

Mid-Island Times

& Levittown Times 35¢

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Friday, October 15, 1993

Drafting Constitution



Following in Forefathers' Footsteps: Woodland School fifth graders draft their own Constitution. The students in Mrs. Wendy Cataldo's class selected rules that would guarantee that their basic right to learn would be upheld. Then, just like their forefathers, they whipped up a batch of old-fashioned "berry ink" and signed their names using a quill pen. In photo: Mrs. Wendy Cataldo's fifth grade class.

Pumpkin Farm



Picking pumpkins is a favorite activity for the Pre-K class of Trinity Lutheran School.

Eighty children, along with their parents and teachers, enjoyed perfect fall weather on October 6 when they visited Green Meadow Farm in Floral Park.

The children rode on ponies, had a very bumpy hay wagon ride, milked a cow, fed the goats, and learned to handle baby chicks, ducks, and rabbits with care. They also got to pick a pumpkin!

PTSA's Citrus Fruit Fundraiser

Bring sunshine into your life!

The PTSA's of the Hicksville High School and Middle School are holding their annual citrus fruit fundraiser. Navel oranges, juce oranges and seedless rosy red grapefruits are being sold by the case of by the half case. The fruits arrive just before Thanksgiving, fresh from Florida, and keep for up to two months. Orders must be received by November 1.

A full case of navel oranges, containing 64 to 80 pieces is \$21; half-case, \$13. For juce oranges, a full case is \$15; half-case, \$10. A full case of grapefruits, containing 32 to 48 pieces, is \$17; half-case, \$11.

To place your order, send a check or money order for the proper amount to: Joan Famiglietti, 85 Elm Street, Hicksville, N.Y. 11901. Please include your name, address and phone number with your order. You will receive a call to pick up your order on the weekend of November 13 and 14. For additional information call 935-6369.

Thank you for supporting the PTSA's and their important work on behalf of our children.

Hicksville Evening Recreation Program

Hicksville Public School District is sponsoring an Evening Recreation Program for High School students grades 9-12 beginning Friday, October 15, from 8 - 11 p.m. The program will include a variety of activities including basketball, volleyball, wrestling, gymnastics, shuffleboard and special events such as Karaoke. The school "Soda Fountain" will be open.

District issued photo identification badges are required for admission. Students attending Hicksville High School are required to use their school ID. Non-public school students must obtain a district ID. Photo sessions for ID's will be held on October 7 and October 13 from 4 p.m. to 8 p.m. in Room 146 at the High School. Proof of residency is required.

The program will be held on October 15 and 20, November 5 and 19, December 3 and 17, January 21, February 4, 11 and 18, March 11 and 25, April 15 and 29, and May 13 and 27.

Hearing Oct. 19 On Town Budget

The Oyster Bay Town Board has scheduled a Tues., Oct. 19, day and night public hearing on its own proposed 1994 budget, which offers the largest tax cut in Town history, according to Town Councilman Leonard B. Symons.

According to Councilman Symons, the Town Board was compelled into proposing its own budget when the one presented by Supervisor Yevoli turned out to have bloated revenue figures, double counting of revenue and illegal placement of revenue in the wrong budgets.

"When the Town Board heard about the Supervisor's proposal for a \$76 tax cut, we were all anxious to see how he arrived at the bottom line," Councilman Symons stated. "Unfortunately, examination showed that just like his budget last year, it didn't add up. In addition to dramatically overestimating revenues and counting the same money twice, he put money earmarked for environmental purposes in the General Fund, which is illegal. Also not to be overlooked is the fact that he resorted to that typical Democrat budget ploy of deficit financing."

Central General Plans Health Fair

Central General Hospital in Plainview announced plans for "Community Health Fair '93." The event is scheduled for Sunday, November 14, between 11 a.m. and 3 p.m. at the Hospital and is open to the public, free of charge. There will be activities for the entire family.

Robert Bornstein, Administrator of Central General said, "The Hospital wants to put our neighbors and friends on the road to good health. Without any cost to the public we will be offering such things as cholesterol testing, blood pressure screening, pulmonary function testing, skin cancer screening and current nutritional information. Residents should mark their calendars

and plan to attend this important event."

In addition the Hospital will be offering displays and tours of its facility. This includes Central General's new state of the art Ambulatory Pavilion, which recently opened its doors to the public. Staff members will be on hand to answer questions from the community and provide activities for every member of the family.

Residents who require further information concerning "Community Health Fair '93" are invited to contact Central General Hospital at 681-8900 Ext. 2518. In the meantime, families are encouraged to keep November 14 open to attend the event.

Merit Award



Town of Oyster Bay Councilman Tom Clark, right, presents a special merit award to medal of honor recipient, George C. Lang, at the VFW Hall, Wm. M. Gouse Jr. Post 3211, Hicksville, where he was being honored. George Lang, a former Hicksville resident, was awarded the U.S. Congressional Medal of Honor in 1971 for his outstanding bravery during the Viet Nam war.

Republican Club Meets Oct. 15

The next meeting of the Hicksville Republican Club will take place on Friday, October 15, at 8 p.m., at the Hicksville VFW Hall. Please note that we are now meeting on the third Friday of every month and a half hour earlier.

The meeting will feature the Republican candidates running for County and Town offices on November 2. Please attend and show your support for these candidates.

In addition, tickets will be available for Fall Breakfast to be held on Sunday, October 17, starting at 10 a.m. at Antuna's.

Movies At Bethpage Library

As part of the Bethpage Library's ongoing Friday Night at the Movies program, *Lost in Yonkers* will be presented on Friday, October 22, at 8 p.m.

Starring Richard Dreyfuss, Mercedes Ruehl, and Irene Worth, this is a brilliant screen version of Neil Simon's Pulitzer Prize-winning play. It is a nostalgic comedy that chronicles the adventures of two young brothers who are sent to live with their eccentric relatives in 1942 New York.

All are welcome. Admission is free.

Athletic Sports Physicals

The Hicksville Public School District Physical Education Department, in conjunction with the Pupil Personnel Services Department, will offer athletic physicals to Middle School students on Saturday, October 16. Physicals for girls will be from 8:30 - 11:30 a.m. and for boys from 12:15 - 3 p.m. only.

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

No student will be examined without a permission slip signed by a parent or legal guardian. Letters informing students of the requirements, which include a permission slip, have been mailed to parents. For further information, contact Robert Kenney, Director of Physical Education, health and District Activities, at 733-6617.

LEGAL NOTICE

STATE OF NEW YORK INSURANCE DEPARTMENT. I, Salvatore R. Curiale, Superintendent of Insurance of the State of New York, hereby certify, pursuant to law, that the **NATIONWIDE LIFE INS. CO.**, domiciled in Ohio, is duly licensed to transact the business of insurance in the State of New York and that its statement, filed with New York State for the year ended December 31, 1992 shows the following condition: Total Admitted Assets \$19,259,640,345; Total Liabilities \$18,612,333,229; Surplus As Regards Policyholders \$647,307,116; Income For The Year \$4,863,194,694; Disbursements for The Year \$4,712,953,877.

STATE OF NEW YORK INSURANCE DEPARTMENT. I, Salvatore R. Curiale, Superintendent of Insurance of the State of New York, hereby certify, pursuant to law, that the **NATIONWIDE MUTUAL FIRE INS. CO.**, domiciled in Ohio, is duly licensed to transact the business of insurance in the State of New York and that its statement, filed with New York State for the year ended December 31, 1992 shows the following condition: Total Admitted Assets \$1,807,882,255; Total Liabilities \$1,281,730,985; Surplus As Regards Policyholders \$526,151,270; Income For The Year \$909,024,161; Disbursements for The Year \$768,619,186.

STATE OF NEW YORK INSURANCE DEPARTMENT. I, Salvatore R. Curiale, Superintendent of Insurance of the State of New York, hereby certify, pursuant to law, that the **NATIONWIDE MUTUAL INS. CO.**, domiciled in Ohio, is duly licensed to transact the business of insurance in the State of New York and that its statement, filed with New York State for the year ended December 31, 1992 shows the following condition: Total Admitted Assets \$10,789,904,246; Total Liabilities \$7,700,637,428; Surplus As Regards Policyholders \$3,089,266,817; Income For The Year \$5,260,986,014; Disbursements for The Year \$4,631,356,633.

STATE OF NEW YORK INSURANCE DEPARTMENT. I, Salvatore R. Curiale, Superintendent of

LEGAL NOTICE

Insurance of the State of New York, hereby certify, pursuant to law, that the **NATIONWIDE PROPERTY & CASUALTY INS. CO.**, domiciled in Ohio, is duly licensed to transact the business of insurance in the State of New York and that its statement, filed with New York State for the year ended December 31, 1992 shows the following condition: Total Admitted Assets \$48,217,391; Total Liabilities \$34,113,008; Surplus As Regards Policyholders \$14,104,386; Income For The Year \$24,097,951; Disbursements for The Year 22,312,197.

STATE OF NEW YORK INSURANCE DEPARTMENT. I, Salvatore R. Curiale, Superintendent of Insurance of the State of New York, hereby certify, pursuant to law, that the **LMI INSURANCE CO.**, domiciled in Ohio, is duly licensed to transact the business of insurance in the State of New York and that its statement, filed with New York State for the year ended December 31, 1992 shows the following condition: Total Admitted Assets \$269,111,776; Total Liabilities \$224,045,304; Surplus As Regards Policyholders \$45,066,472; Income For The Year \$185,587,365; Disbursements for The Year \$111,537,790. MIT 2751 1x10/15

Oyster Fest This Weekend

The 10th Annual Oyster Festival, Long Island's largest street festival featuring oysters served in a myriad of ways, will be held in the village of Oyster Bay on Sat. & Sun., Oct. 16-17.

This celebration of the mollusk is more than a food fest. The event also features activities including a juried arts and crafts fair, entertainment, a 5K Run, a world-class bicycle race, a historic boat exhibit and tours of the magnificent Oyster Bay harbor.

Sponsored by the Oyster Bay Chamber of Commerce, admission to the Festival and parking is free. Festival hours are from 11 a.m. to 6 p.m. each day and free shuttle bus service is provided from various designated parking areas including the Syosset Long Island Railroad Station.

Marine Pfc. Keith N. Albert, son of David N. and Christina R. Albert of 5 Ronnie Lane, Bethpage, recently completed the Basic Engineer Equipment Operators Course.

During the course, at Marine Corps Engineer School, Marine Corps Base, Camp Lejeune, N.C., students received instruction on engineer equipment operation, maintenance management, engineer organization, decontamination of heavy equipment, night operations, equipment recovery, special tools and camouflage.

The 1988 graduate of Bethpage High School joined the Marine Corps in October, 1992.

In Service

Army Cadet Timothy J. Jensen received practical work in military leadership at the ROTC advanced camp.

The camp, attended by cadets normally between their third and fourth year of college, includes instruction in communications, management, and survival training.

Successful completion of the advanced camp and graduation from college results in a commission as a second lieutenant in the U.S. Army, Guard, or Reserve.

The cadet is a student at Gannon University, Erie, Pa. He is the son of Imelda P. Jensen of Lark Ave., Old Bethpage.

Jensen is a 1990 graduate of Holy Trinity High School, Hicksville.



Air Force Airman Jennifer A. Stuto has graduated from Air Force basic training at Lackland Air Force Base, San Antonio.

During the six weeks of training the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Stuto is the daughter of Jeanne F. Spadola of 3001 Lake East Drive, Las Vegas, Nev. She is the granddaughter of Mary P. Spadola of 79 Wilfred Blvd., Hicksville.

Stuto is a 1991 graduate of Our Lady of Mercy Academy, Syosset.

Marine Pvt. Kevin C. Kenney, son of Francis J. and Dorothy E. Kenney of 32 List St., Hicksville, recently completed recruit training.

During the training cycle with Recruit Training Regiment, Marine Corps Recruit Depot, Parris Island, S.C., recruits are taught the basics of battlefield survival, introduced to typical military daily routine, and personal and professional standards.

All recruits participate in an active physical conditioning program and gain proficiency in a variety of military skills including first aid, rifle marksmanship and close-order drill. Teamwork and self-discipline are emphasized throughout the cycle.

He is a 1992 graduate of Hicksville Senior High School.

Senior Citizens Flu Immunization

The Hicksville Public Schools free Flu Immunization Program for Senior Citizens, held in cooperation with Nassau County Departments of Health and Senior Citizens Affairs, will be held on October 26, from 9 a.m. to 12 noon at the VFW Hall at 320 South Broadway, Hicksville.

Qualifying Senior Citizens must register for the program at the Hicksville Public Library or the Gregory Museum during regular working hours. Registration ends October 15. To qualify, Seniors must be residents of the Hicksville Public School District and 60 years of age or older, or the spouse of someone 60 years of age or older.

Non-residents of Hicksville School District may contact the Administration Building (tel: 733-6679) after October 15 for availability for the program.

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0013, 294-8900 or 746-0340 for rates and information.

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Give Us A Hand



Volunteer! For information on opportunities in your community, call for your free copy of "So You'd Like To Volunteer."

Long Island's United Way

(516) 595-6400

East End: (516) 727-0889

Central Park Historical Society

October 2 is gone and another Bethpage Day is history. The Central Park Historical Society enjoyed a beautiful autumn day greeting and supporting the organizations and the people of Bethpage that make the organizations work. We thank all these people who feel their community is important to spend a day with and for the people of Bethpage. Hats Off to all the merchants of Bethpage who made the Merchants Raffle possible with their donations, and to the Grumman Corporation for the grand prize. We are looking forward to the 5th Annual Bethpage Day the first Saturday in October, 1994.

The Society had its first regular meeting after our summer break on Sept. 22. Lenny Mulqusen, president of the Society, welcomed the membership and is looking forward to an interesting season. Lois Lovisolo, a member of our Society, prepared a very interesting program. Lois informed our membership of our great undertaking. A Bethpage History Room, at the Bethpage Public Library. Lois made our members aware of the process of collecting and organizing the material for our Bethpage History Room. Thank you Lois for your expertise on archives.

The next regular meeting of the Central Park Historical Society will be held at the Bethpage Public Library, Powell Ave., Bethpage, October 20, at 8 p.m. We are very fortunate to have Bill Nimmo of Bethpage Bouquet as our guest speaker. Bill will share with us some history of the Bethpage Bouquet. He will give a demonstration on flower arranging and tips on how to use flowers to add beauty and pleasure to your home. Also, the joy that is shared when you give flowers as a gift. We are proud to have Bill Nimmo as a member.

