

Mid-Island Times

& Levittown Times

35¢

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Friday, October 1, 1993

Celebration For Chinese



Nassau County Executive Thomas S. Gulotta (right) greeted Chinese Americans throughout Nassau County at celebration in their honor. The celebration, at the Lakeside Theatre in Eisenhower Park, was recently held to recognize the Chinese Americans on behalf of their outstanding community service.

Joining the County Executive were, left to right, District Attorney Dennis Dillon, Jene Louis of Bethpage, Director of the Chinese Center of Long Island, Inc.

K of C Citation



Oyster Bay Town Councillman Thomas L. Clark presents a citation to Joseph P. Leo, Immediate Past Grand Knight of the Joseph Barry Knights of Columbus Council, No. 2520 in Hicksville. Leo's wife, Dorothy, was also on hand for the occasion.

Flu Program For Seniors

The Hicksville Public School District, in cooperation with the Nassau County Departments of Health and Senior Citizen Affairs, will offer a free Flu Immunization Program for Senior Citizens.

The program will be open to all Hicksville residents age 60 and over, or the spouse of a resident who is age 60 and over. The program will be held on Tuesday, October 26, from 9 a.m. until 12 p.m. at the VFW Hall, 320 South Broadway, Hicksville.

Pre-registration for the program is required. Seniors may pre-register October 4 - 15 at either of two sites: Gregory Museum, Heitz Place Courthouse, Heitz Place, Tuesday - Friday, 9:30 - 4:30, Saturday and Sunday, 1 - 5 p.m. (The Museum is closed on Monday), or at the Hicksville Public Library, 169 Jerusalem Avenue, Monday - Friday, 10 a.m. - 9 p.m., Saturday, 10 a.m.

5 p.m., Sunday, 12 p.m. - 3 p.m.

Registration appointments for the immunizations will be available for 450 individuals. Once the pre-registration period has been completed, remaining appointments will be opened to eligible individuals outside of Hicksville.

Registrants will be asked to select an appointment time for October 26, as well as to complete a consent form. Consent forms may be completed and left at the registration site. Individuals wishing to complete the forms at home may do so; however, they must be brought on the day of the immunization.

This valuable program is the result of the voluntary efforts of many dedicated individuals throughout the community. In order to insure a successful and efficient program, it is requested that individuals arrive punctually for their appointment, but not early, as space is limited.

Schechter Middle School Dedication

The Solomon Schechter Day School of Nassau County proudly announces the Dedication of its new Middle School, housed in the East Street School Building of the Hicksville School District, on Mon., Oct. 4, at 5:15 p.m.

The Dedication, called Chanukat HaBayit in Hebrew, will feature musical presentations from the children, the affixing of a mezuzah (a symbol of a Jewish home) on a door of the school building, and a moving program which speaks about dedication of the school as a home of Jewish learning. Present will be important members of the school community, as well as representatives from the Hicksville School District and many area synagogues.

The school, previously housed solely in its Jericho facility, is now composed of two school buildings. The Jericho facility on Barbara Lane, continues to be the home for children in grades kindergarten through five. The East Street Building, rented from the Hicksville School District, is home to its Middle School students, grades six through eight. In Sept. 1994, the school will also open the Solomon Schechter High School of Long Island at the East Street building.

The Solomon Schechter Day School of Nassau County is a Conservative Jewish Day School. With over 430 students, the school serves Jewish families from throughout the Nassau and Suffolk County area. Providing a dual-curriculum of General Studies and Judaic Studies, the school seeks a full integration of the children's learning as committed Jews and as involved American citizens. With a challenging and demanding General Studies curriculum, which follows the mandates of New York state, the children also learn to speak Hebrew beginning in kindergarten and continue with the study of a comprehensive Jewish curriculum.

The Solomon Schechter Day School of Nassau County is part of some seventy Schechter Schools throughout the United States and Canada.

For further information, please contact the School Principal, Mr. Philip Dickstein, at 935-1441 or 935-2450.

Hicksville Schools Opening "Successful"

By Denise Deery

Supt. Sal Mugavero began the September 22 Hicksville Board of Education meeting on a positive note, stating that the commencement of the 1993-94 academic season marked "the most successful" school opening since he became Superintendent. He attributed this success to the improved overall physical appearance of the District's school buildings, as well as to a renewed emphasis on the quality of "excellence."

Superintendent's Report - Goals & Objectives

In his statement of goals and objectives for the new school year, Mr. Mugavero stressed "Excellence in Instruction" as the predominant theme. This will include efforts "to make instruction more active and less passive." Improved writing skills, daily essay writing, and independent utilization of resource rooms will be encouraged. Other goals include: an improvement in the technology area of the curriculum, selection of a district-wide reading program, and the "infusion of an AIDS Awareness Program throughout the grades of our district."

Superintendent's Report - Legislative Grant

Hicksville Public Schools fared rather well despite Governor Mario Cuomo's original proposal to slash funding by \$130 million statewide. The Governor's proposal was later revised to cut \$52 million in school aid while the New York State Legislature voted to restore the same \$52 million plus an additional \$328 million.

According to the Governor's original proposal Hicksville was slated to receive \$4,987,295 in state aid. The actual amount received was somewhat higher at \$6,116,262. The increase in the aid package was due, in part, to the efforts of Assemblyman Fred Parola, (R-C, Wantagh) and Senator Ralph Marino, (R-C, E. Norwich).

Superintendent Sal Mugavero made special mention of a much needed state grant which the District received to update Hicksville's Middle School Library. This \$50,000 special assistance package was separate and apart from any amounts approved for this year's school funding budget. Mr. Mugavero specifically praised Ralph Marino, the New York State Senate Majority Leader, for his role in securing this library aid for Hicksville.

Report On Summer Recreation Program

Also included in the Superintendent's Report was an account on the Summer Recreation Program. The program, designed to engage Hicksville students in constructive activities and to "keep them off the streets," was participated by some 350 elementary school age children and about 240 from the Middle School. The Superintendent was pleased to announce a 98% overall satisfaction rate for this year's summer recreation program.

The District will also sponsor a Friday Night Winter Recreation Program this year. The program is open to all high school age residents and is scheduled to take place from 8 p.m. to 11 p.m. at the High School, two Fridays per month, beginning on Oct. 15. Available activities will include basketball, volleyball, wrestling, gymnastics, shuffleboard, billiards and karaoke.

Correspondence

Among the correspondence, not read at the meeting, but included in the minutes, and addressed to Helen Lafferty, President of the School Board of Education, were the following items:

- (1) A letter from Dr. Barbara C. Wilson, North Shore Hospital, dated Aug. 25, in which she requested "permission to address the Hicksville School Board relative to a proposal to permit bus (sic) to locate several mobile units in the rear of Willet Avenue School." Dr. Wilson stated that formerly the possibility of purchasing the building had been raised, "but the Board decided not to consider such a proposal at this time." She further indicated that the units which would be placed "in the rear of the building" and "would house staff only, not children," would permit the utilization of existing space "under the roof for the provision of direct services to children."
- (2) A letter from Pasquale Ferraro, Jr., President of the Lawrence Board of Education, dated Sept. 10, in which he extended an invitation to Mrs. Lafferty to attend a county-wide Board member meeting on Sept. 20. The purpose of the meeting, according to Mr. Ferraro, was to "discuss concerns regarding the benefits derived by membership in the New York State Boards Association" as well as

Merit Semi-Finalists



Guidance Chairperson Evelyn Acosta and Principal Richard Hogan proudly pose with newly-announced Semi-Finalists Jennifer Yost, Joaquin Ezcurra and Michael Chang. The students, who were selected from over one million students, represent half of one percent of New York State's high school graduating class.

Hicksville Schools Opening "Successful"

Continued From Page 1

to strengthen its voice in Albany.

General Public Comments

Several people in attendance at the meeting elected to pose questions to the Board and/or express concerns regarding various issues. One resident remarked upon the poor condition of the basketball court on the south side of Old Country Road School. The basketball backstops are defaced by graffiti and one of the metal hoops is completely missing. Aside from the school's physical appearance, or on account of it, security at Old Country Road School was also raised as a concern.

Another resident, Sylvia Theis, inquired as to whether or not private and parochial school resident-students should/could be included in the Friday Night Recreation Program for Hicksville High School students. Although Supt. Mugavero explained that students not attending the Public High School were originally excluded from the Winter Recreation Program for security reasons, Board Member, James Black, motioned to have the program include all students in the Winter Recreation Program was passed unanimously. Possession of a District-issued identification card will be necessary and made available, to any Hicksville resident, non-public high school student who wishes to participate in this program.

Goals and Objectives of the Board

Finally, the Board enumerated its own list of goals and objectives for the 1993-94 school year. Among the goals was a district-wide curriculum review and improvement. Many of the Board's objectives toward that end paralleled those of the Superintendent, including a revision of the district's reading program and the implementation of an AIDS awareness program. The Board will also seek to work towards having Hicksville High School officially recognized as a "School of Excellence."

The improvement of safety conditions for all students, staff and community members utilizing school facilities was also mentioned as a major goal. Consequently, there will be an evaluation of the security program "to further reduce vandalism of school district property."

The next Board of Education Committee Meetings, to which the public are welcome and "really have their voices heard," are scheduled for October 13, as follows:

Curriculum: Nancy Callari, 7:30 p.m., Board Rm., Adm. Bldg.
Policy: James M. Black II, 8:30 p.m., Board Rm., Adm. Bldg.
Finance: David M. Staton, 7:30 p.m., Conference Rm. A
Facilities: Raymond Manzo, 8:30 p.m., Conference Rm. A.

The next Regular Meeting of the Board of Education is scheduled to take place in the Middle School Auditorium on Wednesday, Oct. 20, at 8:30 p.m.

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Letters

To The Editor:

The coaches, players and parents of the Hicksville Hurricanes Soccer Team extend our deepest appreciation to Mark and Karen Thomas for their generous support of our team.

The recent spate of negative Newsday articles notwithstanding, Hicksville is a truly great community and its people like Mark and Karen Thomas who help to make it great.

Mark and Karen the Hicksville Hurricanes thank you for your generosity.

Ed Hebron
On behalf of the
Hicksville Hurricanes

School Dist. Rec. Program

Due to the response to the Summer Recreation Program for High School students and the commitment by the Hicksville Public School District Board of Education to provide a place for High School students to meet, the Hicksville School District has planned an evening Recreation Program for High School students.

The program will be held two Friday evenings a month from 8 p.m. until 11 p.m. A schedule through December has been established as follows: October 15 and 29, November 5 and 19, and December 3 and 17. A variety of activities including basketball, volleyball, wrestling, gymnastics, shuffleboard, pool, video games and Karaoke will be available to students.

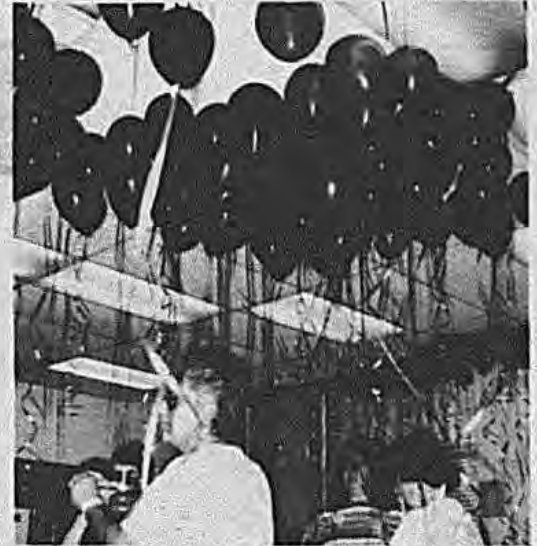
The program is open to all residents of the district; however a school district ID will be required for admission to the program. Students attending Hicksville High School will use their school photo ID; all other students will be issued a Recreation Program photo ID. The district plans to announce dates on which ID photographs will be taken for private and parochial school students wishing to participate in the program.

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

We are looking for articles, not exceeding 3,000 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: Litmore Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

Sun Shines On H.H.S. Band Show



Orange and Black balloons being blown up, prior to decorating the stands for the Hicksville High Marching Band Competition.

By Karen Blicker

"It's only rain," I grumbled to myself the drizzly autumn morning of September 26 as I arrived with a group of Band/Color Guard parents to prepare for the 5th Annual Hicksville High School Marching Band Competition. It had never previously rained during our home Show, but despite the downpour, we all hoped for better weather as the Hicksville Public Schools and Band Parents Association jointly hosted this program, the kickoff of the Fall Season. There was much work to be done in a short period of time...from Admissions to Security, from Food to Trophies...we anxiously glanced out the School windows, hoping for a break in the weather. Finally, as if on cue, storm clouds rolled away and the rain stopped. Band parents busily set up their stations outdoors. Flags and balloons were placed in the stands of McCormack Field, foodstuffs were carried onto the portico, Band journals and tee shirts stacked, and judges welcomed, as the visiting band buses rolled into the parking lot and were promptly greeted by their hosts.

Marching bands from Levittown, Brentwood, Walt Whitman, Sachem, Mineola, Huntington and Arlington in Poughkeepsie, NY, filed into the lot, ready for the pageantry and excitement. Band Parents Assoc. President Diana DePalma oversaw her numerous committees - seemingly in 10 placed at once, spot checking each area. Finally, all systems were go.

All summer, as Band and Color Guard diligently rehearsed their drills, parents mapped out their sure-fire, behind the scenes strategy, which makes our show a highly-rated, crowd pleaser each year. Come rain or shine, the camaraderie that exists in this large organization, is extraordinary... and the uppermost thought in our minds? Our kids!

Meanwhile, the competing bands performed their varied, exciting routines under a warm, afternoon sun. Then came our Marching Band and Color

Guard. Led by Drum Majors Kim Dames, Todd Master, and Jessica Swier, and Color Guard Captains Jen Manzo and Kelly Sciafani, their "Praise Jerusalem" number was thrilling! I'm continually in awe of their skill and professionalism. School Supt. Salvatore Mugavero proudly presented trophies to those bands who scored highly in their assorted categories.

During the Show, the audience hungrily feasted on burgers and franks, souvlaki, sausage and peppers, bratwurst, pretzels, popcorn, ice cream and mountains of mouth-watering desserts, as well as thirst-quenching drinks. The afternoon hours slipped by, and soon it was time for the throng to depart. Then, the massive cleanup began.

Bouquets to BPA President Diana DePalma for her cheerfully efficient leadership no matter what the weather. (Just how does she juggle all those committees at once?) Wish we could clone her. Thanks to Rose and Joe Burrafato, whose Band journal looks more spectacular each year. Your tireless endeavors are appreciated. Thanks to the Band Parents Executive Board for much-needed assistance. And to those members of the Association whose names are rarely mentioned, yet give the generous gift of their time - you are surely our unsung heroes!

And, for the countless hours of time and dedication towards making Hicksville High's Marching Band/Color Guard one of the island's best, bravo to Band Directors Jim McRoy and Jennifer Boltz, as well as to the instruction/design staff, who willingly share valuable expertise with our youngsters. You are the standard bearers who set the pace every year, and we are always wowed by the finished package. Now, the Marching Band season begins. In the weeks to come, the Band/Color Guard will travel to schools in Nassau and Suffolk County, as well as New Jersey, to compete. And not even Mother Nature would dare rain on our parade. Just watch us shine!

Planning Their Future

Hicksville High School Seniors recently attended a Mini-College and Career Fair at their school. The Fair was one of a series in which students have the opportunity to meet with admissions counselors from a variety of colleges and

universities, as well as representatives of the armed forces. Three more Mini-College Fairs are scheduled representing different schools, from 10-10:30 a.m. on each of the following dates: September 29, October 6 and October 20.



Army recruiter, Staff Sergeant Thomas Hough, discusses educational and career opportunities available in the U.S. Army with Hicksville High School Seniors. The students are participating in a series of Mini-College Fairs which enable them to meet with admissions counselors from a wide variety of colleges, universities and the armed forces.

Republican Clerk Candidate



Karen Murphy, left, candidate for Nassau County Clerk, is introduced by Theodore Roosevelt Republican Club Vice-President Manetta Modica to the standing room only crowd that greeted Karen at a recent meeting of the Bethpage organization. "Karen will make a terrific County Clerk," said Modica. "She will be a new voice for the citizens of our County and we look forward to working hard on her campaign."

Greeting To Elks



Nassau County Executive Thomas S. Gulotta, third from right, greeted members of various Elks Clubs throughout Nassau County at a celebration honoring the Benevolent and Protective Order of Elks. The celebration, at the Lakeside Theatre in Eisenhower Park, was recently held to recognize the Elks on behalf of their outstanding community service. Looking on were, left to right: Judge Joseph Calabrese; Assemblyman Frederick Parola; Harriet Maher, President of the Hicksville Elks; BPOE; District Attorney Denis Dillon; Supervisor Don DeRiggi.

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

**LEGAL NOTICE
BETHPAGE
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Bethpage, New York
PLEASE TAKE NOTICE that sealed bids will be received by the Board of Education of Bethpage Union Free School District, Town of Oyster Bay, Nassau County, Bethpage, New York. **BID TITLE Physical Education Supplies.**

Specifications for said items may be obtained at the office of the Assistant Superintendent for Business at the Administration Bldg., Cherry Avenue, Bethpage, New York, during the regular working day. Bids will be addressed to the Board of Education, Bethpage Union Free School District, Town of Oyster Bay, Cherry and Stewart Avenues, Bethpage, New York. **EACH BID ENVELOPE MUST BE CLEARLY MARKED WITH THE TITLE OF THE BIDS.** Bids will be received in the Board Room as follows: **BID DATE 10/12/93, TIME 10:00 A.M.**

At the above time and place, the bids will be publicly opened and read. The Board of Education reserves the right to waive any informalities or to reject any and all bids, or at its option, select and accept that bid on any single item which is lowest and in its sole judgment is for the best interest of the school district. No bids shall be withdrawn pending the decision of the Board of Education.

**BY ORDER OF THE
BOARD OF
EDUCATION**
Heldi Sanchez
District Clerk

Beth 3176
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Community Service



Nassau County Executive Thomas S. Gulotta, right, greeted Chinese Americans throughout Nassau County at a celebration in their honor. The celebration, at the Lakeside Theatre in Eisenhower Park, was recently held to recognize the Chinese Americans on behalf of their outstanding community service. Joining the County Executive were, left to right: District Attorney Denis Dillon; Lydia Wong, of Hicksville, President of the Chinese Center of Long Island, Inc.

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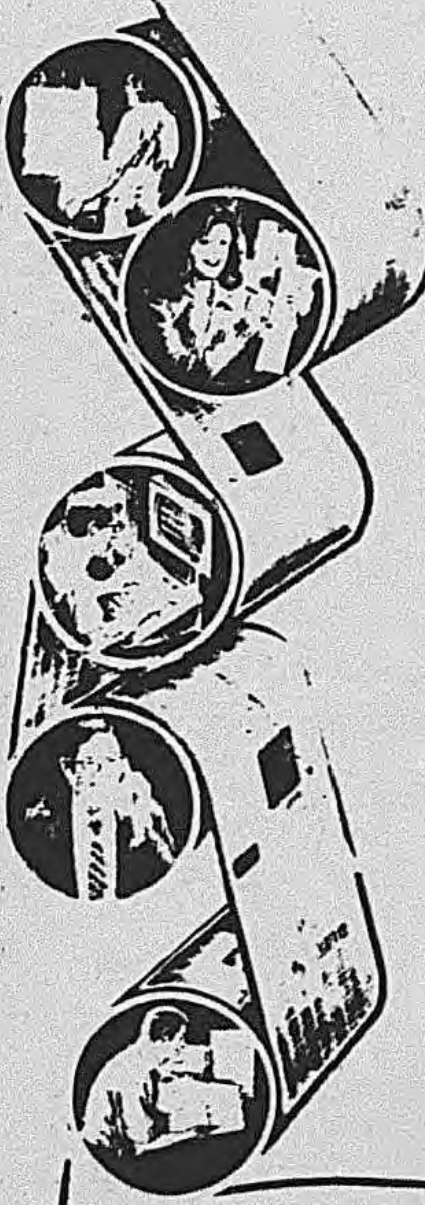
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Jottings From Yesteryear

By Bill Clark

Shopping at a couple of stores, I saw cartons of "Ball" canning jars, caps and rings. How I remember mother, sister and friends slaving over a hot coal kitchen stove preparing and cooking fruits and vegetables and sterilizing the jars, bottles etc. If for jam and jellies, they melted bars of paraffin to top the goodies when poured into their various collection of glasses. All that was done in between the kids, laundry, washing and hanging clothes outdoors. There were no clothes washers or driers those days, not even permanent press

thus everything had to be ironed. Oh yes, I forgot cooking supper, no microwave.

When I recall the old days, I recall seeing somewhere a sign or something saying "Don't regret growing old, it is a privilege denied to many."

I did some garage sales this weekend and met some very nice people. People who knew residents of years ago and who now live in their homes when they were built and memories of people you once knew and wondered where they moved to. There are still friendly, polite people as years ago.



L. Barclay St., former factory and I.O.O.F. Hall. The emblem was on the west end of the building. A commercial business expo. was held yearly.



Same building with alterations for offices. Far change from above picture.

Lodge Citation



Oyster Bay Councilman Thomas L. Clark (left) and Town Supervisor Lewis J. Yevoli (second from right) join in presenting a citation to Joseph Cangemi of Hicksville, who was honored by Galileo Galilei Lodge No. 2253, Order of Sons of Italy in America, for his ongoing commitment to the organization. On hand for the occasion were Cangemi's wife, Michellina and State Supreme Court Judge Joe Saladino.

Make-A-Wish Games A Success

On what could only be described as a picture perfect day, the Hicksville P.A.L. Girls Softball presented a series of intramural charity softball games at the Abe Levitt Field on Stewart Avenue. The event took place on Saturday, September 11, to benefit the Make-A-Wish Foundation, an organization that grants wishes to terminal-ly ill children.

With the cooperation and sponsorship of local merchants, who graciously donated merchandise for a raffle, Hicksville P.A.L. was able to raise a substantial amount of donations. All of the money that was raised was given to the Make-A-Wish Foundation.

