Groups failing to follow this policy and refusing to adhere to posted signs will be asked to

leave the property by district security officers. Failure to comply will result in a police action.

In addition, the Board of Education policy on vandalism is strictly enforced by the school district. The district is prepared to press charges against any individuals apprehended in connection with incidents of graffiti or vandalism to school property.

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A DEMOCRATIC VICTORY
in November**



Ben Zwirn's **PROVEN RECORD** as Town of North Hempstead Supervisor, and as a member of the Nassau County Board of Supervisors, shows he has always supported the needs of the taxpayers. Ben has been in there fighting for you since 1989, decreasing government spending, enacting tough ethics, crime and environmental laws, meeting the needs of veterans, seniors, police, fire and EMS services.

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**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.



**Introducing the Alzheimer's
"Helping Hands Program"**

A Terrible Toll
Alzheimer's has many victims. It takes a terrible toll on individuals and on families. Those who have it slowly but surely deteriorate mentally and physically. There is no known cure. The disease gets progressively worse. Perhaps the ones who suffer the most are the dedicated family members - the care givers. Much stress and strain. Anxious days and sleepless nights Alzheimer's Disease claims many victims.

Help Available!
If you have someone at home suffering from Alzheimer's, this message is for you because you need some time for yourself. Central Island Nursing Home in Plainville has a unique program called "Helping Hands." It is for the temporary care of people with Alzheimer's. It allows exhausted care givers a much needed break. Our staff takes care of your loved one, while you take care of yourself. Renew your strength and energies. You decide how much time you need. The "Helping Hands" Program has a minimum

stay of 15 days and a maximum of 30. You select the plan that's best for you. We take care of the rest.

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At Central Island, the one affordable rate covers everything. Comfortable room, all meals, supervision and daily supportive programs. Particular focus is placed on exercise, activities, personal hygiene and nutritional status. All of our employees respond with sensitivity and compassion to the unique needs and special problems of those with Alzheimer's. Your loved one will receive gentle supervision and prompt attention no matter what time of day or night.

Although we can't love more than you do, we can provide all levels of care and specialized services you can't. Together we can form a partnership of caring and a Helping Hand for you! Call us and let us help... at least for a little while.

After all, everyone needs a "Helping Hand" now and then. Call Central Island Nursing Home when you need us. We're here for you.

for further information or additional details, call or write:
CENTRAL ISLAND NURSING HOME
Director of Admissions
825 Old Country Road, Plainville, NY 11803
(516) 433-0600



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**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
STELIOS NEAMONITIS,
Pltf. vs. NICHOLAS
KEFALAS, et al Defs.
Index #991293.** Pursuant to judgment of foreclosure and sale dated Aug. 23, 1993, I will sell at public auction on the north front steps of the Nassau County Court House, 262 Old Country Rd., Mineola, NY on Oct. 13, 1993 at 10.00 a.m. pre. k/a Broadway Hicksville, NY.

SCHEDULE A

Tax Lot 44:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, being more particularly bounded and described as follows:

BEGINNING at a point on the Southwesterly side of Broadway (as widened) distant 43.43 feet Northerly from the corner formed by the intersection of the Southwesterly side of Broadway (as widened) and the Northwesterly side of West Nicolai Street;

RUNNING THENCE Southwesterly along a line forming an exterior angle of 89 degrees 22 minutes 30 seconds with the Southwesterly side of Broadway (as widened) 86.10 feet.

THENCE Northerly along a line forming an interior angle of 89 degrees 3 minutes 30 seconds with the preceding course 36.45 feet.

THENCE Westerly along a line forming an exterior angle of 89 degrees 14 minutes 00 seconds with the preceding course 30.62 feet.

THENCE Northerly at right angles to the preceding course 50.72 feet.

THENCE Northeasterly at right angles to the preceding course 116.61 feet to the Southwesterly side of Broadway (as widened);

THENCE Southeasterly along the Southwesterly side of Broadway (as widened) 86.83 feet to the point or place of **BEGINNING**.

Tax Lot 45:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, being more particularly bounded and described as follows:

BEGINNING at the corner formed by the intersection of the Northwesterly side of West Nicolai Street and the Southwesterly side of Broadway (as widened);

RUNNING THENCE Southwesterly along the Northwesterly side of West Nicolai Street 56.39 feet;

Title No. N869810

SCHEDULE A

THENCE Northerly along a line forming an interior angle of 89 degrees 24 minutes 30 seconds with the Northwesterly side of West Nicolai Street 43.49 feet;

THENCE Northeasterly along a line forming an interior angle of 90 degrees 31

LEGAL NOTICE

minutes 00 seconds with the preceding course a distance of 56.47 feet to the Southwesterly side of Broadway (as widened);

THENCE Southeasterly along the Southwesterly side of Broadway (as widened) 43.43 feet to the Northwesterly side of West Nicolai Street at the point or place of **BEGINNING**.

Tax Lot 4:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, being more particularly bounded and described as follows:

BEGINNING at a point on the Northwesterly side of West Nicolai Street distant 86.39 feet Westerly from the corner formed by the intersection of the Northwesterly side of West Nicolai Street and the Southwesterly side of Broadway (as widened);

RUNNING THENCE Southwesterly along the Northwesterly side of West Nicolai Street 30 feet;

THENCE Northerly along a line forming an interior angle of 89 degrees 73 minutes 30 seconds with the Northwesterly side of West Nicolai Street 80.10 feet;

THENCE Northeasterly at right angles to the preceding course 30.62 feet;

THENCE Southerly along a line forming an interior angle of 89 degrees 14 minutes 00 seconds with the preceding course 79.98 feet to the Northwesterly side of West Nicolai Street at the point or place of **BEGINNING**.

Tax Lot 39:

ALL that certain plot, piece or parcel of land, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, bounded and described as follows:

BEGINNING at a point on the Southeasterly corner of the premises about to be described herein which point is determined by measuring the following two courses and distances from the corner formed by the intersection of the old Westerly side of Broadway and the Northerly side of Nicolai Street: (1) along the old Westerly side of Broadway North 43 degree 07 minutes 27 seconds West 154.83 feet to the Northerly side of land now or formerly of Demsey; (2) running thence along the last mentioned land South 45 degrees 30 minutes 33 seconds West 43.21 feet to the new Westerly side of Broadway at the true point or place of beginning;

RUNNING THENCE still along land now or formerly of Demsey South 45 degrees 30 minutes 33 seconds West 66.79 feet to land now or formerly of Johanna Taliaferro;

THENCE along the last mentioned land North 43 degrees 07 minutes 27 seconds West 25 feet to land now or formerly of Reinhold A. Esalinger;

THENCE along the last

LEGAL NOTICE

mentioned land North 46 degrees 30 minutes 33 seconds East 66.79 feet to the new Westerly side of Broadway;

THENCE along the new Westerly side of Broadway South 43 degrees 07 minutes 27 seconds East 25 feet to the point or place of **BEGINNING**.

Tax Lot 43:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Hicksville, in the Town of Oyster Bay, County of Nassau and State of New York, remaining after the condemnation by the State of New York of a portion of the property hereinafter described, bounded and described as follows:

BEGINNING at the Southeasterly corner thereof, at a point on the Westerly side of Broadway, distant 174 feet 9 inches Southerly from the corner formed by the intersection of the Westerly side of Broadway with the Southerly side of Marie Street, which point of beginning is where the Northerly line of land conveyed by Arnold G. Heitz and wife to Edward G. Rave, by deed dated June 25, 1893, recorded in the Queens County Clerk's Office on August 1, 1893, in Liber 987 of conveyances, page 57 intersects the Westerly side of Broadway;

RUNNING THENCE Westerly along the Northerly line of land of said Edward G. Rave, 101 feet;

THENCE Northerly parallel with the said Broadway 24 feet, 9 inches;

THENCE Easterly and parallel with said land of Edward G. Rave and along land now or formerly of Johanna Taliaferro, 101 feet to the Westerly side of Broadway;

THENCE Southerly along the Westerly side of Broadway, 24 feet 9 inches to the point or place of **BEGINNING**.

EXCEPTING so much of the above described premises as was taken by the State of New York for the widening of Broadway under Proceeding #2774/42 Parcel #387, Map #364.

Premises known as Section 11, Block 308, Lots 4, 39, 43, 44, 45 as shown on the Nassau County Land and Tax Map.

Sold subject to terms and conditions of filed judgment and terms of sale.

JOHN R. HONKANEN,
Referee
PAULE EISENSTEIN,
Atty. for Pltf.,
7800 Jericho Tpke.,
Woodbury, NY U190

MIT 2734
4X 9/10, 17, 24, 10/1

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**LEGAL NOTICE
THE PEOPLE OF
THE STATE OF
NEW YORK**

**BY THE GRACE OF GOD
FREE AND INDEPENDENT**

TO: Louise Salmond
Jessie Bell
Beatrice Jean King, sole distributee of Estate of Beatrice Mickle

Savannah Smith
Mrs. Jacob Lee, sole distributee of Estate of Jacob Lee

Barry Lee
Germaine Lee
George Lee
Joaquan Munk

Takesha Lavetta Wilson
Albert Esau also known as Esau Albert Lee, and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heir-at-law and next-of-kin of said Pearl Jackson, deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

GREETINGS:
WHEREAS, Charles Drakeford who is domiciled at 103 Fulton Street, North Babylon, New York 11703 has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 19th day of June, 1990 relating to both real and personal property duly proved as the Last Will and Testament of Pearl Jackson deceased who was at the time of her death domiciled at 10 Clark Drive, Great Neck in said County of Nassau.

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 3rd day of November 1993 at 9:30 A.M. of that day why the said Will and Testament should not be admitted to probate as a Will of real and personal property.

IN TESTIMONY WHEREOF, we have caused the seal of the Surrogate's Court of our said County of Nassau to be hereunto affixed.

WITNESS, HON. C. RAYMOND RADIGAN,
Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 31 day of Aug. 1993.

S/ ALBERT W. PETRAGLIA
CLERK OF THE

LEGAL NOTICE

SURROGATE'S COURT

Salamon, Gruber,
Newman, Blaymore
& Rothschild, P.C.
87 Powerhouse Road
Roslyn Heights, NY 11577
ATTN: Valerie M.
Rothschild, Esq.
Attorney for Petitioner,
Office & P.O. Address

This citation is served upon you as required by law. You are not obliged to appear in person. If you fail to appear, it will be assumed that you consent to the proceedings, unless you file written verified objections thereto. You have a right to have an attorney-at-law appear for you.

MIT 2735
4X 9/10, 17, 24, 10/1

LEGAL NOTICE

**SURROGATE'S COURT -
COUNTY OF NASSAU
HOME FEDERAL
SAVINGS BANK.**

Plaintiff against **DAVID MORROW, et al** Defendant(s). Pursuant to a judgment of foreclosure and sale entered herein and dated August 9, 1993, I, the undersigned referee will sell at public auction on the north front steps of the Nassau County Court House, 262 Old Country Road, Mineola, NY on the 14th day of October, 1993 at 9:00 AM premises Beginning at a point on the westerly side of Palermo Street, distant 60 feet southerly from the corner formed by the intersection of said westerly side of Palermo Street with the southerly side of Alexander Avenue, being a plot 48.54 feet by 100.04 feet by 51.23 feet by 100 feet, said premises known as 3 Palermo Street, Hicksville, New York.

Approximate amount of lien \$130,540.10 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number 28511/92

Dated: September 9, 1993
Raymond Mineo, Referee
Certilman Ballin Adler & Hyman Attorney(s) for Plaintiff 90 Merrick Avenue, East Meadow, NY 11554
MIT 2733
4 x 9/10, 17, 24, 10/1

NOTICE

HAVE YOU A HIDDEN TALENT that has yet to be discovered in print?

We are looking for articles, not exceeding 2,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

If you want to be published and be part of an issue of Discovery, you may submit your article to Lator Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

**LEGAL NOTICE
THE PEOPLE
OF THE STATE
OF NEW YORK
BY THE GRACE OF
GOD FREE AND
INDEPENDENT**

**TO: The Attorney
General, State of New
York**

and any and all persons, if any, cited upon this proceeding as heirs-at-law and next of kin of Margaretha Van Tassell, deceased, who are unknown, and cannot, after diligent inquiry be ascertained; and, if said persons or any of them be dead, all unknown persons, whose names and residences are entirely unknown, who are the executors, administrators, heirs-at-law, next of kin, distributees, legatees, devisees, husbands or wives, or successor in interest of said deceased persons, all of whom are unknown, and cannot, after diligent inquiry be ascertained and upon whom personal service of the Citation cannot, with due diligence be made within the State:

GREETINGS

WHEREAS, Elisabeth Betts, who is domiciled at 305 Hughes Street, Bellmore, New York, and Robert E. L. Welch, who is domiciled at 1065 Admont Avenue, Franklin Square, New York, have lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 29th date of August, 1988, relating to both real and personal property duly proven as the Last Will and Testament of Margaretha Van Tassell, deceased, who was at the time of her death domiciled at 82 Adams Street, Garden City, in said County of Nassau.

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Courthouse, at Mineola in the County of Nassau, on the 27th day of October, 1993, at 9:30 A.M. of that day, why the said Will and Testament should not be admitted to probate as a Will of real and personal property.

IN TESTIMONY WHEREOF, We have caused the seal of the Surrogate's Court of our said County of Nassau to be hereunto affixed.

WITNESS, HON. C. RAYMOND RADIGAN, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in said County, the 31st day of **AUGUST, 1993.**

L.S. Seal
Albert W. Petraglia
Clerk of the
Surrogate's Court
This citation is served upon you as required by law. You are not required to appear in person. If you fail to appear it will be assumed that you consent to the proceedings, unless you file written verified objections

LEGAL NOTICE

thereto. You have the right to have an attorney-at-law appear for you.

A true copy of the will must be attached to this citation.

Charles G. Mills
Attorney for Petitioner
56 School Street
Glen Cove, New York
11542
516-759-4300

MIT 2736
4x9/10, 17, 24; 10/1

**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,
ESQ., 990 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, 282 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 Lottie Ave., and being a regular parcel of land 62.50 ft. x 100 ft. PREMISES known as 105 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. 2489/93
RICHARD L. GUMO,
REFEREE**

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

In Service

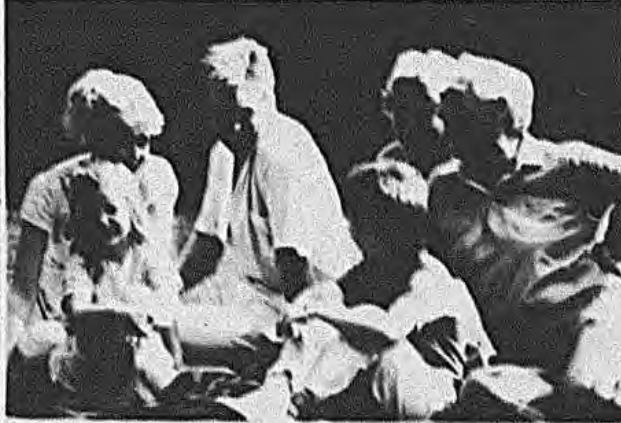
Navy Seaman Recruit Salvatore DeFazio, a 1992 graduate of Hicksville High School, recently returned from a successful six-month Mediterranean Sea, Persian Gulf and Indian Ocean deployment aboard the amphibious cargo ship USS El Paso, homeported in Norfolk, Va., as part of the USS Wasp's Central Command Amphibious Ready Group (CARG 2-93).