Mid-Land Civic Assn. Meeting

A general meeting of the Mid-Land Civic Association will be held at the Woodland Elementary School on Ketchama Road in Hicksville on October 26, starting at 7:30 p.m. Please come out to meet the candidates running for office in Nassau County. Members and non-members are welcomed. Refreshments will be served.

LEGAL NOTICE NOTICE OF PUBLICATION DOMESTIC LP

Name of Pship: Olympic Cleaners of Syosset, L.P., Cert. of LP, filed NY Sec. of State 9/22/93. Office Loc Nassau Cty, Sec. of State designated as Agt upon whom process against it may be served. Sec. of State may mail a copy of any process against pship c/o 631 Jericho Turnpike, Syosset, NY 11791. Name/Address of GP Available from Sec. of State. Latest Dissolution Date: 8/31/2003. Business: General. MIT 2747 SA 8715 6x10/8, 15, 22, ..., 11/6, 12

Lee Avenue Students Meet Kids On Block

Fourth grade students at Lee Avenue School had the unique opportunity to meet several disabled puppets and openly discuss their disabilities. "The Kids on the Block" puppet show presented by Ellen Starace and Cathy McWilliams, emphasizes the abilities of the disabled and teaches children about the limitations of various disabilities. The skits included a puppet that was mentally retarded, a deaf puppet, and a puppet confined to a wheelchair.

"Do people make fun of you because you are retarded?" a Lee Avenue fourth grader asked puppet "Ellen Jane" who was born with Downs Syndrome. During the question and answer period that followed each skit, the students asked thoughtful questions which enabled them to better understand people with disabilities. "How long does it take you to learn things?" and "Were you born this way?" were questions posed to the puppets.

The children left the special program with a greater understanding of the disabilities and a deeper respect for disabled individuals. Fourth grade teacher Ms. Christine Provenzano commented, "I was so pleased to be able to have this meaningful group come to Lee Avenue." The highly demanded group has a year-long waiting list.

Jazz At The Bethpage Library

By popular request the Bethpage Library is pleased to present a return engagement concert of the talented Danny Hurd Jazzplus Quartet on Sunday, October 17, at 3 p.m. Their music is "mostly mainstream seasoned with classical infusions and rhythmic adventures."

On the program will be such timely titles as *Tis Autumn*, *Autumn Nocturne*, and *Autumn Leaves*. Add to this some bossa nova, some Dixieland and some Richard Rodgers tunes and you have a marvelous Fall Sunday afternoon of music brought to you by Danny Hurd - piano and synthesizer, Don Sitterley - flute, clarinet and alto saxophone, Willie Wayman - electric bass and trumpet, and Michael Kohn - drums. All are welcome. Admission is free.

Handwriting Analysis At Library

Have you ever wanted to have your handwriting analyzed - not by a computer, but by someone who will surprise and amaze you with the secrets that your writing reveals about you? Meet Anne Pascale at the Bethpage Public Library on Thursday, October 21, 7:30 p.m. and have a fun-filled evening learning what your handwriting can tell you about yourself. Bring a friend. Admission is free and all are welcome.

The library is located at 47 Powell Avenue, two blocks west of Exit #9 of the Seaford-Oyster Bay Expressway (route #135), phone 931-3907.

Holiday Flea Market

The Hicksville Youth Council will be hosting an Indoor Flea Market at the Levittown Hall on Saturday, November 20, from 10 a.m. to 5 p.m. Levittown Hall is located on Levittown Parkway in Hicksville. The vendors will be selling all new merchandise and craft items. All the proceeds will go to assist the Youth Council in providing services to our youth. For additional information please call us at 822-KIDS.

Building Conversion Hearing Nov. 16

The Oyster Bay Town Board has scheduled a hearing for Tuesday, November 16, to consider a request for a special use permit to convert an existing industrial building in Plainview to office use, according to Town Councilman Tom Hogan.

"The applicants, 131 E. Ames, Inc. and Antionette Salinitro, are seeking to convert an existing building in an 'I' industrial zone to office use for an insurance service business," Councilman Hogan stated. "The property is located on the southeast side of Ames Court approximately 254 feet northeast of the intersection with South Terminal Drive, also known as 131 Ames Court."

Councilman Hogan noted that the meeting will be held in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay, beginning at 7 p.m. The first hour of the meeting will be devoted to general public comment on any subject. Starting at 8 p.m., the regular Town calendar, including the above-mentioned hearing, will be called.

Genealogy Workshop At Library

Tracing your family tree has become a popular hobby in the 90's. Family trees can be displayed in many forms, and make memorable and beautiful gifts, as well as handsome additions to your own home. Join genealogist James Ridley at the Bethpage Public Library on Tuesday, October 26, 7:30 p.m., for a beginners course in "Tracing Your Family Tree."

Mr. Ridley has taught this course at the Bethpage High School Adult Education Department, and is well versed in this fascinating subject. He will point out the readily available sources for information, such as local, national and international libraries and census records, and will show you how to obtain access to these records. Mr. Ridley will also introduce you to sources that can enable you to publish a book about your family's roots, as well as computer programs that are available to automate the entire project.

Don't miss the opportunity to get expert advice on how to begin your own genealogy project! Admission is free and all are welcome.

The World of Crayfish



Dutch Lane School fourth graders Scott Mutch, Noah Levine, and Ray Porter study the territorial behavior of crayfish. During a science unit on crayfish, the students practiced humane treatment of animals while learning about the structure and behavior of crayfish. They observed respiration reaction to stimuli, feeding habits, and territorial behavior.

New Bethpage Postmaster



Assemblyman Phil Healey, second from right, welcomes Michael Silvestri, second from left, as the new postmaster of the Bethpage Post Office and presents him with a New York State Citation for his commitment to good service for the benefit of area postal residents. Also attending welcoming ceremonies are, left, Father Raymond Collins and Bethpage Chamber of Commerce representative Buddy Mazzara.

Solid Waste Ord. Hearing

A request to amend the Solid Waste Ordinance, as it applies to the 10 waste oil igloos located at 6 sites in the Town of Oyster Bay, will be the subject of a Tuesday, Nov. 16, public hearing by the Oyster Bay Town Board, according to Town Councilman Douglas J. Hynes.

"The Town maintains 20 waste oil igloos, available to residents daily around the clock, for the express purpose of providing proper non-commercial disposal of used oil for recycling," Councilman Hynes said. "Unfortunately, individuals are dumping large quantities of commercially generated oil, solvents and other dangerous hazardous wastes into Town oil igloos, making it impossible to recycle the igloo contents and costing the Town large sums of money in hazardous waste disposal charges."

Councilman Hynes continued, "The proposed amendments will make it unlawful to deposit commercially generated waste oil or hazardous waste in Town igloos. In order to ensure that the igloos are being properly used, the amendments stipulate that residents may not deposit more than one-half gallon of waste oil every thirty

days and that the dumping of waste oil containers within 300 feet of igloos will not be permitted."

The meeting will be held in the hearing room of town Hall East, Audrey Ave., Oyster Bay, beginning at 7 p.m. The first hour of the meeting will be devoted to general public comment on any subject. Starting at 8 p.m., the regular Town calendar, including the above mentioned hearing, will be called.

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

We are looking for articles, not exceeding 8,000 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: Litterer Publications, 61 East Barclay Street, Hicksville, N.Y. 11801.

Rev. Grant Feted By Chamber

This year's Installation Dinner-Dance held by the Hicksville Chamber of Commerce was held on Sept. 21 and along with installing new officers for the current year, the Chamber awarded its annual Citizen of the Year recognition to the Rev. Dr. Theodore S. Grant and his wife, Nancy. The Grants, longtime residents of our town have contributed so much of themselves to the good of others in this community. Awards to the Grants included citations from the Hicksville Fire Dept., which Pastor Grant serves as Chaplain, Nassau County, the Township of Oyster Bay and the Chamber of Commerce.

The new President, installed at the affair, is Donald LeCompte, replacing outgoing President Beth Dalton Costello. Vice President for the coming year is Jeffrey Flamin, Treasurer, John Giunta and Secty., Dawn O'Neill.

Four new members of the Board of Directors for the Chamber were also installed; Ivan Cipotti, an former President and Chairman of the Dinner-Dance, Mike Matranga, Eddie Restivo and Harvey Brittan.

The Hicksville Chamber of Commerce invites the business community and other interested parties to join this active organization. Regular meetings are held the third Tuesday of every month at 12:30, at Peppercorn's. Luncheon is served during the meeting. The Chamber urges everyone to become an active part of our community, seeking to maintain and improve a good way of life in Hicksville.



Supervisor Lewis Yevoll reads citation being awarded to the Grants along with the Citizens of the Year award of the Chamber.



Following the awarding of several citations, the honorees pose with community leaders. Left to right, Nancy, Tom Gulotta, Pastor and Lewis Yevoll.

News From VFW Post 3211

By P.P.C. Carmine A. Somma

Honors For George Lang
At our regular Business Meeting on Sept. 27, took time out and presented a plaque to the recipient of the Congressional Medal of Honor also, he is a life member of the Wm. M. Gouse, Jr. Post 3211.

George C. Lang, who served in Vietnam with "Co. A" 47th Infantry Regiment, 9th Infantry Division was honored. He was born raised in Hicksville, went to Burns Ave. School, Hicksville Middle School and Hicksville High School.

It was a big night for George C. Lang and the Comrades and Sisters of the Post. Political Leaders from the State, County, Town of Oyster Bay and the Town of Hempstead came to present George with a plaque for his heroism and bravery while serving in Vietnam.

Nassau County Executive, Thomas S. Gulotta presented George with Nassau County's highest award to a Veteran who distinguishes himself in combat. The following political leaders were also present: Peter King, State Assemblyman Frederick E. Parola, Supervisor Town of Oyster Bay Lewis Yevoll, and Town of Hempstead Supervisor Gregory Peterson.

Even though it has been 15 years since the end of the Vietnam War the comrades and sisters and all our political leaders give George C. Lang a welcome because he served gallantly for his country.

The committee for this event included Joseph Messana, chairman who was assisted by Comdr. Frank T. Rienzie, Vincent Edwards, Vincent Ferrara, and Wm. Bennett. They all did an outstanding job. Our thanks goes to them all.

Las Vegas Night At The V.F.W. Hall

October 9 will be the next Las Vegas Night at V.F.W. Hall, 320 So. B'way., Hicksville, games start at 7:30 p.m. and continue

to 12 midnight. Our next scheduled Las Vegas Night will take place on Nov. 13.

For more information or directions call the V.F.W. Hall at 931-7843.

On Mon., Nov. 15 a special bus will be going to Atlantic City. It leaves from the V.F.W. Hall around 9:30 a.m. A donation of \$18 per person is needed and you receive back \$10 from Resorts International Hotel.



1st Row, Left: Councilman T.O.B. Thomas Clark, George C. Lang, recipient of the Congressional Medal of Honor. Supervisor T.O.B. Lewis Yevoll present proclamation from T.O.B. 2nd Row, Right: John O'Leary, Sec. of Taxes, T.O.B. Back Row: Comdr. Frank T. Rienzie, V.F.W. Post 3211.



Left: Congressional Medal Honor Recipient George C. Lang. Center: Comdr. Frank T. Rienzie presented the plaque to George Lang. Right: is assisted by Vincent Edwards.

LEGAL NOTICE PUBLIC NOTICE

PLEASE TAKE NOTICE, that the Town Board of the Town of Oyster Bay, New York, shall hold a regular meeting to conduct the public business of the government of the Town of Oyster Bay, on Tuesday, the 25th day of October, 1993, at 8 o'clock P.M., prevailing time at the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York. All interested members of the public are invited to attend. Pursuant to law, a public hearing will be held at the aforesaid time and place, or as soon thereafter as practicable, to consider the following amendment to Chapter 233 "Motor Vehicles and Traffic" of The Code of the Town of Oyster Bay, New York. **STOP SIGNS** shall be **ADDED** to SECTION 17-25 in the hamlets of Massapequa and Plainview. **NO U TURNS** shall be **ADDED** to SECTION 17-45 in the hamlet of Massapequa. **NO STOPPING ZONES** shall be **ADDED** or **DELETED** from SECTION 17-152 in the hamlets of Hicksville, Massapequa and Plainview. **STOPPING PROHIBITED DURING CERTAIN DAYS OR HOURS**, shall be **ADDED** to SECTION 17-153 in the hamlet of Massapequa. **PARKING PROHIBITED DURING CERTAIN DAYS OR HOURS**, shall be **ADDED** or **DELETED** from SECTION 17-166 in the hamlet of Massapequa. **LIMITED PARKING ZONES** shall be **ADDED** to SECTION 17-167 in the hamlet of Massapequa. **NO STANDING ANYTIME** shall be **ADDED** or **DELETED** from SECTION 17-175 in the hamlet of Massapequa. **NO TRUCKS OVER 4 TONS GROSS WEIGHT EXCEPT LOCAL DELIVERY**, shall be **ADDED** to SECTION 17-215 in the hamlets of Farmingdale and Jericho.

The above mentioned amendment to Chapter 233 "Motor Vehicles and Traffic" is on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 A.M. and 4:45 P.M., prevailing time at the Office of Town Clerk. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

BY ORDER OF
THE TOWN BOARD
OF OYSTER BAY
Lewis J. Yevoll,
Supervisor
Carl L. Marcellino,
Town Clerk

Dated:
September 14, 1993
Oyster Bay, New York
MIT 2749
IX 10/15

Historical Society Hears Evers

The first meeting of the Hicksville Historical Society for the 1993-94 season was held in the Community room of the Hicksville Public Library on Tuesday, September 28 at 8 p.m.

Because President Richard Evers was scheduled to present the program for the evening, Vice-President Traxler conducted the business part of the meeting. Mrs. Traxler reported that 25 large framed pictures, presented by the Hicksville Historical Society and the Gregory Museum, are being hung in the Middle School library. These pictures represent many of the important events and eras in Hicksville's history.

Maureen also reported that the Society has gotten permission to restore the historical marker by the Cantigue Rock. The Society asked Thomas Gulotta to help them arrange to raise and highlight this historic rock.