The crowd was honored to have Ms. Barbara Murphy, of the Metro Area Make-A-Wish Board of Directors, present on this day. She spoke to the crowd, briefing them on the many wishes that the Foundation grants every year. Unfortunately, the guests of honor, 16 year old Andre Giannico and 13 year old Stacie Caruso, were unable to attend due to illness. However, a few days later, the P.A.L. Director, Police Officer Bill Toelstedt, and the P.A.L. Softball Commissioner, Jack Zeller, delivered an Honorary Coach plaque, along with a uniform shirt and hat to both Andre and Stacey. The uniform shirts and hats were signed by the girls who participated in a special raffle game, which was the final event of a very rewarding day.

Hicksville P.A.L. would like to thank all of the managers coaches, players, parents, relatives and friends who made this day a huge success. Also, a special thanks to Mr. John Walker, Deputy Commissioner, Town of Oyster Bay Department of parks for his cooperation in securing the Abe Levitt Complex for this event. In addition, we would like to thank Pete Zielinski of Arizona Food Service, and Jack and Vicki of Circus Man Ice Cream, for making their food services available and donating a percent of their receipts to Make-A-Wish. Also, we would like to thank Our Lady of Mercy Youth Council for making their sound system available for the event.

In a time when people like to reflect on the negatives regarding youths, it's a sincere joy to see Hicksville Youths willing to set aside a day to raise funds for a genuinely worthy cause. In keeping with the P.A.L. motto, "It is better to build youth, than to mend adults."

The following businesses donated prizes: Woodbury Lanes, Gemini Arms, Yagurteria, Kenny's Cafe, Computers Plus, The Party Experience, Encore Dancewear, Hot Cuts, United Computer Resources, Red Lobster, Powerhouse Comics and Cards, Hicksville Car Wash, Peppercorns, The Dutchmen, Super Stuff, Flowers by Peter Kenney, Licata's Bakery, Baskin-Robbins Ice Cream, Centerville Florist, Chick Physique, Alladin Floral Corp., and Town Bagel West.

Hicksville Physician Dept. Head



Carol D. Gordon, M.D., has been appointed to the Dept. of Ophthalmology by the Board of Trustees at Mercy Medical Center, Rockville Centre.

A graduate of SUNY-Binghamton, Dr. Gordon received her medical degree from SUNY-Stony Brook. Dr. Gordon is Board Certified by the American Board of Ophthalmology, and Diplomate, National Board of Examiners. She is associated with the American Academy of Ophthalmology, the American Medical Association, New York State Medical Society and New York State Ophthalmologist Society. Dr. Gordon has a private practice in Hicksville.

LEGAL NOTICE THE PEOPLE OF THE STATE OF NEW YORK

BY THE GRACE OF GOD
FREE AND INDEPENDENT

TO: Louise Salmend
Jessie Bell
Beatrice Jean King, distributees of Estate of Beatrice Mickle
Savannah Smith
Mrs. Jacob Lee, sole distributees of Estate of Jacob Lee
Barry Lee
Germaine Lee
George Lee
Joaquim Munk
Takesha Lavette 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 Draksford 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

LEGAL NOTICE

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

SURROGATE'S COURT

Salamon, Gruber, Newman, Blaymore & Rothschild, P.C.
97 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
GX 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 3,000 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 Limer Publications, 61 East Barclay Street, Hicksville, N.Y. 11801.

Local Restaurateur To Be Honored



Donald LeCompte

Donald C. LeCompte, owner of Antun's Catering-Hicksville, will be honored on Oct. 26 as the 1993-94 Restaurateur of the Year by the Long Island Chapter of the New York State Restaurant Association (NYSRA).

"LeCompte is being recognized for maintaining high standards in the food service industry and for his civic efforts to improve the quality of life on Long Island," said Philip Schilro, president of the chapter and owner of Raay-Nor's Cabin in Baldwin.

The 30th annual banquet will be a six-and-a-half hour extravaganza, held at the Woodbury Country Club, Woodbury, Long Island, on Tuesday evening, Oct. 26. The reception will start at 6:30 p.m., dinner at 7:30 and a gala event dubbed "The Happening" at 11:30.

LeCompte has long distinguished himself as a savvy businessman, chiefly as a restaurateur who, for example, caters to 100,000 guests every year. But as a past president of the Long Island chapter of NYSRA, he has also witnessed the Long Island food service industry grow to \$1.8 billion in sales and 63,000 employees.

LeCompte has earned a reputation as a community-minded resident of Long Island who often goes well beyond the call of duty for his neighbors. He has long conceived of Antun's Hicksville as not only a restaurant but also a community center where sports teams, churches and other community groups can comfortably gather.

Now the president of the Hicksville Chamber of Commerce, he has had a hand in everything from feeding Hicks-

ville firemen after a blaze in doused by delivering meals to the hungry. He has also contributed to eliminating graffiti in the Hicksville business district and sponsored Little League teams and Boy Scouts troops. Further, LeCompte is deeply involved in cultivating future industry leaders and the next generation of entrepreneurs among the youth of Long Island.

LeCompte has volunteered for the Hicksville Youth Council, The Town of Oyster Bay Anti-Graffiti Task Force and the Vocational Advisory Board of the Levittown Public Schools. The Nassau County Shields police organization honored him as "Man of the Year." He is also a NYSRA Board of Directors member and Chairman of the NYSRA Public Relations Committee.

At the tender age of 17, he became New York State president of DECA, an acronym for Distributive/Marketing Education Clubs of America, an organization aimed at developing future leaders and introducing the basics of business education. Clubs of America, an organization aimed at developing future leaders and introducing the basics of business education to youngsters.

LeCompte attributes the launch of his career as a business leader to a 1966 meeting with Mr. J. C. Penney, owner of the J. C. Penney chain. LeCompte, a less than scholarly student in high school, had little intention or likelihood of attending college. On hearing this news, Mr. Penney, then 86 years old, nodded with disapproval.

"Young man," he told LeCompte, "I might have been a success in this world if only I had gone to college."

Three weeks later, LeCompte enrolled at the State University of New York at Cobleskill College. By applying elbow grease, he worked 70 hours a week, 30 as a restaurant Maitre d' at Antun's Queens on weekends, 40 as a paint salesman. LeCompte attended college, transferring first to Nassau Community College, then graduating from Hofstra University.

Make A Wish



Ms. Barbara Murphy, of Metro area Make-A-Wish Board of Directors, receives Honorary Coach Plaque from Hicksville P.A.L. Vice President Jack Zeller, as both Senior and Junior Division girls proudly display their 1993 Award trophies during the Make-A-Wish Games held on Sept. 11.

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If you travel in Nassau and Western Suffolk Counties or need to connect with the Long Island Rail Road—or even with subways in Jamaica, Flushing or Far Rockaway—our FREE BUS RIDER'S GUIDE will make getting there a breeze. Whether you're a regular rider, a sometimes rider or someone who's never ridden with us, the GUIDE will give you a complete overview of our routes, services, discount programs, transfer points, wheelchair accessible routes and other important rider information. It's the kind of information that will help you get the most out of Long Island's and Queens' comfortable, clean and safe way to travel. So, get on the bandwagon or better still, the bus. Call (516) 766-MSBA today for your FREE BUS RIDER'S GUIDE.

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700 Commercial Avenue
Garden City, NY 11530-9632

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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 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. 11630
 (516) 745-6830

LEGAL NOTICE

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, 1988, 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. U199

MIT 2732
 4 X 9/10, 17, 24, 10/1

LEGAL NOTICE

NOTICE TO TAXPAYERS
RE: 1993-1994 SCHOOL TAXES

The undersigned Receiver of Taxes for the Town of Hempstead, County of Nassau, State of New York, Hereby gives notice that she has received the School Tax Roll and Warrant attached thereto dated September 27, 1993 and will be in attendance to receive taxes at: 200 NORTH FRANKLIN STREET, HEMPSTEAD, NEW YORK 11550 on FRIDAY, OCTOBER 1, 1993 and each weekday thereafter from 9:00 A.M. to 4:45 P.M. (Saturdays, Sundays and Holidays excepted)

PENALTIES:

The following scale of penalties is hereby prescribed for neglect to pay the School taxes after they become due and payable.

First half due and payable October 1, 1993. If the first half is not paid on or before November 10, 1993, penalty will be added at the rate of one per centum per month from October 1, 1993 calculated to the end of the month during which payment is made.

Second half due and payable April 1, 1994. Penalty on the second half will be added after May 10, 1994 at the rate of one per centum per month from April 1, 1994 calculated to the end of the month during which payment is made.

DISCOUNT WHERE APPLICABLE:

If the full year's tax is paid on or before November 10, 1993, discount where applicable will be allowed on the second half of the tax at the rate of one per centum of the second half. No discount is allowed on payments made after November 10, 1993.

Taxes are payable by cash, certified check and money

LEGAL NOTICE

order. Uncertified checks will be accepted subject to collection only. Third party checks will not be accepted.

When sending for tax bills, please state the School District location, Section, Block and Lot numbers in accordance with the Nassau County Tax Map.

After May 31, 1994, the 1993-1994 School Tax Roll will be turned over to the Nassau County Treasurer and all payments after that date have to be made at the Nassau County Treasurer's Office, Nassau County Office Building, 240 Old Country Road, Mineola, New York 11501.

ANGIE M. CULLIN
RECEIVER OF TAXES
TOWN OF HEMPSTEAD

Dated:
 September 27, 1993
 Hempstead, New York 11550
 MIT 2744
 1X 10/1

LEGAL NOTICE
NOTICE TO BIDDERS

SEALED BIDS will be received by the Board of Fire Commissioners of the **HICKSVILLE FIRE DISTRICT**, 20 East Marie Street, Hicksville, N.Y. 11801 until 3:30 p.m. prevailing time, **OCTOBER 12, 1993** for the following:

ONE CUSTOM CHASSIS AND BODY
 Specifications, proposal forms, and proposed contracts may be obtained at the office of the dispatcher, Hicksville Fire House, 20 E. Marie Street, Hicksville, New York. Certificates of non-collusion must accompany each bid, and the bidder must submit his bid on the proposal form supplied. The Hicksville Fire District, as purchaser, reserves the right to award all or any part of said bid, also to reject all or any part of said bid. Bids failing to comply with the proposal format will be rejected. The Board reserves the right to waive any and all formalities.

A bid Bond or certified check in the amount of 5% of the total bid price shall accompany each bid. The bid bond or certified check shall be returned after the Board of Fire Commissioners awards the contract.

BOARD OF FIRE COMMISSIONERS
HICKSVILLE FIRE DISTRICT
 20 E. Marie St.
 Hicksville, NY 11801

Dated: Sept. 28, 1993
 Attest: John Knight
 District Secretary
 MIT9177
 1x10/1

Commuters Save Money

Candidate for Town of Oyster Bay Councilman Angelo A. Delligatti, left, is joined by Town of Oyster Bay Receiver of Taxes John J. O'Leary at a recent meeting of the Theodore Roosevelt Republican Club. George Yochmann, Bethpage Executive Leader, said, "Two years ago, Angelo Delligatti initiated the elimination of commuter parking meters and the daily payment commuters had to make. The average commuter has saved \$200 to date. We would appreciate your support on Election Day."

Greek Festival

Nassau County Executive Thomas S. Gulotta (second from right) attended the Annual Festival of the Holy Trinity Greek Orthodox Church in Hicksville. Also present were: George Buleas of Bethpage, Father George Stavropoulos, John Katsoulaki of Massapequa, Town Clerk Dan Fisher.

Chinese Americans Honored

Nassau County Executive Thomas S. Gulotta, right, greeted Chinese Americans throughout Nassau County at a celebration in their honor. The celebration, at the Lakeside Theatre in Eisenhower Park, was recently held to recognize the Chinese Americans on behalf of their outstanding community service. Joining the County Executive were, left to right: District Attorney Denis Dillon; Robert Wong, of Hicksville, First Vice President of the Chinese Center of Long Island, Inc.

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

**STELIOS NEAMONITIS,
Plif. vs. NICHOLAS
KEPALAS, et al Defts.**
Index #991293. Pursuant
to judgment of foreclosure
and sale dated Aug. 23, 1992,
I will sell at public auction
on the north front steps of
the Nassau County Court
House, 282 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 improve-
ments 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) dis-
tant 43.43 feet Northerly
from the corner formed by
the intersection of the South-
westerly side of Broadway
(as widened) and the North-
westerly side of West
Nicholai Street;
RUNNING THENCE
Southwesterly along a line
forming an exterior angle of
89 degrees 22 minutes 30
seconds with the South-
westerly side of Broadway
(as widened) 86.10 feet.

THENCE Northerly
along a line forming an inter-
ior 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 preced-
ing course 116.61 feet to the
Southwesterly side of Broad-
way (as widened);

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

Tax Lot 45:
ALL that certain plot,
piece or parcel of land, with
the buildings and improve-
ments 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 inter-
section of the Northwesterly
side of West Nicholai Street
and the Southwesterly side
of Broadway (as widened);

RUNNING THENCE
Southwesterly along the
Northwesterly side of West
Nicholai Street 56.39 feet;
Title No. N860810

SCHEDULE A

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

THENCE Northeasterly
along a line forming an inter-
ior angle of 90 degrees 31

LEGAL NOTICE

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

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

Tax Lot 4:

ALL that certain plot,
piece or parcel of land, with
the buildings and improve-
ments 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 Nicholai Street distant
86.39 feet Westerly from the
corner formed by the inter-
section of the Northwesterly
side of West Nicholai Street
and the Southwesterly side
of Broadway (as widened);

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

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

THENCE Northeasterly
at right angles to the preced-
ing course 30.62 feet;

THENCE Southerly along
a line forming an interior an-
gle of 89 degrees 14 minutes
00 seconds with the preced-
ing course 79.98 feet to the
Northwesterly side of West
Nicholai 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 inter-
section of the old Westerly
side of Broadway and the
Northerly side of Nicholai
Street: (1) along the old
Westerly side of Broadway
North 43 degrees 07 minutes
27 seconds West 154.53 feet
to the Northerly side of land
now or formerly of Demsey;
(2) running thence along the
last mentioned land South
46 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 46
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 improve-
ments thereon erected,
situate, lying and being at
Hicksville, in the Town of
Oyster Bay, County of Nas-
sau and State of New York,
remaining after the condem-
nation by the State of New
York of a portion of the prop-
erty hereinafter described,
bounded and described as
follows:

BEGINNING at the
Southeasterly corner there-
of, 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 Nor-
therly 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 in-
tersects 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 Broad-
way 24 feet, 9 inches;

THENCE Easterly and
parallel with said land of Ed-
ward 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 Broad-
way, 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 Sec-
tion 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
PAUL EISENSTEIN,
Atty. for Plif.,
7600 Jericho Tpke.,
Woodbury, NY U190**

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

Library Film

The film *School Ties* will be
shown at the Syosset Public
Library on Wednesday, October
6, at 8 p.m. Free.

School Bells Ring At Saint Ignatius

Saint Ignatius Loyola School began its 86th year when it
reopened on September 8. A second fifth grade and a two
day pre-K were added this year to accommodate increased
enrollment.

The Opening School Mass was celebrated on Friday, Sep-
tember 10, by Father Edward Tarrant, the Pastor at Saint
Ignatius. Father Tarrant spoke to the children about the
importance of a good education. An assembly was held on
Friday to honor some of the students. Students in grades 5
to 8 received their certificates for being on the Principal's
List and First Honors List in June. At an assembly on Mon-
day, September 13, the Safety Patrol Officers and members
for this school year received their badges.

The administration and faculty would like to welcome our
new students and their parents to our school family. We
would also like to welcome the new members of our faculty
and staff: Mrs. N. Wagner (Nursery), Mrs. Audus (grade 1-1),
Mrs. Hess (grade 3-2), Mrs. Forlano (grade 5-2), and Mrs.
Clegg (K-1 aide).



The children in the kindergarten classes at Saint Ignatius
Loyola School look eager to begin the school year.

Chinese Celebration



Nassau County Executive Thomas S. Gulotta, right, greeted
Chinese Americans throughout Nassau County at a celebra-
tion in their honor. The celebration, at the Lakeside
Theatre in Eisenhower Park, was recently held to recognize
the Chinese Americans on behalf of their outstanding com-
munity service.
Joining the County Executive were, left to right: District At-
torney Denis Dillon; James Chin of Jericho, Director of the
Chinese Center of Long Island, Inc.

The Odd Couple, Female Version



This summer, a group of Hicksville High School theatre stu-
dents continued their theatrical involvement. The students
produced, directed, and performed the production "The
Odd Couple, Female Version" for an audience of over three
hundred at the Hicksville Public Library. The cast and crew
included eleven Hicksville High School Alumni and eight
current students. The show, directed by Joseph Feesser,
Class of '92, included the following participants: John Ed-
wards, Maureen Gill, Mary Reilly, and Lorie Hassett from
the Class of '92. Sarah Barnard, Maura Johnston and Jen-
nifer Corrado from the Class of '93, Justin Farrell, Class of
'94, Joseph Kilduff, Nicky Wittig and Joseph Dolezal, Class
of '95 and Colleen Johnston, Class of '96.

Lamb K. Of C. Installs Officers

The Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview/Hicksville, held the official installation of new officers at the meeting, held on Thursday evening, September 16, at Our Lady of Mercy School basement in Hicksville. A large crowd of wives, friends, and well-wishers were on hand to witness the colorful ceremony.

District Deputy Bob Coyne from the 13th D.D. (former P.G.K. from Delaney Council), and also District Deputy Tom Rail from the 12th D.D. (former P.G.K. of Memorare Council), led the team that officially installed the new officers of the Joe Lamb Council. The officers will serve during the Columbian year which started on July 1 and will end on June 30, 1994.

The newly installed officers are as follows:

Grand Knight - Henry D. Schettini; Deputy G.K. - Patrick J. Annello; Chancellor - Joseph P. Allison; Warden - Alfred J. Eusini; Recorder - Robert W.

Andruzzi; Fin. Sec. - Richard Layh; Treasurer - Roe Catalano.

Also installed were: Advocates - Frank Deturris; Lecturer - P.G.K. John N. Lombardi; Inside Guard - Frank W. Jopp; Outside Guards - Joseph Zito, Salvatore Bruno.

Three year Trustees is P.G.K., P.F.N., F.D.D. Peter B. Volpe.

Installed as Chaplain was Msgr. James E. Boesel, who is Pastor of Our Lady of Mercy Church.

Assisting D.D. Boy Coyne and D.D. Tom Rail in the installation ceremony were:

Ceremonial Warden - Bob Baillie (P.F.N. Pope John 28thg Assy), District Wardens Ray Reynolds (P.G.K. Delaney Council), Ralph Pluissance (P.G.K. St. Pius 20th Council), and Bob Schroeder (P.G.K. St. Frances De Chantel Council).

Food, drinks, and refreshments were served to the many in attendance, and all certainly enjoyed the evening.

35th Anniversary Redeemer Lutheran

Several special occasions have marked this 35th year. Recently the Sunday School Teachers were honored for their dedication to the children of the congregation. The youth of the congregation were honored by the planting of a tree. Members of the congregation joined for fellowship in the side yard which included a picnic and games. Redeemer is proud of the many members who have gone into the ministry. All the sons and daughters of the congregation who are pastors have been invited to preach during this 35th Anniversary year. The Rev. Audrey Foley was our guest preacher on Sept. 12. We have also had Deacon Sue Riley and Vicar Dennis Carter preach for Sunday worship. On Nov. 14, the Rev. Paul Egensteiner of Staten Island will be our guest preacher.



As part of the 35th Anniversary celebration at Redeemer Evangelical Lutheran Church, a cookbook was completely prepared solely by the members of the Church. Shown above, co-chair of the Cookbook Committee, Ellen Bruer is presenting the first copy to Pastor Nancy Ruckert.



Photo above shows the newly installed Officers of the Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview/Hicksville. Grand Knight Henry (Hank) Schettini is in front foreground.

Photo by Winnie Rapisarda



Congrats to Joe Lamb K. of C. New Officers. Thirteenth District Deputy Bob Coyne (at extreme left) congratulates newly installed Grand Knight Henry (Hank) Schettini (2nd from left). Twelfth District Deputy Tom Rail (extreme right) also congratulates Deputy Grand Knight Patrick Annello.

Photo by Frank Jopp



The newly elected main Officers of the Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview/Hicksville: Grand Knight Henry (Hank) Schettini (left) and Deputy Grand Knight Patrick Annello (right) will lead the Joe Lamb Council for the next Columbian year which started July 1st and will end on June 30, 1994.

Photo by Frank Jopp

The actual day of Celebration will begin with a Special Worship service on Oct. 17, at 10:30 a.m. Ms. Carol Dort, Minister of Music has planned special music for the service which will include the congregation choirs and instrumentalists. The Rev. Winston Bone, Asst. to the Synod Bishop of the Metro N.Y. Synod of the ELCA, will be the guest preacher. The narthex of the church will be dedicated in honor of Redeemer's first pastor, The Rev. Richard H. Weiskotten. A brief reception will be held in the Grant Fellowship Room following worship. The day's festivities will culminate in a dinner dance which will be held at Peppercorn's.

LEGAL NOTICE

Notice of Application for Authority for Limited Partnership to do business in NY State. Name: WOLVERINE PARTNERS, L.P., Filed NY Sec. of State 5/21/1993. Jurisdiction: Delaware. Organized: 11/20/92, NY State office location: Nassau County. Sec. of State c NY has been designated as agent of the ltd. partnership upon whom process against it may be served. The Sec. of State may mail a copy of any process against it served upon him or her to c/o CT Corporation System, 1633 Broadway, NY, NY 10019. CT Corporation System, 1633 Broadway, NY, NY 10019, is the registered agent of the ltd. partnership upon whom process against it may be served. Registered Delaware office: 1209 Orange St., Wilmington, DE 19801. The name and business or residence address of each general partner is available from the Secretary of State. A copy of the certificate is filed with Sec. of State of Delaware, Townsend Bldg., Dover, DE 19901. Purpose: Investments in securities. SYO 8713 6x10/1, 8, 15, 22, 29; 11/5

German For Children
at German-American School

- ★ Classes once a week (4:30-6:15)
- ★ Tuition - \$185 annually
- ★ Native German teachers
- ★ No Prior German necessary
- ★ Convenient Garden City Location

Adult Program Also Available

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 718 450-8706.