CARG 2-93 deployed ahead of its regularly scheduled Mediterranean sea deployment to support the humanitarian efforts of Operation Restore Hope, providing much needed food supplies to Somalia. In April, the CARG's four ships, Navy and Marine helicopter squadrons and a 2,100-man Marine expeditionary unit deployed to the Persian Gulf and participated in multinational exercises in that region.

DeFazio visited Abu Dhabi and Dubai, United Arab Emirates; Kuwait; Rhodes, Greece and Malaga and Benidorm, Spain.

DeFazio joined the Navy in September, 1992.

HEALTH UPDATE
FOR SENIORS AND THEIR FAMILIES



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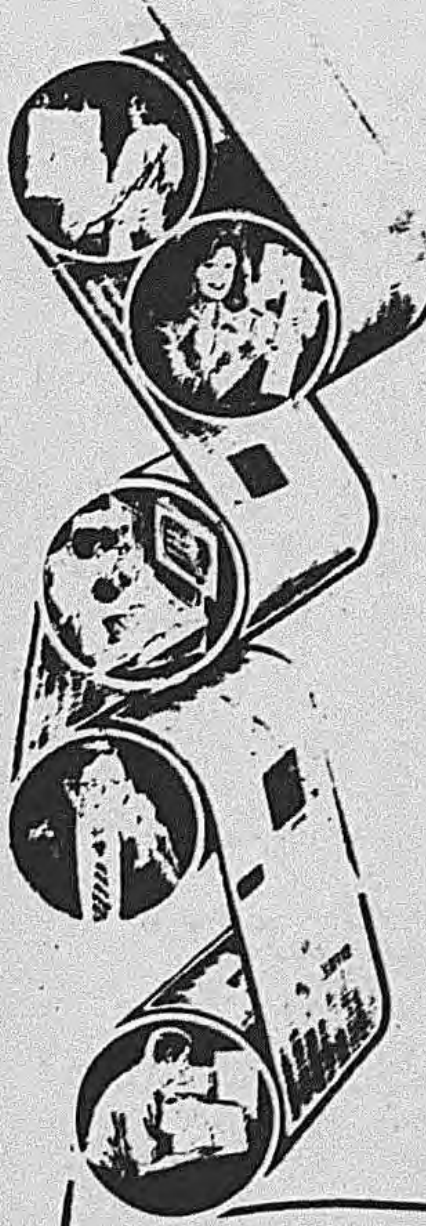
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Part Two of the Mid Island Times,
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New Hyde Park Herald Courier,
Bethpage Newsgram, Jericho News Journal,
Great Neck News and The Garden City News



Discovery! Magazine

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



Friday, September 10, 1993

**Lawyer Bashing
Is Unjust**



SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think that the PLO and Israel will be able to forge a lasting peace?



"Wanna see me start a war in the Middle East?"

Limit U.S. Troops In Somalia

Most callers to Input believe that we should limit our army activity in Somalia in answer to this question: "Do you think we should pursue warlords in Somalia?" Here are some of the answers: **PAY DUES**

I believe the warlords in Somalia should be pursued by the U.N. If the member countries including the U.S. would pay up their dues. Only seven out of 88 have done so. **J.K. STOP THIS NONSENSE**

I do not think that most American people thought that they were going to go into countries and help set up governments when they were behind the distribution of food. Granted the warlords are the reason people are starving, we still cannot go in and force countries to have our idea of a democratic government. We have done this before in so many places and the only thanks we receive is condemnation by the masses. Let's stop this nonsense. **J.F. DISTRIBUTE FOOD**

We should have army directives on how far we are going to distribute food. The U.N. should really take this job and we should help. But if the mission gets the name of being a U.S. incursion, it will backfire as usual. **M.S. WORK ON OUR PROBLEMS**

No. We have had enough of trying to run the world. We are failing to run our own country with criminals getting in the way of people living a happy life with their dope running etc. Let's stay home and work out our own problems. **G.B. KEEP OUT OF WAR**

It is almost unbelievable that we should consider getting involved in any mission that would include killing people in other countries. We all want to distribute food, but what can we do alone? The U.N. should do more if it is to exist at all. Each time there is a crisis we seem to go into situations alone. Certainly the country cannot be following a man like Clinton who was against risking his own neck when we were fighting in Asia. He knew the answers then of how to keep himself out of war. He ought to do the same thing now in behalf of the country. **M.S. GET OUT OF SOMALIA**

I should have known better. I had thought the American people would never allow another Korea, another Vietnam, another Panama.

We sat entranced as we watched the Gulf War show, great theater, short, sweet, no commercials and the troops went home. And now we are back at it again. There is a great goodness in the American character, but perhaps there is also something lacking. Why do we find it necessary to embark on these great crusades?

The Somalians needed our help and we responded. A humanitarian effort, feed the people, do our thing and go home. We began to withdraw our troops but now we are going back in "to make this thing work." Whatever that means. A nice open end, a deep political hole.

We should get our nose out of Somalia, we no longer belong there. The Somalians do not want us in their country and I cannot believe that the American people wish to continue this great adventure. **E.J.H.**

CANT SEE A GOOD REASON
Quite honestly I am not familiar enough with the problem to advance any constructive thoughts on the subject. My seat-of-the-pants feeling is that we should stay out of Somalia. Going back a way, President Bush started infiltrating during his regime as President. Quite honestly, I just didn't know "why!" Today, it's just as difficult to understand what our motivation might be in pursuing warlords in Somalia. If it's humanitarian - that's understandable, but if for example, it's the acquisition of oil which I understand is an attractive motive, that's a horse of a different color. But quite honestly, I believe we have enough to worry about right here in the good old U.S.A. **P.G.S.**

Past Issues

It was absolutely necessary that Bob Dole oppose the Clinton tax plan and lead the Republicans in that opposition. We are in the midst of a political war and should we lose that war, our way of life will be destroyed. The passage of the Clinton tax plan is now behind us. Watch for its economic impact. Come to know the difference between liberal and conservative. And it is not just a question of who is in and who is out. Do not give any politician free rein. Neither major party is free of fault. Nor can you trust any candidate for public office. And that is a sad fact. Make Bob Dole earn your trust. Let him lead the opposition but be prepared to fight. Clinton is a "tax and spend" liberal with all that those words imply. More than that his personal and political record is such that we know we will never be able to trust him. **E.J.H. IN FAVOR OF DOLE**

I think Senator Dole did an excellent job opposing Clinton's tax plan and "Slick Willy's" lies, one of which was no new taxes except on the rich. \$36,000 is not rich on Long Island. Believe me I think Senator Dole would make a true caring sensible Republican candidate for President. **H.A.N.**

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Discovery!

Lawyer Bashing Is Unjust

By Herbert Goldstone

Lawyers and the legal profession are taking a very unfair, unjust and undeserved public relations beating these days and it's about time someone spoke up for them.

Contrary to misinformed critics who heap scorn and ridicule upon all lawyers, the overwhelming majority of them are skilled, hard working and dedicated men and women who play a crucial role in making our system of government under law, recognized as the finest in the world, work for the benefit of all of us.

A day doesn't go by without newspaper editorials, columnists and commentators tearing into lawyers. Comedians use the term "lawyer" as a joke and a dirty word.

Why? There is really no justification for this mean and relentless lawyer bashing.

Yes, there are a handful of greedy, incompetent, unscrupulous lawyers who steal from clients, pocket fat fees from gullible people in trouble and clutter the courts with frivolous lawsuits. But they are the exceptions.

Every profession—doctors, car salesmen, stock brokers, real estate agents, storekeepers, you name it—has its bad apples. Is that justification for blaming everybody in some particular line of work for their sins?

The truth that lawyer bashers are either ignorant about or choose to ignore is that there is no profession with a stricter code of conduct or a more vigorously enforced disciplinary system than the legal profession. Any attorney who does the things the critics want us to believe they all do won't have his license for very long.

Those who attack the legal profession encourage the false public belief that a complaint against a lawyer is given to a friendly grievance committee of his or her pals in the local bar association and they either give the offender a slap on the wrist or sweep the whole thing under the rug.

That is nonsense. In New York State, it hasn't been like that for more than twenty years. The Second Judicial Department, which includes Long Island, has three official Grievance Committees appointed by the Appellate Division, second highest court in the state which regulates admission to the bar and the conduct of the legal profession.

One Committee covers Nassau and Suffolk Counties, with an office in Mineola. Another covers Brooklyn, Queens and Staten Island. The third covers Westchester and four close upstate counties. The First Judicial Department, Manhattan and the Bronx, has its own Grievance Committee.

It's the Grievance Committee for the 10th Judicial District that hears complaints of professional misconduct against lawyers in Nassau and Suffolk counties. Complaints come from clients, other lawyers, news reports or just some activities the Committee hears about.

The Committees have 20 members each and they're not all lawyers. By Appellate Division order, they must include four non-lawyers, so don't think it's just fellow attorneys who take care of each other.

Each Grievance Committee has a full-time professional staff headed by a court-appointed chief counsel. It looks into a complaint and may decide there's no basis for it, may send the accused lawyer a warning letter or, if the charges are serious enough, request, Appellate Division OK for a full-scale disciplinary procedure. If the court approves, and it almost always does, it appoints a hearing examiner, usually a retired judge, to conduct the proceeding, with testimony, witnesses and lawyers for both the Grievance Committee and the accused attorney.

The hearing examiner makes a report to the Appellate Division, upholding or rejecting some or all of the charges. The Appellate Division reviews the case and if the judges confirm the examiner's findings, which usually happens, they have power to disbar the lawyer, suspend him for as



many years as the case calls for or reprimand him. That decision is public, always printed in the New York Law Journal and reported by newspapers, TV and radio.

A disbarred lawyer must wait seven years to apply for reinstatement and it's far from automatic. The Grievance Committee examines the disbarred lawyer's conduct during those seven years and the Appellate Division decides whether he should be reinstated.

If you have any idea that this disciplinary machinery doesn't really work, ask the hundreds of lawyers who the Appellate Division has disbarred or suspended since the Grievance Committee system went into effect, and not just some obscure lawyers the public never heard about. The list includes several U.S. Congressmen, for instance, and a former President of the United States.

Yes, Richard M. Nixon, who was licensed as a lawyer in New York State, was disbarred by the Appellate Division for the First Judicial Department for failing to cooperate in a Committee investigation of the same acts that resulted in the impeachment resolution by the House Judiciary Committee. President Ford's pardon didn't keep the resigned President from being disbarred.

Speaking of disciplinary proceedings, do you know that any lawyer convicted of a felony under New York State law or of a federal offense equivalent to a state felony is automatically disbarred? Those convicted of lesser crimes are subject to a disciplinary hearing and are often disbarred or suspended that way.

Do you know that every lawyer in New York State must contribute annually to a special fund set up to compensate clients for losses due to lawyer mishandling their money?

Do you know the Latin phrase "pro bono publico"? It means "for the public good." Almost all lawyers do some "pro bono" work, offering their services free to those who can't afford a lawyer.

Do you know about the Legal Aid societies which provide legal services for indigent people? Or that someone charged with a crime who can't afford a lawyer has one assigned free by the court?

Do you know bar associations operate helpful reference services and send speakers to schools and various local organizations to help educate the public about the laws that affect their lives?

You hear a lot about greedy lawyers suing everybody under the sun for frivolous reasons. Do you know that filing unjustified lawsuits and other legal actions is a violation of the regulations governing the legal profession and that lawyers are brought up on charges for doing it?

Those who castigate the legal profession never talk about the things I've just listed.

Instead, they love to throw around that quote from Shakespeare's *Henry VI, Part Two*: "Let's kill all the lawyers" as support for their opinions.

They're wrong about that too. The much-quoted line happens to be a compliment to lawyers. In the play, a man named Jack Cade is conspiring to overthrow the king and grab the throne for himself. A crony, Dick, advises him: "The first thing we do, let's kill all the lawyers." Cade agrees, replying: "Nay, that I mean to do." Then he complains that written laws may thwart his scheme.

So actually, far from castigating lawyers and the legal professions, Shakespeare portrays them as the force that would stop Cade from illegally seizing power.

In that tradition, there were lawyers who signed the Declaration of Independence, helped write the Constitution that's kept this country in the freedom business for two centuries and still protect us from abuse in high places.

No, lawyers aren't all angels. They have the same flaws and blemishes as the rest of us, but they are the ones we turn to for help with so many of our personal and business problems. That's their job and they do it well. We'd be a lot poorer country without an honest, well-trained and dedicated legal profession.

With all due respect to the critics, we have one.

About The Author

Herb Goldstone lives in Woodbury. He is a frequent contributor to *Discovery* and has written for many publications in Long Island.

DINING GUIDE

WINE TALK

Easy-drinking whites

By Richard Nalley

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You know exactly what you want, sort of. It's a wine — you've gotten that far — and it should be chilly, flavorful and light. You're not up for spending serious money, but you're bored with Brand X jug wine. If it's not the heat that gets you, it's the decisions.

Fortunately, there is a whole world of white wines out there — many that seem to have been made especially for lazy late-summer days. The easy-going wines below are priced between \$5 and \$9 unless otherwise noted and will keep you provided with crucial refreshment during your sway in the hammock.

The best backyard whites recently reviewed:

(\$6-\$9) Dry Creek Vineyard 1992 Dry Chenin Blanc, Simi's 1991 Chenin Blanc, Trefethen 1991 White Riesling, Columbia Crest 1992 Johannisberg Riesling.

(\$9-\$12) Stonestreet 1991 Gewurztraminer, Joseph Phelps 1990 Johannisberg Riesling.

Wines reviewed this week:
 The mostly inexpensive American Gewurztraminers somehow put me in mind of finger foods. These typically soft, exotically flavored wines go wonderfully well with things like spare ribs, barbecued chicken, burritos and some Asian foods like egg rolls and moo-shu chicken. Despite what the wine books tell you, with spicier and sweeter Asian foods, I'd opt for either Champagne or beer.

The first American Gewurztraminer I look for is De Loach's "Early Harvest" Gewurztraminer bottling from Sonoma's Russian River Valley, and the 1992 edition reminds me why. It's dry with good, fresh, food-loving acidity but doesn't sacrifice the exotic floral spiciness that lures you to drink Gewurtz in the first place.

The cool, foggy, marine-influenced climate of the Russian River Valley is becoming something of a prestige source for Gewurztraminer grapes, as evidenced by the number of wines that mention the place on their labels.

Similar vineyard climates do not mean that the wines will turn out the same, however. The tasty Louis M. Martini 1992 Gewurztraminer, Russian River Valley, is in a big-bodied, off-dry, juicy style with loads of flavor. The Adler Fels 1992, Sonoma County, which draws grapes from the Russian River Valley, is somewhere between the De Loach and the Martini, a soft, off-dry wine with a medium body and a delicate spiciness.

A wine in a not dissimilar style is the Beringer 1992 Gewurztraminer, which is soft, somewhat delicate and easy drinking. It doesn't go for the knockout flavor punch — something you come to appreciate with the second glass.

Chenin Blanc is one of the great underrated white wine grapes. The trick is to balance its juicy, melony fruit flavors with enough acidity to give the wine some zip. Otherwise, and all too often, you end up with a

flabby, off-dry wine whose pleasing fruitiness suggests what might have been.

A tasty version is the Mirassou 1992 Dry Chenin Blanc, Monterey County, a creamy wine with fresh, lively varietal fruit that may be one of America's great \$6 picnic wines. Also worthy of porch-swing drinking is the Chateau Ste. Michelle 1992 Chenin Blanc, Columbia Valley, a lighter-bodied wine with lots of zip to go along with its juicy fruit.