Mrs. Traxler announced that the Society will be sponsoring a logo contest. The Hicksville Historical Society is looking for a logo to be used on stationary, public notices and signs. This contest will be open to all students of Hicksville High Schools. The winner will receive a \$100 cash prize and will be honored at the January meeting of the Hicksville Historical Society. The rules of the contest state that (1) entries may be expressed in any two-dimensional medium (black and white drawings, in color, by computer, etc.), (2) Entries should include the words "Hicksville Historical Society" in some manner, (3) All entries must be accompanied by the contestant's entry blank, and will become the property of the Hicksville Historical Society, and (4) Competition entries must be submitted on or before January 4, 1994.

Following the business meeting, Mr. Richard Evers, President of the Society and local Historian, gave an interesting and informative talk, enhanced by a slide presentation, on the Algonquin Indians of Long Island.

The next meeting has been changed from November 23 to November 30 because it was felt that the twenty-third, being just two days before Thanksgiving, would not be convenient for many. At the November 30 meeting, Joshua Soren, President of the Seaford Historical Society, will speak to us about the founding, development, and growth of Levittown, a subject on which he is expert. Plan to come on November 30 for a stimulating and entertaining evening.

College Notes

Maureen Kathleen Johnston, daughter of Donald and Patricia Johnston of Hicksville, has enrolled as a freshman in the Middle School of Journalism at Northern Western University for the 1993-94 academic year.

Johnna, a Hicksville High School graduate, was editor of the student newspaper and a member of the National Honor Society, French Honor Society, International Thespian Society and orchestra. She received awards for excellence in journalism and orchestra.

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Story by Dick Evers
 Hicksville's Community Council Annual Dinner at Antun's, this past Thursday evening, lived up to its reputation for community comradeship, worthy choice of honorees, and a handsome program journal. In an evening of high spirits and community pride, Hicksville's leaders and volunteers came together to reinstall

Council President Marc Herbst and his officers. The Council honored for notable community service: Mrs. Beth Dalton-Costello, Past President, Hicksville Chamber of Commerce; the Hicksville Lions Club, the Hicksville Fire Dept. in its Centennial Year; and Mrs. Valerie Pakaluk, retiring Council Trustee for her very valuable services.

Community Council Hon



Marc Herbst is installed as Hickville Community Council President by an old friend, past TOBAY Supervisor, Angelo Delligatti.



Maureen Traxler, Mid Island Times correspondent, installed as Council Secretary by Assemblyman Fred Parola. Bill Bennett, Trustee, Tom Clark Councilman, look on.



Oyster Bay Town Supervisor, Lewis Yevoil gives oath to Council trustees: Hazel Ptacek, Gertrude Paul, Edward Herbron, Richard and Nick Brigandi.



Recipient of Community Council President's award, Beth Dalton Costello, proud husband Keith stand with Council President Marc Herbst and Master of Ceremonies Bill Bennett.



Community Council Past President Carol Wolf salutes Chief Patrick Scanlon, Past Chief Anthony Widzinski and Fire Commissioner William Schuckmen, in the Centennial Year of the Hicksville Fire Dept.



An annual duo doing their thing identifying table guests, Hickville's Frick and Frisk, Council Past President, Sig Widder and John Budnick, Esq.



Well done, Valerie Pakaluk Council proxy Marc Herbst and a retiring trustee of many talents.



Hicksville Lions Club President, George Malda (right), Council's Organizational Service Award presented by Council past-president Joe DePompa.



Board of Education President, Mrs. Helen Lafferty and Trustee Richard Pfander at Community Council dinner reception.



Ready to post the colors, Past Commander Arlene Howard and Henry Brasmer of American Legion Post 421.



A lovely group for cameraman Dick Evers: Gregory Museum Trustee Gail Hofer, Helen Lafferty, School Board President, School Trustee Nancy Calari and Joan Kaweckl, Director Gregory Museum.



Public servants all and fine gents, Richard Humann, Water Commissioner, Henry Johnson, Hicksville Postmaster, and Fire Chief Patrick Scanlon.

nors B. Dalton, Lions Club, F.D.



Here comes that camera guy Bill Clark, whose Mid Island Times old-time pictures delight many readers and Gregory Museum trustees Gail Hofer and John Garger.



Long time Community Council Treasurer Edwin Draycott keeps an eye on things.



Past Oyster Bay Town Supervisor, Angelo Delligatti, praises Hickville for it's unique, on L.L. Community Council of organisations.



Mrs. Celeste Watman, Director, Public Library, and key staffers, Patricia Masterson, Library Sr. Clerk, and Victor Caputo, Public Relations Director.



Political gentleman and Council friends L-R: John Torregrossa, Assemblyman Fred Parola, Town Councilman Leonard Symon and Nassau District Judge Joseph Calabrese. Latter three are actively campaigning.



At the Knights of Columbus table: Grand Knight Tony and Julie Previte, Joe & Rosemarie Burralfato, and John Rizso.



Eastville Hickville Journalist and Gregory trustee, John Garger, comparing program notes with Bill Bennett, M.C. and Council dinner chairman.



Council Past President Joe DePoma (right), shares fete with Town Supervisor Lewis Yevoll, and Nassau County incumbent County Clerk, Doreen Banks.



Bright smiles always: Carol Wolf, Past School Board Trustee and Maureen Traxler, Vice President, Hickville Historical Society.



Nassau County Sheriff, Joseph Jablonaki, chats with Joe & Dolores Magee and Clare Smyth.



Mare Herbst, newly reinstalled Community Council President, recalls a successful year.



Mr. & Mrs. Bill Kelly who did a great job on the Council Dinner Journal, relax with Joe DePoma (left).

Photos by Dick Evers

CONTINUED NEXT WEEK

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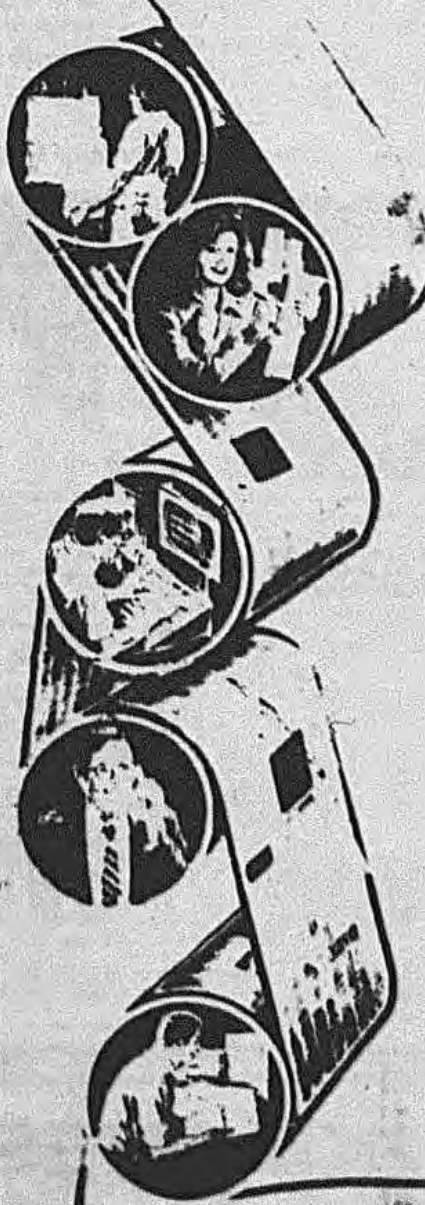
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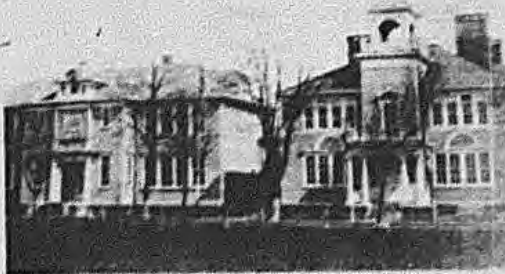
by Bill Clark

Do you remember when A&P was the Atlantic & Pacific Tea Co? I was reminded of it when a very old box of IONA Cocoa showed up in an old closet. Ann Page was another of A&P's products. Your order was made up by the manager or his employees behind the counter. They got you the items from the shelves and the butter tub etc. then placed them carefully on a sheet of brown kraft paper from a paper roll on a rack and tied it with either a white or a grayish black string from a roll of twine from a container hanging from the ceiling. Some would put on a wooden handle that had a wire through it that hooked on to the string. Paper bags were scarce. You saved the paper for further use. A few more old packages I have are Super Suds, Dux and Drest powders.

In Super Suds they put a dish towel in the package. The towels lasted a long time. Seeing a loaf of bread on the shelves this week with a \$1.90 price is a far cry from the Roulston's double loaf of years ago. They were two loaves attached together that you broke apart.

At my yard sale a box of my old electric train tracks had the old transformer at the bottom. As a kid I remember helping my engine around the bend of the track. But occasionally I would be sitting on the floor register and I would get a slight shock (but no brain damage). Yes, I guess I was a kid once because sometimes now-a-days someone gets my goat.

Hope your holiday weekend was healthy and pleasant. Enjoy the Fall Foliage before all the leaves fall.



Old postcard, Nicholas Street School, note the tree size (1920's). Card loaned to me by Palmer Family.



1968, St. Ignatius Church and Old School House, Now Parking area. Photo was taken from Nicholas School Attic east window two days before school demolition.

Photo by Bill Clark

Labor Day Marshals



Assemblyman Phil Realey (third from right) congratulates the marshals of the annual Hicksville Labor Day Parade. Left to right are Councilman Thomas Clark, Councilman Leonard Symons, Honorary Grand Marshal Steve Sulzinski, Grand Marshal Gilbert Cusick and Oyster Bay town Clerk Carl Marcellino.

Adult Education Shabbat At CRT

An Adult Education Shabbat is being sponsored by the Community Reform Temple Social Action Committee and will take place at Community Reform Temple, 712 The Plain Road in Westbury on Friday evening, October 22, at 8:30 p.m.

Shabbat Services will be followed by an adult education program at the Oneg featuring a guest speaker from LIACC, the Long Island Association of AIDS Care, which offers support services to people living with AIDS and educational programs to the general community. The topic of conversation will be: What The Jewish Community Needs To Know About AIDS. Anyone from the community is welcome to attend.

Food Drive At Reform Temple

For the second consecutive year, Community Reform Temple, 712 The Plain Road in Westbury, has participated, along with hundreds of other Reform synagogues, in an international High Holy Day hunger project. The collection took place during the days between Rosh Hashanah and Yom Kippur when their congregants, along with members of the community, filled grocery bags with kosher, recently purchased, non-perishable items and brought them to the temple for distribution to the Hatzi'u organization. Hatzi'u is a Jewish organization that distributes food to indigent Jewish in the New York Metropolitan area.

The Social Action Committee and the Temple Youth Group of Community Reform Temple hope that by sharing what they have with others that they can make the Jewish New York of 5754, a year of hope and renewal for those that are in need.

For more information of what you can do, contact Community Reform Temple at 333-1839 from 9 a.m. - 3 p.m.

CRT Sisterhood's Rummage Sale

The Sisterhood of Community Reform Temple, 712 The Plain Road in Westbury, will be holding their first Rummage Sale for the temple calendar year, which began in September.

This Rummage Sale will take place on Saturday, October 23, from 8:30 p.m. to 8:30 p.m. and on Sunday, October 24, from 10 a.m. to 12 p.m. If you wish to donate your used, not abused merchandise, you can bring it to the temple after October 18. If you wish to attend to buy or browse, the entire community is invited.

For information about this event or any other, contact the temple office from Monday through Friday, 8 a.m. - 3 p.m.

Expanded Pediatric Services

Expanding its Pediatric Services, Mid-Island Hospital of Bethpage has recently added on-site Pediatricians to its medical staff. These licensed, board prepared Pediatricians

stand ready round-the-clock to provide specialized care in any pediatric situation, so your child is never without a specialist.



Pictured at reception in their honor, the new physicians are welcomed by veteran MIH Pediatricians. Left to right, Thomas Giannattasio, M.D., Director, Pediatric Services, MIH, welcomes Sergio A. Dela Vega, M.D.; Maria Faustina Calma, M.D., and Martin Ansh, M.D. Michael N. Greenblatt, M.D., Chief Executive Officer, MIH (far right); Glenn Ringel, M.D.; and Behzad Talebian, M.D. (center background) lend their support. Missing from photo: Lance Goodman, M.D. and Anupama Chawla, M.D.

Assemblyman Visits Nursing Home



New York State Assemblyman David S. Sidikman, a member of the House Committee on the Aging, recently visited residents at Central Island Nursing Home in Plainview. Rose McMorro, center, a lifelong resident of Bethpage, and Rose Cozzolino, used the opportunity to express their concerns about health care reform to Central Island Nursing Home Administrator Marsha Sweet and the Assemblyman, whose district includes Plainview, sections of Westbury, Glen Cove, Syosset, Oyster Bay, Bayville and Roslyn.

Summer Intern



Nassau County Executive Thomas S. Gulotta (left), is pictured with Nassau County Summer Intern, Anthony Panzianco, a Bethpage resident. The interns gained knowledge of the functions of county government throughout the summer months.

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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. PETRUOLIA**, 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
CX 9/24, 10/1, 8, 15

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, 61 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

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

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

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

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

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

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

Albert W. Petraglia, Clerk of the Surrogate's Court
This citation is served upon you as required by law. You are not required to appear in person. If you fail to appear it will be assumed

LEGAL NOTICE
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
88 School Street
Glen Cove, New York 11542
516-759-4300
MIT 2738
CX 9/10, 17, 24, 10/1

LEGAL NOTICE
JEM REALTY L.P.
Notice of a Domestic Limited Partnership filed with the New York Secretary of State on August 24, 1993. Nassau County location 375 North Broadway, Jericho, NY 11753. 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 Broadway, Jericho, NY 11753. The principal office is located at 375 North Broadway, Jericho, NY 11753. The name and business or residence address of each general partner is J & E Spiegel General Corp. c/o Spiegel Associates, 375 North Broadway, Jericho, NY 11753. The date the partnership is to dissolve is January 1, 2040. The purpose of the L.P. is to acquire own lease and operate real property.
Jer 8418
6x9/10, 17, 24; 10/1, 8, 15

LEGAL NOTICE
AXINN DEVELOPMENT COMPANY, L.P. has been formed as a domestic limited partnership (L.P.). Certificate filed with the Secretary of State of New York (SSNY) on September 20, 1993, NY office location: Nassau County, SSNY is designated as agent upon whom process against the L.P. may be served, SSNY shall mail a copy of any process against the L.P. to The Partnership, 131 Jericho Turnpike, Jericho, New York 11753.
The name and business or residence address of each general partner is available from the SSNY.