Classes Start 3rd Week in September

German-American School
Regents Accredited Since 1911

VOLUNTEERS NEEDED FOR FREE CHOLESTEROL PROGRAMS

Long Island Jewish Medical Center, Manhasset, is seeking volunteers for a free cholesterol program. If you are between 18 and 75 and have elevated cholesterol you may be eligible. Participants are seen by board certified physicians and receive complete physical exams, blood tests and electrocardiograms. Free cholesterol testing for all who apply.

INFO: Call 516-627-0350 / 627-9015



**Manhasset Ambulatory Care Center
LONG ISLAND JEWISH MEDICAL CENTER
The Long Island Campus for the Albert
Einstein College of Medicine**

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

In Service

Navy Petty Officer 3rd Class Brian J. Weaver, son of William and Joan Weaver of 21 Gull Rd., Hicksville, recently departed for a five-month deployment to the Caribbean and Central America aboard the guided missile cruiser USS Sterett, homeported in San Diego.

USS Sterett is a Belknap-Class guided missile cruiser that is equipped with highly sophisticated air defense systems. Commissioned in 1967, the ship is armed with missiles, guns and torpedoes. Weaver is one of 455 crewmen aboard the ship.

The 1991 graduate of Hicksville High School joined the Navy in July, 1991.

LEGAL NOTICE

SALZ, SELDA - SURROGATE'S COURT OF THE STATE OF NEW YORK - COUNTY OF NASSAU

File No. 277972

CITATION - THE PEOPLE OF THE STATE OF NEW YORK, BY THE GRACE OF GOD FREE AND INDEPENDENT, TO: WILLIAM SALZ, 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, heirs-at-law and the heirs at law, next of kin and distributees of SELDA SALZ, deceased, if living and if any of them be dead, to their heirs at law, next of kin, distributees, legatees, executors, administrators, assignees and successors in interest whose names are unknown and cannot be ascertained after due diligence.

A petition having been duly filed by Meyer Salz, who is domiciled at 28 Ferny Street, Hicksville, New York

YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Nassau County, 262 Old Country Road, Mineola, NY, on November 10, 1993 at 9:30 a.m., why a decree should not be made in the estate of Selda Salz, lately domiciled at 28 Ferny Street, Hicksville, NY, in the County of Nassau, admitting to probate as a will of real and personal property a paper dated July 30, 1982, (a copy of which is attached), and ordering that Letters of Testamentary issued to Meyer Salz. Dated, Attested and Sealed, September 8, 1993.

HON. C. RAYMOND RADIGAN, Surrogate, County of Nassau (L.S.) ALBERT W. PETRUGLIA, Clerk of the Surrogate's Court, Name of Attorney: Thomas and Graham, Address of Attorney: 5 Dakota Drive, Lake Success, NY 11042, Tel. No.: (516) 327-5100.

This citation is served upon you as required by law. You are not obliged to appear in person. You have a right to have attorney appear for you. If you fail to appear, it will be assumed that you do not object to the relief requested.

MIT 2740

4X 9/24, 10/1, 8, 15

4-H Honors



Oyster Bay Town Councilman Leonard B. Symons (Back Row center) recently joined with members and staff from the 4-H Club, as the intersection of Manetto Hill Road and Old Country Road in Plainview was ceremoniously renamed in honor of the organization. 4-H, a component of Cornell Cooperative Extension with offices in Plainview, is a youth organization whose mission is to help young people become self-directing, productive and contributing members of society. On hand for the occasion (Back Row, L-R) were Ruth Strakele, Chris Strakele and Kathleen Nolan of Plainview, Bridget Brenton, Laurel Brenton and Kathy Rau of Bethpage, (Front Row, L-R) 4-H Council advisor Anne Nolan of Plainview, Mariassa Spears of Plainview and Greg and Kathy Brenton of Bethpage.

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, Elizabeth 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, 1968, 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

LEGAL NOTICE

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. Petruglia
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 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
58 School Street
Glen Cove, New York
11542
516-759-4300

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

LEGAL NOTICE

SUPREME 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

North Shore Single Parents

The North Shore Single Parent Group has scheduled the following meeting dates and topics for the month of October, according to Oyster Bay Town Clerk Carl L. Marcellino.

Thursday, October 7 - "There Was Nobody There"

Thursday, October 14 - "Divorce Always Hurts Children"

Thursday, October 21 - "When Someone We Love Is Gay"

Thursday, October 28 - "What's Your Problem?"

The meetings will be held at the Oyster Bay Community Center, Church Street, Beginning at 8 p.m. They are open to all separated, divorced and widowed parents.

LEGAL NOTICE

premises Beginning at a point on the westerly side of Palermo Street, distant 50 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 25511/92

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

LEGAL NOTICE SUPREME COURT COUNTY OF NASSAU

THE DIME SAVINGS BANK OF NEW YORK, FBS, Plaintiff, against KATHLEEN P. SOLER-WITZ et al, Defendant(s).

Pursuant to a judgment of foreclosure and sale entered herein and dated July 12, 1993, I, the undersigned Referee, will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y., on the 21st day of October, 1993, at 9:00 AM, premises BEGINNING at the corner formed by the intersection of the southerly side of Devine Avenue and the westerly side of Jackson Avenue. Being a plot 85.00 feet by 58.10 by 110.46 feet by 73.23 feet. Premises known as 184 Jackson Avenue, Syosset, New York. Approximate amount of lien \$448,741.62 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number 11733/91.

Dated: September 17, 1993

CORNELL BOUSE, Referee
Certilman Ballin Adler & Attorney(s) for Plaintiff
90 Merrick Avenue
East Meadow, NY 11554
SYO 8705
4x9/17, 24, 10/1, 8

The Single Parent Program operates under the auspices of the Town's Drug Abuse Control Agency, a division of the Department of Community and Youth Services and is open to all separated, divorced and widowed parents. For information call DACA at 795-5943, ext. 7721.

Fall Art Show

In Hicksville

Applications for the 18th Annual Fall Open Juried Art Show, scheduled to take place November 1 through November 14, are now available, according to Oyster Bay Town Councilman Tom Hogan.

"This worthy event is sponsored jointly by the Town of Oyster Bay Dept. of Community and Youth Services, Cultural and Performing Arts Division, the Independent Art Society (IAS) and the Hicksville Public Library," Councilman Hogan said. "The exhibition will be held at the library, 169 Jerusalem Avenue, from Monday, November 1 through Sunday, November 14. The show, which is open to all artists, will consist of original works in six categories: Oil and acrylic, watercolor, pastel, graphic mixed-media, sculpture and photography."

Councilman Hogan added that all entries will be accepted on Saturday, October 23, between 9:30 a.m. and 12:30 p.m. at the library community room. The fee for IAS members will be \$9 for one entry and \$15 for two entries. Non IAS members will be charged \$12 for one entry and \$20 for two entries. Entry fees are non-refundable.

"We are fortunate to have artists of note available to judge the exhibition," Councilman Hogan commented. "Eligible works will be judged for awards by Ruth Baderian, an award winning artist whose paintings have been widely reproduced, Angela D'Aleo, an artist and author whose work can be found in many corporate and private collections and noted watercolorist, J.P. Reckner whose work has won numerous awards."

According to Councilman Hogan, unaccepted work must be picked up on Saturday, October 30 from 10 a.m. to noon. There will be cash awards as well as ribbons, a Gold Medalion Grumbacher Award, a sculpture award, certificate awards from the Town of Oyster Bay, gift certificates and merchandise awards. All awards will be presented at a reception scheduled for Sunday, November 14, from 2-4 p.m., at the Hicksville Public Library. Refreshments will be served.

For further information contact Co-Chairpersons, Ines Tarantelli or Bob Maggio 796-8013. Entry blanks are available at the Hicksville Public Library, 931-1417.

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



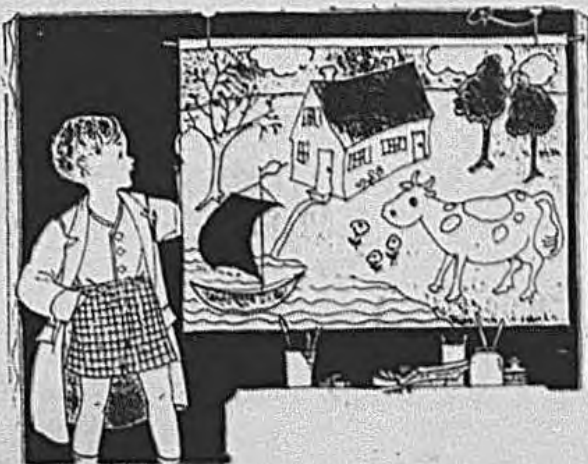
Discovery! Magazine

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

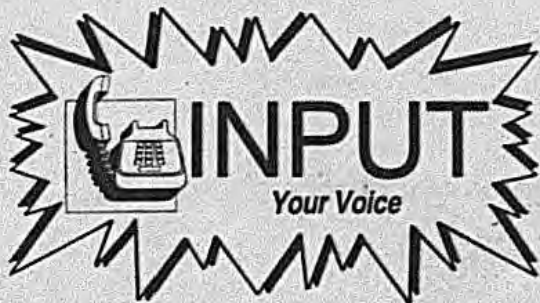


Friday, October 1, 1993

'Fuel For The Day' Quiz



SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think that funding health care through a payroll tax is the best? Will it decrease jobs?

**MY TAX PACKAGE
WILL COST AVERAGE
AMERICANS ONLY
10¢ A DAY!**

**GOOD LUCK
PAYING IT...**



Call 931-0027

**24
HOURS**

a Day

**Ground Rules:
You are not limited
to the above
but may talk on
any subject of
interest to readers.**

• One subject to a caller per week •

Simply dial 931-0027 - 24 Hours a Day and follow these simple rules:

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

Input Callers Favor Bill To Health Care But...

Most callers to Input were receptive to the Clinton health care plan although some expressed reservations, in response to this question: "Do you think President Clinton will be able to accomplish his health care reform plan? Here are some of the answers:

CAN ACCOMPLISH IT

I believe President Clinton will be able to accomplish his health care plan. We need something in this country and the way things are they are absolutely horrible. All of Western Europe has health care for its people. It is about time we have it too. **K.F.**

A FRAUD

Clinton's health care plan is very much like Clinton himself a fraud, if enacted it will introduce roughly 100 new government bureaucracies, lower the quality of health care and raise costs. It would be much better to simply give poor people money so they can buy health care insurance. **R.E.K.**

CANT WORK

No. Making such a health care plan work would take far more money than it took the U.S. to fight and win the cold war from start to finish. Almost all of us will agree (Democrats, Republicans alike) the plan sounds great but is nothing but a dream, given the complexities and multitude of problems which have to be tackled. As a Republican I can only believe that Clinton has promised far more than he can hope to deliver. This follows a pattern of broken promises of a man who typifies the characteristics of an amateur. He does have good intentions, but expects to achieve results in an impossible time frame. Such a health plan should be slowly implemented over a period of 10 or 20 years and not promised as to mislead the hopes of any American. Clinton should concentrate more on the illegal alien problem and the health issue would be much less of a problem. **P.J.K.**

NOT GOOD

I think unfortunately, President Clinton might be able to accomplish the reform plan, but I do not think it is the best thing for America. President Clinton's mind is still in the 60's with ideas more closely attuned to the Soviet Union. Universal health care is the first step, the next is universal jobs, universal housing, and what you will have is Communism and all of us know Communism does not work. Businesses are not going to be creating jobs and President Clinton should know that the Federal government is not there to create jobs. Small businesses create the jobs in this country and pay for the tax base that will pay for our roads and schools. Basically I do not think this health care reform is good for America. **T.P.F.**

BE CAREFUL

For many generations we have hoped for a national health care plan. Politicians have promised to deliver the plan and of course have never done so. Perhaps that is because Americans have been wary of socialized medicine. We have not wanted government involved in our health care, experience has taught us government will botch the job.

Somehow many people can no longer afford health care. Costs have gone even higher and I assume some group of health providers has been making a killing. We seem to speak in generalities as we seek to identify those who are ripping us off.

There is almost universal support for health care reform, but we must now be more than careful. The snake oil sales people will soon descend upon us hoping to pitch a plan for now which will take effect in the distant future. Watch the Clintons they believe in big government, layers of bureaucracy, with the high costs which will necessarily follow. Please, I implore you, when you hear the word contribution, think tax and tax and tax.

Take a look at your Social Security. It started out small, a very nice concept eventually goes awry. Unless we are extremely careful and questioning, the health care plan will be the Social Security system of the future. Yes, you can pay into it, but when you want something back you will be the bad guy. Demand specifics from your representatives both in the House and Senate.

Perhaps we, the American people, can accomplish health care reform, but left to their devious ways the Clintons cannot. Watch what politicians do and attempt to do, their words mean nothing. **E.J.H.**

YES AND NO

I simply could not resist tuning President Clinton in on the evening of his TV presentation with respect to his health care reform plans. And I simply have to give him great credit for the manner in which he presented his views. Which does not say that I agree with him although if all his major objectives were accomplished, we may have achieved Utopia! And watching Hilary, there could be no doubt about it. But, it's one thing being an orator and another making things come out exactly the way they were forecast. What scares me as a retiree is the fact that my income could be at great risk if the limitations were to be established as the President indicated. However, that possibility was not a consideration in your "Question". The assumption in that respect was that such personal considerations and fears were secondary, painful though they might be. However, it is not unlikely that they might be of sufficient consequence to demand some basic revisions in the overall planning and from my personal point of view and the family demands on my retirement income, I certainly hope so. **P.G.S.**

Discovery!

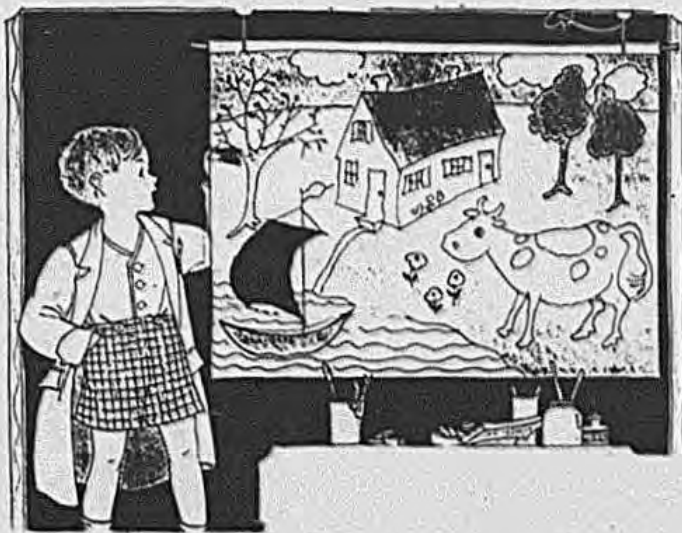
Fuel For The Day' Quiz

By Marjorie Wolfe

On October 4, Americans celebrate National Child Health Day. This holiday is intended as a wake-up call to parents and teachers, and the American Health foundation urges parents to celebrate by taking their children to school that morning - after serving a nutritious low-fat breakfast.

Below is a health quiz, "Fuel For The Day." Grab a #2 pencil and let's see how well you fare.

1. The Clinton administration hopes to have the nation's school lunch and breakfast program serve
 - a) a Perot Taco (Nobody's sure what's in it, but everybody loves it anyway).
 - b) double the 8.8 million pounds of fresh fruit and vegetables served last year
 - c) reduce the fat content in school lunch meats and cheeses
 - d) Bubbalicious Eeny Meeny Miny Moo chocolate milk
 - e) Hillary Rodham Clinton's chocolate-chip cookies
2. According to Jerry Seinfeld ("Seinlanguage"),
 - a) "To me a kitchen is just a big room to hold a toaster. That's the way I think of my apartment. Bedroom. Living room. Toaster room."
 - b) "Cereal: Double Crunch, Tic-Tac-Toe Cheerios, and Pop Torts -
 - c) "I buy any cereal labeled High Sodium, High Cholesterol, Low Vitamins. I think we should reward the cereal-makers' honesty by buying it."
 - d) "Today's family has been defined as a group of people, no two of whom like breakfast the same way."
3. According to the Food Marketing Policy Center, how much have cereal prices increased from 1983 to 1991?
 - a) 24%
 - b) 39%
 - c) 71%
4. How does Anne Elliott define a "yokel"?
5. Breakfasts eaten at home are usually lower in fat and higher in vitamins than breakfasts eaten out.
 - a) True
 - b) False
6. According to Dr. James Penland, a psychologist with the U.S. Dept. of Agriculture's Nutrition Research Center, a bowl of oatmeal a day keeps _____ away.
 - a) the doctor
 - b) PMS
 - c) Nintendinitis (inflammation of the thumb)
7. Name the book by Nathaniel Hawthorne in which this line appears: "Life, within doors, has fewer pleasanter prospects than a neatly arranged and well-provisioned breakfast table."
8. How does Marlene Aderka define "yang"?
9. The Pillsbury Company characterized many people as "Chase and Grabbits." What does the expression mean?
10. While William Shawn presided over *The New Yorker*, he never tired of cornflakes with milk in the Four Seasons Grill Room. In which of Neil Simon's plays does Oscar say to Felix: "I told you a hundred times, I can't stand little notes on my pillow. We're all out of Corn Flakes. F.U."
11. What cereal is celebrating its 40th birthday this year?
12. Jay Leno joked on August 27 that *The New York Times* made front-page news of Letterman having cereal for breakfast. The headline read:
 - a) "A huge story. Milk was involved."
 - b) "Letterman has Breakfast with Barbie."
 - c) "Letterman enjoys cereal and Mox Lox."
13. How does Rich Hall & Friends define the Sniglet, "Wondracide"?
 - a) Name America's funniest father who wrote, "So there my five children eat, merrily eating chocolate cake for breakfast, occasionally stopping to sing: 'Dad is the greatest dad you can make! For breakfast he gives us chocolate cake!'"
 - b) Zack's dad wrote: "July 18. To supplement Suzanne's breast milk, today, Zack gets his first taste of solid food. By solid food, I hasten to point out, I do not mean strip-sirloin-medium-rare-with-Bearnaise. Solid food in Zack's case means flakes of rice cereal



mixed with formula till it is soupy, which you feed him with a little spoon...A small portion of the cereal finds its way into his mouth, but the bulk of it goes on his chin, on his cheeks, in his eyes, in his nostrils, in his hair, on his chair, and on the person feeding him." Who is Zack's dad - and author of "Confessions of a Pregnant Father"?

16. Fran DeCaro stated that in 1993 "Breakfast at McDonalds was 'In.' What was 'Out'?"

- a) Soy Milk Cappuccino
- b) "Quebble" - the uncooked gelatinous parts of an egg white
- c) "Flakey Wakey" - the diet breakfast cereal for which Ed and Ralph (The Honeymooners) write the jingle that wins them a trip to Europe. ("Flakey Wakeys add to the taste but take away from your fat little waist.")

17. What is Dial's Discovery about coffee?

a) "No matter what you do to instant coffee, it always tastes like instant coffee."

b) "If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee."

18. What is a Gourmet Parent?

- a) Someone who claims that children would opt for a good nutritious lentil soup over a Whopper and Fries."
- b) Someone who believes there is an Oat Bran Fairy.
- c) Someone who believes that a "Goatmeal" is a nutritious breakfast served by a nanny.

19. Why does Richard Holstein, a New Jersey children's dentist say, "I tell kids they should throw away the cereal and eat the boxes."

ANSWERS:

1. b and c
2. a
3. c
4. A "yokel" is someone so nutritionally naive that he believes eggs are healthful. (*New York Magazine*; coined by Anne Elliott).
5. a
6. b
7. *The House of the Seven Gables.*
8. "Yang" is a Chinese breakfast drink.
9. They eat on the run, often making do with fast foods and carryouts.
10. *The Odd Couple*
11. Maypo - a maple-flavored instant oatmeal.
12. a
13. "Wondracide" is the act of murdering a piece of bread with a knife and cold butter.
14. Bill Cooby ("Fatherhood")
15. Dan Greenberg
16. a - (Source: "Family Words" by Paul Dickson)
17. a - (said by Thomas A. Dial); b - was said by Abraham Lincoln.
18. a - (Source: The term was heard on a radio discussion on "parenting.")
19. By eating the boxes at least the kids get some fiber.

ABOUT THE AUTHOR

Marjorie Wolfe, a Syosset resident, orders breakfast Jackie Mason style: "Listen, I want it once over light on this egg, and on the other egg I want under the quarter. This'll be under a half and this'll be under a minute. I'd like a slight two-minute egg on th is side...."

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WINE TALK

Cabernet: The easy aristocrat

By Richard Nalley

Cabernet Sauvignon is a prince among red wine grapes, the deep-colored, rich and structured foundation of many a great red Bordeaux. In its big ticket Bordeaux formulation it can be demanding, even user unfriendly — a harsh, tannic mouthful that threatens to take your tonsils down with it.

Democracy has arrived in the kingdom of Cabernet with a host of wines from California, Washington, Australia, Chile and elsewhere that offer something of the depth and savor of Cabernet Sauvignon in wines you can drink tonight. And you don't have to pay \$75 for a bottle of this stuff. How about \$7.50?

The unprecedented wealth of affordable Cabernet Sauvignons available this fall range in styles from very rich to medium-weight and from fruity to spicy to oaky.

A well-made Cabernet at whatever price should always work at the table with red meat, rich stews, pizza or full-flavored, herby pasta sauces, as I discovered with a homemade pesto the other night. You will often meet people who insist that Cabernet Sauvignon is the perfect drink with fine chocolate. Of course, there are also people who are still rooting for the Mets.

Top affordable Cabernet Sauvignons previously reviewed, all wines \$10 or under (wines \$7 and under are noted with an asterisk):

(U.S.) Hess Select 1990; Estancia 1990; Haywood 1990; Vintner's Select; Hawk Crest 1990; Callaway 1990; Villa Mt. Eden 1990; McDowell 1990; *M.G. Vallejo 1990; *Monterey Vineyard 1990 *Classic; Montevina 1990; *Corbett Canyon 1990; *Robert Mondavi Woodbridge 1990.

(Chile) Los Vascos 1989; *Caliterra 1989; Miguel Torres 1989.

(France) B&G (Barton & Guestier) 1989 *Fondation 1725.

(Australia) Lindemans 1990 "Bin 45."