Our domestic Rieslings aren't likely to make wine lovers forget Alsace, the Moselle or the Rheingau, except for their affordable pricing. We're seemingly decades farther along in our handling of the other top-flight grape varieties of the world: Chardonnay, Cabernet Sauvignon, Sauvignon Blanc and even Pinot Noir than in Riesling.

It's an agricultural mystery that may have everything to do with marketing reality: Riesling doesn't command great prices, so wine-makers and vineyardists don't put great effort behind the variety. This has a vicious-cycle aspect, of course. Since the wines haven't progressed compared to their Old World models, they aren't likely to fetch any higher prices.

If the domestic Rieslings only rarely exhibit the kind of flavor intensity and structure of the best Old World wines, they can still be deliciously flavorful, low-alcohol sipping wines.

Washington state is a rare wine area where Riesling has enjoyed an elevated status, so it's no surprise that the Chateau Ste. Michelle duo of 1992 "Dry Riesling" and 1992 Johannisberg Riesling are among the better ones around. The Dry Riesling — in the clear bottle — is a pretty, broad-textured wine with an earthy yellow-apple flavor. The green-bottled Johannisberg Riesling is softer and off-dry, an aperitif wine you might pour before serving the Dry Riesling with grilled chicken.

The Fetzer 1992 Johannisberg Riesling, California, has much to recommend it, including some key numbers: a \$6.50 price tag and a light 11.1 percent alcohol. It's a light-touch example of an off-dry, but not cloying Riesling with some varietal pleasure.

Other Rieslings tasted recently: The light but flavorful Kendall-Jackson 1992 Johannisberg Riesling, California, is likely to be a crowd-pleaser, though its floral, bath-soapy aromas (I mean this in a nice way) remind me more of Gewurztraminer than Riesling.

PICK OF THE WEEK

Benziger 1991 Pinot Blanc, Sonoma County (\$10). This is a Pinot Blanc seemingly made for lovers of ripe, toasty oaked Chardonnay — but you'd be hard-pressed to find a Chardonnay this bright, creamy and loaded with fresh fruit at this price. Drink it up over the next year.

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HOME ENTERTAINING

Wine-tasting party takes planning

By Carol Cutler

Here is a case of where less really is more. Americans are drinking less wine these days, but with a difference. The wines we are drinking are better.

It follows, then, that pricier bottles will command more attention. If it costs more, we want to know why. Is it really better, or a matter of promotion?

A serious wine tasting can be a new way to entertain similarly interested oenophiles. But conducting a tasting involves more than just buying some bottles and putting out glasses.

The evening is meant to be relaxed, convivial and educational. First, you must decide upon a theme. There are many possibilities, depending on the wine subjects you want to explore.

An enlightening survey is a horizontal tasting. That means different examples of the same region, grape variety and vintage. For example, you pour different California cabernet sauvignons from 1982, or maybe 1992 Alsatian Rieslings.

Not only does a horizontal tasting match one winery against another, it also will demonstrate the difference in winery styles. Remember, the men and women who create wines are called winemakers. They take the fermented grape juice and make of it something in their own style.

Another possibility is the same winery and grape variety in different vintages. This is called a vertical tasting. A Chianti Classico tasting would be a popular one, as would a California merlot.

Other possibilities are the same wine from different countries, regions or states. Do you realize that wine is produced in 44 of the states? In short, you can pick any theme you like and make it educational and fun.

Then it must be decided whether this will be an open or blind tasting. A blind tasting means putting paper bags over the bottles with only the necks protruding. Tape the top of the bag around the neck

and randomly number the bottles. This masking of the bottles ensures total concentration on what's in the glass, not on the label. Impressive labels can mislead, and even very good wines have off years and off bottles.

Tables and chairs should be provided, if at all possible. A white tablecloth should be on the table, or at least a white sheet of paper. A white background allows tasters to better judge the clarity and color of the wine. Pencil and paper are necessary to take notes and keep track of what you like and how you judge the wines.

Place a dump bucket at several points along the table. This encourages disposing of less favorable wines, thus drinking less. Keep in mind moderate drinking is the socially correct thing to do.

If there are enough glasses for each different wine, the excess can be left in the glass. Professionals also use the dump bucket for spitting out the wine after it has been swirled in the mouth. Their judgment is made on what is on the tongue, not what goes down.

Price is an important consideration when judging. A great Montrachet from Burgundy will, of course, taste better than a chardonnay from Australia or Chile. It is priced accordingly — very high.

If possible, have someone lead the tasting. He or she can make comments, describing what characteristics emerge from the glass. Also elicit remarks from the guests. If you need a knowledgeable guide through wineland, ask local wine merchants to supply an expert. They are happy to make converts of all of you.

Provide water for cleansing the palate, as well as a few mild-flavored snacks. Plain bread or crackers are the only offerings at professional tastings. Since this party is more casual, put out some grapes, apples, bread sticks and small cubes of Swiss-type cheeses or Edam. Nothing should be strong in flavor.

KITCHEN HINTS



Delicious dumplings.

Steamed dumplings can be tricky. Here's an easy way to prepare these pleasing treats:

1. Use a pot large enough to allow dumplings to expand as they cook.
2. Keep cooking liquid at a simmer.
3. Do not lift the lid while the dumplings are cooking. Lifting the lid allows steam to escape and lowers cooking temperature; in the time it takes the temperature to rise again, the dumplings will overcook.

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

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DINING GUIDE

KITCHEN KIDS

Late-harvest tomato soups

As the fall approaches, the tomato harvest begins to quickly fill up gardens, farm stands and refrigerators. With such wonderful fresh vegetables and fruits available, this is a great time to bring your children into the kitchen and introduce them to the cooking as well as to the fragrant flavors of a late summer's harvest.

All year long, tomato aficionados yearn for this time of year. Tomatoes are at their peak for flavor, and their texture is just perfect for soups, stews and sauces. Besides a Basic Tomato Soup, there are several other interesting soups that use these vine-ripened tomatoes as a base.

The Basic Tomato Soup is ideal to make with your youngest child. It is important, though, that you use fresh and very ripe tomatoes. This soup depends on the ripe flavors of the tomato as the basis.

Older children who want a more complex soup will enjoy preparing either the Gazpacho or Tortilla Soup. Gazpacho is the easier of the two. It is a simple combination of a variety of pureed garden vegetables using the tomato as a base. Served cold, this soup is substantial enough to have as the main course for either lunch or a light dinner.

BASIC TOMATO SOUP

4 pounds ripe tomatoes
12 basil leaves, cut into ribbons
¼ teaspoon salt
¼ teaspoon black pepper
1 cup milk
Yields 4 servings.
Preparation time: 20 minutes.
Cooking time: 20 minutes.
Utensils: cutting board and knife, food processor, sauceman, spoon, measuring cups and spoons.

Cut core end off tomatoes. Process them briefly in food processor until they become puree. Bring tomatoes, basil, salt and pepper to a boil in sauceman and then reduce to simmer. Cook for 20 minutes.

Add milk, bring to simmer and cook for 10 minutes. Serve warm or chilled.

SPICY GAZPACHO

1 medium-sized cucumber
3 pounds ripe tomatoes, washed
1 small onion
1 teaspoon chopped jalapeno pepper
10 leaves basil, cut into thin ribbons

1 teaspoon ground cumin
2 cups vegetable juice
2 tablespoon apple cider vinegar
1 tablespoon lime juice
¼ teaspoon salt
¼ teaspoon black pepper
¼ cup seasoned croutons
Yields 8 servings.

Preparation time: 25 minutes.
Utensils: vegetable peeler, cutting board and knife, teaspoon, food processor, large bowl, measuring cup and spoon, scissors.

Scrape peel off cucumber. Secure it on cutting board and cut it in half, horizontally. Using teaspoon, scoop out seeds. Set aside.

Cut core end off tomatoes. Cut them into wedges and set aside.

Trim root ends off onion and peel off skin. Cut onion in half, then cut it into several wedges. Set

aside.
Puree tomatoes, a few at a time, in food processor. Pour processed tomatoes into large bowl in be-

tween processing.
While processing the last of the tomatoes, add cucumber, onion, jalapeno pepper, basil and cumin. Pour into bowl and add vegetable juice, vinegar and lime juice. Season with salt and pepper. Chill.



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KITCHEN HINTS



Delicious dumplings.

Steamed dumplings can be tricky. Here's an easy way to prepare these pleasing treats:

1. Use a pot large enough to allow dumplings to expand as they cook.
2. Keep cooking liquid at a simmer.
3. Do not lift the lid while the dumplings are cooking. Lifting the lid allows steam to escape and lowers cooking temperature. In the time it takes the temperature to rise again, the dumplings will overcook.

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

Vegetarian View



By Gloria Schwartz

Balsamic vinegar has stood the test of time. Despite its long history in cooking (it's been around since 1046), only recently have Americans realized what a gem it really is. It's now the darling of food magazines and chefs, rivaling mascarpone cheese for trendy food of the year.

Balsamic vinegar is among the pantry staples in many homes. It has a lot more depth of flavor than ordinary cider or wine vinegar. People often use it in salad dressings, sauces and marinades. It is more mellow than other vinegars, and it has a sweetness to it that imparts a nice flavor to food.

For a quick vinaigrette, mix balsamic vinegar with homemade pesto. It's also great drizzled on freshly steamed vegetables or added to leftover vegetables the following day.

Balsamic vinegar comes from a part of Italy called Modena. Like an expensive red wine, the age of balsamic vinegar becomes apparent with just one sniff. Dark and viscous, true *aceto balsamico* carries a mouth-puckering acidity as well as a rich sweetness. The flavor is complex — the blending of a touch of herbs with caramel.

Three elements make balsamic vinegar different from other vinegars: grapes, barrels and time. Specific grape variety is rarely a facet in the production of vinegar. But in Modena (a province of the region of Emilia-Romagna), if it isn't the juice of the *trebbiano de spagna* grape, it simply won't result in balsamic vinegar. The late-maturing grape is related but not identical to strains of the *trebbiano* grape that produce soave and other white wines. It yields a sugary juice that accounts for the surprising sweetness of the finished product.

The unfermented juice is boiled down to two-thirds of its original volume, then placed in the first of a long series of wooden barrels. Many of the vinegar's characteristics come from the contact the vinegar makes with different aromatic woods, a process that can take 10 years or longer. All of that time usually results in a hefty price tag.

Another way to process balsamic vinegar is in modern factories. It circumvents the entire aging process, adding flavor essences to the vinegar. The cost is a mere fraction of the more authentic kind.

WARM SPINACH SALAD WITH BALSAMIC VINEGAR

8 cups fresh spinach, leaves trimmed
 1/4 cup olive oil
 3 cloves garlic, minced
 1 small red onion, sliced
 3 tablespoons balsamic vinegar
 1/2 cup Greek olives, pitted and sliced
 1 cup feta cheese, cut into small cubes
 Salt and fresh pepper to taste
 Yields 6 servings.
 Wash and dry spinach well. Heat olive oil in large skillet over medi-

um heat; saute garlic and onion until slightly brown. Remove from heat, add balsamic vinegar, olives, feta and spinach. Toss together. Season with salt and freshly ground pepper. Serve immediately.

BALSAMIC STRAWBERRIES

2 1/2 pints strawberries, hulled
 2 tablespoons balsamic vinegar
 1/4 teaspoon real vanilla
 1 tablespoon sugar
 1/4 teaspoon freshly ground pepper
 Unsweetened whipped cream
 OR creme fraiche as an accompaniment
 Yields 4 to 5 servings.

In bowl, toss strawberries with vinegar, vanilla, sugar and pepper; let them sit at room temperature, tossing occasionally, for 30 minutes. Add additional pepper if desired. Toss strawberries to coat well and serve with whipped cream or creme fraiche.

ROASTED VIDALIA ONIONS

4 large Vidalia OR Walla Walla onions
 1/2 cup extra-virgin olive oil
 4 tablespoons balsamic vinegar
 Salt and pepper to taste
 Yields 4 servings.

Quarter onions, leaving skin on (keep them intact; do not cut through the root end).

Add to skillet that can go in oven. Coat onions with oil, vinegar, salt and pepper. Arrange onion quarters in skillet, skin side down. Cover with foil; bake at 375 F for 50 to 60 minutes or until tender. Finish under broiler for 2 minutes until golden. Arrange onions on serving plate, drizzle with juices.

CHILLED ASPARAGUS WITH HORSERADISH VINAIGRETTE

1 1/2 pounds fresh asparagus
 1 1/4 teaspoons salt
 1/4 cup olive oil
 1/4 teaspoon sesame oil
 1/2 tablespoon bottled horseradish, drained
 1/2 tablespoon balsamic vinegar
 Pinch of freshly ground pepper
 1 tablespoon coarsely chopped pine nuts, toasted
 Lemon twists for garnish
 Yields 4 to 5 servings.

Wash, then trim asparagus by breaking it from bottom edge. Cut into halves or thirds, if desired. Bring 1 inch of water to a boil in large skillet.

Add 1/2 teaspoon salt and asparagus, cook for 3 to 5 minutes, or until crisp-tender. Drain in colander. Pour cold water over asparagus to stop cooking.

Combine olive oil, sesame oil, horseradish, balsamic vinegar, the remaining 1 1/4 teaspoon salt and fresh pepper in large bowl.

Whisk together vigorously until well blended. Add asparagus and toss together gently until well combined. Cover and chill several hours or overnight. Toss occasionally.

Just before serving, sprinkle with toasted pine nuts; garnish with lemon twists.

After Work Gourmet



By Sharon Achatz

Mint makes waves on any menu

Tricks and tradition abound for keeping cool during the warm days of late summer and early fall.

One noteworthy tradition — the use of mint in salads, drinks and desserts — employs a bit of trickery. While this fuzzy green herb doesn't actually lower body temperature, the oil in mint has an anesthetic action that produces a cool tingle on the tongue.

Mint's summertime appearance in fruit salads, iced tea and ice cream may lead novices to believe it's a lightweight condiment; however, mint is used much more widely than its summer showcase suggests.

It's the traditional flavoring for peas and new potatoes, and also is a favorite flavor to be served with lamb — either in a marinade or as jelly at the side. Grilled Lamb Patties combine mint with lemon and garlic for an unforgettable combination.

For easy minted peas, cook frozen peas according to package directions, then season with 2 tablespoons melted margarine combined with 1 tablespoon chopped fresh mint. Or for a twist on tradition, try chilled Minted Pea Soup.

Mint also is a common flavoring in Middle Eastern cuisines now enjoying increased popularity in the United States — including dishes such as tabbouleh, gyros sandwiches and falafel. Minted Wild Rice Salad mimics the nutty flavor of tabbouleh but uses rice rather than cracked wheat as its primary ingredient.

Chopped mint also adds a fresh taste to practically any dish seasoned with cumin or curry — including smoked meats, stews and soups — and adds zip to green salads or fruit salads. For a more sophisticated fruit-salad rendering, try Melon and Jicama Salad with Mint Vinaigrette.

Fresh mint is much more pungent than dried, although the flavor intensity of the fresh herb varies considerably. You may need to use as much as double the amount indicated in any recipe to obtain enough flavor.

To freeze fresh mint — or any other fresh herb — for future use, simply put sprigs in ice cube trays, cover them with cold water and freeze. When ready to use, melt the cube and you will have "fresh" herbs.

GRILLED LAMB PATTIES

1 1/4 pounds lean ground lamb
 1/4 cup chopped fresh mint
 2 teaspoons minced garlic
 3 tablespoons lemon juice
 1 teaspoon salt
 Pepper to taste

Yields 4 servings.

Preparation time: 15 to 20 minutes.

In large bowl, mix together all ingredients. Form meat into 8 thin patties. Grill immediately or store, covered, in refrigerator until ready to grill.