Terms: The latest date upon which the L.P. is to dissolve is September 1, 2003.
Character or Purpose: to acquire and manage real estate.
JER 8420
6X 10/8, 15, 22, 29, 11/5, 12

LEGAL NOTICE
NOTICE OF SALE
Supreme Court, Nassau County, Citi bank, N.A., Plaintiff v. Santo Barretta, et al., Defendants, Pursuant to Judgment of Foreclosure and Sale dated August 26, 1993, duly entered, index No. 13002/93, I, the referee, will sell in one parcel at public auction at the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, New

LEGAL NOTICE
York on the 19th day of November, 1993 at 9:30 a.m., the premises in the County of Nassau, State of New York, bounded and described as follows:
Parcel 1

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, known and designated as and by the part of Lot Numbers 4, 5, 6, and 7 on a certain map entitled, "Part of Village of Hicksville, L.I., belonging to Richard Schamp," and filed in the office of the Clerk of The County of Nassau as Map Number 133, Case Number 1263 which part of said lots when taken together are more particularly bounded and described as follows:
Beginning at the extreme northerly end of an arc of a curve which connects the new northerly side of Old Country Road with the westerly side of Richard Street:

Running thence southerly, southwesterly and westerly along said arc of a curve bearing to the right and having a radius of 10.0 feet a length of 20.35 feet:

Thence westerly along the northerly side of Old Country Road along the arc of a curve bearing to the left and having a radius of 2040 feet a length of 94.56 feet:

Running thence north 43 degrees 22 minutes 20 seconds west, 85.15 feet:

Running thence north 69 degrees 52 minutes 40 seconds east, 108.84 feet, to the westerly side of Richard Street:

Running thence south 43 degrees 22 minutes 20 seconds east along the westerly side of Richard Street 73.6 feet to the point or place of beginning.
Parcel 2

All that certain plot, piece or parcel of land, situate, lying and being in the County of Nassau, State of New York, bounded and described as follows:

Beginning at a point on the southwesterly side of Richard Street distant 258 feet southerly from the corner formed by the intersection of the southwesterly side of Richard Street with the southeasterly side of Carl Street:

LEGAL NOTICE
Running thence south 28 degrees 52 minutes 00 seconds east along the southwesterly side of Richard Street 60.55 feet:

Thence south 86 degrees 19 minutes 30 seconds west 62.68 feet:

Thence 26 degrees 52 minutes 00 seconds west 33.81 feet:

Thence north 63 degrees 00 minutes 00 seconds east 78 feet to the southwesterly side of Richard Street at the point or place of beginning.

Approximate amount due as per judgment \$372,626.54 and interest, costs and disbursements. Sale subject to provisions contained in said judgment. **LEA RUSKIN, ESQ., Referee. BACHNER, TALLY, POLEVOY & MISHNER, Attorneys for Plaintiff, 380 Madison Avenue, New York, New York 10017**
MIT 2750
4 x 10/15, 22, 29, 11/5

LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
RELIANCE FEDERAL SAVINGS BANK,

Plf. vs. **ASSUDULLAH MANELY, et al**, Defts. Index #30028/91. Pursuant to judgment of foreclosure and sale entered July 21, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Nov. 10, 1993 at 10:00 a.m. prem. K/a 23 Clinton Lane, Hicksville, NY, a/k/a Lot No. 5 in Block No 623 on map No. 7370 entitled, "Map of Hicksville Terrace, Section No. 1, situated at Hicksville, Nassau County, New York surveyed Dec. 1959 Baldwin and Corbillion Co., Civil Engineers and Surveyors, Freeport, N.Y." filed in the Nassau County Clerk's office on Oct. 19, 1960. Sold subject to terms and conditions of filed judgment and terms of sale.

BETH A. ROSS, Referee
BERKMAN, HENOCHE, PETERSON & PEDDY, Attys. for Pltf.,
777 Zeckendorf Blvd., Garden City, NY U338
MIT 2745
4X 10/8, 15, 22; 29

To Owners of Good Restaurants:
This is Your Chance To Join "Reader Ratings"
The Last Word in Restaurant Guides
Where Our Readers Have The Last Word
This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant guides and a best listing of many prominent selected restaurants in this area. While many of them have been rated by the great, and near great food critics, our readers will have the last word through "Reader Ratings."
Through a special 24 hour phone system, readers will be asked to call in their assessment of each restaurant they visit. Consensus ratings (good or bad) will be published as a continuing part of the guide.
In addition they can make suggestions, comments or criticisms through the same phone line and messages will be sent through to the restaurant management.
(Guide to Good Dining)

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EAST NEW YORK
THE EAST NEW YORK SAVINGS BANK MEMBER FDIC

Golden Blood Donors



Richard Heidemann of Hicksville is presented with his Golden Donor Gallon Pin by Helene Stone, a fellow Grumman retiree, in recognition of his having donated eight pints of blood during Golden Donor Blood Drives. These drives are held three times a year simultaneously at the Huntington Hotel in Melville, the Holiday Inn in Riverhead and the L.L. Blood Services Collection Center in Lake Success. The next drive will be held on January 3, 1994.



Cathleen Krass of Hicksville is presented with her Golden Donor Gallon Pin by Helene Stone, a fellow Grumman retiree, in recognition of having donated eight pints of blood during the Golden Donor Blood Drives. These drives are held three times a year simultaneously at the Huntington Hilton Hotel in Melville, the Holiday Inn in Riverhead and the L.L. Blood Collection Center in Lake Success. The next drive will be held on January 3, 1994.

Kindergarten Program At CRT

Community Reform Temple at 712 The Plain Road in Westbury is offering a Kindergarten Program for all Jewish area residents. The program is part of their religious school which takes place from 10 a.m. - 12 p.m. on Sundays. If you are presently unaffiliated with a temple, you can send your child to their Sunday program with no membership obligation.

The Religious School, headed by Religious School Administrator, Stephanie Freese, and overseen by Rabbi Judy Cohen-Rosenberg, accommodates children from Pre-School age through High School age. For East Meadow residents, Community Reform Temple offers a bus pickup at one of two locations.

Holidays Happenings is a program for four year olds which teaches the children about the Jewish holidays through arts and crafts. Kindergarten through Grade two meets on Sundays only and also teaches the children about the Jewish holidays.

Children wishing to become a bar/bat mitzvah are required to begin school at the third grade level. At this time, they will be taught to read, understand and speak Hebrew. In addition, they will be made comfortable with performing on the bima (the stage before the Torah) by leading services for the congregation yearly. Grades three through seven meet on Wednesdays and Sundays.

Special programs have been designed specifically for high school age students in order to entice them to continue in their Jewish studies culminating with the celebration of their Confirmation. For more information about the school, please contact Religious School Administrator, Stephanie Freese at 333-4348 during school hours or the temple office at 333-1

Parents Assn. Fall Fair

The St. Ignatius School Parents' Association will be holding their Annual Fall Craft Fair on Saturday, November 6, from 10 a.m. - 5 p.m. and on Sunday, November 7, from 10 a.m. - 4 p.m. The fair will be held at the school which is located on Cherry St. (1 block east of Rte 107), in Hicksville. Come see our wide selection of beautiful handmade crafts.

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
HOME SAVINGS OF AMERICA, FSB, formerly known as HOME SAVINGS OF AMERICA, F.A., Plt. vs. ANITA SEFTEL, etal Defs.
Index #9719/92.**

Pursuant to judgment of foreclosure and sale dated Apr. 29, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Nov. 16, 1993 at 9:00 a.m. prem. 1/2 a 53 Edward Ave., Hicksville, NY. Said property located at the corner formed by the intersection of the westerly side of Central Ave. n/k/a Reiter Ave. with the southerly side of Edward Ave., being a plot 100 ft. x 83 ft. Sold subject to terms and conditions of filed judgment and terms of sale and the right of the United States of America to redeem within 120 days from the date of sale as provided by law.

**LEONARD B. AUSTIN,
Referee
GOLDEN, WEXLER
& SARNESE,
Attys. for Plt.
377 Oak St.,
Garden City,
N.Y. 11731**

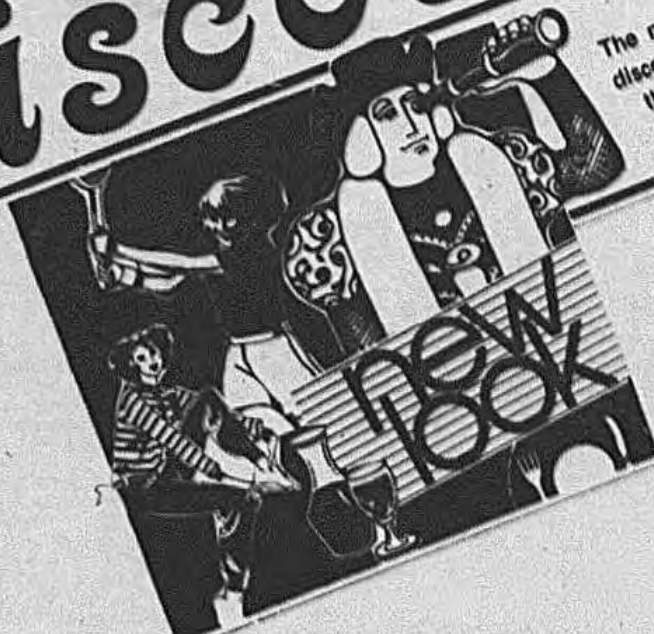
MIT 2748
4X 10/15, 22, 29, 11/5

Part Two of the Mid Island Times,
Sycosset Advance, Williston Times,
New Hyde Park Herald Courier,
Bethpage Newogram, 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 15, 1993

They've Got
My Number

★
123
★
45
★
6789
★

SEE PAGE 1



THE QUESTION OF THE WEEK

How much support should we give Yeltsin?



Call 931-0027

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a Day

**Ground Rules:
 You are not limited
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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.

Most Say Get Out Of Somalia Quickly

Most Input Callers think that the U.S. should not stay in Somalia in answer to this question: "Should the U.S. get out of Somalia immediately." Here are some of the answers:
CHANGED MISSION

The U.S. originally said that it was going to Somalia to insure the delivery of food to the starving People of Somalia. What has now happened is that we have changed our mission to include going after a leader in Somalia instead of limiting our role to the distribution of food. We should get out as soon as possible and we should find out how the mission was changed and who made the mistakes. N.F.

CANT WIN

We once again thought we were doing the right thing and the rest of the world cheered us on through the U.N. But then suddenly we are the Villain. This should certainly be proof that we cannot do anything without being named an aggressor. We used to blame this on Communism but now we just have to blame it on incompetence. J.N.

NEED BETTER PLAN

I don't think we should get out immediately however I think we should have a definitive plan that would be somewhat short term. I think we have to recognize that times have changed and that we have beaten Communism. We have to allow forces in Africa or the U.N. to do the policing. With the major deficit that we have right now I think we should start to cut, not only police actions, but also some foreign aid. I think that Pres. Clinton would like to continue having a military force simply because it will distract attention from his domestic problems. This is an old ploy that many Presidents have used in both parties because they want everyone to rally round the flag when there are problems at home. I would definitely hope that we would be out before Christmas time in Somalia. I think if it were to happen too soon it would add to the chaos there, and it might add to U.S. casualties. T.P.F.

SHOULD STAY

We should remain in Somalia until our mission is accomplished. Failure to do so would brand us as a paper tiger throughout the world and lead to conflicts which eventually result in greater casualties than Somalia. Our prestige and honor is at stake and we must fulfill our commitment even if it takes a Gulf Storm effort. A.B.

GET OUT AS SOON AS POSSIBLE

Let us first accept the fact that the American people want our troops out of Somalia. Recent violent and horrible events in Somalia have served to focus public opinion and to drive home that message to politicians.

A date certain seems to have been set. I say seems because that date came from Clinton and in dealing with that person you must be like St. Thomas and place your hands in the wounds. However as you pose the question we should plan to define the word immediately.

Clearly we cannot withdraw within a month or so but we should immediately make plans for an orderly withdrawal and be gone well before the March 31, deadline. And that means complete withdrawal, not one American service person left in Somalia. Should we leave anyone behind for whatever trumped up reason we will be dealing with a festering sore.

Our ill fated Somali adventure is over. Political heads will not roll, it will become one gigantic coverup. The government will investigate itself and will find it was not to blame. But perhaps now more importantly we must focus on the next great adventure, Bosnia. Do not allow American troops to be sent there or in a short period of time the word Bosnia will replace the word Somalia. The grief and anguish will be the same but on a larger scale.

Remember this and drive it home to every politician. Send this message, we dumped Johnson and we can and will dump Clinton. E.J.H.

U.S. DECISION

If the Somalia venture was simply a U.S. endeavor I would say yes, in answer to the question. But being that this is a United Nation operation the question of pulling out should be a United Nation decision. As for our unfortunate high casualty rate, from what I read in the media, this is due to our under-estimation of war lord Aidid together with our lack of an adequate mechanized military force to wipe him out. Considering that we have succeeded in our basic mission of stopping the starvation in Somalia, it would be a pity to allow one maverick war lord to bring chaos back to that poor country. So, providing we reduce our casualty rate, I believe that President Clinton is correct in not pulling out at this time. C.K.

PUBLICLY STATE POSITION

My immediate response to this week's "Question" is "Yes - we should get out of Somalia immediately" echoing the publicized position already taken by millions of Americans and many publicists. It seems quite clear that while our fundamental reason for occupation had been to provide food for the starving Somalians and while we together with other members of the United Nations have accomplished most of that goal, the political leaders of Somalia are not at all happy with foreign occupation and particularly the United States. As we all know, a number of our military occupants have been sacrificed in this undeclared "War" and certainly that was never the intent. I believe that we should publicly declare our avowed intention to the Somalia government as well as the U.N. to withdraw our troops by a well defined date under certain specified conditions as well as clearly stated benefits which might continue to secure to suffering natives. Simultaneously, a formal declaration by the United Nations along similar lines should be presented to the Somalian officials clearly spelling out the "Quid Pro Quo". And finally, as to motivation - to what extent does big business exert pressures that could seriously affect delicate and meaningful governmental policy decisions. P.G.S.