Wines reviewed this week, all priced at \$10 or under (wines priced at \$7 and under noted with an asterisk):

Two U.S. wines to look for are the Callistoga Vineyards 1989 Cabernet Sauvignon, Napa Valley, and the Columbia Crest 1990 Cabernet Sauvignon, Columbia Valley. The wineries started with different raw materials, Cabernet-wise, and took different approaches to a pleasing end.

The Callistoga Vineyards is a new second wine from Napa's well-regarded Cuvaison, and it started with grapes from California's rainy 1989 vintage.

The winemaker wisely went with what the year's grapes offered him — a harmonious, leaner-styled wine — rather than attempt the heavy, rich flavor knockout. The result is a lovely wine with notes of mild smokiness (from bar-

rels treatment) and spice and a distinctive wild berry fruit savor.

Columbia Crest got the excellent grapes from Washington state's irrigated high-desert Columbia Valley for its 1990 Cabernet Sauvignon. Winemaker Doug Gore went with the fruit also, producing a wine that has a touch of that hard-to-define Washington-state velvety texture and flavors of spice and cherry in a medium-rich, easy drinking wine.

As a bargain buy, especially for the table, you could do a lot worse than *The Wine Cellars of E.&J. Gallo non-vintage Cabernet Sauvignon. It doesn't exactly pack in a big flavor punch, but it's got a fine medium-weight and soft texture, with some Cabernet berry taste in there, too.

Other recommended U.S.-produced wines are the plain-featured, light but tasty *Sutter Home 1990 Cabernet Sauvignon, California, and the deep-colored, straightforward *Bandiera 1990 Cabernet Sauvignon, Napa Valley.

On the import side, Mouton-Cadet is no doubt the most ubiquitous premium-quality Cabernet Sauvignon-based French wine. The 1990 Mouton Cadet Rouge, Bordeaux is more stylish than exciting, and I hardly need point out that it does not take full advantage of the great Bordeaux 1990 vintage. Nevertheless, this is a very food-compatible, medium-bodied wine that grows on you after a sip or two. It is a solid friend to look for on seemingly any restaurant list.

I have been discouraged by the Chilean reds I've tasted lately. This country's wines are all the rage here, thanks to their fair pricing and apparent quality. But this has put too many producers in the way of temptation.

Instead of the quirky, flavorful reds that we were getting from Chile a few years ago (and still get from producers like Cousino Macul), we are now getting wines made in the clean, stripped-down "international style." International is right — these wines could be from anywhere.

The best of my recent tastings is the Santa Rita 1989 Cabernet Sauvignon Reserva, Maipo Valley, a well-balanced wine with a light-to-medium body and a nice lick of fresh cherrylike fruitiness.

PICK OF THE WEEK

Murphy-Goode 1990 Cabernet Sauvignon, Alexander Valley, Murphy Ranch (\$15). Here's the full California expression of the grape: A layered, juicy, smoky wine with a supple texture, and cheek-filling richness. It's a wine for dishes with big, straightforward flavors. Throw another steer on the "barbie," or better yet, try it as I did with a fancy-pants pizza topped with sweet pepper, onion and lamb sausage.

DINING GUIDE

HOME ENTERTAINING

It's easy to eat your vegetables

By Carol Cutler

When it comes to eating styles, California has a way of being out front. They did it again back in 1988 when the state's department of health services launched a campaign to spread the good word about eating at least five servings of fruits and vegetables a day.

This drive was the result of a grant from the National Cancer Institute for a cooperative program between public health groups and private industry. The ultimate goal was to get the message out to the fat-consuming public.

Both NCI and the National Academy of Science had done many studies that reached the same conclusion: Americans need to eat more fruits and vegetables. A diet of the wrong foods, especially those high in fat and cholesterol, has been proven to dramatically increase chances of cancer and heart disease. Smoking, of course, is a sure road to trouble.

If a snack consists of an apple rather than a doughnut, you are ahead on two counts. The greasy, fried doughnut has been avoided and replaced by a crisp, fiber-rich fruit that is virtually fat-free.

This five-a-day target is not as difficult as you might think. A serving size is about a half-cup, which really isn't all that much. An apple qualifies, as do five asparagus spears, half a grapefruit or a medium banana, stalk of broccoli or tomato. The amounts of other fruits and vegetables are similarly modest. Still, NCI studies show that only 23 percent of Americans are eating five or more servings a day.

Let's track a normal day and see how easily this healthy goal can be achieved. Start the day with a glass of pure fruit juice. Yes, juices count, but they must be 100 percent juice, not a flavored liquid. If you prefer solid fruit, have half a grapefruit, a sliced orange, sliced peach, or banana. But you might want to save the peach or banana to top off the cereal. So breakfast counts for at least one serving.

The luncheon sandwich should come adorned with several slices of tomato and a nice pile of lettuce leaves, which together count for another serving. Between sandwich bites nibble on a carrot, or about six cucumber slices, or seven radishes (or a combination) and that is another good mark. The best dessert is a piece of fresh fruit.

Without even trying you have chalked up four servings already. And dinner is still to come. Most family cooks put one or two vegetables on the table and a salad. Congratulations! You've met your target while enjoying other foods as well, preferably lots of dried beans and pastas.

No one wants you to feel like a rabbit. And with this golden-crowned tomato you are not even aware that this is good-for-you food. Start off your next dinner party with Cold Tomatoes With

Hot Curry Sauce, an unusual and stylish first course. It would even make an excellent main course at lunch, perhaps with green asparagus or broccoli beside it.

This recipe works best when good tomatoes are in season, but it

can even give pale winter tomatoes some semblance of glamour. The success of the recipe depends on the sharp contrast between the cold, cold tomato and the superhot, spicy sauce.

COLD TOMATOES WITH HOT CURRY SAUCE

- 6 medium ripe tomatoes
- 2 tablespoons butter
- 2 tablespoons flour
- 1 tablespoon curry, or to taste
- 1 1/2 cups milk (or a combination of milk and half-and-half)
- 3 tablespoons finely chopped chutney
- Salt and pepper to taste
- 6 slices white bread, crusts removed

Yields 6 servings.

Plunge tomatoes into boiling water for a few seconds, remove with skimmer and slip off skins.

Cut out stem ends. Chill tomatoes for at least 3 hours.

Melt butter in saucepan, add flour and curry powder and stir until smooth. Cook for 1 to 2 minutes, stirring constantly.

Remove pan from heat and slowly stir in milk, beating constantly with wire whisk. When smooth, return sauce to fire. Scrape chutney into sauce and sprinkle on salt and pepper. Simmer sauce for 2 minutes.

At serving time, toast bread and place slices on individual plates. Place tomato on each slice and spoon 1 tablespoon of hot sauce over it. Pass rest of sauce separately. Serve at once.



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KITCHEN KIDS



Breakfast treats for lazy Sunday mornings

Once the school year kicks in and a routine is set, Sundays are about the only day when families sit back and take the morning off. Special breakfasts are planned, ones that take more than five minutes to prepare. Warm coffeecakes or tender cinnamon rolls are just two recipes you or your children will enjoy making to start your special Sunday routine.

When a coffeecake comes out of the oven, its aroma fills the kitchen. Coffeecakes are delicious warm, and they make a great snack throughout the day. They are very simple to make, and this is a recipe that your youngest children can quickly and easily make. Preschool and primary-age children will need supervision, if just to an-

swer cooking questions, but your older children will have no trouble preparing this recipe on their own.

For a warm breakfast treat that is familiar and easy to make, have your children prepare the cinnamon rolls. This recipe combines an easy recipe for biscuits with the filling and rolling of a cinnamon roll. The biscuit recipes can be made by all ages, leaving the rolling and cutting to the older children. The rolls are then baked in round cake pans and make a delicious addition to the start of the day.

SIMPLE TEA CAKE

Butter
1 1/4 cups flour
1 cup brown sugar

1/4 teaspoon salt
1/4 cup butter
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 cup milk
1 egg
Yields 6 servings.
Preparation time: 15 minutes.
Cooking time: 25 minutes.
Utensils: 8-inch round cake pan, measuring cups and spoons, 2 mixing bowls, mixer, oven mitts.
Preheat oven to 350 F.
Liberally butter baking pan and set aside.

Combine flour, sugar and salt in mixing bowl. Add butter and, using your fingertips, blend together into fine, crumbly mixture. Set 1/4 cup of mixture aside.

To crumbs remaining in bowl, add baking powder, cinnamon and nutmeg, toss to blend. Add milk and egg, blend smooth.

Pour batter into buttered pan, and spread it evenly. Sprinkle reserved crumbly mixture over entire surface of batter.

Carefully place cake pan in oven and bake for 25 minutes. Turn off oven and, with mitts, remove cake. Serve warm right out of pan.

QUICK CINNAMON ROLLS

Butter
2 cups flour
1/4 teaspoon salt
4 teaspoons baking powder
2 tablespoons sugar
1/4 cup soft butter OR shortening
1/4 cups milk
3 tablespoons melted butter
1/4 cup brown sugar
1 teaspoon cinnamon
1/2 cup chopped walnuts
Yields 12 biscuits.
Preparation time: 15 minutes.
Cooking time: 15 minutes.
Utensils: 3 mixing bowls, 2 small bowls, measuring cups and spoons, 2 8-inch round baking pans, oven mitts.

Lightly butter baking pans and set aside.

Preheat oven to 425 F.

In mixing bowl, combine flour, salt, baking powder and sugar. Add butter or shortening and work it into dough with your fingertips.

Add milk and mix into moist dough.

Place dough on lightly floured kitchen surface. Press dough into rectangle about 1/4-inch thick. Brush surface of dough with melted butter. Combine brown sugar with cinnamon and nuts. Sprinkle it evenly over dough.

Beginning at long end of dough, roll dough into tight log. Cut into 1-inch-thick slices and place them flat in baking pans, about 1/2 inch apart.

Bake for 15 minutes or until lightly golden brown. Turn off oven and, with mitts, carefully remove pans. Slide them out of pan and serve warm.

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

Before your children begin cooking, be sure to discuss these safety hints with them.

Read the recipe thoroughly with your children, and discuss any steps or directions they may not understand. Decide on the best time for them to cook in the kitchen.

Place all utensils and ingredients on the counter before starting to cook.

Always keep oven mitts and pot holders by the side of the stove. Always wear oven mitts when lifting a hot pan off the burner or removing one from the oven.

Turn pot handles inward toward center of the stove.

Tie back long hair, wear old clothes and roll up loose sleeves.

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KITCHEN KIDS



KITCHEN HINTS



A bean timetable.

Dried beans are a healthy treat that's easy to prepare.

1. Lentils and split golden gram (mung) beans require no soaking. Allow other varieties to soak overnight.
2. Cook with 3 parts water to 1 part beans.
3. Simmer most beans for 1 1/2 to 2 hours; lentils and mung beans cook in just 20 to 25 minutes.
4. Add salt and other seasonings just before serving.

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

DINING GUIDE

After Work Gourmet

DINING GUIDE

PAGE 7A
Friday, October 1, 1993
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During many meals, salad and bread are the lead-in duo for the main course.

While the salad is sometimes nothing more than a bowl of iceberg lettuce and the bread nothing more than white rolls or garlic toast, occasionally the bread and salad offerings are the most sensational part of supper.

Freshly baked multigrain loaves, light and fluffy corn bread, fresh spinach salads topped with warm vinaigrette, and a marinated melange of cauliflower, beets and onion served atop lettuce leaves are a few favored restaurant remembrances.

They also serve as the inspiration for make-at-home meals that consist of nothing more than bread and salad — albeit hearty breads such as Corn and Ham Muffins or Tomato-Basil Biscuits and spectacular salads such as Classic Spinach Salad or Pickled Beet Salad.

The no-yeast quick breads take only about one-half hour to prepare; either salad can be tossed together during the bread's baking time.

CORN AND HAM MUFFINS

- 2 eggs
- 1/4 cup margarine, melted
- 1 1/4 cups buttermilk
- 1/4 cup frozen corn kernels, thawed
- 1/4 cup shredded ham
- 1 cup cornmeal
- 1 cup flour

- 1 1/4 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- Yields 12 muffins.
- Preparation time: 30 minutes.
- Preheat oven to 400 F; grease or line 12 muffin tins.

In large bowl, beat together eggs, margarine and buttermilk. Stir in corn and ham.

In medium bowl, combine cornmeal, flour, sugar, baking powder, baking soda and salt. Pour dry mixture into wet mixture; gently stir until all dry ingredients are mixed in.

Pour into muffin tins; bake 20 minutes or until cooked through.

TOMATO-BASIL BISCUITS

- 1 tablespoon tomato paste
- 3 tablespoons milk, divided use
- 1/4 cup flour
- 1 1/4 teaspoons baking powder
- 2 tablespoons margarine
- 1/4 cup grated mozzarella cheese
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1 tablespoon grated Parmesan
- Yields 12 biscuits.
- Preparation time: 25 minutes.

Preheat oven to 425 F; lightly grease a baking sheet. Dissolve tomato paste into 2 tablespoons milk; set aside.

In large mixing bowl, combine flour and baking powder. Cut in margarine until mixture resembles coarse meal.

Stir in mozzarella, oregano and basil. Pour tomato paste mixture into flour mixture and stir lightly with fork until dough can be formed into a ball.

Turn dough out onto floured work surface and pat it to a 1/4-inch thickness; cut out biscuits. Gather scraps, pat to 1/4-inch thickness and cut as many additional biscuits as possible.

Place biscuits on prepared baking sheet; brush tops with remaining 1 tablespoon milk. Sprinkle each biscuit with Parmesan.

Bake 10 to 12 minutes until cheese is golden brown.

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KITCHEN HINTS

Add arugula.

Also known as rugola, rocket, Italian cress and roquette, arugula is a popular salad green in Mediterranean countries.

1. Young, slender, dark-green leaves have a tender, slightly peppery flavor; mature arugula can be unpleasantly hot and mustardlike.
2. Use alone in a salad or mixed with other greens. It is also good as a sandwich filling.
3. Use arugula when at its peak in the spring and fall.
4. To prepare, trim away roots, wash and dry leaves thoroughly.



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

Vegetarian View



By Harlene Ellin

We've moved away from the mainstream when it comes to grilling.

"There are not too many things I could think of that wouldn't work well" on the grill, says Lisa Readie, a spokeswoman for the Barbecue Industry Association.

Cookbooks and barbecue brochures now include recipes for everything from pizza to fish to fruit kebabs. The grill is the perfect way to make exciting — and quick — vegetarian fare.

You even can grill a pizza. Try adding hickory or mesquite chips to the fire to give the dough a smoky flavor.

Pizza is among several grillable foods gaining popularity. Between 1985 and 1991, for example, the Barbecue Association saw a 33 percent rise in grilled fish and seafood.

"As people are eating a lot more of (these foods) in their everyday diets, they're working their way onto the grill," Readie says.

Grilling is a low-calorie way to prepare fish — and it keeps a "fishy" smell out of the house. Use firm fish, such as salmon, swordfish or halibut, and remember to spray the cool rack with a non-stick coating before cooking.

But cooks also can grill more delicate cuts, too. Place varieties such as sole or orange roughly in a wire basket, or cook on foil coated with vegetable spray. Make a few slash marks in the foil and baste the fish with butter, margarine or lemon to prevent it from drying out, cooking approximately 10 minutes per inch.

Trish Simmons, a Kingsford spokeswoman, says people also are selecting more adventuresome recipes when barbecuing.

"Not only is there a tremendous variety in what they can put on the grill, but also in what they can do with what they put on the grill," she says.

Grillers want healthy, tasty, impressive and easy-to-prepare dishes. That's why marinades and rubs — herb-and-spice coatings that cooks literally rub onto food surfaces — are big.

"It's so easy. Anybody can marinate something overnight and get this incredible-tasting meal. You can use what you have in your kitchen cabinets and experiment," says Simmons, who creates quick marinades with teriyaki, Worcestershire, Tabasco and soy sauces.

People now go beyond the standard bottled Italian salad dressing when marinating.

"Consumers overall are looking for bolder and spicier flavors," Readie says. "People are willing to experiment more with flavor and want more flavor."

Today's cooks, she says, spike their marinades and sauces with everything from superhot jalapenos to cool, tangy yogurt. Ethnic flavors from Mexican to Middle Eastern to Caribbean also are popular.

SMOKED GRILLED PIZZA DOUGH

3 cups all-purpose flour
1 1/4-ounce envelope active dry yeast
1 teaspoon salt
1/2 cup water
6 tablespoons olive oil
1 tablespoon honey
Olive oil
Suggested toppings:
Tomato paste
Cheese (mozzarella, fontina, goat, brie)
Herbs (basil, oregano, rosemary, garlic paste)
Vegetables (sun-dried tomatoes, roasted red peppers)
Shrimp
Yields 4 servings.

In food processor, mix flour and yeast. In small bowl, mix salt, water, 6 tablespoons of olive oil and honey. While motor is running, slowly add liquid to flour and yeast until it comes together in a ball or until it is fully mixed.

Transfer dough to floured surface and knead it until smooth and satiny, 5 to 10 minutes. Place dough in lightly oiled bowl, turning it over once. Cover with damp cloth until it doubles in size, about 30 minutes.

Turn dough out onto lightly floured surface. Cut into quarters and roll each quarter into tight, smooth ball. Place on baking sheet, cover with a damp towel and refrigerate until ready to bake.

Remove dough from refrigerator and let it come to room temperature. Roll out four crusts on floured surface to desired shape and thickness (1/4 to 1/2 inch). Top pizza as desired and sprinkle with olive oil.

Center one pizza on grill rack away from grill. Soak mesquite or hickory chips in water for 30 minutes and drain. Prepare coals; when coals are covered with light-gray ash and no longer flaming (usually 25 to 30 minutes) arrange them in a ring. Add the mesquite or hickory chips in layer over coals. (Coals may flame up a bit.)

Place the grill rack over coals, making sure pizza is over center of coal ring. Cover and cook, approximately 5 to 10 minutes. Grilling time will vary, so check frequently. When crust is stiff and crisp, remove from grill with a spatula or pizza peel and serve.

•••

Marinades are an easy way to liven up grilled seafood. Each of these recipes yields enough marinade for 1 pound of seafood.

• **Lime-garlic:** Combine 1/2 cup chicken broth, 1 teaspoon shredded lime peel, 1/2 cup lime juice, 2 tablespoons oil, 1 tablespoon brown sugar, 2 minced garlic cloves and 1/2 teaspoon ground red pepper.

• **Southwest:** Combine 3/4 cup cider vinegar, 2 teaspoons Worcestershire sauce, 2 teaspoons dry mustard, 1 teaspoon cayenne, 1 teaspoon ground cumin, 1 teaspoon ground ginger, 1 crushed garlic clove and 1 medium minced onion.

After Work Gourmet



By Sharon Achatz

Get beyond basics with zucchini

It's that time of year — when most folks have had just about enough zucchini.

This is the season when this prolific vegetable offers up its most plentiful harvest, meaning there's plenty of produce at an inexpensive price.

The trouble is, zucchini is rather bland. There are only so many meals at which you can serve up sauteed zucchini as a side dish before your taste buds revolt.

Gratefully, precisely because zucchini is bland, it can take on a myriad of guises so as to continue to be useful beyond the point where your taste buds scream "No more zukes!"

Creative chefs can extend the culinary life of zucchini simply by preparing them in combination with a wide variety of other ingredients. The standard saute calls for zucchini, onions and herbs, but more inventive offerings include the likes of Zucchini-Pecan Gratin, which combines nuts, mushrooms and blue cheese into a splendid side dish.

Stewed Eggplant and Zucchini, a spectacular celebration of summery vegetables, makes for yet another winning accompaniment — either of these recipes pairs well with simply sauteed chicken breasts.

The most innovative squash stretchers, however, are those that employ zucchini as a secret, disguised ingredient.

Desserts and breads use up large quantities of grated zucchini and healthy up otherwise nutritionally wasted desserts. Two favorite recipes include Zucchini Chocolate Cake and Zucchini Pineapple Bread.

ZUCCHINI-PECAN GRATIN

5 tablespoons margarine (divided use)
1 cup pecans, chopped
2 shallots, minced
3 tablespoons minced fresh parsley
6 mushrooms, chopped
4 zucchini, cut in matchsticks
1/2 teaspoon salt
6 tablespoons crumbled blue cheese
Yields 6 servings.

Preparation time: 25 to 30 minutes.

Heat 2 tablespoons margarine in small skillet over medium heat. Add pecans, shallots and parsley; saute 2 minutes. Stir in mushrooms, toss to combine and cook 2 minutes more; set aside.

Preheat broiler.

In large skillet, heat remaining margarine over medium-high heat. Sprinkle zucchini lightly with salt and add to skillet. Saute until tender-crisp, 1 to 2 minutes. Mound zucchini on oven-safe serving plat-

ter and put pecan mixture on top; sprinkle with cheese.

Place platter in broiler, 6 inches from heat. Broil just until topping is warm, about 30 seconds.

STEWED EGGPLANT AND ZUCCHINI

1 onion, thinly sliced
1 green pepper, thinly sliced
1 teaspoon minced garlic
3 tablespoons vegetable oil
1 pound eggplant, cut into 1-inch pieces
2 zucchini, sliced
1/4 pound mushrooms, sliced
1/2 cup chopped tomatoes
1 teaspoon dried basil
1 teaspoon sugar
1/4 teaspoon pepper
Yields 8 servings.

Preparation time: 25 to 30 minutes.

Combine onion, green pepper, garlic and oil in large microwave-safe casserole dish. Cover and cook on HIGH 4 to 5 minutes, until onion is soft.

Stir in remaining ingredients. Cover and microwave on HIGH 10 to 15 minutes, until vegetables are just tender.

Let stand, covered, 5 minutes before serving.

ZUCCHINI CHOCOLATE CAKE

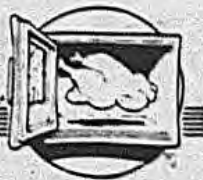
4 ounces unsweetened chocolate
1/2 cup vegetable oil
1/2 cup margarine, softened
2 cups sugar
2 eggs, slightly beaten
1 egg white, slightly beaten
1 tablespoon vanilla
2 cups flour
1/2 cup cocoa
2 teaspoons baking soda
2 teaspoons baking powder
1 teaspoon salt
1/2 cup buttermilk
3 cups grated zucchini, well packed
1/4 cup chopped pecans
Yields 1 9-inch cake.