Grill patties 4 to 5 inches from heat, turning once, until browned on the outside and slightly pink inside, about 5 to 8 minutes total.

MINTED PEA SOUP

2 tablespoons margarine
 1 head Boston lettuce, shredded
 1 onion, chopped
 2 stalks celery with leaves, chopped
 4 cups chicken broth
 2 teaspoons dried mint
 2 (10-ounce) packages frozen peas
 1 cup plain yogurt
 Salt and pepper to taste
 1 tablespoon chopped fresh mint
 Yields 6 servings.

Preparation time: 30 minutes.

Heat margarine in large skillet. Add lettuce, onion and celery and cook gently 5 to 7 minutes or until tender but not browned. Remove from heat and gradually stir in 2 1/2 cups chicken broth and dried mint.

Reserve 1 cup frozen peas; stir remainder into broth. Cover and simmer until peas are very soft, about 6 to 7 minutes. Puree in food processor or blender until smooth.

Meanwhile, cook reserved cup of peas in remaining broth until just tender, about 4 minutes. Stir in puree and yogurt and reheat gently without bringing to boil.

Season with salt and pepper to taste. Serve warm or chilled, garnished with chopped fresh mint.

MINTED WILD RICE SALAD

1 cup wild rice
 1 green bell pepper, chopped
 8 green onions, chopped
 1/2 cup chopped fresh mint
 1/2 cup raisins
 1/2 cup chopped pecans
 2 tomatoes, chopped
 1/4 cup lemon juice
 1/4 cup olive oil
 1/4 teaspoon pepper
 1/4 teaspoon salt
 Yields 6 servings.

Preparation time: 30 to 40 minutes.

Cook wild rice according to package directions. Drain and cool. In large bowl, combine rice with bell pepper, onions, mint, raisins, pecans and tomatoes; set aside.

In small bowl, mix together lemon juice, oil, pepper and salt. Combine with rice mixture; marinate in refrigerator several hours or overnight.



Desiree Vivea

We used to worry about getting enough protein in our diets. In developing countries, protein deficiency can be a real danger. But whatever else it is, the typical American diet is not protein deficient.

Instead, we should be worried about getting too much protein, particularly in the form of meat.

Meat is high in saturated fats, and many Americans simply eat too much, contributing to high rates of heart disease, stroke and cancer. (At any rate, it's easy to meet all of your body's protein requirements by combining non-meat sources; some classic combinations are bread and peanut butter, beans and tortillas, beans and rice.)

Everyone knows that doctors and health professionals are urging Americans to eat more whole-grain products, fresh fruits, vegetables and legumes. A growing number of us are taking their advice, and some are going even further — giving up meat altogether.

According to a 1992 survey conducted by the market research group Yankelovich, Clancy, Schulman, 7 percent of Americans (that's more than 12.4 million people) describe themselves as vegetarians. About two-thirds of all practicing vegetarians, according to the same survey, are women.

FETTUCINE FLORENTINE

- 1/2 pound fettuccine noodles
- 1 (10-ounce) package frozen chopped spinach
- 2 cups shredded Swiss cheese
- 1 (8-ounce) container sour cream
- 1/2 cup heavy whipping cream
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese

Yields 4 to 6 servings.

Preparation time: 10 minutes.

Cooking time: 11 to 16 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Cook noodles according to package instructions.

Meanwhile, place spinach in 1-quart microwave-safe container. Microwave 3 to 4 minutes, to thaw and partially cook. Turn into colander and press out excess moisture.

In large, microwave-safe mixing bowl combine hot cooked, drained pasta, drained spinach and all remaining ingredients. Toss to mix well. Cover with vented plastic wrap and microwave 8 to 12 minutes, stirring every 4 minutes, until heated through. Let stand, covered, 3 minutes before serving.

EGGPLANT PARMESAN

- 1 large (2- to 3-pound) eggplant
- 1/4 to 1/2 teaspoon salt
- 2 large eggs
- 2 tablespoons milk
- 1/4 teaspoon pepper
- 1 cup seasoned dry bread crumbs
- 1 tablespoon butter OR margarine

- 1/4 cup chopped onion
- 1/2 cup ricotta OR cottage cheese
- 1/4 teaspoon dried basil
- 1/4 teaspoon oregano
- 1 (15-ounce) can tomato sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

Yields 6 servings.

Preparation time: 20 minutes (plus 30 minutes standing time).

Cooking time: 15 to 22 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Wash eggplant and trim off ends. Slice about 1/2-inch thick. Salt both sides of slices and let drain in colander about 30 minutes. Pat dry with paper towels.

Beat eggs with milk and pepper. Dip eggplant slices in mixture, then in bread crumbs to coat. (Reserve any remaining egg mixture.)

Combine butter and onion in 12x8-inch microwave-safe baking dish. Microwave about 2 minutes, or until onion is tender.

Arrange eggplant slices over onion, overlapping edges to fit. Microwave 10 to 15 minutes, rearranging slices and rotating dish every 5 minutes, until eggplant is tender.

Combine ricotta cheese, reserved egg mixture and herbs; beat well to blend. Dot half of mixture over top of eggplant slices. Spoon half of tomato sauce over this, then top with half of mozzarella. Repeat. Sprinkle with Parmesan cheese.

Cover and microwave 3 to 5 minutes longer, or until dish is heated through and cheese melts. Let stand, covered, 3 minutes before serving.

HERBED VEGGIE BAKE

- 2 tablespoons butter OR margarine
- 1/4 cup finely chopped onion
- 1 pound carrots, peeled and shredded
- 3 medium zucchini, shredded
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Yields 6 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 13 to 17 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

Combine butter and onion in 2-quart microwave-safe casserole. Microwave 3 minutes, or until onion is tender.

Add all remaining ingredients; toss. Cover and microwave 10 to 14 minutes, or until vegetables are tender, stirring every 5 minutes. Let stand, covered, 5 minutes before serving.

MICRO-TIP OF WEEK

Wrap microwave-baked potatoes in a clean terry cloth during standing time. Terry is absorbent and porous, allowing moist steam to escape, but holding in heat to let spuds complete cooking.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: Maybe this is a strange turnaround, but I'll try it on you anyway. Isn't it usually the kids who are accused of wasting money and the parents who are penny pinchers and nag them about their throwing money away?

In our family it's different. I watch every cent I have, and my folks throw it around like it is going out of style.

They go to expensive restaurants, wear the most expensive clothes, go on long cruises that they complain about, and you should see our home furnishings — ugly.

They are after me to loosen up with the money I'm saving for college, but I can't do that. If I did, what would I do then if they had foolishly used up all the money that they have?

That would really be a mess; wouldn't it? I'd sure be out in the cold. — Tightwad

Tightwad: I'd call you practical, rather than a tightwad. You sound pretty logical to me.

Although they may not be totally sensible in your eyes, I really don't know enough about them to evaluate their activities. They apparently have the money to spend, may have worked hard for it, and do occasionally or more often derive enjoyment from their expensive involvements.

More facts could help me provide a more complete response for you.

Dr. Abraham: My girlfriend and I are having a friendly argument (that is the only kind we have) that we wish you would settle for us.

She says that eyes are the most important element in our looks, and all the rest is second best. When she emphasizes this point she just blink-blinks and we have a good laugh over it.

I think there are other factors that add up to be more important, like haircuts, cleanliness, smiles and personality.

I guess world problems, family, money, health and other things are more important, of course, but we just have fun with this topic.

So what are your thoughts on this subject? — Eyes Versus

Eyes Versus: An organization that produces contact lenses recently released the results of a survey that may be of interest to both of you. Here are some of their findings:

- Teen-age girls in our country put eyes at the top of their list as the first feature they notice when meeting teen-age boys; 44 percent said that "it's all in the eyes."

- Among teen-age girls, 82 percent reported that contacts make them look more attractive; 74 percent of teen-age boys felt the same way.

- The girls say that the eyes "have it" among celebrities. Rob Lowe's greatest feature are his eyes 49 percent of them agreed.

- Americans in general value eyesight more than any other sense (77 percent).

Although this survey was limited on your specific question, you

can probably get more information related to the Polymer Technology Corporation's involvement in this area by writing to Sallie McGagh, Clarke & Company, 535 Boylston St., Boston, MA 02116.

Two brief publications that may be of special interest to you are titled "Eye Trivia" and "Glossary of Terms."

Dr. Abraham: My mom and I sometimes have a good time together, but not always. Most of the time we are just too serious with each other, and I wish we could laugh together the way I can with my friends. It's funny, but my mom lets herself loose with her friends, too.

I wish we could relax more with each other, but I guess we don't know how. It probably would make our lives happier if we could.

I really like my mom, but I think that maybe I could like her more. Any ideas how, Dr. A.? — Mom Relationship

Mom Relationship: Although I don't know any more about your two personalities than the little bit you shared in your letter, I may have one way to help you out that I recently came across.

It is a delightful new little paperback book titled "Mother and Daughters," edited by Liza Donnelly (Ballantine Books). Included are page after page of clever cartoons prepared by leading female cartoonists.

It starts with a cartoon of a baby in a buggy and a mother, both saying to themselves, "I'm going to be the driving force in her life!"

Here are a few that followed:

- A sequence of four comments: "What did your mother think of your high school boyfriends?"

- "After my first date my mother told me she had three things to say about the guy I went out with."

- "He arrived too late. He didn't wear a tie. And he walked on the inside when we went down the block."

- "Needless to say, I went out with him for the next five years."

- "Things your mother told you that went in one ear and straight into your subconscious — Fools walk in where angels fear to tread. — Speak up! Don't be shy. — You snooze, you lose. — You'll ruin your hair by washing it so often." And on and on!

- A girl to her mom: "Is that a 'don't bother me' no, a 'maybe' no or a 'no' no?"

- A girl on a park bench pulling petals off a flower, saying "I love my mother, I love her not..."

Something as light, as well as serious, as these cartoons may be helpful in cutting through the apparent barrier with your your mother. One thing that could possibly evolve if you read them together, is to open the communication channel a little wider and have an enjoyable time doing it.

This book was released in early May this year, so it might already be available for you to see in a local library or book store. If not, they may be willing to order a copy or two if you suggest it.

Cooking Corner



Pate is a perfect spread

By Charles Britton

Folks were having a little get-together at the beach, a kind of potluck, so each family would contribute something.

But this was at Newport, R.I., during the gilded age, and so the instructions ran: "Mrs. Vanderbilt's chef will bring the pate."

Mrs. V and the gang had the right idea: Pate is an excellent idea for a light meal, flavorful, refreshingly chilled, elegant because it seems glamorously foreign but so convenient that you really could take it to a beach party.

Nowadays, it's not too hard to find pate at a well-stocked market, but the surprise comes when you make it yourself. It's not at all hard. In fact, the typical meat pate is really only a gussied-up meatloaf. If you can make that old American standby, you're well on your way toward a classy meat pate. That, of course, doesn't end the possibilities.

In recent years, chefs have delighted in developing pates — or, to use a more fashionable term, terrines — using fish and vegetables. On close examination, many of these turn out to be aspics (that is, elements embedded in gelatin) or mousses (both the baked and the gelatin-firmed types). There are even dessert versions.

The key element seems to be the shape: If your recipe takes on the form of a loaf and you can slice it, you can probably get away with calling it a pate or a terrine.

Getting back to basics, the fundamental pate or terrine is ground meat, usually pork, well seasoned, baked slowly and then served cold. It's a very close kin to sausage, but it doesn't have a casing. A basic meat mixture can be variously garnished: with cubes of ham, perhaps liver, elaborately layered with pistachio nuts, doused with Cognac, studded with truffles, enclosed in a rococo crust.

Such *belle époque* creations are less in fashion these days than the more informal, earthier versions known as *pate de campagne* or *pate maison* (country pate and pate of the house, respectively).

Some pates consist primarily of liver. Many more people have heard of *pate de foie gras*, made of the expensive livers of force-fed geese, than have tasted it; pork liver, which is excellent but usually disdained in this country, makes more plebeian versions.

• Chicken livers often are used;

these have retained their luxurious aura even though today they are inexpensive. Vegetable and fish pates usually appear as a first course.

Meat pate gets this treatment, too, but it's really too hearty for that. A good, well-flavored meat pate makes an excellent main course, served cold with a loaf of crusty bread and a good bottle of wine (white is the traditional choice, but red is fine).

Terrine specifically refers to the container in which the dish can be prepared, traditionally rectangular or oval, of enameled metal or ceramic, with corresponding lids.

Many are elegant and expensive utensils, imported from France, but a standard loaf pan works just as well in practice. By extension, "terrines" has come to mean the food that the implement contains. Pates made as terrines should, in principle, be served from the utensil instead of being unmolded.

Pate means paste or dough. It's the French cousin of our word "paste," which in the old days was also used for doughs, as in "pie crust paste." Pate with an accent thus suggests something cooked in a crust, in other words, a pie.

Meat pies of all kinds used to be very popular, in large part because the pastry gave the filling some protection against spoilage.

The British, ever the traditionalists, retain their fondness for such pies, and in fact many English favorites such as the pork pie are very similar to the French *pate en croûte* (in crust).

French-style pates still are made *en croûte*, despite or because of the fact that this adds another level of complexity.

Do you eat the crust of a *pate en croûte*? Not necessarily. You can consider it merely the wrapping for the main event inside. Modern preferences and the availability of refrigeration have led to the crust being dropped at the outset.

Then we come to galantine. In these elaborate dishes, a meat pate is wrapped in the skin and flesh of a boned fowl, usually a chicken or duck, then cooked.

Galantines may be further elaborated by being coated in aspic and decorated to a fare-thee-well, as the centerpiece of an elaborate buffet. Then you can go one step further with a *galantine en croûte*, but anyone up to such a venture doesn't need our help.

Marinated vegetables make a good accompaniment; the French often serve the tiny, vinegary gherkins called *cornichons*. Follow this with a salad and fresh fruit or a tart, and you have a fine meal.

• **About the fat:** Like sausages, meat pates can be quite high in fat. But unless you're on a draconian diet, you probably can afford to indulge in a modest portion, provided the rest of the menu is low in fat.

Traditional recipes call for meat pates to be wrapped in sheets of pork fat called "fat back." This is difficult to obtain, and formulas for domestic American use often have called for strips of bacon (blanched to rid them of their smoky taste, which is not characteristic of French cuisine) or strips of fat cut from a pork roast.

This fat lining is not really necessary. It's a relic of the time when the fat layer was needed to act as a preservative. Nowadays, we depend on refrigeration, but many still follow the practice out of tradition. Work with your favorite butcher to obtain added fat, if you decide to use it.

• **About utensils:** You can buy stylish containers in which to bake your pate; these are made of a variety of materials, particularly ceramics and enameled cast iron. But in fact, a standard loaf pan works very well.

• **Weighting the pate:** Many recipes call for the pate to be weighted down while it cools to make it more compact. One simple setup is to cut a piece of wood to fit into the pan; this can then be wrapped well in foil and placed atop the pate; add some cans of food to provide the needed weight.

• **Seasoning the pate:** Because most pates are to be served cold, they should seem a little too highly seasoned when warm. To taste a mixture using pork, make a small patty of the mixture and fry until well done.

The following is a good straightforward meat pate, based on a recipe in "At Home With the French Classics" by Richard Grausman (Workman).

PATE MAISON

- 4 shallots, minced OR ¼ cup chopped onion
- 5 large sprigs parsley, stems removed
- 1 clove garlic
- 6 ounces fresh pork fat, cut into chunks
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon thyme OR 1 teaspoon fresh leaves picked from the stems
- ¼ cup dry white wine
- 2 tablespoons cognac or other brandy
- 3 tablespoons Madeira (if unavailable, forget it; do not use sherry)
- 1 pound lean pork, ground (see note)
- 1 pound veal, ground
- ¼ teaspoon allspice
- 1 egg
- 1 tablespoon potato starch OR cornstarch
- 1 bay leaf
- Yields 10 servings.