Discovery!

They've Got My Number

123
45
6789

By Herbert Goldstone

Allow me to introduce myself. I'm 123 45 6789.

No, that's not the name my parents gave me, but it's what Social Security calls me and it's the name they know me by at the Internal Revenue Service, my health insurance company and my bank, among other places.

Come to think of it, my name is really 111 222 333 44. At least, that's what one of my credit cards calls me and a lot of stores, restaurants, motels, airlines and cash machines know me by that same.

Then again, my name is actually 516 123 4567. That's what the telephone company calls me and all I have to do is mention that name to the cable television company and they know instantly who I am, where I live and what programs I watch.

Some people call me 123 456. A department store where I buy things occasionally decided that's just the right name for me and I've lived with that one, at least as far as the store is concerned, for years.

I should be used to people knowing me by a number. For three years during World War II everybody called me 12345678.

I had that name on a metal tag around my neck day and night and I had it on every piece of clothing I owned. I guess the FBI still has that one, my old Army serial number, in their files.

How about a name like 123 456 789? That's what my New York State driver's license calls me and a policeman can put that name into a computer and find out a lot about me, like how many traffic tickets I have on my record.

And do you realize how famous I am? Those names I just gave you are known all over the country by thousands of people in thousands of places. All over the world, actually, because I've done a lot of traveling and I've used all my names -- er, numbers -- at one time or another. And I'm sure a lot of people I don't know have them filed away.

Those numbers I gave you aren't my real ones, by the way. They're just pseudonyms - pseudo numbers? -- I made up for this article. I don't give out my real number-names to just anybody, you know!

That's really a laugh. Whether I like it or not, a lot of people I don't know and never heard of have my numbers. They have them in their telephone books, in all sorts of written records and computer memories, none of which I'll ever have the right to see.

One way I know that is the flood of junk mail I get from people trying to sell me something. They sure have my number!

And I must tell you I don't like it. Not one bit. But there's nothing I can do about it.

That's the kind of world we live in today. We're not flesh and blood human beings. We're a lot of numbers.

And what's scary about it is that there are an awful lot of strangers who have access to my numbers, without needing my permission or required to let me know they have them, and with those numbers they know all about my personal business and social life.

Sometimes they know more about me than I know about myself. Back in 1949, George Orwell wrote a disturbing novel called "Nineteen Eighty-Four" in which he predicted that a society would exist by that year where the government, ruled by an all-powerful

dictator called Big Brother, controlled every last breath of the people in his realm.

There would be a television screen in everyone's home, one you didn't dare turn off, that let Big Brother see everything you were doing and hear every word you spoke 24 hours a day.

When Orwell wrote the book, 1984 was still a lot of years off in the future. Well, 1984 isn't in the future any more. We passed it nine years ago and, in a lot of ways, Big Brother is here and he's taking over more and more of our lives.

When Orwell dreamed up Big Brother, he must have had our modern all-knowing and super-nosey credit bureaus in mind. Those are the companies a store checks with before granting you a credit card or a car dealer gets in touch with and asks questions about you before letting you go into debt with them for three years for that new racy sedan you want.

They don't ask you yourself about your finances. The credit bureaus have all the information about you that they need - how much you earn, whether you pay your bills on time or late, how much you owe other people, where you live, how you live. If the people you ask for a loan or to open a charge account want the information, those credit snoops have it for them and it's constantly brought up to date. And they don't need your approval to disclose it to whoever asks for it.

If they have any wrong information, you won't even know about it unless you get turned down for something and have to find out who has your records and ask for a copy of their report on you. In this everything-by-the-numbers computer age, trying to correct false information in your credit record can be a very difficult job.

It's no minor inconvenience. An unfavorable credit rating might cost you a loan, a place to live or even a job.

I remember hearing that sometimes they even check with the neighbors about you. Isn't that a happy thought! If you live near someone who has a grudge against you, you're in real trouble!

I would not be surprised if those credit bureaus and the other agencies that collect that kind of personal information about you - for a fee, of course - can find out how much you have in the bank, if you've had to leave your job for one reason or another, if you've ever had a serious illness, where you go on vacation, whether you and your spouse get along or if your kids have ever been in trouble.

And, of course, they all exchange information about us with other bureaus, insurance companies, banks or any other interested parties who ask for it and have a right to it, whether questionable or not. Sadly, there's no legal way that I know of that we can say "None of your business!" to them.

I hope that some day, some President, Congress, the Supreme Court - anybody with some clout! - takes a close look at the very serious implication of the invasion of personal privacy and violation of civil liberties resulting from the existence of these vast impersonal computer files kept on all of us.

Some of them may have some legitimate function, but a lot of files on us are kept by people whose only purpose is to help them make a buck.

Until something is done about it, Big Brother will continue to have my number. And yours too.

About the Author

Herbert Goldstone lives in Woodbury. He has a long background of writing for publications and is a frequent contributor to Discovery.

DINING GUIDE

WINE TALK

The joys of Zin

By Richard Nalley

POPPY'S PLACE
 Restaurant and Bar
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Manhattan
 77 Irving Place Grammar Park
 (212) 477-2188

LA CISTERNA
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 250th Anniversary

Try our Summer Special
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La Cisterna Restaurant is now offering you the chance to be served a bottle of Moët & Chandon in an elegant atmosphere for just \$10⁰⁰ above cost!

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Private Room Available

(Celebrating an anniversary, birthday or any special occasion!)
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Open For Lunch & Dinner 7 Days A Week
 109 Mineola Blvd., Mineola
 248-2112 • 746-9474

Want a silky, easy drinking, spice-filled red wine? Want to pay less than \$10 for it? You are in luck because Zinfandels are blossoming all over the California landscape. After a decade when Zin plantings gave way to more fashionable grapes like Chardonnay or were pressed into service as rose-colored "white Zinfandel," real, red Zinfandel is back in vogue.

With its rich-bodied juiciness and wild berry savor, Zinfandel is probably the ultimate burger wine, but a well-made Zin can be wonderful with a more elegant meal, too — opening up with time in the air to reveal impressive layers of flavor that you don't need a French accent to appreciate. In crystal stemware or a tumbler, Zinfandel is the most user-friendly of all of California's premium red wines.

In general, you cannot go wrong with Zinfandels from either Ridge Vineyards or Ravenswood. Paul Draper at Ridge and Joel Peterson at Ravenswood are two of the presiding geniuses of the grape, with Draper generally making more medium-bodied "claret style" (meaning Bordeauxlike) wines, Peterson richer, more extracted wines.

Other very reliable labels include Nalle, Dry Creek Vineyards and, for truly deep, luscious, sit-down-and-kick-your-shoes-off artisanal Zinfandel, Rafanelli. Not coincidentally, these three producers are all located in Sonoma County's Dry Creek vineyard region, which has some of California's gnarliest and most ancient Zinfandel vines. They dot the hillsides thereabouts like overgrown cloves.

Such old vines give a small yield of very intense grapes and represent California wine's greatest heritage from the past. Though Zinfandel's origins have been traced to the boot heel of Italy, and there are a smattering of Zinfandel vines planted elsewhere, no place makes Zinfandel like California, the unchallenged world capital of this wonderful wine.

A selection of currently available Zinfandels, many from the 1991 vintage, which produced conspicuously rich Zinfandels:

WINES \$10 OR LESS. The pick of the current crop is the Chateau Souverain 1991 (see "Pick of the Week," below), but there are many other strong options. Among them is the 1990 Zinfandel from Beringer, Souverain's Napa Valley sister winery. The Beringer Zin is a very stylish under-\$5 wine, with a complex varietal flavor that includes notes of chocolate, raspberry and black pepper.

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APRICOT-ORANGE CREAM

½ pound dried apricots
1 seedless orange
¼ cup orange juice
¼ to ½ cup sugar
1½ cups heavy cream
2 tablespoons orange liqueur
Candied orange rind OR candied violets (optional)
Yields 8 to 10 servings.

Rinse apricots, put them in saucepan, cover with boiling water and let stand for 30 minutes, covered.

With swivel-bladed vegetable peeler, remove rind from orange, being careful not to take with it any of the bitter white pith.

Cut rind into pieces. Cut away all white pith from orange, then cut fruit into chunks and drop into food processor or blender. Add orange juice and rind, and puree. Some of rind will remain in small pieces, but don't worry about it.

Drain apricots and pour orange puree over them, then add enough

water to just cover apricots. Bring liquid to a simmer, cover and cook for 15 minutes. Add ¼ cup sugar and cook, uncovered, another 15 minutes, stirring often, until most of liquid has been absorbed or evaporated.

Taste for sugar and add additional 3 tablespoons if desired. Cool mixture.

Scrape apricots into food processor, add ¼ cup cream and orange liqueur, and puree. (If using blender, process only half of puree and cream at a time.)

With chilled beaters, whip remaining 1 cup cream in chilled bowl until quite firm. Thoroughly fold about ½ of whipped cream into puree, then lightly fold in the rest.

Spoon Apricot-Orange Cream into small cups, allowing about ¼ cup per serving. Cover and chill for at least 3 hours. At serving time, garnish each portion with candied orange rind or violet, if desired.

DINING GUIDE



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Broiled Filet of Fresh Boston Scrod

Mashed Potatoes and Zucchini

Vanilla Ice Cream

with Cinnamon Sauce

Coffee, Tea or Brewed Decaf

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WINE TALK

The joys of Zin

By Richard Nalley

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Want a silky, easy drinking, spice-filled red wine? Want to pay less than \$10 for it? You are in luck because Zinfandels are blossoming all over the California landscape. After a decade when Zin plantings gave way to more fashionable grapes like Chardonnay or were pressed into service as rose-colored "white Zinfandel," real red Zinfandel is back in vogue.

With its rich-bodied juiciness and wild berry savor, Zinfandel is probably the ultimate burger wine, but a well-made Zin can be wonderful with a more elegant meal, too — opening up with time in the air to reveal impressive layers of flavor that you don't need a French accent to appreciate. In crystal stemware or a tumbler, Zinfandel is the most user-friendly of all of California's premium red wines.

In general, you cannot go wrong with Zinfandels from either Ridge Vineyards or Ravenswood. Paul Draper at Ridge and Joel Peterson at Ravenswood are two of the presiding geniuses of the grape, with Draper generally making more medium-bodied "claret style" (meaning Bordeauxlike) wines, Peterson richer, more extracted wines.

Other very reliable labels include Nalle, Dry Creek Vineyards and, for truly deep, luscious, sit-down-and-kick-your-shoes-off artisanal Zinfandel, Rafanelli. Not coincidentally, these three producers are all located in Sonoma County's Dry Creek vineyard region, which has some of California's gnarliest and most ancient Zinfandel vines. They dot the hillsides thereabouts like overgrown cloves.

Such old vines give a small yield of very intense grapes and represent California wine's greatest heritage from the past. Though Zinfandel's origins have been traced to the boot heel of Italy, and there are a smattering of Zinfandel vines planted elsewhere, no place makes Zinfandel like California, the unchallenged world capital of this wonderful wine.

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HOME ENTERTAINING

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 - 1/2 cup orange juice
 - 1/2 to 3/4 cup sugar
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 - Yields 8 to 10 servings.
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KITCHEN KIDS



By Rena Coyle

Simmered chicken stews

For double working families and single parents there is always the challenge of serving a "home-cooked meal" at dinner. By enlisting the help from your older children, these simple simmered stews can be prepared by your kids in 30 minutes or less. Once they are finished with the preparation, the stews are left to simmer on the back of a stove and will be ready to eat once you've come home from work.

Preteens and teen-agers have the ability and, for many, the interest to help out and prepare some simple family dinners. Before letting them cook alone in the kitchen for the first time, take a minute to explain some basic culinary skills. Discuss the recipe and its proce-

dures the night before. You can even do some of the preliminary steps that evening such as cutting vegetables and preparing the chicken. Write the recipe steps in big, bold, abbreviated notes so your children can easily follow them while in the middle of the cooking process.

And if at all possible, have them call you at work. You can help talk them through any problematic steps they encounter. After cooking dinner once or twice, your children will gain their self-confidence and breeze right through any recipe they want to prepare.

All three of these stews are prepared similarly. The chicken and vegetables are browned in a skillet, the seasonings and broths are

added, then covered, and the stews are simmered for an hour. The differences in the recipes are the kinds of sauces in which the chicken will be simmered. The Hunter's Chicken is a well-seasoned sauce with Italian flavors. It can be served in a bowl or over cooked potatoes.

Another recipe is the Creamy French Chicken, which has sour cream stirred in at the last minute. The sour cream gives this chicken stew a tangy flavor that is slightly sweetened with fragrance of fresh basil. This recipe can be made in advance, leaving the addition of the sour cream to just before serving.

The Steamy Chicken Marengo combines many different vegetables together with tomatoes and olives for this robust stew. It is full of flavor and texture, making this stew something that your family can really sink their teeth into.

HUNTER'S CHICKEN

- 1 (4-pound) chicken, cut into serving pieces
 - 1 medium onion
 - 10 mushrooms
 - 3 tablespoons flour
 - ¼ cup olive oil
 - ¼ cup tomato paste
 - 1½ cup chicken broth
 - 1 teaspoon salt
 - ¼ teaspoon black pepper
 - 1 bay leaf
 - ¼ teaspoon thyme
 - 1 teaspoon basil
 - 12 small red bliss potatoes
- Yields 4 servings.
Preparation time: 30 minutes.
Cooking time: 1 hour.

Utensils: cutting board, knife, plate, measuring cups and spoons, 4-quart deep skillet with lid, mixing spoon, small pot, strainer, tongs.

Pull off excess fat from chicken and set aside.

Secure onion on cutting board and trim off root ends. Cut onion in half and peel off outside papery skin. Set onion halves flat on board and cut into thin slices. Set aside.

Cut mushrooms into quarters and set aside.

Put flour on plate. Pat each piece of chicken in flour, coating them completely. Shake off excess flour and set chicken aside.

Heat the oil in skillet. Add chicken and carefully brown it on both sides. Add onion to pan and cook for 3 minutes, just to soften. Add mushrooms, tomato paste, chicken broth, salt, pepper, bay leaf, thyme and basil.

Bring mixture to a boil and cover. Simmer for 1 hour.