Preparation time: 1 hour.
Preheat oven to 350 F. Grease and flour 2 9-inch round cake pans.

In small saucepan over low heat, melt chocolate and oil. Meanwhile, in large bowl, cream margarine until light. Add sugar, eggs, egg white and vanilla; beat well. Add melted chocolate and mix well.

In medium bowl, sift together flour, cocoa, baking soda, baking powder and salt. Stir into creamed mixture alternately with buttermilk. Add zucchini and nuts to batter.

Divide batter between pans. Bake 40 minutes, or until toothpick inserted near center comes out clean. Cool cake completely before topping with whipped cream or frosting.



By Desiree Vivea

Lobsters fall into two main categories. First are those large ones with the oversize claws. They come from cold North Atlantic waters and are sold live — which means that before you can eat them you have to cook them by dipping them head first into a pot of boiling water. Definitely not everyone's cup of tea.

If you love lobster and want to serve it at home, but you're not sure you're the type who can easily handle boiling critters alive, take heart. There's another kind of lobster whose cooking doesn't require any stove-top mayhem.

Besides the large-clawed lobster, there's the smaller, clawless spiny, or rock, lobster (also known as langosta or crawfish). These come from warmer Pacific waters (some are imported from Australia and Thailand) and are available as frozen tails, ready to simply pop into your microwave.

All shellfish microwave well, and there's no faster or more convenient way to cook them. And your microwave cooks with moist heat, so shellfish stay tender and juicy.

Whenever you use frozen seafood, thaw completely before microwaving. To defrost one 8-ounce frozen lobster tail, place on a paper towel in a shallow, microwave-safe dish with the lighter underside up. Remove any foil wrappers or metal twist ties. Microwave at LOW/DEFROST (30 percent power) setting 4 to 7 minutes, turning over halfway through defrost time. Check frequently.

To prevent lobster from beginning to cook, remove from oven while still slightly icy. Let lobster stand about 5 minutes, to finish defrosting. Defrosted shellfish should be flexible, still transparent (not opaque) and cool to the touch.

Check delicate lobster frequently during cooking time. Remove lobster from the microwave while it is still slightly translucent in the center. Lobster, like all microwaved fish and seafood, will continue to cook after you remove it from the oven, so let it stand for the recommended time before checking for doneness.

Lobster is done when flesh is opaque all the way through and texture is tender but firm. Regardless of shell color when raw, all lobster shells turn bright red when cooked.

Plan on one 6- to 8-ounce lobster tail for each serving. Simple melted butter and lemon juice are classic condiments, or try a quick microwaved lemon sauce (recipe below). If you're cutting back on calories, serve with just a drizzle of lemon juice or a light vinaigrette dressing.

A tossed green salad and crusty bread make excellent side dishes, or serve with asparagus spears and rice pilaf for a more impressive company meal.

QUICK MICROWAVE LOBSTER TAILS

1 to 2 tablespoons butter OR

margarin:

1 to 4 (8-ounce) thawed, frozen lobster tails

Fresh lemon wedges

Paprika

Yields 1 to 4 servings.

Preparation time: 5 to 10 minutes.

Cooking time: 4 to 12 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Place butter or margarine in small glass custard cup. Microwave about 1 minute, to melt. Set aside.

Split top shell of each lobster tail to inhibit curling; use kitchen scissors to remove fins. Loosen meat from shell, leaving meat connected to shell at top end. Rinse with cold water and pat dry with paper towel.

Arrange prepared tails in shallow microwave-safe baking dish. Brush with melted butter and sprinkle lightly with lemon juice and paprika. Cover and microwave 3 to 4 minutes for 1 tail; 5 to 6 minutes for 2 tails; 9 to 11 minutes for 4 tails. Let stand 3 minutes before serving.

BRAZILIAN LOBSTER WITH SHRIMP

1 tablespoon olive oil
½ small onion, thinly sliced lengthwise

1 large OR 2 medium tomatoes, chopped

1 jalapeno pepper, seeded and minced

1 teaspoon lemon juice
¼ teaspoon salt

¼ teaspoon sugar
1 tablespoon butter OR margarine

1 clove garlic, minced

2 (8-ounce) thawed lobster tails, shells removed and cut in half crosswise

1 pound large shrimp, shelled, deveined and halved lengthwise

Fresh cilantro sprigs (optional)

Yields 3 to 4 servings.

Preparation time: 15 to 20 minutes.

Cooking time: 10 to 16 minutes (plus 3 to 5 minutes standing time).

Oven setting: HIGH (100 percent power).

In 1-quart microwave-safe casserole, combine olive oil and onion. Microwave 2 to 3 minutes, or until vegetables are tender. Stir in tomato, jalapeno pepper, lemon juice, salt and sugar. Microwave 4 to 6 minutes, stirring twice, until mixture bubbles. Set aside.

Place butter or margarine in 8-inch round glass pie plate. Microwave about 1 minute, to melt. Stir in garlic, then add prepared lobster tails. Cover with vented plastic wrap and microwave 1 minute. Stir in shrimp, re-cover, and microwave 2 to 5 minutes, or until lobster is opaque and shrimp are pink.

Spoon tomato/jalapeno mixture over shellfish. Cover and let stand 3 to 5 minutes before serving over hot cooked rice. Garnish with fresh cilantro sprigs, if desired.

By Willard Abraham, Ph.D.

Holding hands

Dr. Abraham: Is holding hands kind of sexy or anything like that? I'm not sure what "sexy" really means, but I do know that when I hold my girlfriend's hand, mine gets kind of wet, and I have to wipe it off to start holding hands with her again.

I like to do that, and I can tell you that she likes it, too. Does it sound OK to you? My mom and dad tell me that it is all right when I ask them, but they told me I should ask you.

I respect your opinions, and so do they.

So tell me what you think. I am 14 years old, and she will soon be my age. — Hand Fun

Hand Fun: You find pleasure in it, your girlfriend apparently does, too, and your parents seem to agree that it is all right. Based on what you wrote to me, I can't help but agree with all of you. After all, who am I to question a pleasant practice that seems to have the approval of all four of you?

Dr. Abraham: I know that what my parents are doing is wrong, but I don't know what to do about it. They let my little sister crawl into their bed (sometimes between them) at least a few nights every week.

When I tell them that isn't a good idea they say things like, "She enjoys it, so what's wrong?" or "I did it when I was a kid, and it didn't hurt me at all" (my mother's words), or "It keeps me warm" (my father).

I've never done it, or even had a thought about getting into their bed, but they take it for granted that it is all right for her. She is almost 11 years old, and I think it is long past time to stop.

What do you think? — Worried

Worried: I agree with you. Because they have convinced themselves that there are good reasons for continuing the practice, it may be difficult to get them to change their minds.

She is nearing adolescence, so time is running out before this practice can create some difficult situations for her and your parents.

They really need an appropriate professional person to go into some detail about the reasons for discontinuing this practice. Your school counselor may be able to recommend a well-qualified psychologist or social worker who can help them see this matter in a realistic way.

Dr. Abraham: When I was a kid in elementary school I was bigger and smarter than most of the others, so they skipped me a whole year.

My parents thought it was great, but as I went along in school I found out otherwise.

I had been about the smartest

kid in class, but then I became one of the slowest ones. It really hurt me a lot. It took until my second year in high school to get over it, with the help of a good counselor and the chairman of the English department, who let me be his assistant.

I guess what I got from them was a buildup of my self-esteem or something.

For me I felt that the school and my parents made a mistake, but how about other kids who have been skipped? I still wonder about all this. — Student

Student: Your statement about it being a mistake is a feeling many skipped students and their parents have, but not all of them.

This is an issue related to an individual student's needs, requiring a thorough evaluation of the student, attitudes of his or her present and proposed teachers, and parental opinions. Some who skipped feel as you do, others accept and benefit from taking that step.

I'm so glad you encountered a school counselor and teacher who were sensitive to your needs. You were so fortunate.

Dr. Abraham: Everything about this boy I like is wonderful, except for one thing. He has yummy looks, is always neat, has a great smile, seems to like me a lot, and is funny and a joy to be with. But why doesn't he do something about the way he smells? That's right, he just smells so bad.

He needs a shower or deodorant or something, or I think I'm going to throw up.

I don't want to hurt his feelings, but I really can't stand it anymore.

What can I do about it? — Caring

Caring: For a celebration of his birthday, an anniversary of the week, month or year you met him, or some other event, give him a real, wonderful, or funlike present, and tuck a deodorant in with it. If he mentions it or asks about it, tell him that you thought it might be useful to him.

Because of his body odor (if that is the cause of the problem), which may be due to the need for a hot, soapy shower or bath, a physical characteristic, or clothing qualities, you might have to point out such possibilities to him. If all else fails, his physician may be able to help out.

You could be going too far in delving into this problem, but your manner, affection and concern might help smooth your effort. Because it seems necessary to make him aware of the problem, taking a chance might be well worth it.

Cooking Corner



The culinary culture of Mexico

By Jennifer Plantier

Like its people and traditions, Mexico's cuisine speaks of its history. Nearly 500 years ago two cultures found themselves struggling over a land as rich in food resources as it was in gold.

The dynamic mix of Old World and New World ingredients and cooking techniques that followed resulted in a new cuisine that has not yet become resistant to change.

As hard as it is to imagine, many of our most popular food staples and treasured delicacies were altogether unknown to the Europeans before they stumbled onto the Americas. Corn, many varieties of beans, tomatoes, squash, avocado, chilies and even chocolate and vanilla were indigenous to the New World.

The Spaniards brought wheat, rice, carrots, olives, peas, citrus fruits, sesame and other Old World plants when they arrived to convert Native Americans to Christianity. Monks and nuns, who cooked for the military and religious hierarchy, combined familiar foods from home with newly discovered but tasty native ingredients.

One of the most obvious Hispanic influences was the introduction of livestock such as pigs and cattle, not only for the meat, but for the lard that is used for frying and sauteing. Dairy products such as milk and cheese, used regularly in Mexican dishes, also were of European origin.

Herbs and spices enhance but do not dictate the character of a dish. The natural flavors of the ingredients, not the seasonings, provide most of the flavor. Dried Mexican oregano, used in combination with cumin and cloves (1 teaspoon to 1/2 teaspoon to 1/4 teaspoon respectively for balance) make up a typical trio of spices in many meat dishes and red sauces.

Mexican oregano, one of many varieties known worldwide, is obviously indigenous. Cumin and cloves, on the other hand, originated in Asia and the Mediterranean respectively.

Cilantro, which isn't native but is very widely adopted, also is called Chinese parsley or fresh coriander. It combines extremely well with chilies, tomatoes and many other favorite seasonings.

The chili has been called the definitive centerpiece of Mexican cooking. It's a rare Mexican meal

that doesn't include at least one variety of sweet or spicy chili peppers. Their presence is surrounded by chili magic and superstition that dates to the ancients, and its medicinal qualities were appreciated by the Aztecs. Extremely popular with the conquering Europeans, it has yet to be cultivated anywhere with as much gusto as in Mexico.

Corn could be described as the structure of the Mexican diet. To them, it is the ancient gift of the gods, meant to sustain life. It is an important part of many religious rituals, both ancient and present-day. *Masa*, the fresh corn dough used for tortillas and other dishes, is a versatile staple. Lime-treated, dried white corn is cooked and ground into the dough.

In case you are wondering, dry-ground cornmeal is not a suitable substitute.

Fresh tortillas can make or break an authentic Mexican dish. That doesn't necessarily mean you must prepare them yourself — they can be bought in grocery stores or ethnic markets in many areas of the country.

Beans were the major source of protein for indigenous peoples of the New World. Mexican markets display as many as 20 varieties. Pinto beans prevail in northern Mexico, while black beans are preferred in many other regions. Most meals are accompanied by beans of some sort, which are traditionally cooked and served plain. This nutritious and flavorful staple needs little doctoring to warrant a place on the menu.

Mexican eating patterns reflect the country's hot climate and, to some extent, way of life. Many times, a large, late breakfast provides a morning break from working in the hot sun. Later in the afternoon, the leisurely *comida mexicana* (the main meal) divides the day in half.

Most businesses close from 2 p.m. to 5 p.m. to accommodate this meal and a nap as well. The formal meal begins with soup, proceeds to a rice dish and climaxes with a main meat dish and vegetable side dishes. A bean course usually accompanies the *plato fuerte*, or main dish. Dessert leads diners straight into the siesta. The *comida* is considered more of a social or family gathering than a meal.

Antojitos, or snacks, make up the rest of the day's nourishment.

Fruit, sandwiches, leftovers and bite-size foods are considered suitable for a late supper.

The preparation of Mexican foods is not especially difficult, but some dishes are more extensive and thus more time-consuming than others. Once cooks have mastered preparation of the juicy, shredded meats, flavorful chilies and fresh *masa*, they are on their way to authenticity.

These recipes are from the Cole Group's California Culinary Academy Series cookbook "Mexican Cooking," available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95409 (800) 959-2717, or your local bookseller (\$11.95).

The avocado is used extensively in Mexico. Often just sliced and served as a garnish, it provides one of the important texture contrasts so typical of the cuisine. Certainly its most well-known and popular use is in versatile guacamole.

In Mexico it is most often served on lettuce as a salad or side dish, but it is used also as a garnish for tacos, burritos, tostadas or *flautas* and, of course, as a dip accompanied by *totopos* (fried tortilla wedges) or assorted raw vegetables.

GUACAMOLE

- 2 large avocados
- 2 teaspoons fresh lime OR lemon juice
- 1/4 cup sour cream (optional)
- 1 small clove garlic, crushed
- 1 small tomato, diced
- 1 canned jalapeno, seeded and finely chopped (optional)
- 1/4 cup onion, finely minced
- Few sprigs cilantro, coarsely chopped

Yields approximately 2 1/4 cups. Halve avocados; remove pit, scoop out pulp and mash with fork. Add lime juice, sour cream (if used), garlic, tomato, jalapeno (if used), onion and cilantro, mixing after each addition.

*** This is one of the most common shredded meat fillings served in Mexico. Use this filling for tacos, *flautas*, burritos, *chimichangas*, *tortas*, *empanadas*, *enchiladas coloradas* and *sopes*.

RES

(Beef Filling)

- 3 pounds chuck roast, cut into 2-inch cubes
- 3 tablespoons lard OR oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 (16-ounce) can solid-pack tomatoes, pureed in blender

Yields 10 servings. Place meat in pot and cover with cold water. Bring to a boil, cover, and simmer 1 1/2 hours. Allow meat to cool in broth until easy to handle.

Remove meat and shred by using fingers or two forks. Meat will also shred easily in food processor using plastic blade. Place a few pieces of meat at a time into container and process briefly (avoid shredding meat too fine).

Heat lard in large skillet, add shredded meat, and cook until lightly browned. Add onion and garlic and cook until onion is soft. Stir in oregano, cumin and salt.

Slowly add tomato puree and simmer, uncovered, for 30 minutes, stirring occasionally until done. If necessary, add small amounts of beef broth or water to maintain a moist mixture.

Use as filling for tacos, burritos, *flautas* or *enchiladas*.

QUESO Y CEBOLLA

- (Cheese and Onion Filling)
- 1 pound Colby, Jack or mild Cheddar cheese, grated
- 2 (2 1/4-ounce) cans sliced ripe olives
- 1 onion, chopped

Yields enough for 1 dozen *enchiladas*. Set aside 1 cup of grated cheese. Mix together olives and onion. Fill each *enchilada* by placing a handful of cheese in the center of prepared tortilla. Top with spoonful of onion and olive mixture. Roll and proceed with *enchilada* recipe of your choice.

Top finished *enchiladas* with the 1 cup grated cheese and bake according to recipe.

*** Flan is most definitely the classic dessert of Mexico. Introduced by the Spanish, it also has a French counterpart in *creme caramel*. This satiny smooth flan melts in the mouth and is a rich yet light ending to a special meal.

FLAN

(Caramel-Coated Custard)

- Caramel:
- 1/4 cup sugar
- 2 tablespoons water
- Custard:
- 2 cups milk
- 1/2 cup sugar
- 4 eggs
- 1 teaspoon vanilla extract

Yields 6 servings. Preheat oven to 350 F. For caramel: Place sugar and water in small saucepan and bring to a boil over medium-high heat. Continue cooking until it turns light brown (8 to 10 minutes). Pour into 1-quart, smooth-surfaced mold (or 6 individual molds), turning mold quickly in all directions to coat bottom and lower sides.

For custard: Place milk, sugar, eggs and vanilla in blender. Blend 1 minute on medium speed. Pour into mold and place mold in larger pan. Pour warm water into larger pan halfway up sides of mold. (This is known as *bano de Maria* — Mary's bath.)

Bake for about 1 hour (40 minutes for individual molds). Check occasionally during baking to be sure *bano de Maria* does not boil. If it boils, reduce oven heat slightly; however, do not reduce below 300 F. Test for doneness by inserting a kitchen knife only halfway into custard, making sure not to pierce bottom. The custard is done when the knife comes out clean. Cool 1 hour; then refrigerate at least 3 hours.

Unmold by running kitchen knife around edge of flan. Place serving dish over mold and invert it to unmold.

Jennifer Plantier is a columnist and free-lance food writer.

Garden Talk

By C.Z. Guest

City dwellers and others who have limited space for gardening can still grow fabulous vegetables by using containers. There are many varieties of vegetables suitable and many dwarf varieties that have been developed for that purpose — to grow well in pots and in planter boxes.

Tomatoes, cucumbers, lettuce, green peppers and onions, to name a few, are among the possibilities for container gardening. I recommend choosing a bush variety of vegetable that your local garden center or nursery advises — they know what grows best under local conditions.

As for the containers themselves, several points are important to consider before starting the garden. To be successful, figure out just how much space you have available. Keep in mind the size of the container depends on what space can be used.

Also consider root depth since the planters should be about 8, 10 or 12 inches deep. Always include a hole in the bottom for good drainage!

Location makes a big difference as well. Most vegetables require lots of sunlight (that goes for flowers, too), so pick a spot to place the container where it receives the most sun.

The kind of material the planter is made of is important, too. Familiar red-clay pots work beautifully, and so does wood. The wood should be treated for outdoor use

— make that clear to the supplier.

When buying or building a wooden box, avoid wood treated with oil-based preservatives, such as creosote. The preservatives will give off fumes that will kill your plants!

Look for wood treated with water-based preservatives. I suggest using redwood — it may be more expensive, but it will last a lifetime!

Once the space limitations are known, plan your choice of crops to best utilize that space. For example, lettuce and dwarf tomato types use space well, but squash doesn't.

Unless rainfall is plentiful, watering may have to be done every day, especially during the hot summer months (when the sun is high in the sky).

You must fertilize every two weeks on a regular basis; Miracle-Gro is what I use. Read directions carefully on the label. Fish emulsion is another option.

Regarding cost factors, container gardening may or not be economical. However, we all love to watch plants grow and caring for them is never a chore. The flavor and quality and delight of freshly picked produce is still a big incentive.

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

Our Children

By Willard Abraham



Parents should check out preschools thoroughly

Q. My mother forwarded a copy of your article regarding a woman concerned about her child attending preschool because of possible injuries that can (and do) occur. She apparently needed to convince her husband that preschool was a valuable experience for their 3-year-old. Your answer contained valuable information, and I agree with you.

However, you left out one very important and little known solution: Have the parent(s) make an appointment with the agency that regulates and/or investigates preschools for their county/area and review the files on the preschools she is interested in.

In this way, parents may have a private opportunity to judge the various sites by written documentation for any previously noted problem areas at each facility. Such materials are public record and contain valuable information.

By file review, parents can judge each prospective facility for a pattern of injuries, lack of qualified staff, etc. A visit to the various preschools is also recommended.

I hope that parents will recognize the benefits of a sound preschool environment and how enriching it can be for the children. I also hope that if the parents suspect any areas lacking care and

supervision of children, they will contact their local regulatory agency and discuss the matter with the evaluator.

A. Thank you very much for your important addition to my response to an earlier letter. It can be extremely helpful.

That response included several points that might also help other parents of preschool-age children.

Because a preschool can be judged by its personnel, programs (in action, not just posted on a bulletin board) and facilities, personal visits should include checking on those three factors. You can ask questions about (and actually see) cushions or mats at bases of climbing equipment, covered electrical outlets, no sharp edges on furniture, doors and gates in good repair and ground surfaces as accident-proof as possible.

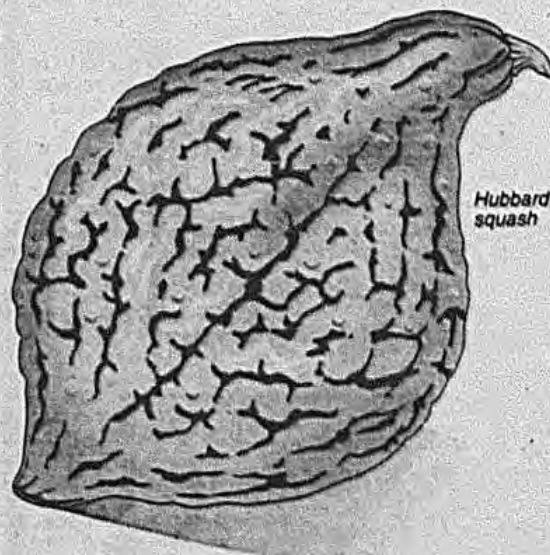
The main goal is having enough qualified personnel. Supervising young children's activities and behavior and controlling disputes are among their skill requirements.

Accidents can also happen at home, even with a 1-to-1 parent (or caretaker)-child ratio. As most parents know, vigilance is always necessary wherever children are, regardless of their age.