Preheat oven to 350 F. Heat enough water for baking stage. In food processor, grind shallots,

parsley and garlic with pork fat. Add salt, pepper, thyme, wine, cognac, Madeira, pork, veal and allspice. Pulse to blend. Add egg and potato starch and process to combine, about 15 seconds.

(If you do not have a food processor, mince pork fat as thoroughly as you can. Then mix with other ingredients by hand.)

Pack into 5- to 6-cup loaf pan (or similar baking dish), making sure mixture fills in corners. Smooth off top, leaving at least ¼ inch of space. Place bay leaf on the top, pressing it in lightly.

Cover pate with double thickness of aluminum foil, if necessary tying it on with string around edge. If pan has lid, hold foil on with that.

Place loaf pan in larger pan; take to oven. Fill larger pan with boiling water 1½ inches up sides of baking pan. Bake about 1½ hours; if you have chosen a round or oval dish, it will probably take a little longer. Pate will shrink from pan and end up floating in its own fat. It is done when juices run clear, not pink or rosy. For best accuracy, test with a cooking thermometer; it is done at 160 F.

Remove pate in its pan from oven. Weight down pate. Leave until cool. Then remove weights, cover or wrap well and refrigerate. Pate improves on standing and will be at its best after 2 or 3 days. It will keep for about a week; for longer storage, wrap well and freeze, although the texture will not be as good.

The fat that surrounds the pate usually is not eaten.

Note: If the ground pork is fatty, reduce amount of separate fat and increase amount of ground pork accordingly.

A liver pate turns out to be rather like a pudding.

LIVER PATE

- ½ cup unrendered chicken OR pork fat
- 1 pound chicken OR pork liver
- 1 egg
- 1 egg white
- ¼ cup cognac OR Madeira
- ¼ cup cream
- ¼ onion, coarsely chopped
- ¼ cup flour
- Salt to taste
- 1 teaspoon allspice
- 2 teaspoons white pepper
- 1 teaspoon paprika (optional)
- Yields approximately 12 servings.

Preheat oven to 325 F. Heat enough water for baking stage.

Grease 6-cup deep baking dish. In food processor or blender, make puree of fat. Add liver, egg, egg white, cognac, cream and onion. Puree. (In blender, you may have to do this in batches.) Beat in flour, salt and spices. When thoroughly blended, pour into baking dish. Cover tightly with double layer of aluminum foil and lid, if available. Place in larger pan and carry to oven.

Add enough boiling water to come up 1½ inches on side of baking pan. Bake about 1½ hours or until the pate is set. The internal temperature should be 160 F.

Cool, then refrigerate, well covered. This pate does not have to be weighted.

Garden Talk

By C.Z. Guest

If you think flower beds are just for bulbs, you haven't noticed the latest trend in home gardening. Wildflowers make beautiful additions to any home landscape. Easy to grow, and even easier to maintain, wildflowers add natural color and beauty to practically any house and yard.

Today, wildflowers can be planted in flower beds, around trees and mailboxes and even as trim around the fronts of houses. They also can be grown successfully from seed as long as they're suited to the environment.

And after one healthy growing season, wildflowers return year after year, just as their traditional counterparts do in the wild.

Most wildflower seeds come prepackaged in mixtures. These mixtures usually contain blends of annuals, perennials, biennials and a "nurse" grass seed, such as a hard or tall fescue.

The nurse grass will germinate quickly, thus preventing weed growth while the wildflowers grow and become established.

Pinto Wildflower mixtures by Lofts Seed are designed to grow in different North American temperature zones: Canadian, Northern United States, Southern United States, Southwestern United States, tropical and Texarkana.

Homeowners also can choose semi shade-tolerant mixtures for shady areas and all annual and all perennial flowers. Each mix should contain several species to ensure good growing results.

Selecting the right mixture to

meet your specific needs depends on several factors, including soil type, average temperature range, shade and sunlight.

Other important factors are:

• **Bloom and height:** Some annual species will bloom six to eight weeks after planting. Other flower species require various degrees of maturity before they can flower. Depending on the environment, the flowering plant's height will range from 2 feet to 3½ feet.

• **Color combination:** Wildflowers grow in a wide range of colors. Many colorful favorites that grow nationwide include white baby's breath, yellow lance-leaved coreopsis, black-eyed Susans and purple coneflowers. Choose flowers with colors that complement your house, especially if you plan on using the cuttings for indoor decorations.

• **Germination:** If there's no rainfall after seeding, a thorough watering is necessary for germination and early establishment. Established wildflower plants will survive dry periods without water, but won't flower as often.

• **Flowering expectations:** Perennial wildflowers will persist the first year and bloom the next, while annuals will grow and flower the first year, produce seed, then germinate and bloom the following year. The first season is always the showiest for annuals.

To preserve the original balance of the mixture, reseed every two years. Otherwise, native species will dominate over the years.

GARDEN TIPS

Wonderful wildflowers



Black-eyed Susan

■ Wildflowers can be grown from seed as long as they're suited to the environment.

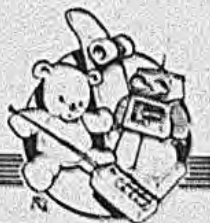
■ Plant prepackaged seed mixtures of annuals, perennials, biennials and "nurse" grass.

■ Give seedlings a thorough watering to encourage germination.

■ To preserve the original mixture, reseed every two years; otherwise, native species will dominate.

■ Colorful favorites that grow nationwide include white baby's breath, yellow lance-leaved coreopsis, black-eyed Susans and purple coneflowers.

Our Children



By Willard Abraham

Future dad wants to be involved

Q. Can a future father join in on your fine column, which has helped so many parents and their kids? I'm just a "wannabe" father who hopes he will be one in several months if all's well.

I seem to see many things in print for present and future mothers and also fathers whose kids are already here, but what about those like me who are waiting breathlessly and (let's face it) are kind of ignored?

If there aren't any books on this subject, maybe I should write one. I've started to keep a sort of daily journal about my future family experiences, so I might give birth to a book while waiting for my wife to hand me the real thing.

Whatever you can refer me to will be devoured for sure. Now that I've written this letter I'm a half-hour closer to fulfillment.

A. It may not be as hopeless as it seems to be for you to get in on the act during this waiting period. You deserve to because, after all, this period relates to the most exciting event most of us are fortunate enough to anticipate, live through and cherish.

Many hospitals have programs to help future parents get ready for the great happening, where men are as welcome as women. A couple of phone calls may help you locate one or more of them.

Here are three books you might want to look into:

• "When Men are Pregnant" by Jerrold Lee Shapiro, subtitled

"Needs and Concerns of Expectant Fathers" (Dell). A rundown of some of its chapter titles will give you an idea of how thorough it is: "Seven Major Fears of Expectant Fathers," "The First Trimester," "Conception to Kicks," "The Second Trimester," "Showing, Growing and Moving," "The Third Trimester," "Preparation for Birth and Fatherhood," "Get Me to the Birth on Time" and "A Couple Becomes a Family."

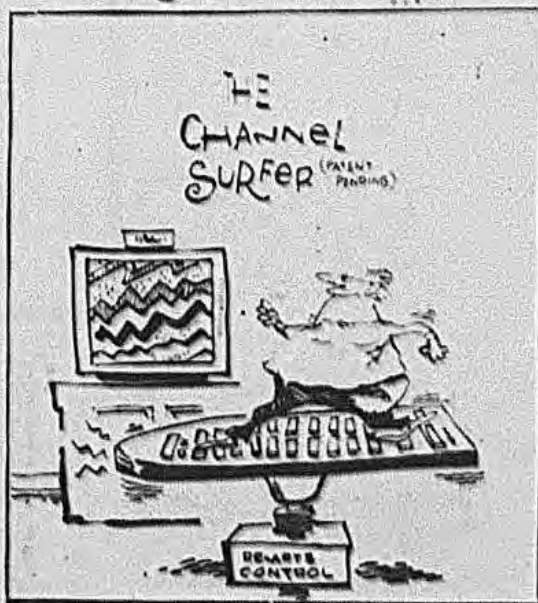
• "The Measure of a Man" by the same author, subtitled "Becoming the Father You Wish Your Father Had Been" (Delacorte). This book is based on in-depth interviews with 800 fathers and surveys answered by 300 couples.

The author stated that "today's father must be tough and sensitive. He must adjust to changing gender roles. He must be closer to his children than his own father was to him. He must stand up to clearly meet his partner half way: neither automatically yielding nor dominating. To meet these challenges he must learn more about himself and his father."

He spells out the interesting and challenging responsibility of male parenthood.

One more thing — you kiddingly mentioned writing your own book on this subject. Think about it. There is always room for one more good one.

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Fitness Forum

By John Wilkens

Christine's misery is such that a doctor once suggested she would be better off if she had her jaw wired shut and her eyes taped closed.

In her less desperate moments, she sums up her plight this way: "I can't smile."

At the bottom of her despair, there's this: "I'm dying."

The source of her trouble, she said, is a jaw implant she first received 10 years ago for TMJ, a disorder that causes pain and dislocation around the hinge where the mandible connects to the skull near the ear.

Her implant was supposed to correct persistent aches in her head and clicking noises in her jaw. Instead, she said, it broke apart and triggered more health woes than she can count. The cure was worse than the disease.

And now, she said, there's no cure for the cure. Despite 27 operations, she is, in the words of one friend, "a prisoner in a body that has suffered too much."

Christine is not alone. Hundreds of people across the country have come forward in recent years, before Congress and in the courts, with horror stories about devices that they contend were never adequately tested or regulated.

"We were guinea pigs," Christine said.

COMPLICATED JOINT

TMJ (short for temporomandibular joint) afflicts millions of Americans, up to 20 percent of the population by some estimates. Most are women, for reasons that specialists don't yet understand.

Causes of the syndrome vary — teeth grinding, traffic accidents and overbites are among them — but all lead to a jaw that doesn't work right.

Symptoms may include not just pain in the jaw, but in the ears, throat, neck, mouth, teeth, head and behind the eyes. Dizziness. Ringing in the ears. Jaws locking open or closed.

Treatment is tricky because the joint is.

"It's the most complicated joint in the human body," said John Tadey, a dentist and the author of "TMJ: The Self-Help Program" (DSP Co.).

That's because it must both rotate and slide to accommodate chewing, talking, breathing and swallowing.

Most of those with the disorder (also known in some places as TMD, for temporomandibular dysfunction) are treated with a combination of things, including physical therapy, exercise, nutrition and stress management.

Sometimes, however, the problems are so severe that surgery is considered the best option. Thousands of patients have had their joints rebuilt with pieces of ribs or other parts of their bodies; thousands more have had artificial implants.

During the 1960s, a Houston-based company named Vitek be-

gan manufacturing a Teflon implant, and it soon became popular. More than 25,000 were distributed to doctors and hospitals.

At the time, Vitek escaped any serious regulatory scrutiny because it was considered not much different from jaw implants already on the market. Those earlier implants went into use before a 1976 federal law requiring that such devices be proved safe and effective.

And safe and effective they seemed. For a time, anyway.

'THEY SAID I WAS CRAZY'

Christine, 37, said her implants, one on each side, started causing problems shortly after they went in. Her headaches got worse, and her jaw locked. A later traffic accident exacerbated her condition.

When she went to doctors and dentists, however, she said she was told there was nothing wrong with the implants.

"They said I had to learn to handle pain," she recalled. "They said I was crazy."

Other patients have reported similar reactions to their complaints, according to Terrie Cowley, president of the TMJ Association Ltd., a Wisconsin-based advocacy group.

The result was a feeling among individual patients that each was the only one with side effects, Cowley said. So despite the mounting pain, there was mostly silence.

By the late 1980s, however, more doctors and more patients were reporting breakdowns in the implants, sometimes due to simple chewing. They listed infections, facial deformities, loss of hearing and sight.

In some cases, a patient's immune system attempted to rid the body of Teflon fragments. So-called giant cells would move in to absorb the Teflon but were unable to digest the substance.

As part of the unsuccessful battle, the cells would release chemicals, which in turn would attack the soft tissue and bone around the Teflon fragments.

Some patients report holes being eaten in their skulls, Cowley said.

Christine said doctors installed four different sets of Vitek implants in her.

In Valerie's case, she eventually was left with virtually no lower jaw bones on either side of her head. Portions of her face are paralyzed. Her left eye won't close by itself; she has to tape it shut to sleep.

Recently the 31-year-old retired Navy hospital corpsman had an operation — her 31st — to install sophisticated prostheses. Within days, however, an infection had set in, and she went back into the hospital for treatment.

Valerie said doctors may have to remove one of the implants.

"There are more people like me out there," she said. "We aren't going to go away."

THE HEALTHY GOURMET



By Kit Snedaker

Versatile carrots rich in vitamins, taste

There are so many unkind jokes about carrots as rabbit food or diet food that it's time to set the record straight. For one thing, these bright orange vegetables are a wonderful source of vitamin A. They are naturally sweet, make an excellent cake and are so versatile on their own they need never be teamed with boring peas again.

Whether to buy them with tops on or off is your choice. Leaving the tops on draws moisture from the root. They shrivel. But tops give an indication of the root's freshness. The brighter the top, the fresher the root. Personally I buy them with tops on and promptly twist them off.

Either way, try carrots in the following recipes. Each is a new one just developed by the equally new California Fresh Carrot Advisory Board.

PARSLEY GINGER CARROTS

- 3 cups carrots sliced 1/4 inch thick
- 1/2 cup water
- 1 1/2 teaspoons olive oil or margarine
- 1/4 teaspoon lemon juice
- 1/4 teaspoon salt
- Pinch paprika
- 1/4 teaspoon ground ginger
- 2 tablespoons snipped fresh parsley

Yields about 6 servings. Each serving has about 45 calories, 1 gram fat, no cholesterol and 153 milligrams sodium.

Cook carrots in covered saucepan with water for 5 to 8 minutes until crisp-tender. Stir in olive oil or margarine, lemon juice, salt, paprika and ginger. Sprinkle with parsley and serve.

CARROTS IN TOMATO SAUCE

- 2 cups shredded fresh carrots
- 1 cup chopped onion

- 1/2 cup low-sodium chicken broth
- 1 teaspoon sugar
- Pinch ground red pepper
- 1/4 teaspoon dried basil leaves
- 1 1/2 teaspoons fresh
- 1 (8-ounce) can low-sodium tomato sauce
- 1/2 cup bread crumbs (optional)

Yields 4 servings. Each serving has about 60 calories, trace of fat, no cholesterol and 100 milligrams sodium.

Cook carrots and onion in chicken broth in covered saucepan for 5 or 6 minutes. Add sugar, pepper and basil. Stir in tomato sauce and simmer 3 or 4 minutes until heated through. Serve hot sprinkled with bread crumbs.

NUTMEG CARROT PUREE

- 2 cups sliced fresh carrots
- 1/2 cup water
- 1/2 cup instant non-fat dry milk powder
- Pinch salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon vanilla

Yields 4 servings. Each serving has about 67 calories, trace of fat, 1 milligram cholesterol and 170 milligrams sodium.

Put carrots in saucepan with water, cover and cook 15 to 20 minutes. Turn out into blender or food processor and process until smooth, adding water if necessary. Add dry milk powder, salt, nutmeg and vanilla and blend well. Serve at once.