While chicken mixture is cooking, bring small pot of salted water to a boil. Add potatoes and cook for 10 minutes. Then carefully drain through strainer in sink.

Remove bay leaf and serve warm Hunter's Chicken over cooked potatoes.

CREAMY FRENCH CHICKEN

- 1 (5-pound) chicken, cut into serving pieces
- 1 medium onion
- 6 ribs celery, washed
- ¼ cup butter

- ¼ teaspoon salt
 - ¼ teaspoon sweet paprika
 - 2 tablespoons flour
 - 2 cups chicken broth
 - ¼ cup sour cream
 - 2 tablespoons fresh basil, cut into thin ribbons
- Yields 6 servings.
Preparation time: 30 minutes.
Cooking time: 1 hour.

Utensils: cutting board, knife, 4-quart skillet, plate, measuring cups and spoons, mixing spoon, serving plate.

Pull off any excess fat from chicken and set aside.

Secure onion on cutting board and trim off root ends. Cut onion in half and peel off papery outside skin. Set onion halves flat on cutting board and cut into thin slices. Set aside.

Cut celery ribs into thin slices and set aside.

Melt butter in skillet and add chicken pieces. Cook slowly and brown chicken on both sides. Carefully remove chicken and set aside on plate.

Add to pan onion, celery, salt and paprika. Cook for 3 minutes or until vegetables soften.

Stir in flour and then add chicken broth. Bring to a boil and then reduce heat to a simmer. Carefully add chicken and cover. Simmer for 1 hour.

Turn off heat and remove lid from pan. Remove chicken to serving plate. Add sour cream to sauce in pan and blend smooth. Stir in basil and pour sauce over chicken.

STEAMY CHICKEN MARENGO

- 1 (5-pound) chicken, cut into serving pieces
 - 1 medium onion
 - 2 garlic cloves
 - ¼ cup olive oil
 - 1½ cups chicken broth
 - 1 teaspoon dry thyme
 - 1 bay leaf
 - 1 (16-ounce) can crushed tomatoes
 - 2 cups frozen small onions
 - ¼ cup sliced mushrooms
 - 1 cup pitted Greek olives OR black olives
 - 1 tablespoon chopped parsley
- Yields 6 servings.
Preparation time: 30 minutes.
Cooking time: 1 hour.

On cutting board, secure onion and cut it in half. Peel off papery outside skin and place halves flat on board. Cut into thin slices and set aside.

Place garlic cloves on cutting board and, using back of skillet, press down on cloves until they snap. Peel off outside papery layer and set aside.

Heat oil in skillet and cook onions for 3 minutes. Add chicken and carefully brown both sides. Add chicken broth, garlic cloves, thyme, bay leaf and tomatoes. Cover pot and simmer for 1 hour.

Once cooked, carefully remove chicken to serving platter. Add small onions, sliced mushrooms and olives to skillet. Cook for another 5 minutes. Pour sauce over chicken pieces and remove bay leaf. Tinkle with parsley and serve hot.



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PAGE 7A Friday, October 15, 1993 SPADER EATING'S



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CRAB ENCHILADAS
2 tablespoons vegetable oil
12 corn tortillas
1 1/4 pounds lump crab meat
2 cups salsa, divided use
1 cup sour cream, divided use
1/2 onion, minced
Salt and pepper to taste
1/4 cup grated Monterey Jack
cheese
2 green onions, thinly sliced
Yields 4 to 6 servings.
Preparation time: 35 minutes.
Preheat oven to 350 F.
Heat oil in skillet. Quickly heat
tortillas in oil, allowing just a few
seconds per side. Drain on paper
towels.
Mix crab meat with 1/4 cup salsa,
1/4 cup sour cream and minced onion;
blend well. Season to taste
with salt and pepper; set aside.
Spread this layer of salsa in bottom
of casserole large enough to
hold 12 rolled enchiladas. Place 1
tortilla flat on board and put 2
heaping teaspoons crab filling
down the middle. Roll tortilla
around filling and place seam side
down in casserole. Continue with
remaining tortillas.
Spread remaining salsa over
enchiladas. Mix grated cheese with
remaining 1/4 cup sour cream and
put a dollop on each enchilada.
Sprinkle chopped green onion over
all. Bake 20 minutes, or until
warmed through.

QUICK TIP
A blender will clean up more
quickly and easily if you coat the
blades with a cooking spray before
using.



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Vegetarian View



By Hartene Ellia

Regional Italian dishes

Lasagna, spaghetti and cannoli — to some that's Italian, but renowned Chicago chef Paul LoDuca calls these dishes "gomba food."

LoDuca, who owns the critically acclaimed restaurant Vinci, wants to teach people the difference between real Italian cuisine and the pale American imitations served by chain restaurants and spaghetti houses.

"We're trying to get away from that stereotype, that pizza mentality," says LoDuca, 32, who showcases authentic dishes from Italy's 20 varied and distinct regions.

LoDuca's efforts are paying off. Last year, *Chicago* magazine named his establishment one of the city's top 25 restaurants.

Don't expect to find eggplant Parmesan on LoDuca's menu, which changes twice yearly. Yes, he serves fresh ravioli, but it's surrounded by a brown butter sage sauce and stuffed with spinach and fresh ricotta imported from southern Italy's Campania region.

Sure, he offers pizza, but LoDuca's versions feature such unconventional — by American standards — toppings as raisins, radicchio and balsamic vinegar.

"In the United States we're like a melting pot. In Italy, it's not that way. They are very proud of their heritage and regions, and they keep their regions separate," says LoDuca, who looks more like a regular guy from Munster, Ind., (which he is) than one of Chicago's hottest young chefs.

Sitting with a visitor at Vinci's *tavola di amici*, a 14-seat table where friends and strangers dine together, LoDuca pinpoints the origins of the regional treasures on Vinci's carefully planned menu.

From northern Italy's well-known Tuscan region, the menu includes grilled polenta (cornmeal mush). Grilled food is synonymous with Tuscany, says LoDuca, who leads seminars on Italian cooking.

But grilled foods rarely cross regional borders, he adds. LoDuca tells of Sicilian cousins who during a recent trip invited him to view their new and special purchase — a grill. Grilling, he explains, is relatively foreign to Sicilians.

"They wanted me to come and see their Weber," he recalls. "They were so excited."

VINCI'S CUSCUSU' TRAPANESE

For sauce:

- 6 ounces pure olive oil
- 2 cloves garlic, smashed
- 3 anchovy filets
- 1 teaspoon red pepper flakes, chopped
- 1 teaspoon fennel seed, chopped
- 6 ounces white wine
- 10 ounces fish stock OR clam juice
- 1 (28-ounce) can imported Italian tomatoes

Salt and pepper to taste
For stew:

- 4 ounces pure olive oil
- 12 mussels, scrubbed
- 12 clams, scrubbed
- 12 calamari bodies (approximately 1 pound)
- 12 large shrimp (10-15 count), peeled and deveined
- 3 ounces fish pieces (may include snapper, grouper, bass, etc.)
- 1 pound steamed couscous

Yields 3 servings.

To make sauce, heat olive oil in saucepan until warm. Add garlic, anchovy, red pepper flakes and fennel seed. Cook until garlic is golden brown. Add wine, fish stock and tomatoes. Season with salt and pepper. Bring to a boil and simmer for 20 minutes.

Puree sauce using blender or food processor until smooth. Strain and return to stove for 5 minutes to adjust seasoning.

To make stew, heat large pan with olive oil, add seafood and cook for 2 minutes. Add sauce, bring to a boil and simmer 2 minutes or until shellfish is open and fish is tender.

Place steamed couscous into center of serving bowl. Place seafood around couscous and add sauce. Serve hot.

VINCI'S RISOTTO WITH WILD MUSHROOMS

- 2 pounds wild mushrooms, such as portobello, cremini, shitake, oyster
- 8 ounces olive oil
- 1 clove garlic
- 1/4 ounce dried porcini mushrooms soaked in 1 cup warm water
- 1 onion, finely diced
- 1 pound arborio rice
- 2 cups white wine
- 8 cups vegetable stock
- Salt and pepper to taste
- 4 ounces butter
- 1/4 cup Parmesan, grated

Yields 4 servings.

Chop mushrooms coarsely and saute with half of olive oil and 1 clove garlic until cooked, approximately 2 to 3 minutes. Reserve. Finely chop dried porcini mushrooms. Return to soaking water and cook until liquid is reduced by 75 percent. Reserve.

Saute onion in half of olive oil until translucent, approximately 5 to 10 minutes. Add rice and cook for 3 minutes until grains are well-coated and semitranslucent. Add wine and cook until dry. Add vegetable stock, 6 ounces at a time. After five additions, add mushrooms and chopped porcini mixture; keep reducing.

Cook risotto until slightly *al dente* (look for a little white spot on the inside of the kernel). When risotto reaches this stage, reduce liquid until dry, remove from stove and quickly mix in salt and pepper, butter and Parmesan. Serve immediately.

After Work Gourmet



By Sharon Achatz

Gravy goes beyond meat to pasta, soup

For the most part, gravy doesn't elicit much culinary excitement. Served over sliced meat or atop a mound of mashed potatoes, this traditional condiment rarely gets raves and often has been blasted for its high fat content.

Pick up jar of ready-made gravy from the grocery shelf, however, and the hurry-up chef has in hand a miraculous ingredient for spicing up and speeding up meals — and an ingredient that has only about 2 grams of fat per serving.

While bottled gravy can be used simply as a high-speed meat-and-potatoes topper in place of time-consuming gravy from scratch, its real culinary creativity shines through when used as an innovative ingredient in recipes as diverse as salads, soups and stroganoff.

Just pour chicken gravy into a pot with some broth, egg noodles and vegetables, and you have a highly flavorful Chicken Noodle Soup.

Melt 4 ounces of garlic-cheese spread into 12 ounces of chicken gravy, and you have a creamy, cheesy sauce for fettuccine. For a milder sauce, add 1/4 cup plain yogurt or sour cream to 12 ounces chicken gravy with a bit of basil, oregano and pepper.

Create a quick, hot sandwich by topping split rolls with sauteed onions and thinly sliced roast beef, then spoon on hot beef or onion gravy.

Mix some gravy into ground beef next time you brown up burgers, and you're practically guaranteed a moist and flavorful mouthful.

The creamy texture of bottled gravy makes it a wonderfully low-fat substitute for products such as sour cream and mayonnaise in recipes such as Quick Beef Stroganoff and Chicken-Pasta Salad.

This colorful salad of pasta, chicken, peas and tomatoes features a mayonnaise-free dressing made from chicken gravy and prepared pesto sauce, which can be found in the grocer's refrigerated section.

While customary recipes for stroganoff may call for as much as 1 cup of sour cream per 6 servings, Quick Beef Stroganoff uses only 2 tablespoons and a jar of beef gravy in creating this delectable version of the classic Russian dish.

Another low-fat idea is to use gravy as a base for salad dressings — such as Slightly Caesar Dressing or by combining 12 ounces of chicken gravy with one-third cup pesto sauce for a creamy basil dressing.

CHICKEN NOODLE SOUP

- 2 cups chicken broth
- 1 cup water

- 1 (12-ounce) jar chicken gravy
- 1 cup uncooked egg noodles
- 1 1/2 cups chopped vegetables of choice
- 1 cup cubed or shredded cooked chicken

Yields 4 servings.

Preparation time: 15 minutes.

Combine broth, water and gravy; bring to boil. Add noodles and vegetables; simmer, stirring occasionally, 7 to 10 minutes or until tender. Add chicken; simmer until heated through, about 3 minutes more.

CHICKEN-PASTA SALAD

- 8 ounces spiral pasta
- 1 cup frozen peas
- 1 (12-ounce) jar chicken gravy
- 1/2 cup prepared pesto sauce
- 1/4 pound skinless, boneless chicken breasts, cooked
- 12 cherry tomatoes
- 1/2 cup green onions, sliced
- Salt to taste
- Pepper to taste

Yields 4 to 6 servings.

Preparation time: 20 minutes.

Cook pasta according to package directions; drain and cool.

Cook peas according to package directions; drain and cool.

Meanwhile, in small bowl, combine gravy and pesto; set aside. Cut cooked chicken breasts into strips and slice cherry tomatoes in half. Place in large bowl with green onions; set aside.

When pasta and peas are cooled, add to large bowl with gravy mixture; toss to coat. Season to taste with salt and pepper.

Serve immediately or store in refrigerator. If chilled, return salad to room temperature prior to serving.

QUICK BEEF STROGANOFF

- 1 pound boneless top round steak
- 1 tablespoon vegetable oil
- 1 cup thinly sliced onion
- 1 pound egg noodles
- 1 (12-ounce) jar beef OR mushroom gravy
- 1 cup sliced mushrooms
- 1/2 teaspoon paprika
- 2 tablespoons sour cream

Yields 6 servings.

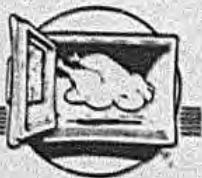
Preparation time: 25 minutes.

Slice beef across grain into thin strips.

In large skillet, heat vegetable oil; saute beef and onion until meat is browned and onion is tender, about 10 minutes.

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

Meanwhile, add gravy, mushrooms and paprika to beef. Heat through, stirring occasionally. Remove from heat; stir in sour cream. Serve over hot noodles.



By Desiree Viveca

Enjoy autumn's apples

Cultivated for more than 3,000 years, apples are the most widely grown fruit in the temperate climates of the world. In the days before refrigeration, apples were particularly valued because they keep so well. For many, apples were the only fresh fruit available during the long, cold months of winter.

While not particularly high in vitamins, apples are a great source of dietary fiber, and their crisp texture helps to clean the teeth. Apparently, most of us know the value of eating apples, since the average American consumes about 120 a year. Not quite an "apple a day," but still a goodly number.

A number of apples are available all year, but peak season for many varieties is autumn to spring. For baking or cooking, some good choices are Granny Smith, Newtown Pippin, Rhode Island Greening and Rome Beauty.

For apple pies, try Cortland, Golden Delicious, Rhode Island Greening, McIntosh, Newtown Pippin or Yellow Transparent. Some popular eating apples are Cortland, Red or Golden Delicious, Empire, Gaia, Jonathan, McIntosh and Winesap.

Avoid buying apples that haven't been cold-stored since they may be overripe and mealy in texture. Choose firm apples, with good color for their variety, and store them in the refrigerator in a tightly closed plastic bag for up to six weeks.