GARDEN TIPS

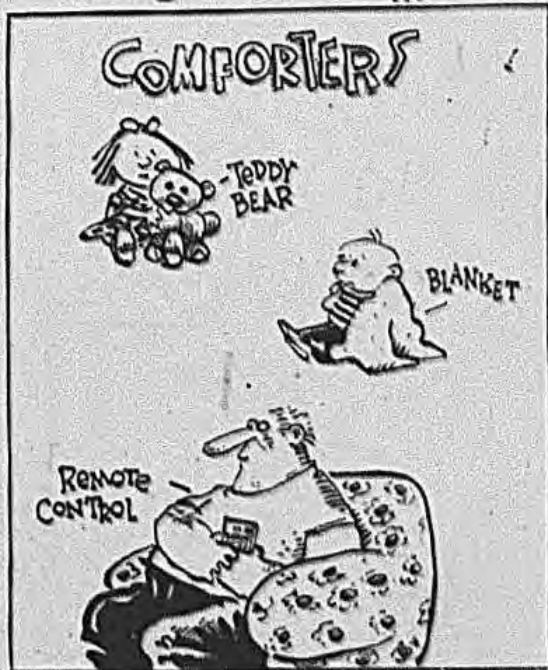
Container gardening

- Select containers that are 8 to 12 inches deep.
- Use containers made of clay or redwood. Avoid wooden containers that have been treated with an oil-based preservative.
- Keep vegetable and flower containers in a sunny spot.
- Tomatoes, cucumbers, lettuce, squash, green peppers and onions are possible plants for containers.
- Fertilize container plants every two weeks.



Hubbard squash

The Crow's Chronicle



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Fitness Forum

By Michael Kinsman

The operators of Esbeltez weight-loss program are speaking the language of success.

They mainly speak Spanish, but sometimes English.

Capitalizing on a burgeoning Latino market on both sides of the border, the Chula Vista, Calif.-based company is catering to that market by offering weight-control advice along cultural lines.

"Mexicans eat different foods than we do in the United States," said Susan Green, marketing director of Esbeltez, which loosely translates to "being thin" in Spanish. "Even when they live in the United States, they continue to eat the foods of their Mexican culture."

That diet includes lots of traditional Mexican fare — tortillas, tamales, refried beans and enchiladas, among others — that include heavy doses of cheese and lard.

"We don't tell people that they can't eat enchiladas," Green said. "We know that they will eat enchiladas anyway, so we tell them how they can prepare enchiladas that will be more healthy."

The recipe is working. Since its founding in 1989, Esbeltez has grown from a single location with 50 clients to four U.S. offices and nine in Mexico for a total of more than 2,100 clients.

Revenues have climbed from about \$100,000 in its first year of operation to an anticipated \$500,000 this year. A staff of 10 full-time employees is supplemented by 30 part-time workers, many of whom give motivational lectures to members each week.

Esbeltez programs are in English and Spanish. But because it has such a strong emphasis on the dietary habits of the Mexican culture, about 95 percent of its work is done in Spanish.

"Mexicans don't assimilate as fast as other cultures in the U.S.," Green said. "Even second and third generations who have moved here from Mexico still have very close ties to the Mexican culture."

Esbeltez's two top officers — President Dolores Green and Vice President Ofelia Molina — are products of a cultural exchange.

Green, an American, lived in Mexico for 20 years, while Molina, who was born in Tijuana, Mexico, has lived in the United States for the past 17 years.

"At Esbeltez, we're dedicated to changing unhealthy eating habits and seeing slimmer, healthier Latinos," Dolores Green said. "The Esbeltez program is based on research in the fields of nutrition, exercise, psychology and medicine, and it's geared specifically for the Latino population."

Molina actually joined Esbeltez first as a client. As a result of her interest in the weight-loss program, she became a lecturer for the company and later assumed a full-time position.

Esbeltez charges clients \$25 to join the weight-loss program and another \$6 to attend weekly group

meetings where they hear motivational talks, receive encouragement and a menu that gives them directions for three healthy meals a day, most of them Mexican dishes.

Once members of the program reach their desired weight loss, they are able to attend the hour-long weekly sessions cost-free.

At weekly meetings, some very basic dietary information is supplied to clients, who may never have considered the nutritional aspects of the food they eat. Program members learn, for instance, that eating a corn tortilla is equivalent to eating a single slice of bread while eating a flour tortilla is equivalent to eating two.

"When you realize that that Mexicans use a tortilla as an eating utensil, you can see that this can be very important information for them," Susan Green said.

Clients also learn about the importance of drinking water and its relationship to the metabolism of fat, she said.

Esbeltez has a catalog of more than 1,000 recipes available to its clients. The recipes have been analyzed and approved by nutritionists and registered dietitians at the University of California at San Diego.

James R. White, professor emeritus and former chairman of UCSD's Department of Exercise Physiology, supervised the recipe analyses and evaluated the nutrition and behavior-modification program.

"The classes motivate the clients and teach them how to modify their existing eating habits and implement Esbeltez menus," he said. "The menus use easily available and inexpensive foods prepared in the clients' homes."

One of the challenges the company has faced is dealing with a culture that does not provide much freedom to women.

Even though about 85 percent of the weight-loss program's participants are women, Susan Green said many Latino women have hurdles to overcome just to join the program.

"Often, it's a very delicate balance because these women are trying to do something for themselves," she said. "A Mexican woman is not a person of her own, but rather part of a unit — the family. If she wants to lose weight, it can become a very serious issue in the household."

Green said that many times women secretly join the program and begin preparing Esbeltez recipes in their homes without telling other family members.

Esbeltez opened its first Tijuana location just three months after its Chula Vista office began operation in 1989. The rapid growth of the company south of the border displays the need for its services, Susan Green said.

THE HEALTHY GOURMET



By Kit Snedaker

Cool desserts such as chilled souffles and mousses look as festive as they taste. But the best reason of all to plan cold souffles is that they are easy on the cook.

Make them in the morning, then either refrigerate or freeze them until serving time. The cook brings a masterpiece to the table at the end of the meal without a hair out of place.

CHOCOLATE SOUFFLE

4 egg yolks
1 cup sugar
¼ cup water
8 ounces unsweetened chocolate, melted
2 tablespoons coffee-flavored liqueur, dark rum or strong coffee
6 egg whites at room temperature
1½ cups heavy cream
Yields 6 to 8 servings.

Each serving has about 445 calories, 33 grams fat, 197 milligrams cholesterol and 60 milligrams sodium.

Cut a strip of wax paper long enough to fit around 1-quart souffle dish. Fold it in half lengthwise and brush one side with vegetable oil. Tie paper around souffle dish with oiled side inside and folded edge extending 2 inches above rim.

Beat egg yolks until thick and creamy. Put ¼ cup sugar in sauce-

pan. Add water and bring to boil stirring until sugar is dissolved. Boil, uncovered, until soft ball forms when a little is dropped in cold water, about 5 to 7 minutes.

Now beating constantly with an electric mixer at high speed, add syrup to egg yolks in steady stream. Continue to beat until mixture is room temperature, about 8 to 10 minutes. Blend in chocolate and liqueur.

In clean, dry bowl, beat egg whites until they form soft peaks. Add last ¼ cup of sugar a little at a time and continue to beat until stiff. Stir half of whites into chocolate mixture, then gently but thoroughly fold in rest of whites.

Whip cream until soft peaks form. Gently fold whipped cream into chocolate mixture, and spoon into prepared mold. Cover loosely with plastic wrap.

Now souffle can be frozen until solid, about 8 hours. Then wrap tightly with plastic wrap and foil. It will keep for 5 days at 0 F. If serving the same day, chill for 2 to 12 hours and when ready to serve, remove collar.

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

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Here's How

By Gene Gary



Q. I have an asphalt driveway. Is it necessary to use a sealer to protect the asphalt surface? What other maintenance procedures are required?

A. An asphalt driveway needs regular maintenance to protect and preserve it. The use of a sealer is 90 percent cosmetic.

However, sealers help prevent moisture from working its way into the asphalt. Moisture can cause damage, particularly in colder climates, where the water expands and contracts when it freezes and thaws, breaking up the asphalt.

Most experts recommend an annual inspection of the driveway for cracks or holes, along with the application of a sealant over the entire surface every year or two.

Holes and cracks should be repaired annually or they will continue to deteriorate. Wide cracks and potholes can be filled with blacktop patch, a prepared asphalt sold in 60-pound bags.

Clean out all loose asphalt and gravel. Scrape around the edge of the crevice or hole until you have a solid edge. Fill the hole to within 1 inch of the top with the patching mixture. Use a 4-by-4 timber to tamp the mixture into the hole. Be sure it is pressed firmly against all sides of the opening.

Proceed by adding additional patch mix until the filled area is about 1/4 inch above the level of the driveway. Finish by tamping the material until it is flush with the drive. It often helps to place a

board over the patching and drive your car over it to make sure it is firmly packed into the patched area.

Smaller cracks can be filled with asphalt crack filler that pours from a bottle. Before filling the cracks, remove any loose materials with a wire brush and vacuum.

Freshly filled spots and holes should be allowed to cure for about 90 days before applying a sealant. When you are ready to apply a sealer, sweep the driveway free of dirt and debris. Cut away grass that grows along the edges so the sealer can cover them. Use strong detergent or trisodium phosphate and hot water to scrub away oil or gas residue (if there is any softening in these areas you will need to spot remove the softened material and replace with blacktop patch).

Before applying a sealer, read the manufacturer's label for specific preparation steps. Some products require a dry surface, while others recommend a slightly damp one.

Do not apply in wet weather (the temperature should be at least 55 degrees. The sealer can be applied

with a sealing brush/squeegee, an old push broom or a roller.

Before applying the sealer, mix it thoroughly. Often the ingredients separate during shipping. Turning the cans upside down the day before use will make the mixing process easier.

There are three types of sealer available. The most expensive is an asphalt base sealer, which should be used only on new asphalt or if the surface was previously sealed with the same material. A tar emulsion sealer is the least expensive and probably the most popular. It seals against gasoline, oil spills and drips.

A tar base sealer is available that contains black aggregate giving it extra body. It is used to fill large areas of cracking and to provide traction on steep drives. You can also mix fine sand with standard tar base sealer to give it body. However, the surface will take on a salt-and-pepper appearance as the sealer wears.

Spread all sealers as thin as possible.

Decor Score

By Rose Bennett Gilbert



Q. I'd like to do something different in my sons' room. It's kind of in an attic, and the wall isn't straight all the way around — which should inspire me but doesn't. Would you please try? — L.Y.

A. Try this: Denver designer Lolita Dirks has created a whimsical masterpiece in the boy's room we show here. (I'd say "monsterpiece," but dinosaurs are too dear to everyone's heart today to be called monsters.)

Besides the designer's imagination, all it takes to individualize any room is courage, paint and — in this case — wallpaper. For this room in a new house built by Emerald Homes in Houston, Dirks borrows her brontosaurus from the wall-covering border and blows him up dramatically to fill the end wall.

Even a non-artist can scale up any motif by using graph paper ruled so a quarter of an inch equals a foot. You transfer the design, square by square, to the wall, chalk your guidelines and paint.

Children's rooms are great fun to play with. Not only do the young occupants respond to bright colors and offbeat ideas, they keep on growing up from one ambience to another. This means you'll keep changing their environment, so there's none of the worry about "investment decorating" that so often fossilizes our sense of fun in more serious rooms in the house.

Q. We were flooded out this summer — like half the people in the country! — and need some help

getting our lives back in order. This may not be your kind of question, but since the first thing we have to do is repaint every room on the first floor, we need information on the best kind of paint to use over water-damaged surfaces. Also important: Is there anything we can do to combat the awful mildew odor that's all through the house? — I.W.R.

A. You're right that this is not my usual kind of decorating question, but you're also right that smart decorative products can go a long way toward solving problems like the ones you were left with when this summer's waters finally receded. The experts at Wm. Zinsser & Co. of New Jersey have been giving painting tips since 1849 or so, and they've been

quick to respond to problems caused by the floods of 1993.

Their advice: Once surfaces are thoroughly dry (test with a moisture meter you can buy at the hardware store), prime before painting with a shellac-based primer. The shellac will keep stains from leaching out and marring the top coat. The shellac will also help seal away musty odors and eliminate mildew, Zinsser promises.

If you're repainting your entire house, however, shellac-based primers would seal things up too tightly.

Since you'll want to talk specifics about your own problem, here's the number for the technical hot line the company has set up: (908) 469-4605.



DINO SOLUTION — Making child's play of a problem doorway, Denver designer Lolita Dirks painted a brontosaurus that "nibbles" the plant on the wallpapered shelf.



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PERSONAL ASSISTANT - SINCERE & dependable. Experienced secretary, pay bills, errands, driver's license, shopping, trouble-shooter. Well organized homemaker & health oriented cook. Live in or out. Call 294-9741. gO3

P/T SALES CLERK, local video store. Must be available weekends & evenings only. Please call Bill 484-2978. wO1

P/T CLERICAL - small accounting office. Ideal for high school or college student. 747-5809. wO1

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GARDEN CITY COMPANY looking for stock person, either mature high school or college student preferred. P/T flexible hours. Call (516)328-7800. gO1

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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. gO1

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LOVING, RESPONSIBLE woman needed for my 2 children, ages 8 and 10, in my home, weekdays, 3:30-6:30 p.m. Must drive own car. Call 825-8437 after 7 p.m. gO3

BABYSITTER NEEDED 2 days a week in our NHP home. References required. 775-7210. wO2

SECRETARY/ADMINISTRATIVE ASSISTANT, CPA firm, experienced, personable with typing & computer skills including WordPerfect & Lotus 123. Must be able to take care of ordering supplies, phones, billing, vendors, etc. Salary negotiable based on experience. Please send resume & salary history, along with copy of ad to K. Ruckh, 238 Mineola Blvd., Mineola, N.Y. 11501. We will call you for appointment, if resume is acceptable. wO1

TEACHERS WANTED TO TUTOR: High School Biology, Chemistry, Earth Science, Physics, Social Studies, AP History, Mathematics, SAT Verbal, SAT Math. 741-3550. wO1

CHILD CARE WANTED FOR 3 year old & infant in my Syosset home 4 days a week, 7:30 A.M.-6 P.M. own car, good references, non-smoker. 921-6125. gO3

BABYSITTER WANTED MON. - Fri. 10-3, Garden City office. 248-5255 days, (718) 641-6057 even. gO4

RETAIL SALES - ICE cream store/candy store, Roosevelt Field, P/T & P/T positions, all hours. Manager and Assistant. Manager jobs available. Good starting salary. Call 294-5888 or apply in person to Chocolate Box/Haagen Dazs in Roosevelt Field. gO4

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LOOKING FOR RESPON- SIBLE Person to watch my 2 children, 4 1/2 and 3 in my Garden City home on Wednesday mornings from 9 a.m. to 12 p.m. and every other Saturday evening. 741-4346. gO4

CHILD CARE NEEDED, Mineola, 2 children. Dependability/punctuality a must. References, own transportation, English speaking. Mon. and Thurs., 4:30-7 p.m., flexibility/permanent. 742-9448. gO4

Situation Wanted

HOUSECLEANER, VERY RESPONSIBLE, Excellent experience & references. Please call at 485-0443. gO1

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. gO1

Situation Wanted

NURSE'S AIDE, HONEST, responsible, hardworking, experienced seeking job to work day or night. Call Marjorie at 292-8813. gO1

HOUSECLEANER AVAIL- ABLE, Tues, Fri. Experience, reference. Call 873-1920. gO1

CERTIFIED NURSE'S AIDE/COOK, P/T, 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. gO1

HOUSECLEANING AVAIL- ABLE for Monday, Thursday, Friday and weekends, a.m. Good references. Call Haydee (516) 548-3094 Leave message. gO1

MATURE LADY WITH more than 20 years experienced, good references, own transportation, looking for housecleaning job by day. Call anytime 485-9041. gO1

EUROPEAN LADY LOOK- ING for work - Child Care. Excellent references, own transportation. Please call 742-8954. gO3

MATURE AND RELIABLE, Christian woman seeks job as companion to elderly person. Can live in or live out. Checkable references will be provided. Contact Vinetta at (718) 845-8006. gO2

HOUSECLEANER AVAIL- ABLE - Experienced with references. (516)565-1383. gO3

POLISH PEOPLE LOOK- ING for cleaning job in Garden City. Experienced. References. Own transportation. Call (516)564-9627. gO3

CHILD CARE AVAILABLE IN MY MINEOLA HOME. PT/FT, non-smoker. Experienced. References available. 742-7830. wO3

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HOME HEALTH CARE seeks position with elderly person. Full time or part time, day or night. Experience & good references. Call (718)323-7842. gO3

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Situation Wanted

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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. 352-8113. gcn2

I AM LOOKING for housecleaning job Tues, Thurs, and Saturdays, after 1:00 P.M. (516)766-7727. My name is Izobel Meno. g04

MATURE, HONEST & RELIABLE Nurse's Aide seeks job working for elderly, five days per week. Call after 9 p.m. (516) 485-6276. w45

POLISH LADY, RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick or elderly. 538-2647. g04

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CERTIFIED RELIABLE NURSE'S AIDE of the year available to work 8 a.m. to 6 p.m. Mon. thru Sat. (718) 5904 during day. (516) 221-4388 at night. g02

EXPERIENCED LADY TO care for elderly or babysitting. F/T, P/T or Weekends. Call (718) 526-6898. g02

CERTIFIED NURSE'S ASSISTANT seeks position, Days/Nights. Own transportation. 565-1416. g02

EAST WILLISTON ONLY. I live in East Williston and have current local references. I need extra money and will clean your home on Tues. and/or Thurs. for \$50. Also, baby sitting \$6. an hours. 742-6114. Call Mon. to Fri. w02

CERTIFIED MATURE IRISH WOMAN available to take care of your sick, bedridden or elderly. Please call 741-8619. w02

HOUSECLEANER AVAILABLE Experienced, references, own transportation. 538-1946. Please call after 6 p.m. g02

A MALE LPN IS SEEKING to care for the sick and elderly at home during the day. Own transportation. Call Agu at 223-2667. g04

POLISH YOUNG LADY desires domestic employment, days only. Best references, 327-0069. g04

PROFESSIONAL HOME CARE PM, geriatrics AM or P/T hours PM, geriatrics only. 294-9519 after 3 p.m. g04

Situation Wanted

BABYSITTER - CHILD CARE Retired, licensed, professional nurse will care for your child F/T Mon., Wed. & Fri. Good references, own car, non-smoker. (718)276-0655. g04

Real Estate for Sale

GARDEN CITY BEAUTIFUL lg. split, 3/4 BRS, 2 Bths., New EIK, Cath. LR/Fpl, DR, Den, Fin. Bsmt., 2 Car Gar., 70x100 fenced yard, new driveway, porch, walk. Convenient to park, RR, Shopping. Low taxes. Priced to sell! \$335K Owner 747-6386. g01

CARLE PLACE: MINT CAPE -4 BRS, large EIK, mudroom, 2 baths, large den, deck, oversized corner property. New windows, carpet & alarmed. \$179,000 owner. 742-8069 w03

FRANKLIN SQUARE COLONIAL 3BRs, 3 full Baths, FDR, LR, Family Room, EIK, low taxes, separate basement entrance. Maintenance free. 352-2339. \$220,000. g03

GARDEN CITY CHERRY Valley 1 BR, first floor, quiet location. New kitchen, new bath, fully carpeted. \$69,000. Maintenance 74% tax deductible. Must see. Call 294-2255 (day) or 248-5066 (evening) g03

MAIN STREET, REMSENBURG. Historic 5 BR, 5 Bths., Separate guest sec. New Furnace, hot water heater, well, pump and newly painted. Deep secluded, wooded lot. Owner anxious to sell at \$340,000. 325-0562. g01

CHARMING DUTCH COLONIAL, built 1928. Updated and immaculate, featuring 3 BRS, 1 1/2 Bths., LR/Fpl, FDR, sunporch/den, EIK, Fin. Bsmt., 2 car detached garage. Low taxes. Low \$300's. Principles 873-1910 after 7 PM. g02

EAST MARION SOUNDFRONT: European kitchen overlooks great room and screened-in-porch. There is also a more FLR, and DR, four BRs., and two Bths., Outstanding view and sunsets. \$575,000 Southold Waterfront three BRs, 2 Bths., LR/Fpl, Fam. Rm., sliders to a cathedral ceiling screened-in-porch overlooking pool and boat dock. \$329,000 New Suffolk. Small cottage, walk to beach & boating. Needs work. New cesspools, and well. \$79,000

Southold Soundfront: two BR cottage plus guest room. Very private. A special location, stable bluff. Spectacular views. \$325,000

Marilyn Lang Realty 734-6472-734-6690.