THE HEALTHY GOURMET

Kit Snedaker is author of "The Great Convertibles." Her food stories have appeared in *Bon Appetit* and *Harper's Bazaar*.

HEALTH WATCH

A-B-C-D's of skin cancer

Early detection and treatment are a must with skin cancer, which can spread with deadly results.

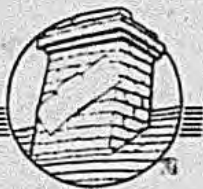
See your doctor if any spot on your skin shows the A, B, C or D of malignant melanoma

- A- IS FOR ASYMMETRY.** One side of mole does not match the other
- B- IS FOR BORDER.** The edges are ragged, notched or blurred.
- C- IS FOR COLOR.** The pigmentation is not uniform.
- D- IS FOR DIAMETER.** The spot is about the size of a pencil eraser.



SOURCE: American Cancer Society

Here's How



By Gene Gary

Q I installed a brick walkway, using red clay bricks over a sand base. It is bordered on one side by grass. It looked great when I finished it, but the walkway gets partially wet from the sprinkler system, and now less than a year later, the bricks are stained white from deposits left by the water.

What can I do to remove this white film? — S.D.

A. The condition you refer to is called efflorescence and it is caused by the presence of moisture working its way through the brick, and bringing water-soluble salts to the surface, which are originally present in masonry materials. These salts are deposited on the surface when the water evaporates.

Masonry cleaning and etching

preparations are available at masonry supply houses, which will remove soil and various stains, including the white spots. Or, you can use a solution of muriatic (hydrochloric) acid not stronger than one part of the commercial acid to nine parts of water by volume.

Use great care when working with acids. Wear old clothes, rubber gloves and eye protection.

In making the mixture, pour acid into the water a little at a time and very slowly. If even a drop gets on you, wash it instantly with large quantities of water.

When using this solution on your brick, it is very important to pre-soak the brick with plenty of water before the acid washing. It is just as important to follow the treatment with a thorough rinsing of

fresh water.

To prevent reoccurrence of efflorescence, you will need to seal the brick with a water-resistant coating. Your masonry supply outlet will have both clear sealers and those that come in colors. The pigmented sealers can give you a richer, deeper red than natural brick.

Q. This spring, one of my awnings developed several leaks. I would like to repair this if possible. Is there anything I can apply that will mend the awning? — T.A.

A. Dissolve a pound of shaved paraffin in a gallon of benzine (remembering the possible fire hazard with this extremely flammable chemical; take full precautions and work outdoors).

Spread the awning as flat and as taut as possible, and cover it with the solution. This will fill all leaks very effectively.

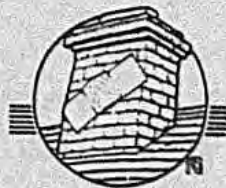
Q. We had our bathroom papered a few years ago. The paper is still in good condition with the exception of several areas where it has come loose at the seams.

How can these seams be made to adhere to the wall again? — C.M.

A. The seams of wall coverings, even those put up by a professional, may eventually peel back in one corner or another. The moisture in the bathroom environment contributes to this problem.

However, the situation is easily remedied: Contact your wallpaper dealer and purchase a tube of seam sealer. This is a squeeze tube of adhesive that lets you easily apply the sealer under loose edges of the paper. Apply pressure to adhere the paper to the wall or overlapping seams.

If you can't locate the product in your area, it's available through mail order by calling toll free, (800) 321-6840.



Decor Score



By Rose Bennett Gilbert

Piano lends design harmony

Q. We are moving into a new house that is being built in the "postmodern" style, with lots of windows in different shapes.

That's why I'm writing. Before we move in, I'm trying to figure out a floor plan, but I don't know what to do with the large bay window in the living room. It's big enough to put a piano in! — C.B.

A. Then do, if you're lucky enough to have a piano. It's one of the few pieces of furniture with enough visual heft to counterbalance really dramatic architecture — like the bay window in the room we show here (created by Lolita Dirks of possibilities for design inc., a Denver firm that specializes in designing model homes for builders around the country).

Because Dirks wanted to let the "architecture make the statement," she says she deliberately subordinated the design and color of the rest of the furnishings "so they wouldn't fight with the window for attention."

A room this large and dramatic can actually use two centers of attention: The piano is the star, the seating group around the fireplace is the other focal point.

If you don't own a piano, you might use a pair of facing love-seats in the window alcove, a round table arrangement or a large

sculpture.

Whatever you choose should complement the uniqueness of the space without "fighting for attention."

Q. I no longer worry about the lengths of my skirts, but I do have questions about what my dining room table should wear.

How far should the cloth come down on the ends of a rectangular table? If I put a square cloth over my round tablecloth, how far should the points reach down the sides? — K.McL.

A. New Yorker Bruce Andreozzi, who arbitrates table fashions for a manufacturer named Necessities, recommends a drop of 10 to 15 inches on a buffet table "if the cloth isn't floor-length."

On a round table, he says the bottom cloth really should reach the floor, and the points of the square topper should fall just a few inches beyond the table edge.

As Andreozzi points out, "There are few rules of table decorating these days."

Just as the fashion mavens have let us decide how short/long to wear our skirts, if it looks right, enjoy it. Does that mean you can even use placemats over a tablecloth, one of those tabletop no-nos that might have shocked your

granny?

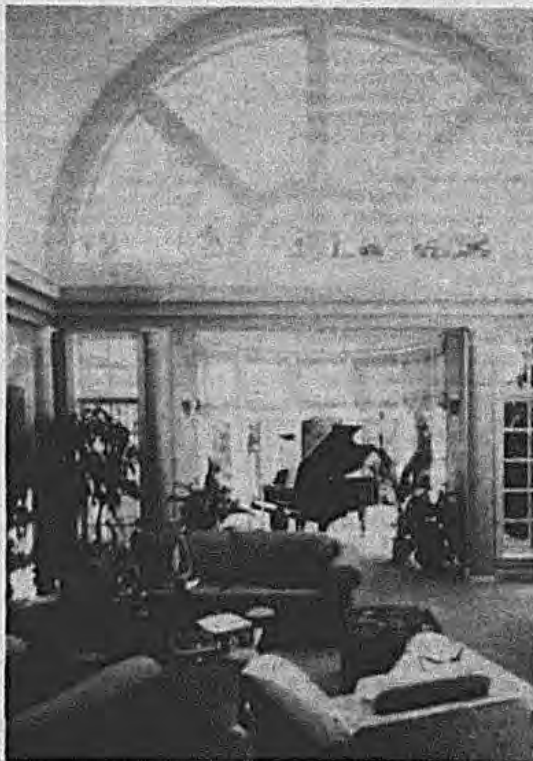
Says Andreozzi, "Why not, as long as the colors complement each other and the patterns work together."

OK, but which do you use first when the hostess layers the napkins? Andreozzi says it matters not:

"I just use one for the main course and the other for dessert."

DECOR SCORE

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



DESIGN HARMONY — A piano adds just the right balance to the dramatic window bay that claims the center of attention in a spacious living room.



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Help Wanted

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. W-S-4

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. 486-3602. gcS3

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. W-S-3

PERGAMENT HOME CENTERS HAS IMMEDIATE OPENINGS in our Westbury store for cashiers and sales associates with excellent customer service skills. Full and part time positions, day and evening hours available. Salary is commensurate with experience. Company benefits, shopping discount. Please apply in person at Pergament Home Centers, Merrick Avenue, Westbury hS2

P/T - MATURE WOMAN TO MAKE designer jewelry. No training necessary. Must have good eyesight, be reliable, non-smoker, English speaking. Please call 742-8779 wO1

CHILD CARE NEEDED in My Mineola Home, Monday thru Friday. English speaking a must. Must drive. Non-smoker, references required. Teacher's hours. 741-0381 wO1

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. W-S-3

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

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

NURSE'S AIDE, HONEST, responsible, hardworking, experienced seeking job to work day or night. Call Marjorie at 292-8813. gcO1

HOUSECLEANER AVAILABLE, Tues, Fri. Experience, reference. Call 873-1920. gcO1

CERTIFIED NURSE'S AIDE/COOK, FT, P/T, day or night. Will care for your elderly loved one in your home, or will cook & deliver supper or dinner. Experienced, references. 731-7193 Barbara. gcO1

HOUSECLEANING AVAILABLE for Monday, Thursday, Friday and weekends, a.m. Good references. Call Haydee (516) 548-3094 Leave message. gcO1

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. 877-0030 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. 563-2119 gcS4

HOUSECLEANER, VERY RESPONSIBLE, Excellent experience & references. Please call at 485-0443 gcO1

CERTIFIED HEALTH HOME AIDE. Looking for work as Aide or Companion in Non-smoking home, 10 years experience. Excellent references. Mid to South Nassau County only Call Maria (516)481-3984 gcO1

MATURE LADY with more than 20 years experienced, good references, own transportation, looking for housecleaning job by day. Call anytime 485-9041 gcO1

NEW HYDE PARK HOUSE cleaning service. Excellent references. Reasonable rates. Call for free estimate, John or Lauri. 354-8158. W-S-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. 718-657-6768. W-S-2

GRADUATE STUDENT FROM Business College, would like to be trained as a telephone operator, telemarketing, doing light typing or train to be asst. manager. Please call Barbara Williams 378-4895. 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) 270-0655. gcS2

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

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 621-8009 hS3

BABYSITTER/HOUSEKEEPER AVAILABLE English speaking. Good references. Responsible & flexible. Call any time 482-8190 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. W-S-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 6, will work from my home or yours, you are asking \$5 an hour and have at least two references, you don't smoke and your available 8/26. If this is you, please call 485-3440 leave message. W-S-2

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

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

FT POSITION, GARDEN CITY dental office, receptionist/assistant, experienced preferred. Will train. 294-0375. gcS2

GAL/GUY FRIDAY, Insurance. Garden City. Five years experience, computer literate, personal and commercial rating. 248-8360. gcS2

DENTAL ASSISTANT P/T Garden City office. Will train. 746-2848 gcS3

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 R. Valentine for details. Valentine Agency. 746-7200. W-S-4

CHILDCARE/HOUSEKEEPER. LIVE IN 5 days to care for 2 children. Loving, responsible, energetic, non-smoker. Fluent English. Experience/References required. (516) 486-0989. 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. W-S-3

BABYSITTER WANTED - MATURE woman needed 3 days per week 8 AM - 6 PM to babysit infant in my E West Hempstead home. Experienced/references a must. Own transportation, non-smoker. Call/leave message (516)538-8317 gcO1

CHILD CARE WANTED - Mature, loving, responsible, energetic woman to care for my 3 year old girl & 18 month old boy in my Garden City home. 8:30-5:30, some flexibility in days. Non-smoker, fluent English & recent references. Must have car to take children to activities. 437-3872. 5 PM - 10 PM gcO1

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

SECURITY GUARD P/T, Pleasant surroundings. Ideal for senior citizen. Evening & Weekends, all others need not apply. Day 685-8932, evenings and weekends, 549-9094. 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

IRISH AMERICAN CERTIFIED Nurse's Aide/Companion. 14 years experience. Will work any hours. Excellent references. Please call before 12 noon and after 6 in the evening, up to 11 PM. 746-4745 or 746-0948 w01

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

EXPERIENCED NURSING ATTENDANT or companion seeking full time or part time position, live in or out with own transportation. Call Juliet Rawlins between the hours of 7:30 p.m. - 10 p.m. (516) 292-0106. gCS2

HOME HEALTH CARE seeks position with elderly person. Part time or full time, experience & reference. Call (718) 523-7842. gCS3

IRISH GIRL-CERTIFIED nurse's aide available to care for elderly or disabled people. Days: Nights: Call Liz; Weekdays after 5 p.m. weekends, anytime. (516) 358-9681. gCS3

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

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 294-6304 before 4 PM, after 9:15 PM gCS4

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

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

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

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

HOUSECLEANER AVAILABLE Mon.-Sat. Experience, reference & own transportation. 294-5916. gCS4

MATURE, HONEST & RELIABLE Nurse's Aide seeks job working for elderly, five days per week. Call after 9 p.m. (516) 485-6276. wS5

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GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hella Aery System, 1/2 Acre. Walk to LIRR. \$379,000 neg. 352-0608. gcs3

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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

SOUTHOLD - CONTEMP ON Private Rd. features LR/DR with stone FPL, 3 BRs, 2 baths. Modern Appliance kitchen & laundry room. Enjoy magnificent sunsets from deck & deeded path access to L.I. Sound beach. \$310,000 Owner (516) 741-7389 or 765-3387 gCS1

ST. JAMES, FAIRFIELD - Beautiful adult community, magnificent townhouse with many updated, expensive improvements. Club house w/ tennis courts, 3 swimming pools, own bus service, 2 miles RR & mall. 3 large BRs, 2 1/2 Bths, 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 CENTRAL, 4 BR Ranch, 2 1/2 Bths., Modern EIK, Lg. Property, Priv. Yard backs golf course, many extras. Mint condition - must see! Motivated seller. \$500's 294-7434 GCS2

GARDEN CITY MOTT Colonial, 3BRs, 1 1/2 B, den, family room, 2 car garage, finished basement. Mint condition. Owner 248-6488. gcs2

CARLE PLACE S D, WESTBURY: 4 BR Expanded Cape, 2 Full Baths, Fin. Bsm., Garage, possible Mother/Daughter. \$189,000. Principals only. 742-0879. w3

GARDEN CITY, NEW LISTING Estates Spectacular Tudor, 4 BRs, 2 1/2 baths, family room, modern EIK, 2 car \$500's New Exclusive Mint Contemp, 4 BRs, 2 1/2 baths, family room, 2 car, 1/2 acre. \$400's Estates Solid Brick Colonial, 4 BRs, 1 1/2 baths, family room, library, 2 car, 1/2 acre. Motivated owner. Low \$400's Vera Atamian 354-1994 gCS2

NORTH FORK - CALVERTON to Orient - Call for your Free Copy of Our New List of building lots at greatly reduced prices! Some waterfront - some water view starting at \$32,500. Calverton To Orient - New List of acreage at reduced prices from one to 100 plus acres, some Development Rights sold at \$6,600 per acre and some Development Rights intact at \$13,000 per acre. Call today Bookmillers Real Estate 722-4423 gCS2

GARDEN CITY IMMACULATE Western Section Cape. 4 BRs, 3 baths, LR, DR, kitchen, finished basement, all new windows, new siding. Walk to 2 train lines. owner \$310,000 Call eves 775-3668. Principals only gCS1

EXCELLENT INVESTMENT COMMERCIAL Property Garden City vicinity. 3,500 Sq. feet building on 6,700 sq. foot lot. Sale by owner. Evenings 485-7348. Leave message. No brokers gCS1

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

MAIN STREET, REMSEN-BURG. Historic 5 BR, 5 Bths., Separate guest sec. New Furnace, hot Water heater, wall, pump and newly painted. Deep secluded, wooded lot. Owner anxious to sell at \$340,000. 325-0562. gCS1

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, profes. landscaped, fenced yard. 1/2 acre. Alarm. \$275K 338-5601. wS4

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. wS4

GARDEN CITY MEWS area, expanded Ranch. LR/Fpl, DR, Ultra Kitchen, Fam. Rm., BR & Bth., 3 BRs & Bath up, atch. Gar. fenced. Walk RR. Ask \$279,000. 873-0925. gCS4

GARDEN CITY BEAUTIFUL lg. split, 3/4 BRs, 2 Bths., New EIK, Cath. LR/Fpl, DR, Den, Fin. Bsm., 2 Car Gar., 70x100 fenced yard, new driveway, porch, walk. Convenient to park, RR, Shopping. Low taxes. Priced to sell! \$335K Owner 747-6386. gCS1