Always wash apples well before eating. If waxed, they should be peeled with a potato peeler or a small, sharp paring knife.

One medium apple yields about 1 cup chopped. Four pounds of apples yields about 8 cups thinly sliced (to prevent slices from turning brown, toss with lemon juice just after slicing); 1½ pounds of apples will yield 2 to 2½ cups applesauce or apple butter.

Microwaved apples retain their fresh flavor and color. Because microwaving requires little or no added water, the flavor of the fruit and its juice is intensified. Fresh, small, juicy apples will microwave more quickly than larger, older, drier ones.

In spite of the popular saying, apple pie is not really American; it's more likely to be a North European import. Still, it's a favorite dessert of many Americans, whether it's served plain or a la mode. Yet there are lots of other ways to enjoy autumn's bountiful apple harvest. Today's recipes should give you some ideas.

Serve Chicken Waldorf Salad as a main dish for lunch, accompanied by sliced banana bread or rolls and cheese. Try Mom's Easy Applesauce for breakfast or packed into lunch boxes with cottage cheese for a nutritious snack.

Despite its name, apple butter

contains no butter. It's actually a cooked-down applesauce that becomes smooth and thick. Spread Spiced Apple Butter on toast, or serve as a sweetly flavorful counterpoint to baked ham or roast pork.

Surprise Caramel Apples make a great Halloween treat for your favorite goblins. They're covered in caramel, like standard recipes, but the surprise is a quick dip in melted chocolate and chopped peanuts.

SURPRISE CARAMEL APPLES

9 medium sweet red eating apples
9 wooden ice-cream sticks
¼ cup chopped salted peanuts
1 (14-ounce) package caramel candies (about 4 dozen)
2 tablespoons water
¼ teaspoon salt
½ cup semisweet chocolate chips

Yields 9 servings.

Preparation time: 20 to 25 minutes.

Cooking time: 4 to 6 minutes.

Oven setting: HIGH (100 percent power).

Wash and dry apples. Remove stems and blossom ends of apples, then insert wooden ice-cream sticks in stem end of each apple. Place chopped peanuts in small bowl and set aside. Place large sheet of wax paper on counter top.

Combine caramels, water and salt in 4-cup glass measure. Microwave 3 to 4 minutes, stirring every minute, until caramels are smooth. Place 4-cup measure in bowl of hot water, to keep warm. (If caramel hardens, reheat 30 to 45 seconds).

Place chocolate chips in microwave-safe cereal bowl. Microwave 1 to 2 minutes, or until chocolate can be stirred smooth.

Dip each apple into melted caramel, turning to coat entire apple. Then dip bottom of each apple quickly into melted chocolate and then into chopped peanuts. Set on wax paper and let stand until all apples are dipped. Refrigerate apples about 45 minutes before serving.

MOM'S EASY APPLESAUCE

8 medium cooking apples, cored, peeled and quartered
¼ cup water OR apple juice
¼ to ½ cup granulated sugar
¼ teaspoon cinnamon

Yields 4 to 6 servings.

Preparation time: 5 to 10 minutes.

Cooking time: 9 to 12 minutes.

Oven setting: HIGH (100 percent power).

Combine apples, water or apple juice and half of sugar in 2-quart microwave-safe casserole. Cover and microwave 9 to 12 minutes, or until apples are soft and tender, stirring every 5 minutes.

Stir in remaining sugar and cinnamon, blending well. Let stand until cool, then chill until serving time.

FOR TEENS

By Willard Abraham, Ph.D.

Guy likes flowers

Dr. Abraham: I'm just a regular guy who is 16 years old and has a lot of interests, sports and all. My girlfriend knows what I'm like, and she gave me an unusual birthday present — a beautiful bunch of roses.

Because I like flowers so much I think that was great and thoughtful of her, but you should hear the ribbing I get from a buddy of mine.

He kind of snickers when he says, "Flowers are for girls, not for guys like us."

He knows I like flowers, and plant and take care of them all the time. It is only one of a lot of interests I have, so I don't understand why he gets so hot about the flowers.

It is just a present, and a very nice one, so what's his beef? — Wondering

Wondering: He may be among those who still think that all males and females divide right down the middle on jobs and other involvements; for example, only female cooks and male truck drivers. Each sex is cutting across the lines in many areas that were unexpected even a few years ago.

When it comes to hobbies as well as careers the barriers are gradually falling. Such changes also relate to flowers and similar gifts for men, and tools and hardware gadgets that some women like to have and use.

So go on enjoying and appreciating your girlfriend's consideration and sensitivity, and hope your buddy wakes up to a fact of current life about times changing. They always are, but it takes some people longer than others to catch on.

Dr. Abraham: Please let me not use my name because I am so embarrassed. It is because my father is in jail.

I don't know all the details of why he is, and I really don't care. I still love him very much.

I wonder whether there is anything in print about people like him. Maybe it would help me understand how I feel, and how it will be when he comes home.

I am 14 years old, so I am no baby. I think I can benefit from whatever you share with me. Thank you so much in advance. — No Name

No Name: A recent article from a reputable professional source may be helpful to you. I'm glad to be able to share it with you.

It is titled "Parents in Jail," and appeared in the August 1993 issue of *Pediatrics*, published by the American Academy of Pediatrics. Your family physician or pediatrician may be willing to lend it to you, and perhaps also suggest other materials that can be useful.

Your local library's reference librarian may be especially valuable to you in locating additional appropriate sources. Such people are generally quite discreet in re-

searching responses to inquiries, which are meant to be handled carefully.

I wonder whether it might be helpful to share your feelings of embarrassment with your school counselor or religious leader, both of whom are no doubt accustomed to keeping such conversations in confidence.

Sometimes talking a situation over with such a person can help relieve the pressures that you and others may feel who have your kind of sensitivity.

The major person to help you out may be your mother and perhaps adult relatives to whom you feel especially close.

Please write again. I'll be eager to hear from you.

Dr. Abraham: Don't they teach guys any manners at all? That is the way it seems to me.

I'm a girl (17 years old) with a boyfriend who is everything I want and need. (He is unusual: He has good manners.) I have a longtime girlfriend with whom we have double-dated whenever she has a guy on the string.

Most of the time it has worked out fine. It is really kind of interesting because she is always changing boyfriends, so mine and I never know with whom she will turn up.

A few weeks ago she came with one that we could easily do without. Talk about manners at meals! We have gone out twice with them, and it has been a disaster each time.

He always eats and talks at the same time, interrupts whoever is talking, thinks he knows more than anybody and brags like crazy. I haven't said anything to my friend about him yet, but I'm going to bust if I don't pretty soon.

Either she will have to drop him or us. Don't you agree? — Just Asking

Just Asking: Those are two obvious choices you can give her, but there may be one more if she is willing to try it.

It is to help him correct the negative characteristics he seems to have. I know that is much easier for me to say than for her to do. However, if he at least makes an effort (at her suggestion) to modify his unpleasant mannerisms, that may be a step in the right direction.

Her attitude toward him and her patience could be factors in the final decision of whether, or how, he can fit into your foursome.

Changing personality characteristics usually is difficult, so perhaps you shouldn't be too optimistic about having future relationships that involve him. Her ability to change boyfriends frequently should make it somewhat easy for her to drop him if his bad habits continue.

Cooking Corner



Tasty beginnings with meatless appetizers

By Orlando Ramirez

It's not until the old cholesterol count starts edging into the danger zone that most people become acquainted with vegetarian cooking.

At first, a low-fat and/or low-calorie diet seems like cruel and unusual punishment after years of eating what you like when you like. Gone are the pepperoni pizzas, bacon and eggs, *carne asada* burritos (with extra guacamole) and triple-chocolate Haagen-Dazs ice cream bars.

Their replacements — skinless chicken, fish and vegetables, *plenty of vegetables* — seem so bland at first glance. But those who stick with the diet soon discover that cooking with healthy ingredients doesn't mean sacrificing flavor or sophistication.

The basic tenet of this style of cooking is the switch from animal protein to complex carbohydrates — vegetables, fruits, whole grains and legumes. Once most people wean themselves from animal protein, a modified or completely vegetarian diet seems not only feasible but preferable, given the vast array of choices possible in vegetarian cooking. In other words, once chicken or fish becomes a side dish, it is easy to eliminate it all together.

Discovering the variety possible in vegetarian cooking is essential to modifying long-term dietary habits. If the diet seems bland, then it will be that much easier to slip back into bad habits.

This presents a problem for those who are accustomed to eating ethnic foods, since many depend on frying or the use of high-fat ingredients. As with any cuisine, it all comes down to choices.

For example, the staple of Mexican cooking is refried beans and tortillas. The beans alone are a great source of protein, but the refrying (usually in lard) adds a high level of fat. Add some cheese and the fat count gets dangerous. And the tortillas, if they're flour tortillas made with lard, just add to the damage.

Instead of refried beans, serve them *enteros* (whole, not mashed) with a generous helping of low-fat salsa to keep them spicy. And forget the flour tortillas. Corn tortillas made from corn, water and a touch of lime are a perfect no-fat option.

Another challenge occurs when entertaining. The no-fat host has to find a way to please guests who may or may not share his or her

dietary concerns. This becomes especially tricky when it comes to appetizers, where little morsels of meat or high-fat concoctions are the order.

A platter of crudites is the best way to provide healthy hors d'oeuvres. The key here is to provide a selection of raw vegetables in a wide variety of colors, textures and shapes.

Be sure to include cherry tomatoes, celery and carrot sticks, broccoli and cauliflower florets, red, green or yellow bell pepper strips, small sweet chilies, green onions, button mushrooms, endive spears and asparagus tips.

You may want to blanch the hard vegetables, such as the broccoli, cauliflower and carrots.

In addition, you will want to serve dips. A *salsa fresca*, made with tomatillos, chilies, cilantro, tomatoes, onions, garlic and lime juice is a welcome accompaniment, as is a blue cheese dip made with 8 ounces of tofu, $\frac{1}{2}$ cup non-fat yogurt, 3 tablespoons cider vinegar, 1 teaspoon safflower oil, a dash of white pepper and a scant 3 ounces of blue cheese.

Corn tortilla chips — baked, not fried — and rounds of Melba toast are sensible low-fat additions to the platter.

Of course, presentation is everything. Place different colors and shapes adjacent to one another for best effect. Be sure that some items are served chilled, while others are at room temperature.

Still, guests will expect hot appetizers and there is no reason to deny them. The recipes provided here are cross-cultural dishes that draw from different cuisines for tasty results.

Pita Quesadillas combine the Middle East and Mexico. Use whole-wheat pitas for best results since they are lower in fat than regular breads. And be careful to select low-fat and part-skim cheeses.

The jalapeno chilies can be tricky to work with. Some may want to wear rubber gloves while seeding and dicing since jalapenos are some of the hottest of the peppers.

As a general rule, the smaller the pepper, the hotter it is or, as Spanish-speakers say — *pico*.

The capsicum located in the membrane that holds the seeds can sting. If you're not using gloves, take care to not touch any sensitive parts of the body — particularly

the eyes — before thoroughly washing your hands.

Corn tortillas can be substituted for pita bread when making this recipe with good results. Some may be tempted to microwave instead of broiling. Don't, because the microwave will make the quesadilla too soggy and guests may burn their tongues since the inner temperature of the cheese will be hotter than the exterior.

Finding the mild Anaheim chilies needed for the Stuffed Chilies may be difficult to find in some markets. Fresh is best, but canned chilies can be substituted.

These recipes are from the Cole Group's, California Culinary Academy Series cookbook, "Elegant Low-Calorie Cooking," available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95409, (800) 959-2717, or your local bookseller (\$9.95).

PITA QUESADILLAS

$\frac{1}{4}$ cup grated part-skim mozzarella OR low-fat Monterey Jack cheese

3 small jalapeno chilies, seeded and diced

2 tablespoons chopped cilantro

$\frac{1}{4}$ teaspoon ground cumin

2 tablespoons pimento, drained and diced

2 large whole-wheat pita breads

Yields 4 servings.

In small bowl combine grated cheese, diced chili, cilantro, cumin and pimento.

With sharp knife, slice open pita breads along edges, making 4 thin rounds of bread. Lay, cut side up, on parchment-covered baking sheet and sprinkle with cheese mixture.

Broil until bubbly. Cut each pita into 4 wedges. Serve hot.

A favorite from the American Southwest, this recipe calls for fresh chilies; if they are unavailable in your area, use canned chilies or pimentos. Instead, use a small paring knife to slit chilies and remove seeds and membrane. These chilies are great served with a mug of sangria and a platter of low-calorie, unsalted tortilla chips.

STUFFED CHILIES

12 fresh Anaheim chilies (also known as California chilies)

1 teaspoon safflower oil, for baking dish

$\frac{1}{4}$ cup dry sherry

1 teaspoon olive oil

$\frac{1}{2}$ cup minced yellow onion

$\frac{1}{4}$ cup minced mushroom caps

1 bunch spinach, washed, stemmed and chopped

$\frac{1}{4}$ cup grated part-skim mozzarella cheese

1 cup farmer cheese

2 cups rye bread crumbs, coarsely ground

$\frac{1}{4}$ teaspoon ground cumin

$\frac{1}{4}$ teaspoon cayenne pepper

Salt OR herbal salt substitute, to taste

Yields 6 servings.

Preheat oven to 400 F. Leaving stems on chilies, slit lengthwise and remove seeds and white membrane (see note). Set, cut side up, in lightly oiled baking dish.

In medium skillet heat sherry and olive oil until mixture is simmering. Stir in onion and cook over medium-high heat. Keep stirring until onion begins to brown slightly. Add mushrooms and cover, low-

er heat and cook until mushrooms weep moisture. (Add small amount of water if necessary to prevent mushrooms from sticking.) Remove cover and add spinach. Cover again and cook until wilted (about 3 minutes).

Remove from heat and add cheeses, bread crumbs, cumin, cayenne and salt; mix well. Stuff chilies with mushroom mixture.

Bake until chilies are softened and cheeses have melted (about 30 minutes). Serve hot.

Note: When you are cutting chilies, it is a good safety precaution to wear rubber gloves. The chilies' pungent oils can sting fingers and then be transferred to eyes. Gloves also protect fingers from the sharp blade of the paring knife.