GARDEN CITY ESTATES Split, 3BRs, 2 1/2Bs, FDR, LR, FR, EIK, 2 Car Garage, Alarm. Low Taxes. Walk RR, quiet street. By owner \$375K. 747-1645. Leave message. g04

ST. MARTENS TIMESHARE, Pelican Resort, red time week #30, 94 years left. \$7,000 firm. 776-0041. g04

Real Estate for Sale

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 g01

OAK BEACH - WATERFRONT -Tired of the Hamptons? A smart alternative: a year-round home on the Fire Island inlet. Private beach, mooring, multi-level decks, 3 BRs w/great views, 2Bs, Greenhouse w/jacuzzi & shower. Fully modernized. Private parking. Easy access to all Parkways. Town of Babylon. Principals only. \$295,000 516/661-8324 g02

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. g03

THE TIME TO BUY is today. Lowest mortgage rates since 1968 have reduced monthly costs to 65% of 1990 costs. Buying now is much cheaper than renting. Perfect house for young family. Charming colonial. Quiet street. New large EIK, 3 good sized BRs, 1 1/2Bs, LR w/fpl, DR w/French doors to deck, sunporch (den), finished basement w/wall-to-wall carpet (playroom), 2 car detached garage, alarm, new roof, newly painted exterior. Taxes approx. \$3300. Great value at \$290,000. Will sell fast. Principals - 873-1910 g02

FRANKLIN SQUARE - NEW Townhouse, by Owner. 3BRs, 2 1/2Bs, move-in condition. Skylight. New carpeting and tiles. Full basement, CAC. \$169,000 negotiable (516)488-3287 g02

GARDEN CITY SOUTH - Brick Cape, 3 BRS, two full baths, Florida room, modern EIK 50'x100'. Owner must sell. Principals only. \$185,000. 747-6827, evenings. g03

MATTITUCK - ELEVATED Seclusion - Privacy plus is yours in this rustic 6 rm. home snugled on wooded hilltop near Long Island Sound. Great Rm, family-style Kitchen, 3 big BRs, 2 tile Baths, all in excellent condition. Gas heat, insulated, Fpl, porch, deck, appliances. New Exclusive - See Soon. \$159,000 Nassau Point - \$186,000 - The price is right. Nestled on tree-studded 1/2 acre plot, R.O.W. to Beach/Boating, this beautiful home offers 7 large rms, spacious LR, FDR, Dine-in Kitchen, Den, 2Bs, Fla. Rm., Bsmt, Fpl, Garage. See ASAP. Mattituck Waterfront Beauty - Just reduced \$40,000. Gracious 2-story home on creek to Bay, suitable M/D or Rental Income. Roomy 6 rm. apt. on 1st floor, 2 rm. studio apt. on second floor, 2Bs, 2 decks, bsmt, garage, 6 appliances. Now Only \$199,000. Hurry! Bookmiller Real Estate, 722-4423. g01

Real Estate for Sale

JAMESPORT CEDAR SHAKE, 2 story home with deeded bay beach. 4BRs, 2 1/2Bs, LR/Fpl, FDR, FR, enclosed porch, large deck. Reduced to \$179,900

Southold Waterfront Expansive Custom Cape in mint condition. Features LR/Fpl, FR/fpl, FDR, Lg. EIK with Mexican tile floors, 4BRs, 3Bs, sailboats welcome. Professionally landscaped. \$475,000
Mattituck Georgian Colonial on 1.3 acres. Light & Airy LR, DR, EIK, Master BR & B plus 2BRs & 1 1/2Bs. Reduced to \$199,000
Southold Waterview Custom home. LR/Fpl, FDR, FR, Lg. EIK, 3BRs, 3Bs. Steps to sandy beach. \$279,000.
Lewis Realty, 734-5533, 298-4600, 765-5810. g01

JAMESPORT. WALK TO Sound Beach, Superb Ranch, mint condition, lg. Master Suite with sitting room, additional 2BRs and 3 full Bs. LR/Fpl, dining area. Handsome decks & landscaping. Asking \$199,000

Southold Creekfront with easy bay access. Cozy retreat on private road, Great Room, 2BRs, 2Bs, extensive decking, dock & peaceful views. Our exclusive \$275,000
Cutchogue Exclusive Irreplaceable Fieldstone Manor home on magnificent property. Large Cathedral LR, Den & generous rooms. Granite pool, deeded dock, total privacy. Prestigious area. Asking \$750,000

Southold Exclusive Main Street, zoned business, abt 1/2 acre. Perfect for professionals. Best location in town. Presently 3 family. Ask \$255,000
Marion King Realty, 734-5657. Call for our New Brochure. g01

ST. JAMES TOWNHOUSE, Adult Community, Fairfield, 6 yrs. young, updated, expensive improvements, 3 large BRs, 2 1/2Bs, jacuzzi, whirlpool tub, LR, DR, stereo intercom, closet organizers, many amenities. F/T security guard, 2 miles to RR and Smithhaven Mall, 3 pools, tennis, billiard room, own community bus, CAC, ceiling fans in all rooms, 3 storage attics. Low taxes, golf nearby. Greatly reduced. \$189,000. Owner 584-7820. g04

GARDEN CITY. LARGE dormered Cape. 5BRs, 2 1/2Bs, finished basement, Oil Hot Water, possible Mother / Daughter. Low taxes. Quiet, convenient location. \$279K. Rent \$1,800. 747-6392. g04

SOUTHOLD - LAUGHING WATERS Attractive hide-away home in a secluded community. 3BRs, 2Bs Ranch with a large country kitchen w/Fpl. A private beach and dock. \$295,000

Wading River - an attractive neighborhood on acre lots. Well constructed Cape: 10 rooms, 4BRs, 2.5Bs with expansion area (16 x 20), large country kitchen, 2 zone oil HW heating. Assumable 7% mort. Asking \$215,000. ERA Victorian Realty, 369-8515. g01

Real Estate for Sale

HAMPTON BAYS - 3/4 ACRES. Exclusive cul-de-sac development. Asking \$75,000 by owner. 742-5115. gC03

CUTCHOGUE EXCEPTIONAL 3/4BR Home on lush, landscaped & wooded acreage. Beautifully appointed for gracious living in exclusive area. Motivated seller asking \$215,000. Wine Country Realty, 734-7760. gC01

GARDEN CITY, OXFORD BLVD. Colonial 5 BRS, 4 1/2 Bth., LR/FPL, FDR, Den, Huge Mod. EIK, Full Bam., Attch garage, 1/2 acre. Asking \$795,000. Flexible owner. Fin. to fit your needs. 248-2450 gC02

ENGLISH TUDOR IN ESTATES. Unique Split layout - 5 fire, LR/FPL, DR w/built-ins: EIK for 2; 3-4 BRS; 1 1/2 baths; fin. basement; 1 car garage. Screened porch; manicured yard; excellent closets/storage; easy maintenance. 40'x100' plot. Prime location: near schools, trains, stores. \$289,000. Call: 747-4572 gC03

GARDEN CITY BARNES Built Ranch. 4/5 BRS, 3Ba, lg. LR/Fpl, DR, Study, New EIK, new appliances, enclosed breezeway. Many built-ins. 1/4 acre. Walk to shops & RR. North central. Owner, \$335K. 747-2047. gC04

STEWART MANOR HI Ranch. 6 BR, EIK, 2 full baths, fin. basement, LR, DR, Panellad Den/FPL, Florida rm., 1 car garage. Mid \$200's. Owner 775-9472 gC02

MUST SELL, GARDEN CITY vicinity. 3600 sq. ft. commercial building on 6700 s.f. lot. Bented. Good income. Sale by owner. 455-7348 or iv. message. gC01

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. gC03

SOUTHERN MAINE SANFORD Lakefront Cape, 4 yrs. old. 3 BRS, 2 Full Bths., Lndry. Rm., screened porch, skylights, Andersen windows, winterized & furnished. 120' frontage on sandy spring fed lake. Close to shopping. Located only 20 minutes from coastal area of Ogunquit & Kannebunkport. \$129,000. Please call collect (407) 283-9673. gC04

AREA FORECLOSED PROPERTIES. Nassau Home & Co-Ops \$30,000 to \$50,000 below market value, offered w/no points, low closing costs. Seen by appointment. For current list send \$5.25 to Area Foreclosed Properties, P.O. Box 1622, Mineola, N.Y. 11501 hO3

GARDEN CITY NEW on market mint split, in prime western location, 3BRS, 2 1/2 Baths, EIK, 2 car, awning patio, new windows, siding, alarm. Walk R/R. Serious principles only. Leave message 326-6944 \$395,000 hO4

Real Estate for Sale

GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hapa Allergy System, 1/2 Acre. Walk to LIRR. \$379,000 neg. 352-0608. gC03

GARDEN CITY SOUTH Brick Cape, 3BRs, 2 full Baths, Florida Room, modern EIK, 50'x100'. Owner must sell. Principals only. \$185,000. 747-6827. Evenings. gC03

Co-Op For Sale

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. wC2

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

GARDEN CITY, SECOND floor, 1BR Co-Op in mint condition. Spacious and sunny. Reduced \$54,900. 294-7496. gC03

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. 1BR near North Shore Towers. Maintenance \$329 includes heat. New wall-to-wall. Convenient commute. Safe neighborhood. Scenic view. \$54,000. 922-8144. hO1

GARDEN CITY 2 BR Cherry Valley Co-Op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5226 gC03

CO-OPS & CONDOS 2 BIRCHWOOD COURT

Top Of The Line, 1 BR, 1 bath \$89,000

Cherry Valley 1 BR, 1 bath, Creampuff, 1st fl \$75,000 LR, ULTRAM/EIK, 2 BRS, 1 bath \$112,000 2 BRS, 1 bath, CAC+ Waab & dryer \$118,000

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

Second St. Hamilton Gardens EST. SALE, 2 BR, 2 baths, Front \$140,000

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

Mulford Place LR/FPL, DR, den, 1 BR, 1 bath corner \$85,000 Lg Foyer, 2 BRS, 2 baths, EIK, LR, DR \$75,000

Stewart Franklin 2 BRS, sunny, LR/FPL, DR, EIK, want offers LR/FPL, DR, EIK, 3 BRS, 2 baths, Rentor \$225,000

Stewart House ALL NEW 2 BR, 1 bath, kit, LR, DR \$189,000 Dougall Fraser Real Estate 248-6655 gC01

Co-Op For Sale

GARDEN CITY SPACIOUS 1BR Apt., elegant elevator building, modeled kitchen and bath. Many extras. Leave message for owner 248-2947. gC03

ALBERTSON CONDO TOWNHOUSE, luxuriously appointed, 2 Br, 2 1/2 baths, jacuzzi, terrace garage. Albertson Railroad Station. \$215,000. Sedacca Realty 747-0020 wO1

GARDEN CITY CO-OP, 2 BR, second floor, center of village, 2 blocks LIRR, refinished floors, new windows, \$116,000. Leave message. Owner 873-9469. gC04

GARDEN CITY, CHERRY VALLEY, 1st floor, 1BR, quiet location, new kitchen, carpeting, low \$60's. Maintenance 70% deductible. 488-5718. gC02

STEWART AVENUE - BEST Apartment in town. 3BR, 2B, LR w/fpl, FDR, maintenance \$1112/month. Attractive financing. \$195,000. Days (212) 841-7887 Evenings & weekends 516-746-4165. gC02

MINEOLA LARGE 1 BR, (885 Sq. Feet) Walk to RR, shops 24 hour security, parking. Many custom features. \$108,000. Principals only. (516) 746-1065 gC01

Real Estate for Sale



SOUTHOLD, 3,150 SQ. FT., 6 year Mint Custom Hi-Ranch, 4BRs, 3Ba, EIK, LR/Fpl, Lp. Den, Walk to Beach, School, Town. Reduced to \$210,000. Sat. & Sun., Oct. 2 & 3, all day at 440 Pine Neck Rd., Southold (off Main Bayview Rd., off Route #25). gC01

Real Estate For Rent

OFFICE SPACE FOR rent. Ideal location, Garden City vicinity. Beautiful office suites, 150 sq. feet - 3,500 sq. feet. owner (516) 338-7478 gC02

GARDEN CITY / HEMPSTEAD, Cathedral Gardens. Rental: 1 BR, EIK, wall to wall carpet. Newly renovated, heated garage, walk to all. \$800 monthly. 294-6419 evenings. gC03

FRANKLIN SQUARE, big BR, LR, dining area, EIK, private entrance. New carpet/paint. Between Hempstead Tpk./Southern State. All conveniences. Mature, non-smoker, business single. \$750 plus electricity. 328-9175 gC03

WEST HEMPSTEAD / WILDWOOD Section - Walk-in Apt., 3 full rooms, EIK, BR, LR, full Bath, A/C, own thermostat, wall to wall carpet, freshly painted. Prefer single or professional couple. No pets, no smoking. 481-0738 after 6 p.m. gC03

Real Estate For Rent

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. Nov. 1 occupancy. 873-9241. Call evenings. gC03

WILLISTON PARK - SECOND floor of legal 2 family house. Separate entrance. 1 Br, LR, pullman kitchen, plus unheated finished attic loft. \$750. Includes heat. 741-5059 wO3

MINEOLA: LARGE ROOM for rent - Share a bath. Private entrance, near all transportation. Quiet area. Call 248-0598, leave message. wO3

MINEOLA APTS. 1-2 BRS, very clean, large rooms, quiet. Convenient to RR & Hospital. Suitable 1 or 2. Gas heat. \$850. 747-6392. gC03

FLORAL PARK, 2 BR Furnished, second floor, solarium, private entrance. Vacant October 1. perfect for newlyweds. \$850 not including utilities. Owner 352-6433. gC03

FLORAL PARK, 1 BR, Second floor, terrace. Modern kitchen and bath, garage. 2 blocks from RR. Available immediately. No fee. \$795. Must see. Leave message. 437-7245. gC03

WILLISTON PARK: 1 BEDROOM APT. LRw/alcove, large modern EIK, Bathroom, wall to wall carpeting, blinds, fairly new appliances, 1 parking spot, use of yard. Charming. Must See. \$750 (firm), includes gas. Call owner 740-2392. wC3

WILLISTON AREA: 2 Br. Apt. finished basement, laundry, quiet, convenient \$1,100. 378-3739 early AM or evening wO1

GARDEN CITY 2 BR, 2 baths, finished basement, PPL, washer/dryer, dishwasher. Professionals desired. Walk to RR & stores. No pets. \$1,500 includes all utilities. 10/1 occupancy. (516) 459-9590 gC01

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

HEMPSTEAD/CATHEDRAL GARDENS Newly renovated, 1BR Co-Op with custom bar area. Apartment facing beautiful tree-lined street. Walk to shopping & mass transit. Garage space available. Must see. \$850 per month. Please call 488-7052. gC04

MINEOLA, TOP FLOOR, 1BR, 1B, LR, dining area, kitchen, lots of closets, Across from Winthrop Hospital, near RR. Avail. Nov. 1, \$875. 873-1238. Leave message. gC04

FLORAL PARK - A LOVELY 2BR Apartment with garage. \$900 a month. No pets. Call 488-5332. gC04

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. gC04

Real Estate For Rent

GARDEN CITY BORDER - Large, Bright 1BR Apt. in luxury building, on site parking, modern kitchen, bath, A/C, \$800. No fee. 489-3010 days, 483-7449 eves. and weekends. gC03

GARDEN CITY SOUTH - Large 1BR, LR, EIK, full Bath, wall to wall carpeting, second floor, private entrance. Mature working person preferred. No pets. Reference & security. \$725 utilities included. Huge storage space. Near all. Available Oct. 1, 483-8913. gC03

WEST HEMPSTEAD/GARDEN CITY border. Lovely, large Furn. Rm. w/Bth., Priv. Entrance. Centrally located. Suitable for non-smoking professional male. Immediate occupancy. Security & references. \$400 monthly. 489-5941. gC01

ALBERTSON: LARGE FURNISHED Room. Large walk in closet. Private entrance. Refrigerator, W/W. Share bath. Prime location. Non-smoker, male preferred. \$85.00 per wk. 741-8588 wO4

MINEOLA/WESTBURY/HEMPSTEAD: 2 Beautiful, 1 BR. Apts. \$650 & \$675 a month. Special Superintendent Apt. \$550 a month. 2 BR. Apts. \$825 to \$985 a month. Albertson: Luxury 4 BR. house. 3 baths, plus many extras. \$2100 a month. Royal-742-3355 wO1

MINEOLA GARDEN PLAZA - 2 BRS, 2 baths, large sunny rooms. Best location. New kitchen, bath, carpets. Near everything. 24 hour security. Immediate occupancy \$1,175. 747-6522 gC04

GARDEN CITY NUMBERED St. area. Col 4 BDRM/2 bh, fam. room DR an easy living Ranch with lots of light OR a "twin" to that great Victorian you saw with the big wrap-around porch OR whatever you have been searching for-consider having it built to your specifications on "one of a kind" approved 1/2 acre building lot in Central. Call Anne Hagen, Molloy Realty (516) 741-1754 for more information. By appointment. Asking \$340,000. If not in, leave message gC01

APARTMENTS AND HOMES in Garden City and surrounding area. From \$600/mo. to \$2,000/mo+. Call Anne Hagen, Molloy Realty (516) 741-1754 for more information. By appointment. If not in, leave message. gC01

CHARMING 3 BR ENGLISH TUDOR, Garden City. 1 1/2 Bths, new EIK, LR, DR. All new heating, gas burner, new stucco. 60'x100. \$1,800 monthly. Also for sale. Principals only. 739-6102. gC01

FOUR ROOM APARTMENT, Floral Park, all new including new carpeting. Private entrance, nice neighborhood. Single business person, non-smoker a must. \$650/month. Available Oct. 1. (516) 352-3100. gC02

Real Estate For Rent

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

WESTBURY: SALISBURY PARK Drive. BR., LR, Kit/Combo, WW, thermostat, 2nd floor. Private entrance. Near stores and parking. Non-smoker/pets. Working single, security. \$600. Please call after 6 p.m. 746-7236. w04

GARDEN CITY LOVELY, quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References (516) 746-0018 gc04

CATHEDRAL GARDENS/ GARDEN CITY Border. 1 BR apt. located on quiet cul-de-sac block. Near all transportation, shopping & schools. Separate entrance, EIK, Cable TV, fully carpeted. \$600. 486-0625. W-02

GARDEN CITY/HEMPSTEAD 2BR Apartment. Roomy. Renovated Kitchen and bath. DR, spacious LR, wall-to-wall carpet, large patio, near LIRR and shopping. \$925/month. 354-7669. gc02

APARTMENT FOR RENT. Tudor Gardens, 1BR, top floor, southern exposure. \$1400/month. Days 212-841-7887, Evenings & weekends 516-746-4165. gc02

GARDEN CITY SOUTH area. Main floor of house. 2 BRs, Kitchen, LR, DR, full bath. \$1200/month includes utilities. One month security. Available November 15. 486-4647. gc02

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. 1 747-5703 gc01

GREAT NECK - LARGE home to share. Professional only. Separate BR. Close to LIRR, market and shopping. Kit, washer/dryer privileges. Rent \$500 + \$50 utilities. 482-5203 Leave message. gc02

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

WEST HEMPSTEAD, SUNNY 1 BR, second floor, 3 rooms, lots of closets, private entrance, no pets, non-smoker. Available immediately \$700/month. 483-8919. gc02

WEST HEMPSTEAD, VERY nice 3 rooms, wall to wall carpeting, private entrance, ground floor. Walk to all. \$710 pays all. Owner 538-5257. gc02

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

Vacation Rental

SANIBEL ISLAND - SMALL COMPLEX off-W7 Gulf Dr. 2 Br. 2 bath Condo. Sleeps 6. Fully equipped kitchen. Beach access to Gulf, tennis courts & swimming pool on premises. 725-4679. Weekly rental. w05

MT. SNOW, VERMONT, 5 months ski season rental from owner. Large, fully equipped condo at Timber Creek. Hot tub, sauna, sleeps 8. Beautiful Club House with all amenities on premises. Full shuttle bus service to lifts. Call 741-1824. gc04

MARCO ISLAND, FLORIDA. French Village, 2 BR., 2Bths., Condo. Steps to Gulf Beach. Pool. Weekly/monthly. 718/352-5798. h04

MT. SNOW/HAYSTACK, large fully equipped 4 BRs, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or week-end. Call 466-6120 gcD3

POCONOS - CAMELBACK Mountain 1750 feet up and easy 100 mile drive from Nassau. Townhouse w/3BRs, 3Bs, full kitchen, dining area, GR w/ipl, loft, skylight, 15 mile deck view. Ski on/of 27 trails, 50' from front door. Clubhouse w/pool, sauna; fall foliage weekend \$350. Ski season Jan. to Mar. 15. \$5,000 + electric. 747-7019. gc02

KISSIMEE, FLORIDA VACATION Condo, 2BRs, 2Bs, fully furnished, washer/dryer, heated pool, tennis. Minutes to all major attractions. \$400 a week Call 957-0684. gc03

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

MONTAUK FALL GET-A-WAY special 4 nights \$255. a couple. 2 rm. suite, heat, full kit. Sleeps 4. Walks dining, shopping, Hundred feet to beach. Also for sale \$37,000. Immaculate. Call 724-5572. gc03

SHAWNEE, PA. - 7 BR Large Riverside home on ten acres. Roomy, comfortable and fully equipped. Scenic location bordering national recreation area. Especially accommodating to groups. Available for fall holiday season and ski groups weekends, \$700 - 248-4963. gc02

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SHAWNEE, PA. - 7 BR Large Riverside home on ten acres. Roomy, comfortable and fully equipped. Scenic location bordering national recreation area. Especially accommodating to groups. Available for fall holiday season and ski groups weekends, \$700 - 248-4963. gc02

NYC COUPLE SEEKS 3-4 BR Colonial, Mott Section of Garden City. Ready to sign contract. High \$300's. No brokers please. (212)752-5750 gc03

Real Estate Wanted

FAMILY WITH 2 young children, seeks Garden City home with 3/4 BRS in the Estates section west of Nassau Blvd. & north of Stewart Ave. or Western section. Ready to sign contract. High \$300's. No brokers please. (718) 748-5798. gc01

GARDEN CITY ESTATES North of Stewart Tudor only. \$400's. Principals or brokers. (718) 680-3540. gc01

ADELPHI STUDENT SEEKS room in exchange for light work or house-sitting. Call George, 288-8803. gc03

SINGLE PROFESSIONAL MALE looking for furnished room in Garden City. Private entrance, private bath. Please call (914)937-6425 w04

COUPLE WITH YOUNG Child seeks home in Garden City, western section only. 3/4 BR. Colonial, quiet street. Low \$300's. Leave message with address & phone number. Principals only. (718)886-6251 w04

FAMILY SEEKS NORTH Fork home. Peconic bayfront only. 3 plus BRS preferable. West of Southold only. No brokers. 294-8592 gc04

MALE NON-SMOKER, 30's seeks studio or 1 BR Apt. in Roslyn Heights, Great Neck, Mineola, Floral Park or New Hyde Park. Must have full kitchen. Quiet and clean. Oct. occupancy. Willing to share with female. 822-8736. h03

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 gc01

FAMILY SEEKS GARDEN CITY home in Estates or Western Sections only. Prefer 3 or 4 BRs on quiet street. Low to Mid \$300's. Please leave message with address & phone number. Principals only. (718) 347-5324. gc02

APARTMENT WANTED. Professional couple, newlywed, seeking apartment for October 1st, up to \$850. References available. No basements. No brokers. Call 488-7219. gc02

EAST WILLISTON: FAMILY of four seeks home to rent in the E. Williston school district, from November to June. We will lovingly care for your home. Please call collect. (207) 829-6496, Maggie. w02

APARTMENT WANTED - LARGE 1 or 2 BR, w/garage & yard for prof. couple w/small, non-barking dog. (516) 873-3908. Leave message. h02

QUALIFIED BUYER INTERESTED in Garden City Colonial Cape, 3 BRs, EIK, LR/ipl, quiet location. Low to mid-\$300's. Please reply to: Box H, 821 Franklin Ave., Garden City, 11530. gc02

Real Estate Wanted

NYC FIREMAN & FAMILY looking to return to Williston Park. Sellers only. No real estate. Please! Call Lou 718-347-1249. W-02

For Sale

WEIGHT BENCH, MARCY 5100. Up to 150 pounds. \$75. 741-4048 h03

YAMAHA PROFESSIONAL STUDIO upright piano, Model P116S. High gloss, ebony. Mint condition. 4 years old, under warranty. \$2,900. (516)483-8913 gc03