GARDEN CITY BY Owner. CH Ranch, 3 BRs, 2 Bths., new EIK, CAC, Garage, in ground sprinklers, new appliances, fenced in yard, 66x100 \$325,000. Principals only. Leave message. 248-5404. gCS4

WEST HAMPTON BEACH, 10-12 Glovers Lane. Modern two family, business zoned, equity of \$230,000. Will exchange equal, or sell (516) 287-0555 gCS3

SOUTHOLD BY OWNER, remodeled with new addition. 3 BR, 2 Bth., Ranch. walk to sandy beach, A/C, new Appliances, beautiful Florida Room, oversized detached garage. \$179,000, 765-5496. gCS3

GARDEN CITY CAPE Ranch, 4 BRs, 2 Bths., Country Kit, LR, DR, Den/Fpl. Walk to school & RR. Principals only. \$360,000. 747-0939. gcs4

GARDEN CITY ESTATES, BLVD. address. Contemp. 4 BRs, 2 1/2 Bths., LR/Fpl, DR, Den, Lg. EIK, 2 Car Garage. Beautiful private yard. Walk RR. \$359,000. Owner 741-0154. gCS3

WEST HAMPTON RANCH, 4 BRs, 2 1/2 Bths., 1/2 acre, Lg. EIK, Lg. LR. Fenced Yard, secluded. CAC, Deck, Close to Schools & Town, Low taxes, asking \$160,000. 654-8058 gCS3

MONTAUK, 2 RM FURNISHED Co-op. One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell, Asking \$37,000. Great rental history, 724-5572 gCS3

JAMESPORT LARGE 7 ROOM Ranch. Private Peconic Bay beach. LR/DR, 3BRs, 2Ba, Country Kitchen, Den, Screened Patio, Garage, all appliances, oil heat. \$169,000. Owner. 722-4158. gcs2

Real Estate for Sale

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

PECONIC 12 ROOM COLONIAL on 1 plus acres. 5 BRs, 3 1/2 Baths, huge EIK, Full Bamt., 2 Car Garage, 3 Zone heat, IGP, Decking galore. Walk to bay. Appraised at \$290,000. Asking \$235,000. No brokers. 734-7044. gc3

SOUTHERN MAINE SANFORD Lakefront Cape, 4 yrs. old. 3 BRs, 2 Full Baths, 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. \$265K. Principals. 481-8919. wa3

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

ORIENT VILLAGE WATERVIEW. Retire or retreat. 2 BRs, 2 Baths, yr. round, gas heat, low tax. Walk to Marina and Market. Make offer. 323-3963, 742-4436. gcS4

Co-Op For Sale

MINEOLA HORTON HOUSE Co-Op: Front apartment, 1BR, New Kitchen, New Bath, loads of closet space, Air Conditioning. Parking available on and off premises. Principals only. \$73,000. 741-5210. gcS3

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

GARDEN CITY CHERRY Valley Co-op, 1 BR, first floor, CAC, EIK, dining area, large LR, updated bath. Asking \$60,900. 742-7642 or 294-8638. gc01

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. wtfm

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. gc4

GARDEN CITY 2 BR Cherry Valley Co-Op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5226. gc2

MINEOLA JR. 2 BR CO-OP, LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$750 redecorating bonus. \$81,000. Owner (516) 742-0229. gc01

FLORAL PARK - LOVELY location. 1 BR near North Shore Towers. Maintenance \$329 includes heat. New wall-to-wall. Convenient commute. Safe neighborhood. Scenic view. \$54,000. 922-8144. h01

2 BIRCHWOOD COURT Top Of The Line 1 BR, 1 bath \$89,000
Value 2 BR, 2 bath, Rent or buy \$109,000

CHERRY VALLEY 1 BR, 1 bath, cream puff, 1st FL \$75,000
LR, ULTRA/EIK, 2 BR, 1 bath \$112,000
2 BR, 1 bath, 1st FL, wash/dry \$116,000

HAMILTON GARDENS 1 BR, 1 bath, LG EIK, LR, Foyer \$85,000
LR, DR, EIK, 1 BR, 1 bath \$105,000

SECOND ST. HAMILTON HOUSE Est Sale 2 BR, 2 bath Front \$140,000

MINEOLA'S HARRISON HOUSE 2 BR, 1 bath, 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 bath, Corner \$85,000
LG Foyer 2 BRs, 2 bath, EIK, LR, DR. 75,000

STEWART FRANKLIN 2 BR, Sunny, LR/FPL, DR, EIK, Want Offers

LR/FPL, DR, EIK, 3 BR, 2 bath Rent or \$225,000
Mint 3J BR, 2 bath, LR/FPL, DR, EIK \$250,000
Super 3 BR, 2 bath, Penthouse, Rent \$2,100

STEWART HOUSE Pied-A-Terre Studio \$75,000
All New 2 BR, 1 bath, KIT, LR, DR \$189,000
Dougall Fraser Real Estate 248-8655 gcS2

GARDEN CITY CO-OP, 1 BR, Second floor, newly renovated. Walk to LIRR, \$69,900. Reduced for quick sale. By owner, 248-5347. gc4

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

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, \$108,000. 294-5964. wo2

Co-Op For Sale

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. wa3

GARDEN CITY, SECOND floor, 1 BR Co-Op in mint cond. Spacious & sunny. All closing costs paid by seller. \$54,900 294-7496 gc4

GARDEN CITY, STEWART/FRANKLIN building, top floor. Spacious 2 BR, LR/fpl, EIK, A/C. Maintenance \$734 a month, 70% deductible. Apartment vacant. Make offers. \$124,000. (516) 294-5696. gcS4

MINEOLA LARGE 1 BR, (865 Sq. Feet) Walk to RR, shops 24 hour security, parking. Many custom features. \$108,000. Principals only. (516) 746-1065 gc01

Real Estate For Rent

FLORAL PARK, 80 PLAINFIELD Ave (corner King St.) 1 BR apt., frost free refrig. freshly painted. Walk to LIRR & shops. Parking not provided. No fee. For more info call owner, weekdays (212) 962-3800, eves or weekends. (516) 838-0757. gc2

GARDEN CITY SOUTH, 3 1/2 room apartment, second floor. Mature working person preferred. Available Sept. 1, \$700 includes utilities. 488-4005. gcS2

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

GARDEN CITY, 3 ROOMS second floor. LR/BR, EIK, full bath, wall to wall, A/C, \$775 utilities included. Available Oct. 1. 481-9377. gc01

WEST HEMPSTEAD/PRIME area. Large sunny room, furnished, private house. Share kitchen, bath, non-smoking, professional female only. \$90 a week. 564-4566. gc01

CHARMING 3 BR ENGLISH TUDOR, Garden City. 1 1/2 Bths, new EIK, LR, DR. All new heating, gas burner, new stucco. 60x100. \$1,800 monthly. Also for sale. Principals only. 739-6102. gc01

GARDEN CITY / HEMPSTEAD, SPACIOUS 1 BR CO- OP apt. for rent or sale. New kitchen & bathroom, wall to wall throughout. Security building, garage available. Rent \$875 per month. 746-4451 gc01

MINEOLA/GARDEN CITY BORDER, modern 1 1/2 BR, oversized, furnished CO-OP apartment. All amenities, parking, cooking gas & heat included. Carpeted, A/C. Walk to RR & hospital. \$1,100. available Oct. 1 747-3703 gc01

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

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

MINEOLA/WESTBURY /HEMPSTEAD Beautiful Studio - \$650 a month 2 Large - 1 Br. apts in private house - \$725 to \$750 a month 1 Br. Garden Apts. - \$750 to \$830 a month 2 Br. apts LR, kitchen, plus, \$800 to \$960 a month Royal Int'l 742-3355 wS2

VALLEY STREAM - STUDIO - FURNISHED. Kitchen area, walk in closets. Walk to RR & shopping. No pets. \$500 all included 791-8133 w01

WILLISTON AREA: 2 Br. Apt. finished basement, laundry, quiet, convenient \$1,100. 378-3739 early AM or evening w01

GARDEN CITY BORDER - Large, bright rooms in luxury apartment building. Private parking, 1 BR apartment, modern kitchen, bath, A/C \$800. No fee. 489-3010 days, 483-7449 eves & weekends gcS3

GARDEN CITY 2 BR, 2 baths, finished basement, FPL, washer/dryer, dishwasher. Professionals desired. Walk to RR & stores. No pets. \$1,500 includes all utilities. 10/1 occupancy. (516) 489-9890 gc01

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

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. \$800. Please call after 6 p.m. 746-7236. W-S-4

HOUSE FOR RENT - Mineola, 4 BRs, LR, DR, EIK, fin. bamt., washer/dryer. No fee. \$1,300 plus utilities. September occupancy. 742-8722. wa4

Real Estate For Rent

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

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

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

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 gc4

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. Call evenings. gcS3

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. gcS3

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. gcS3

GARDEN CITY / HEMPSTEAD, Large 2 BR Apt., wall to wall Carpet, renovated Kitchen & Bath, DR, LR. Walk to all. \$925. Immed. occupancy. 481-6131. gcS3

WEST HEMPSTEAD NICE- LY furnished room, suitable for professional mature male. Refrigerator, share bath, lndry, facilities plus use of pool, semi-private entrance. \$400 a month, security, 1 block RR & Buses. Immed. occupancy. 538-3013. gc3

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

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

GARDEN CITY ROOM - Furnished. Separate entrance, private bath, non-smoker, female preferred. Reference. Call 741-0535. Rent negotiable gcs4

Vacation Rental

MRTLE BEACH, 2BRS, 2 Bths Condo near Restaurant Row. 1-1/2 blocks off beach, CAC, TV, 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-AWAY 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. gcs3

Vacation Rental Wntd

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

Real Estate Wanted

FAMILY WITH 2 young children, seeks Garden City home with 3/4 BRS in the Estates section west of Nassau Blvd. & north of Stewart Ave. or Western section. Ready to sign contract. High \$300's. No brokers please (715) 748-5798. gcs1

GARDEN CITY ESTATES North of Stewart Tudor only. \$400's. Principals or brokers. (718) 650-3540. gcsfn

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. ws3

COUPLE WITH YOUNG CHILD Seeks home in Garden City only. Prefer 3/4 BR Colonial on a quiet street. Mid \$300's. Leave message with address & phone number. Principals only please. 747-3607 gcs1

For Sale

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

FURNITURE-MINT CONDITION. Solid cherry shaker serving cart, matching wash stand & mirror. 42" round Heywood Wakefield table & five chairs & one leaf. Hitchcock black painted dry sink & rocking chair. Pine bedroom set incl. matching desk & chair. White sectional, sewing machine and other misc. items. Call 485-9152 for appointment. gcs1

SLEEPER SOFA - 84", 1 yr. old. Paid \$750. Best offer. Cream & peach stripe. 741-3936 w01

SUITS FOR SALE - Gently worn Wallach's, Hickey Freeman, 44 Reg. suits. Great selection, fabric & pattern. Some sports. Cashmere overcoat, camel color. 60 Evergreen Ave., New Hyde Park, Saturday & Sunday, September 11 & 12. 9AM to 3 PM wS2

GET A JUMP on the season! Unused, purple and black, 146 cm, 11 1993 K2 snowboard with black K2 bindings \$210. Contact 742-4069. gcs1

DRESSER W/MIRROR \$80. 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

For Sale

BED ROOM SET, MAHOGANY, Heritage Henderson, 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, Exercise \$125, Beach chairs, portable, lamps, fabrics, sheets, stepladder chair, bric-a-brac, more. 741-7040. gcs3

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

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

SOFA BED \$250, office bench \$100, office chair \$75. Call 741-0182 gcs3

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

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

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, \$35. Call after 5 p.m. 741-6348. ws4

For Sale

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

NORMAN ROCKWELL "Gone with the Wind" series, 9 pieces \$800. 741-0441 gcs3

MOVING SALE - PRICED TO SELL: Master Br. furniture, king size bed, triple dresser with mirror, chest, 2 nights 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/Benzi, excellent condition \$7,500. (212)473-2788. gcs3

'86 VOLVO 240 GL, leather int., sunroof, GVC deck, A/C, full power, 5 speed standard. 100,000 miles. \$4,200 (516) 328-0761 gcs4

1986 BUICK REGAL Classic, T-top convertible, 58,000 miles. Excellent condition. Original Owner. \$3,500. (516) 747-7465. gcs4

1984 FORD COUNTRY SQUIRE Wagon - one owner, clean interior, exterior. Excellent motor. Must See. \$2,500. (516) 746-7708. ws4

1988 BUICK PARK AVENUE, 47,000 miles. Needs transmission. \$3,500. 294-7434 gcs2

1989 BUICK SKYLARK - Custom 4 Dr., Red, V-6. Automatic, PS, PB, A/C, Stereo, tilt wheel, security lock. 40,000 original highway miles, new brakes, tires, exhaust. Showroom condition. \$6,750. 742-2709 w01

1985 CADILLAC EL DORADO, 66K miles, original owner, loaded, burgundy, garage kept. \$4,000. Call 248-2952 gcs1

1980 ACCURA INTEGRA LS, 3 door, 5 speed, A/C, stereo, white, sunroof, 40,000 miles. Excellent condition. \$10,900. (516)352-3775 gcs1

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

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

Car For Sale

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1999 PLYMOUTH, 2 door, Model P8, good condition. Mostly original. Second owner, garaged \$3,000. 747-4610. gcs3

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

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

1988 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

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

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If you want to be published and be part of an issue of Discovery, you may submit your article to: Lit-Mor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

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The DINING GUIDE
In the Discovery Section of this Newspaper

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DININGGUIDE

In the Discovery Section of this newspaper

Wanted

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. gcO5

ADELPHI STUDENT SEEKS room in exchange for light work or house-sitting. Call George 288-8803 gcO1

USED NORDIC TRAC. Please call 742-8754 gcS3

OLD GUNS, SWORDS, binoculars, old knives, hunting knives and pocket knives. Jewelers lathes. Call 825-0979 or 354-1943. gcO2

ANY TYPE ANTIQUE, Victorian or other furniture wanted. Also cut glass, silver jewelry, paintings, bronzes, dolls, frames, clocks, rugs, linens, trunks, china lamps, books. Will call for any time, any place. Call Kay & Tom, Westbury. 334-4117 gcO5

LOOKING TO PURCHASE white crib, good condition. 481-4870 gcS4

Business Opportunity

CAPITAL WANTED. SMALL investment needed by local resident with growing company. Sound, secured by equipment leased to business. High return, short term. Call Jack at 747-1242 gcS2

Lost and Found

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

Lost and Found Pets

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

Garage/Tag Sale

TAG SALE! Everything Must Go! Great buys, most items \$1.00 or less. Sunday, Sept 12, 9 to 3. 160 Ferncroft Rd. Mineola. wS2

GARAGE SALE - SATURDAY, September 11, 9 a.m.-4 p.m., 72 Kingsbury Rd., Garden City (off Clinton Rd.) - Baby items, toys, books, household furnishings and misc. gcS2

WILLISTON PARK - Saturday 9/11, 26 Princeton St. (off of Willis Ave), 9 AM to 3 PM. Boys' toys, boys' bikes, clothes, household items, exercise equipment. Everything in top shape & much more. Raindate, Sunday, 9/12 WO1

Garage/Tag Sale

GARDEN CITY SOUTH, 278 Dorchester Rd. (Nassau Blvd. East on Terrace Ave.) Sept 17, 18, & 19, 9-4. Multi family sale. Household items, books, bric-a-brac, books, fabrics, jewelry & more. gcS2

PREMOVING DAY SALE - Many contents of home. Furniture, crystal, china, books, trunks, mirrors, misc. Sat, Sept 11, 10-4 at 809 Terrace Blvd., New Hyde Park. (1 block east of New Hyde Park Rd.) gcS2

SAT., SEPT 11, 10-4 at 116 Weyford Terrace, Garden City (off Stewart Ave.) Estate home; Antiques, brass bed, new recumbent bicycle, true designer clothes, barely worn. No junk. gcS1

YARD SALE - GARDEN CITY at 115 Weyford Terrace (between Stewart & Stratford Ave. Friday & Saturday, Sept 10 & 11, 9 AM - 4 PM Moving. Everything must go even the house plants gcO1

MOVING ABROAD, MUST SELL ALL! Sat., Sept 11, 9-4 PM at 147 Euston Rd., Garden City. Antique toys & wash stand, Lacquer BR. Contemp hide-a-bed, baby furniture, TVS, VCRS, clothing, French cookware & more. gcS2

MULTI-FAMILY, SAT., Sept. 18, 9-4, 109 Garden Street, Garden City (off Clinton) Furniture, carpeting, designer clothing, toys, collectibles, household items, children's clothing plus much more. Worth the trip! gcS3

YARD SALE - BENEFIT BIRTHRIGHT of Nassau and Suffolk. Sept. 18, 9 a.m. - 4 p.m. Rain date Sept. 19. 36 Garden Place, Hempstead, 1 block So. of Garden City off Cathedral Ave. Antiques and collectibles, bicycles, baby things, new and used clothing, china, appliances, bathroom fixtures, etc. gcS3

GARAGE SALE, MOVING: Saturday, Sept. 11, 9 a.m. - 3 p.m. No previews. 7 Terrace Park, Garden City, off Tanners Pond Road, between New Market and Somerset. Everything must go. gcS2

TAG SALE - GARDEN CITY. Selling contents of gracious, eclectic home. Charming DR w/fabulous French chairs, breakfast, desirable furniture throughout. Chippendale love seat, antique tables, china closet, old wicker chairs, lovely old pictures, cedar chest, two large Karastan rugs, Stiffel lamps, interesting old bric-a-brac, costume jewelry, studio and sleep sofas, bar refrigerator, outdoor motor, wrought iron patio set, photo equipment, books, cookbooks, records, garden equipment, and much miscellaneous. Please join us at 72 Poplar (off Clinton Road), Saturday, Sept. 11, 9 a.m. - 2 p.m. gcS2

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! wS2



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.F.

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. D.V.

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


MAY THE SACRED HEART OF JESUS be adored, crucified, 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. Publication must be promised. E.J.R.

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

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evils against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. J.W. gcS2



EXCURSIONS



SEPTEMBER 13, 1993

NATIONAL BOSS/EMPLOYEE EXCHANGE DAY

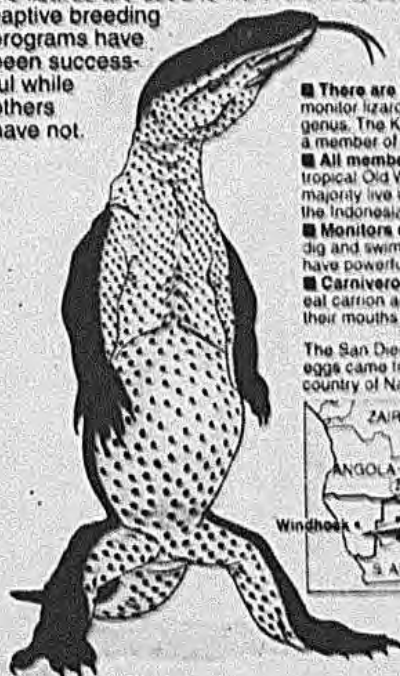
... A day for positive role reversal ...

SOURCE: CHASE'S ANNUAL EVENTS

DISCOVERY

Leapin' lizards

Researchers are developing ways to breed monitor lizards more effectively in captivity. Since the lizards are used to life in the wild, some captive breeding programs have been successful while others have not.



- There are 32 species of monitor lizard, all in the same genus. The Komodo dragon is a member of this group.
- All members live in the tropical Old World. The majority live in Australia and the Indonesia area.
- Monitors can run, climb, dig and swim very well. They have powerful legs.
- Carnivorous, they will also eat carrion and can enlarge their mouths for big food.

The San Diego Zoo's lizard eggs came from the African country of Namibia.



SOURCE: Great Book of the Animal Kingdom, Grolier's Multimedia Encyclopedia

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Kids Home Newspaper



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By J.R. Rose -

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llll...



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CAN YOU FIND THE WORD DIAMOND 6 TIMES?

I'LL HAVE ONE FOR EACH FINGER!

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D	I	A	M	O	N	D	D	N	N
D	I	A	M	O	N	D	O	M	O
I	D	M	M	D	I	M	D	O	M
A	I	O	D	O	A	I	I	N	A
M	A	N	D	I	N	I	A	D	I
6	N	I	D	I	A	D	I	A	D

PUP'S GIRL JUST LOST A DIAMOND RING WHILE VISITING THIS ROYAL KING! SHE'S WORRIED FOR A LONG, LONG WHILE SO FIND THE RING TO MAKE HER SMILE!

PLEASE, TAKE ONE OF MY MANY JEWELS!

©1993 C.N.S. J.R. ROSE

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 IF YOU HAVE ANY FUN GAMES OR JOKES SEND THEM TO : PUP
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BECAUSE THEY PLAY ON DIAMONDS!

PUP THANKS J. ANAYA & PADLER OF ALBUQUERQUE, N.M.

ANTIQU OR JUNQUE

By Anne McCallam

Rare porcelain

Q. A picture is enclosed of a Boehm porcelain female whippet dog. The base measures 7 inches long and 5 inches from the front paw to the back paw.

I understand only five or six sets of one male and one female were made and then the molds were destroyed.

Any information you can provide on the history or value would be appreciated.



A. I can't document the provenance of your Boehm whippet.

Edward Marshall Boehm combined his love of nature, animals and art to create his lovely lifelike sculptures. He graduated from the University of Maryland with a degree in animal husbandry.

In the early 1950s he made his first pieces for Osso China Co., Trenton, N.J.

It was reorganized in 1953 as Edward Marshall Boehm Inc. The figurines of birds, accurate and precise, were the best known.

His career soared after President Dwight D. Eisenhower presented Queen Elizabeth and Prince Philip with a Boehm sculpture during their 1957 visit to the United States.

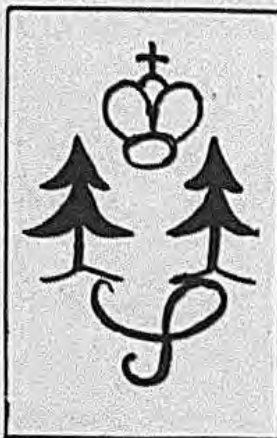
After Boehm died in 1969, his wife managed the company, which still exists today in England and New Jersey.

Currently, limited and unlimited editions of plates and sculptures are being produced. Your Boehm sculpture would be worth about \$400 to \$500.

Q. The enclosed mark is on the back of a set of eight porcelain plates that was given to me by a relative.

They are 10 inches in diameter, have multicolored floral sprays in the center, and gold borders.

Could you give me your opinion of what they might be worth, and any information about who made them?



A. This mark indicates that your plates were made by Haas & Cizek in Horni Slavkov, Czechoslovakia, between 1918 and 1938.

Porcelain that is marked "Made in Czechoslovakia" was produced after 1918.

There were many china factories, all reflecting a variety of influences and styles.

Your set of plates would probably be worth about \$125 to \$150 in good condition.

Q. I have inherited a service for 12 sterling-silver flatware set. There are 51 pieces, including the serving utensils. The pattern is "Rosemary," and each piece is marked "Easterling Sterling."

It was purchased in 1950 from the Easterling Co. of Chicago, Ill.

Can you please tell me the value of my flatware?

A. Easterling Co. existed from 1944 until 1974, when they sold their pattern rights and sterling inventory to Westerling Co.

The value of your sterling-silver flatware set would probably be about \$1,200 to \$1,500.

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Points on Pets

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

Q. Our 8-year-old, spayed German shepherd has an objectionable odor, apparently coming from her skin. Her skin seems to be oily and has a lot of scales. Although our dog seems to have this problem all the time, it is worse during the winter. What is the most likely cause of her problem, and how can we treat it successfully? We would like to get this problem corrected before next winter.

A. It is very possible that your dog has seborrhea. Common signs seen with seborrhea include scaling, crusting, oiliness, and loss of hair. Seborrhea is seen most often in springer spaniels, blond cocker spaniels, German shepherds and dachshunds. It is seen in dogs of all ages and equally often in males and females. The disease usually worsens during the winter.

Seborrhea is a disease complex with many causes. Common causes are nutritional imbalances, external parasites such as fleas, allergies and hormonal imbalances. It is often difficult to determine the cause of seborrhea. Other diseases with skin lesions often look like seborrhea. Examples of these include hypothyroidism, mange, fat-

deficient diets and ringworm.

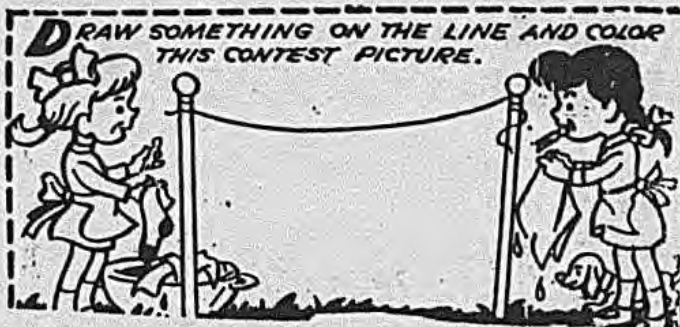
Successful treatment involves determining and correcting the underlying cause. Dietary changes, hormonal therapy, control of external parasites and removal of substances causing allergies are often indicated.

In cases in which the underlying cause cannot be determined, antiseborrheic shampoos are often used to control the disease. Because there is individual variation in response to different shampoos, the best one for each dog is determined by trial and error. Once an adequate shampoo is discovered, a bath once every one to two weeks is usually sufficient to control the symptoms.

Because of the discomfort that your dog is experiencing and because of the many diseases that look like seborrhea, you should have your dog examined by a veterinarian as soon as possible.

POINTS ON PETS

JUNIOR EDITION



Aunt Tilly's Corner

Did I ever tell you about the old house in the country, the one at which we used to spend our summer vacations? Well, this house was very special and always made our vacations memorable for the things it did NOT have in it. It did not have running water, or any electricity. It also did not have a bathroom.

Every morning we woke up to the sound of daddy priming the pump so we could brush our teeth in ice cold water. Mom would be heating a basin of water on the woodburning stove so we could wash our hands and faces and later use the water to wash dishes. The bathroom was an out-house located in the back down by the brook.

After we were cleaned up, we took a little trip up the hill to the nearby farm. There we bought milk and eggs for our breakfast. The milk was so fresh it was still warm from being inside the cow!

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 17, 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

No birth records

By William Acosta

Q. I plan on applying for Social Security benefits, however I have a problem. The country in which I was born has advised me that there is no public or religious record of my birth. What will you accept if the records do not exist? S.I.

A. Other documents can be submitted if a public or religious record of your birth does not exist.

For example, you can submit children's birth records showing your age, a marriage certificate showing your age, school record, census record, military record, employment record or an insurance policy.

You should call the toll-free telephone number 1-800-772-1213 between 7:00 a.m. and 7:00 p.m. any business day, if you need additional information.

Q. I noticed that women who work under Social Security hardly ever receive a wife's benefit when their husband retires. Why is this? B.E.

A. A person cannot receive spouse's benefits if he or she qualifies for a higher benefit on his or her own work under Social Security. He or she will get the higher of the two.

This is one of the reasons why men, with their generally higher earnings and thus higher benefits, are less likely than women to receive spouse's benefits.

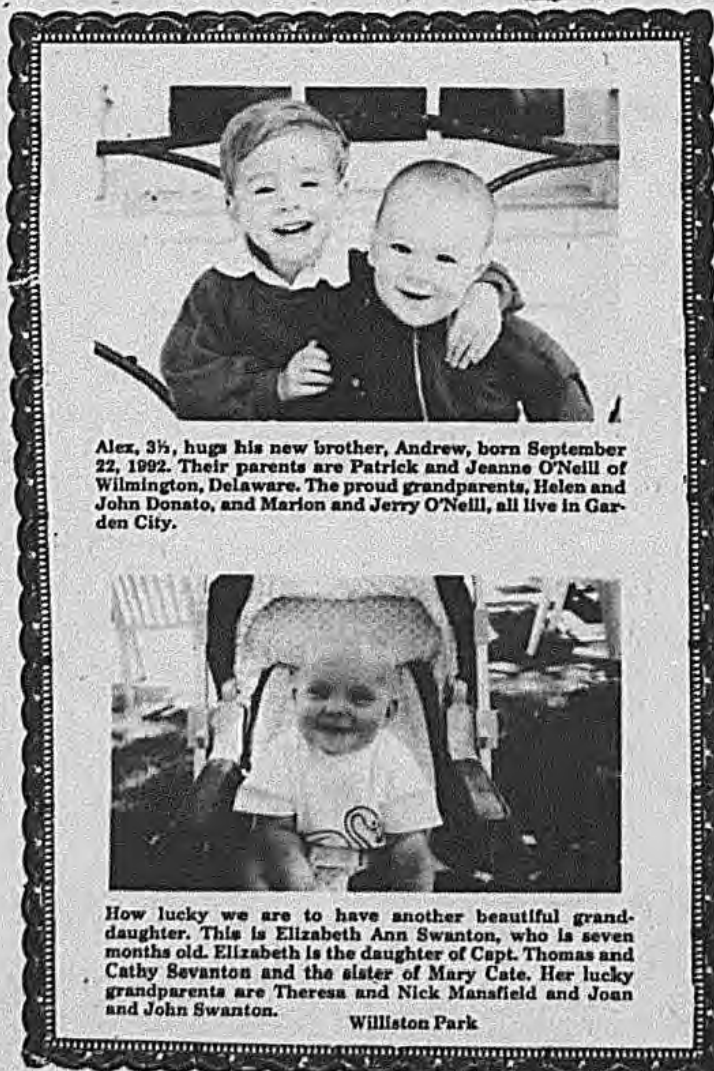
Q. What is the difference between Medicare and Medicaid? A.L.

A. Medicare is federal health insurance program for the elderly and disabled regardless of income and assets. Medicaid, on the other hand, is a medical assistance program jointly financed by state and federal governments for eligible low-income individuals.

Medicaid covers health care expenses for all recipients of Aid to Families with Dependent Children (AFDC), and most states also cover the needy, elderly, blind and disabled who receive cash assistance under the Supplemental Security Income (SSI) program.

Coverage also is extended to certain infants and low-income pregnant women, and, at the option of the state, other low-income individuals with medical bills that qualify them as categorically or medically needy.

YOUR SOCIAL SECURITY



Alex, 3½, hugs his new brother, Andrew, born September 22, 1992. Their parents are Patrick and Jeanne O'Neill of Wilmington, Delaware. The proud grandparents, Helen and John Donato, and Marlon and Jerry O'Neill, all live in Garden City.

How lucky we are to have another beautiful granddaughter. This is Elizabeth Ann Swanton, who is seven months old. Elizabeth is the daughter of Capt. Thomas and Cathy Sevanton and the sister of Mary Cate. Her lucky grandparents are Theresa and Nick Mansfield and Joan and John Swanton.

Williston Park