STAIR CLIMBER, PRECOR -718e. Like new. Retail \$299. For Sale \$150. 741-3105 gc03

FIREPLACE, FREE STANDING. Perfect for winter retreat. Best offer. Maple dining table/5 chairs \$200. 248-1694 gc03

TRIPLED DRESSER & FRAMED MIRROR, Castro convertible loveseats (\$100 each) Adjustable bed frame (\$20). Call Janice (516)741-6616. Leave message. w03

GLASS KITCHEN TABLE, New, 48" round, from the Door Store, \$275. Four Contemp. Chairs, \$200. 747-5685. gc04

COLLECTION - AMERICAN INDIAN Ceramics. Hand-painted, can be purchased individually or in groups. 486-5729. gc04

KITTINGER DESK SET Finest center cut Honduran mahogany Georgian desk & knee hole credenza. Excellent condition. \$10,000 neg. Asking \$2,500. 741-4412. gc03

SIZE 3X & 4X NEW OR RARELY worn women's clothing, winter & summer. Private home. Call even. 326-9775. gc03

PUB SET - 42" ROUND, 41" high table w/4 chairs, faux butcher block top, blond wood chairs. 5th chair available. \$600 value. Excellent condition. Asking \$250. 741-4412. gc03

WICKER HEAD BOARD for a "full" size bed. Two 8x10 China oriental rugs, one in mint condition. Best offer. 741-5628. gc03

GET A JUMP on the season! Unused, purple and black, 146 cm, 11 1995 K2 snowboard with black K2 bindings \$210. Contact 742-4069. gc01

ONE GREY PERSIAN Lamb jacket - size 12. One brown Persian Lamb jacket - size 12. Both in excellent condition. Reasonably priced (516)742-9477 gc03

ASSORTED FURNITURE FOR Sale: In-House office furniture, drafting table 36"x72" - \$50. Single ped laminate desk w/chrm legs - \$25. Matching credenza - \$25, laminate work surface tops 42"x60" and 36"x72" - \$20 each. Xerox 2300 (needs drum) - \$75, 36"-6 shelf high wood bookcase - \$50. 747-7439. gc02

For Sale

ANTIQUE IRON THREE quarter twin bed, all white, re-tored. Unique finials. \$590. Antique pine blanket chest w/door and drawer. \$490. Call 248-4181, Fri. thru Mon. daytime. gc02

BALDWIN ACROSONIC SPINET piano, mahogany finish. Good condition. Price neg. Evenings 294-1103. gc03

DRUM SET, 9 piece alinger-land, black/chrome finish. 5 Zeldjan cymbals. all hardware. Tama seat. Extras. \$850 neg. 481-4627. gc03

FURNITURE-MINT CONDI-TION. 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 incl. matching desk & chs. White sectional, sewing ma and other misc. items. 485-9152 for appointment. gc01

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

ATT-PC 6300 - Color monitor, printer, MS-DOS 3.2, 640 KB-RAM. \$800 firm. Call 742-4417 w03

Car For Sale

1984 CADILLAC EL-DORADO, 66K miles, original owner, loaded, burgundy, garage kept. \$4,000. Call 248-2952 gc01

1990 ACCURA INTEGRA LS, 3 door, 5 speed, A/C, stereo, white, sunroof, 40,000 miles. Excellent condition. \$10,900. (516)352-3775 gc01

1990 HONDA ACCORD Excellent condition, \$10,500. 248-8142. gc03

'87 VW CABRIOLET CONV., 38 K miles, 5 speed, red/black top, Benz, phone, A/C. Mint. \$8,800. 746-1064. gc04

1989 RED VW GTI, 16 valve, 2-door hatchback, 5 speed, 50,000 highway miles. AC, cruise control, power brakes & steering, sunroof, stereo/benz, excellent condition. (212) 473-2788. \$6,900. gc04

1981 CADILLAC FLEET-WOOD Brougham, seagreen, power steering, power brakes, power windows, new tires. AM/FM, good mechanical condition. \$1,500 neg. 867-5661, even. & weekends. gc03

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: Eitmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

Car For Sale

1989 BUICK SKYLARK - Custom 4 Dr., Red, V-6, Automatic, PS, PB, A/C, Stereo, tilt wheel, security lock. 46,000 original highway miles, new brakes, tires, exhaust. Showroom condition. \$8,195. 742-2709. wol

LEXUS '92 SC 400, Black/Gray leather, all factory options, including phone. \$37,500. 877-1813. gc02

1983 CADILLAC, 4 DOOR Sedan. 741-5677. gc03

1988 DODGE GRAND CARAVAN, fully loaded, excellent condition, new transmission. \$7,900. 488-6628 gc03

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wO4

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THE CUISINE SCENE Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings my specialty, including beautiful cakes. Professionally trained staff. Call Susan 742-1958 gcD4

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PROFESSIONAL SERVICES - College Bound Seniors: College applications and essays don't have to be a drag! I'll help you to identify your unique strengths and qualities to enable you to compose an outstanding essay. Call Mary for appointment and fees: 739-1703. Leave message. gcO3

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Instructions

PIANO LESSONS, BEGINNERS, intermediate & advanced. All ages, 5 to adult. Learn how to read notes, theory and technique. Call Cindy or Peter. 437-6849. w05

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MUSIC HATH CHARMS - Enjoy piano lessons at your home from experienced teacher of children and adults. Juilliard background. 354-3732. gc01

Wanted

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. gc05

LOOKING FOR LOVING family for two West Highland Terriers (Westies) one male (1 year old), one female (2 years old). Would prefer to keep them together. Call 248-6682 gc03

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 gc05

OLD GUNS, SWORDS, binoculars, old knives, hunting knives and pocket knives. Jewelers lathes. Call 825-0979 or 354-1943. gc02

Laundry Product Needed

AXION - NEEDED (Prosoak laundry product). Will pay \$3.00 a box. Call June 248-9526. w04

Pets For Adoption

AFFECTIONATE & PLAYFUL purebred Keeshond. Needs a loving home. Great with kids, adult female, 2 years old and great watchdog. 747-5099 w03

Lost and Found Pets

FOUND: ADULT NEUTERED male cat, taupe w/tan markings. Needs his home. Been feeding him since July. If yours, or want to adopt, call 747-3687. gc02

FOUND, GREY & BLACK Tabby cat. Has flea collar, house cat, 6 months old. Found in parking lot behind Seventh Street on Sept. 22. 739-3154. gc04

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

Bazaar

NORWEGIAN BAZAAR, SATURDAY, Oct. 16, 2-8 p.m. Sponsored by Roald Lodge, Sons of Norway. Handmade and Norwegian items, baked goods, snackbar. American Legion Hall, 734 Woodfield Rd., West Hempstead. gc03

Garage/Tag Sale

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 gc01

GARAGE SALE: SAT., Oct. 9, 9-12 at 223 Roxbury Rd. Garden City (off Main Ave.) Furniture (some from the '60's) exercise equip., records, deep freezer, lots of odds & ends. Rain or shine. No previews. gc02

GARAGE SALE OCT. 16, 10am-4pm. 138 Hayes Street (West of Strafford Ave.), Garden City. Sofa, two matching chairs, area wool rug, end table, wood coffee table, large chandelier, lamps, many household items and much more. Rainsdate oct. 17. gc03

WILLISTON PARK MULTI-FAMILY GARAGE SALE: Assorted clothing, crystals, linens, collectibles. Something for everyone. Saturday, October 2, Cornwell Ave., between Lafayette & Center St. w01

GARDEN CITY ALMOST new Garage Sale. Video cameras, furniture, bikes, clothing, toys, housewares & much more. Sat., Oct 2, 9 AM - 3 PM at 104 Wyckham Rd. (off Stewart Ave.) Rainsdate Oct. 9 gc01

MOVING: October 2nd & 3rd, Saturday & Sunday, 10 to 5, 74 Round Hill Rd., Roslyn, E. Hills, between Roslyn Rd. & Glen Cove Rd. Oak furniture, bed linens, legal office supplies, sharp copier, IBM Selectric II, kitchen, loaded garage, tools, deck furniture. Priced to sell. w01

GARAGE SALE: TABLE tennis, other children's toys, games, books, clothing, etc. Household items and more. Sat., Oct. 9, 10 am-4 pm. 104 Meadow St., Garden City. gc02

SATURDAY, OCT. 2, 9 A.M.-6 P.M., at 81 Kingsbury Rd., Garden City. Furniture, curtains, bedspreads, clothing, patio, furniture & lots of miscellaneous. gc01

GARDEN CITY GARAGE SALE Oct. 2, from 9 to 4, 57 Willow St. (off Washington Ave.). Girls BR set (2 beds), Kitchen set, LR furniture. Linens, clothes and much more! gc01

YARD SALE, SMALL APPLIANCES, blankets, bedspreads, bric-a-brac. Sat. & Sun., October 2 & 3, 11-4 p.m., at 371 Litchfield Ave., Elmont (cross street is Arlington Ave.) gc01

Garage/Tag Sale

SATURDAY, OCT. 9, 9 A.M.-4 P.M., at 84 Third Street, Garden City. Furniture, household items, books, silver & much, much more. gc02

SAT., OCT. 2, 10-3 PM at 77 Garden Street, Garden City (corner Clinton Rd.). Everything including the kitchen sink. Dishwasher, 2 refrigerators, stove/microwave oven, exhaust hood, queen brass bed, household items, etc. gc01

GARDEN CITY SOUTH - SAT., Oct. 2, from 9 to 3, at 664 Second Place (off Roxbury Rd. South), furniture, knick-knacks, household items, coats and much more. gc01

GREAT YARD SALE - Quality household goods and many toys at very cheap prices. Saturday, October 2, 10 a.m.-4 p.m., at 105 Sackville Rd., Garden City (near Country Club). gc01

Sat., OCT. 2, 9-4 P.M. at 208 Brixton Rd, Garden City (betw. Merillon & Somerset). Tools, pine BR & LR set, furniture, 20" bike, scooter, 185 aks with boots, 35" storm door, electric heater, redwood set, drapes, appliances, guitars, books, frames, much more. gc01

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



PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift, to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. FS. gc01

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift, to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. R.J. & S.J. gc01

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift, to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. R.E. w01

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift, to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. A.M.L. w01

Novenas

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

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



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EXCURSIONS



SEPTEMBER 26 - OCTOBER 2, 1993

AMERICAN BEER WEEK

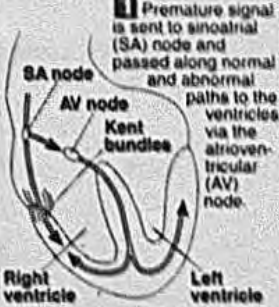
... A week to hop to a frothy glass ...

SOURCE: CHASE'S ANNUAL EVENTS

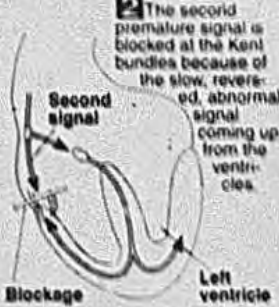
DISCOVERY

A fast and dangerous beat

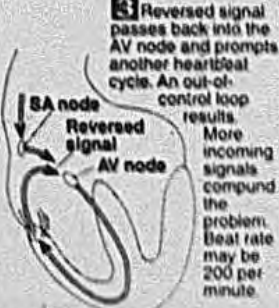
Tachycardia, often caused by Wolff-Parkinson-White syndrome, is caused by a short circuit in the heart's nerve pathways. Surgeons are learning to zap this problem away with radio waves.



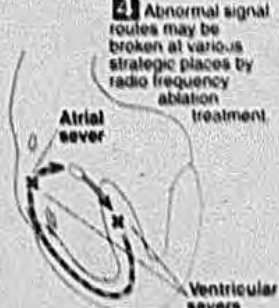
1 Premature signal is sent to sinoatrial (SA) node and passed along normal and abnormal paths to the ventricles via the atrioventricular (AV) node.



2 The second premature signal is blocked at the Kent bundles because of the slow, reversed, abnormal signal coming up from the ventricles.



3 Reversed signal passes back into the AV node and prompts another heartbeat cycle. An out-of-control loop results. More incoming signals compound the problem. Beat rate may be 200 per minute.



4 Abnormal signal routes may be broken at various strategic places by radio frequency ablation treatment.

SOURCE: Scientific American Medicine

Kids Home Newspaper

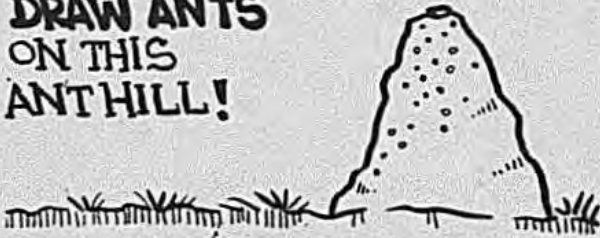


Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

DRAW IT!

DRAW ANTS ON THIS ANT HILL!



SOME ANTS BECOME LIVING STORAGE TANKS TO HOLD FOOD FOR THE WHOLE COLONY'S USE IN EMERGENCIES. THEY EAT UNTIL THEY GROW INTO SUCH HUGE BALLS THAT THEY CAN HARDLY MOVE!

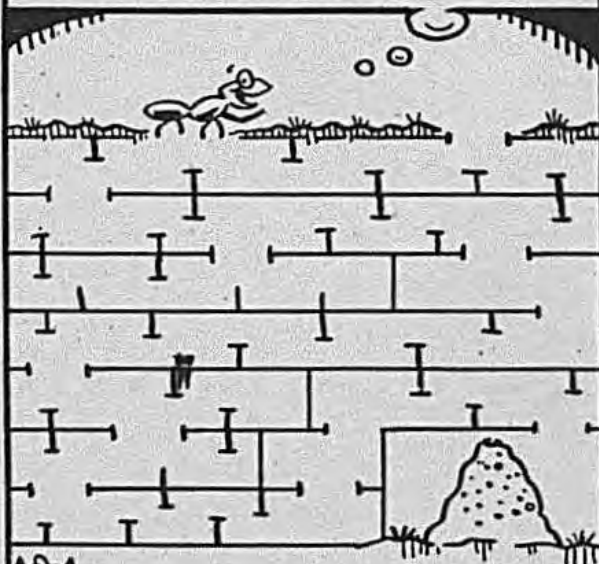


AN ANT IS NOT TOO BIG AT ALL, IN FACT, THE ANT IS VERY SMALL! HIS BODY ISN'T VERY LONG BUT IT SURE IS SUPER-STRONG!

HOW MANY ANTS CAN YOU FIND?



HELP ME FIND MY ANT HILL!



PUP THANKS MICHELLE GUIVENCH OF RICHARDSON, TX.

WRITE US!

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

WHICH INSECT IS AN OFFICER?

TEN-SHUN!

AN ARMY ANT!



PUP THANKS KRIS KILLINGER OF CENTREVILLE, VA.

ANTIQUE OR JUNQUE

By Anne McCollam



Jardiniere from France

Q. We have a porcelain jardiniere that has been in our family for at least 70 years. The mark on the bottom is "W.G. & Co. — Limoges, France."

It is 11 inches high and also 11 inches in diameter.

In your opinion, what is the approximate value of our jardiniere?



A. Numerous factories have made fine porcelains in Limoges, France, since the late 1700s. According to the mark on your jardiniere, it was made by Guerin-Pouyat-Elite Ltd. in the early 1900s. This firm was founded in 1870 and is currently still in operation.

Your jardiniere might sell for \$300 to \$350 in good condition.

Q. The enclosed mark is on the bottom of my pitcher. It is approximately 8 inches high and is decorated with gaudy flowers of cobalt blue, green and rust against a white background.

The handle looks like a green-and-rust snake with its head attached to the upper side of the pitcher.

Could you please identify my pitcher and place a value on it?



A. Allertons Ltd. in Loopton, Staffordshire, England, manufactured porcelain and earthenware

from 1859 to 1942. This mark was used in the years between 1929 and 1942.

Your pitcher is a 20th century version of the Gaudy Ironstone made in England in the 19th century. It might sell in the \$55 to \$65 range.

Q. I have an Art Nouveau bronze table lamp. It is a figure of a woman standing on a base. She is holding her right hand up to her head, left arm down and left knee slightly bent.

Behind her is a branch with leaves, which curves up and over her and holds the glass globe for the light bulb. The lamp is about 24 inches tall and works. Behind the figure are the words "France — Aug. Moreau."

Could you please tell me the vintage, origin and value?

A. Auguste Moreau was a French sculptor born in the 19th century. Bronze lamps were sometimes cast from his original sculpture.

Art nouveau is the term for a style popular from around 1890 to 1905, and identified by curving, flowing lines.

Your lamp was made in the early 20th century in France. The value would probably be about \$800 to \$900.

Q. I found an unopened deck of playing cards in my mother's attic. On the cards is a woman in a striped shirt, holding a bowling ball being offered a bottle of Coca-Cola. Across the top of the cards are the words "Coke Refreshes You Best!"

What can you tell me about my cards?

A. Collecting playing cards is a good deal. It can be both enjoyable and profitable. Your deck has a crossover value since it would be of interest to collectors of both Coca-Cola memorabilia and playing cards.

When purchasing decks of cards, it is important to look for those in very good condition and unusual designs.

The Girl with the Bowling Ball was made in the early 1960s. Your complete deck would probably be worth about \$65 to \$75.



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Points on Pets

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

Q. How is parvovirus spread among dogs? Are some breeds more susceptible to the disease? Most of the dogs in our neighborhood are allowed to run free. We are worried that our dogs will be exposed to parvovirus.

A. Parvovirus is a highly contagious disease of dogs. The virus attacks the cells of the intestinal tract, white blood cells and, in some cases, the muscles of the heart. Dogs of all ages and of all breeds are susceptible to parvovirus. Parvovirus infection has been reported throughout the entire United States and throughout many other parts of the world.

Parvovirus is spread by dog-to-dog contact. Therefore, places where dogs congregate, such as dog shows, obedience trials, breeding and boarding kennels, pet shops, humane shelters, veterinary clinics, parks and playgrounds, are places where the spread of parvovirus is likely to occur.

Dogs confined to one house or yard and that are rarely in contact with other dogs are far less likely to be exposed to parvovirus.

The fecal wastes of infected

dogs usually contain large amounts of infective virus. The virus is resistant to environmental extremes and survives for long periods in the dog's surroundings. Parvovirus is readily transmitted from place to place on the hair or feet of infected dogs.

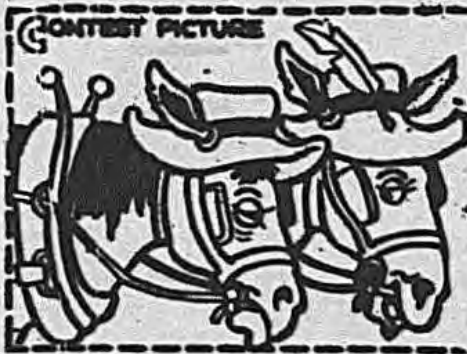
Parvovirus is a serious disease of dogs, and prompt treatment by a veterinarian should be obtained. All dogs that are allowed contact with other dogs should be vaccinated for parvovirus. Your veterinarian can recommend the best vaccine and vaccination schedule for your particular dogs.



POINTS ON PETS

JUNIOR EDITION

CONTEST PICTURE



**CHEER UP MATE!
WE ARE NOT
DEAD BROKE,
WE STILL HAVE
TWO BITS!**

**TRY FOR A
BIG PRIZE!
COLOR THIS
DRAWING.**

Aunt Tilly's Corner

Last weekend our school hosted the first marching band competition of the season. The band parents began the day by decorating the bleachers with flags and balloons. Food stands were set up along with ice cream, sodas and many other goodies to eat.

By noon, bus loads of bands from several different schools began to arrive with all their instruments, equipment and colorful uniforms. It was a sight to behold as each lined up like wooden soldiers to perform in turn, on the football field. At the end of the day each band returned for the retreat, marching together onto the field to receive their awards.

I wonder if you like to pretend you are marching in step to music. Maybe you play an instrument. Perhaps one day you will belong to a marching band.

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, October 8, 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

How Medicare is financed

By William M. Acosta

Q. How is Medicare financed? — S.N.

A. Medicare Hospital Insurance (Part A) is financed mainly from a portion of the Social Security payroll tax (the FICA) deduction.

The Medicare part of the payroll tax is 1.45 percent from the employee and 1.45 percent from the employer on wages up to \$135,000 in 1993.

Medicare Supplementary Medical Insurance (Part B), which is optional, is financed by the monthly premiums paid by enrollees and from federal general revenues.

The monthly premium, which is subject to change annually, is \$36.60 in 1993. The premium pays about 25 percent of the cost of the Part B program, and general tax revenues pay about 75 percent.

Q. Does Social Security have any publications for people who are interested in retiring in the future? — A.N.

A. Social Security produces about 100 publications. Many of these publications are available in Spanish.

"Understanding Social Security" is a booklet that provides a comprehensive overview of the Social Security, Supplemental Security Income (SSI) and Medicare programs.

We also provide a separate booklet for each major program we administer: "Retirement,"

"Disability," "Survivors," "Medicare" and "SSI."

These are just a few of the many publications available. Whatever Social Security issue you're interested in, there's probably a pamphlet to help you understand it better.

To get copies of these, or any Social Security publication, please call our toll-free number, (800) 772-1213, or visit your local Social Security office.

Q. Can benefits paid to my spouse or child reduce those paid to other family members who also receive benefits on my record? — P.L.

A. Yes.

There is a limit to the amount of money that can be paid to all other family members on your Social Security record. The limit varies, but is generally equal to about 150 percent to 180 percent of your basic benefit.

If the sum of benefits due your family exceeds this limit, the benefits to all family members, except yours, will be reduced proportionately.

YOUR SOCIAL SECURITY



This is my beautiful granddaughter Bridget McDonagh. She will be one year old on October 2. She is also the granddaughter of MaryAnn and Joe McDonagh of Garden City, and her parents are Mary and Tom McDonagh of Garden City.

Bridget Skelly
New Hyde Park



The most beautiful grandchildren are Ashely and Ryan Zeck. They live with their parents Carol and Randy Zeck in Murfreesboro, Tennessee.

Grandfather or Opa
William Zeck
Hicksville