These "kid-size" pizzas with a vegetable base are very easy for children to make and are great as snacks for adult weight-watchers. The pizzas may be served alone or on thin, low-calorie crackers.

ITALIAN ZUCCHINI PIZZAS

1 thick zucchini (see note)

1 cup Mary's Chunky Tomato Sauce With Fresh Basil (recipe follows)

$\frac{1}{4}$ cup thinly sliced large mushrooms

$\frac{1}{4}$ cup grated Parmesan OR Romano cheese

Yields 4 servings.

Preheat oven to 200 F. Cut zucchini into round slices about $\frac{1}{4}$ inch thick. Place on parchment-lined baking sheet and bake until soft and moist but not brown (about 20 minutes).

Place 1 teaspoon sauce in center of each round, and then top with 1 slice mushroom and $\frac{1}{4}$ teaspoon grated cheese.

Broil pizzas until lightly browned and bubbly. Serve hot.

Note: Rounds of eggplant may be substituted for zucchini.

This sauce tastes as if it's been cooking for hours when actually it's been on the stove only 30 minutes. The secret is in the presoaking of the dried herbs. Like perfume manufacturers distilling the essential oils of flowers and herbs by steeping them in alcohol, the herbs in this recipe are steeped in room-temperature wine in order to release the flavors without lengthy cooking time. This sauce can easily be doubled or tripled, freezes well and makes a great gift.

Orlando Ramirez is an editor and writer for Copley News Service.

COOKING CORNER



Garden Talk

By C.Z. Guest

By the end of October, most gardeners wrap up the gardening season. Yard and garden cleanup at this time is important to reduce pest problems next spring.

To prepare the vegetable garden for winter, remove all crop debris from the garden. Dead plants provide winter hiding places for insects and diseases, which can cause problems the following spring. Either till debris into the garden or put it on the compost heap.

Plant material that is diseased should be disposed of or properly composted so the temperature in the pile is high enough to kill disease organisms.

Fall plowing or tilling can benefit the garden in several ways. Besides mixing in organic matter to improve soil structure and fertility, it also disrupts the life cycle of many insect pests exposing larvae and pupae to winter cold.

Plant a cover crop in the fall to reduce winter and spring weeds.

For sanitation in fruit crops, adopt good orchard practices. The destruction of harboring places for insects and diseases plays a large part in a control program. Practices in an orchard sanitation program include:

- Mowing grass under trees and removing mulch within 1 inch of the trunk.
- Removing and destroying all dropped fruit.
- Raking and disposing of apple and cherry leaves.
- Pruning and destroying all

dead or diseased limbs, branches and twigs.

Canes of bramble fruits are biennial, the crowns are perennial. After fruiting, the old canes die while new shoots develop from crowns. Old fruiting canes may be removed any time after harvest.

They should be cut close to the base of the plant, removed from the plot and destroyed. Some growers, as a sanitation practice, do this immediately after harvest. However, most wait until the dormant pruning in late winter.

PANSY PLANTING

The hottest item on the fall horticultural market is fall pansy planting. Plant scientists and hybridizers have been working like beavers, introducing amazing new varieties every year.

The best for fall planting is a series of pansies called "Accord."

It boasts a medium to large flower showing in seven different color combinations, including clear and blotched faces.

Accords bloom beautifully into the short days of autumn, putting out flowers galore until frost becomes a regular event every night.

Until then, you'll have blooms all through October and into mid-November.

After going dormant, Accords will brave the winter's deep freeze until warm weather begins to arrive in March, when you'll have a well-rooted plant ready to go sooner than previously thought.

GARDEN TIPS

Fall cleanup

- Remove all crop debris from the vegetable patch.
- Recycle plant debris in the compost heap; dispose of diseased plant material.
- Plow or till the soil.
- Plant a cover crop to reduce winter and spring weeds.

Our Children

By Willard Abraham

Getting a sloppy son to clean up act

Q. "Like father, like son" and "The apple doesn't fall far from the tree" are so true in connection with my husband and our 10-year-old son.

My husband is a slob, always has been — even before we were married his mother told me he was, and I have had first-hand experience with his slovenliness for 12 years.

When I try to correct my son, he points to his father's side of the room and his office at home and just nods his head.

I can't get my husband to change, and if he doesn't, our son won't. The disorder they both create continues to get on my nerves.

Don't tell me to get a divorce and have my son also get out of my life. I love them both very deeply.

A. A suggestion like that never entered my mind!

If they both return the feelings of love that you have for them, you might be able to get some compromises working — dirty clothes into the hamper, shoes and other clothing put away, everything off the floor — a combination of things like that may ease your burden.

Closed doors to their remaining mess may also be helpful. So might asking them each to join you in an occasional orderly pickup, doing it in a light, enjoyable way, not a destructive nagging, yelling manner.

Such a cooperative family venture once in a while could result in a regular happy occasion.

Stranger things have happened, believe me.

It might seem hopeless, but at least partial success may be within your grasp.

Dear Parents: Books about childhood, both fact and fiction, are plentiful. They are often appealing to you parents as well as to your youngsters.

I've selected three special ones to tell you about. All are rare, delightful and well worth your checking on for an enjoyable experience.

One is described as "the captivating novel of a boy's magical summer." Written by Ray Bradbury, best known for his science-fiction books, this one totally departs from such themes. Its title is "Dandelion Wine" (Bantam Books).

The summer is 1928, and as the back cover accurately says, it is "a vintage summer of green apple trees, mowed lawns, and new sneakers. Of half-burnt firecrackers, of gathering dandelions, of Grandma's belly-busting dinner ... of sorrows and marvels and gold-fuzzed bees. A magical, timeless summer of a 12-year-old boy."

Is there a sensitive dose of nos-

talgia included? You bet, and it is beautifully, enjoyably handled.

Of his precious town of Waukegan, Ill., the author says in his introduction, "Much of it is green. The trees do touch in the middle of streets. The street in front of my old house is still paved with red bricks. In what way then was the town special? Why, I was born there. It was my life."

Because we've all had a childhood and because we relive it through our own children, Bradbury's vision of seeing through the eyes of a 12-year-old will be a treat for you that you will cherish for a long time.

The other two books are equally memorable but very different. Both were written by Kenneth Grahame, "The Golden Age" and "Dream Days" (Ten Speed Press).

Each dates back many years but have just been released again in beautiful editions.

The first consists of an enchanting collection of stories about the wonderful adventures of five brothers and sisters who take us with them on 18 fantastic journeys as they meet princesses, burglars and argonauts along the way.

We are reminded of the days when we ran as fast as the wind (or at least we thought we did) and laughed with our friends until we cried, slept outside at night, unafraid, and dreamed of shooting stars.

All the stories in "Dream Days" provide a freshness you might not expect. Select them at random, but be sure to read "The Reluctant Dragon" and "The Walls Were as of Jasper."

The dragon encounter, polar bear chase and desperate pirates on the high seas occupy the pages that skim by too fast.

Both books are embellished with classic illustrations of Maxfield Parrish, known for them as well as for his paintings and other treasures hanging in museums around the world.

All three books might give you a chance to relieve present stress and pressures and relax in the beauty of a partially forgotten childhood.

They are a gift of parental fun that all parents need at least once in a while.



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Fitness Forum

By Judith Miller

Alternative medicine

For centuries, people relied on plants, mind control and the execution of specified movements to stay physically, emotionally and spiritually healthy.

Herbalism, meditation and yoga are but a few of the methods that now fall into the category of "alternative" medicine.

Alternative medicine, also known as "unconventional" or "non-traditional" medicine, is just about any therapy or treatment that falls outside the realm of medicine taught in medical schools.

The practice of most non-traditional medicine gave way to scientific medicine as the modern world developed.

With the 20th century came the discovery of potent antibiotics, immunization against diseases and precise surgical techniques.

Modern medicine grew and thrived until the 1960s, when people began to lose faith in a "technological utopia," said Dr. Andrew Weil, author of several books on health and healing.

What had become orthodox medicine often created as many problems as it solved, he said.

Members of the counterculture of the '60s began embracing natural and alternative medicine again, leading to the eventual acceptance of alternative medicine by more mainstream Americans as treatments for what ailed them.

But the traditionalists — mostly physicians trained at U.S. medical schools and members of the American Medical Association — balked at the unconventional methods, labeling them fraudulent and those who practiced them as "quacks."

Most proponents of alternative medicine acknowledge the limits of their therapies — and the existence of "snake-oil salesmen" who prey on sick and desperate people to earn a living.

There is no doubt that some treatments do no good, but there are others that deserve study, Weil said.

Until the past few years, alternative medical therapies remained a part of a subculture, its disciples disillusioned with mainstream medicine.

They saw modern medicine as impersonal, driven by technology and machines, Weil said. Alternative medicine, conversely, was viewed as a holistic, compassionate approach to healing.

The shift to acceptance of alternative medicine occurred gradually, as the importance of proper nutrition, fitness and the mind/body connection became better known.

In a recent study, *The New England Journal of Medicine* found that in 1990 one in three Americans used unconventional therapies for serious medical problems. And, the journal found, Americans spent nearly \$14 billion in the process.

Those figures, in part, were the

impetus for Congress mandating the establishment of an agency to study alternative medicine.

Congress was alarmed at the rising cost of medical care and the number of ailments — cancer, AIDS, arthritis — that have yet to succumb to modern medicine, said Marc Stern, spokesman for the Office of Alternative Medicine.

The October 1991 mandate resulted in the establishment of the Office of Alternative Medicine as part of the National Institutes of Health.

The office came to life in the spring of 1992, and personnel spent the first year identifying the alternative medicine community and the issues, Stern said.

Dr. Joseph Jacobs, who was named director, is well qualified, Stern said, because he has one foot in traditional medicine territory and the other in the non-traditional landscape.

Yale-educated with an MBA from Wharton College, Jacobs was born to a full-blooded Mohawk mother and a father who was three-fourths Cherokee.

He came to the office with the conviction that traditional and non-traditional medicine can coexist and even complement each other, Stern said.

This summer, the office, via ad hoc committees, held a series of meetings with advocates, practitioners and patients of alternative medicine, Stern said, to recommend which 20 alternative therapies should be awarded \$30,000 research grants.

"Such as, but not limited to, acupuncture, chiropractic, homeopathy, herbalism, nutrition and therapeutic massage," Stern said.

The therapies will be put to the same types of tests that conventional medical treatments undergo, something that has never been done before, he said.

Researchers will have to show clinical proof of a "cause and effect" relationship between the illness and the alternative treatment, he said.

The "placebo effect" — if you tell yourself a treatment works, then it does — also will have to be taken into consideration, he said.

There is mounting evidence of and interest in a mind/body connection in healing.

Jacobs has said there will be no "rubber-stamp" approval of any alternative-treatment method.

All of this research will take time — and money. Critics grouse about valuable funds being taken from research on killer diseases such as cancer and AIDS.

But with a budget of only \$2 million, Stern said, Jacobs' office is hardly a ripple in the NIH's \$10 billion budget pool.

And as alternative medicine advocates say, it's a start.

THE HEALTHY GOURMET



By Kit Suedaker

Anyone who has driven through or lived in the Southern part of the United States knows grits are more than a breakfast dish. Grits are a way of life.

CHEESY SAGE GRITS

- 2 tablespoons unsalted light butter or margarine
 - 1 small onion, coarsely chopped
 - 2 cups low-sodium chicken stock
 - 1 cup grits (not quick-cooking kind)
 - 2 eggs
 - 1 cup shredded low-sodium Cheddar cheese
 - 2 tablespoons finely chopped sage or 2 teaspoons dried sage, crumbled.
- Yields 4 to 6 servings.

Each serving has about 260 calories, 11 grams fat, 180 milligrams cholesterol and 330 milligrams sodium.

Preheat oven to 375 F. Melt butter or margarine in saucepan and add onion and saute until soft. Turn up heat under pan and add chicken stock. Bring to boil, reduce heat to low and gradually add grits. Cook, stirring constantly for 1 or 2 minutes or until grits begin to thicken. Remove from heat.

In small bowl beat eggs slightly. Gradually beat several spoonfuls of hot grits into eggs. Then stir egg

mixture into saucepan with grits. Blend in cheese and sage.

Pour into oiled 1-quart casserole. Bake, uncovered, for 45 minutes or until golden. Serve in place of rice or potatoes.

GARLIC GRITS

- 1 cup grits
 - 2 cups water
 - 4 ounces low-sodium skim-milk Cheddar cheese, grated
 - 1 tablespoon margarine
 - 2 cloves garlic, pressed
 - Pinch cayenne pepper
- Yields 4 to 6 servings.

Each serving has about 120 calories, 3 grams fat, 6 milligrams cholesterol and 650 milligrams sodium.

Cook grits in water according to package directions. Usually this means adding them slowly to water and stirring frequently while they cook. Reduce heat and add remaining ingredients. Mix well until cheese has melted and serve at once.



PAGE 13A Friday, October 15, 1993

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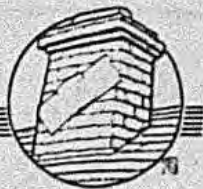
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Here's How



By Gene Gary

Fixing squeaky floors

Q. My problem is squeaky floors in a home that was built in 1957. Four years ago we finished the basement and drywalled the ceiling, so I don't have access to the flooring joists from below. We have wall-to-wall carpeting that we intend to replace. When we remove the old carpeting, I would like to "silence" the squeaking floor.

What suggestions do you have for correcting this problem under these circumstances?

A. Loose floorboards likely are the cause and need to be re-secured to the subflooring.

Finished wood flooring is comprised of planks nailed or screwed into a subfloor.

Squeaks usually result when two loose floorboards are stepped on and rub together.

However, in today's modern construction it is a common practice to install carpeting directly on subflooring, which is made of lumber or plywood sheets supported by beams called joists. These joists are usually spaced 16 inches apart.

Subflooring that had dried out or warped and pulled away from the joists also can cause squeaks.

Remove the carpeting so you

can identify the type of flooring installation you are dealing with and inspect its condition as well as pinpoint the exact area of squeaks. Have an assistant help you by walking on the floor while you listen for squeaks. Mark these areas.

If your flooring is finished wood planks, in the area of squeaks use 2-inch, ring shank finishing nails to secure the loose flooring strips to the subflooring. Hammer the nail through the floorboard into the subflooring. Use a nail set to drive the head flush with the floorboard.

If you have subflooring that is loose, toenail from above into the joist or beam that is under the saddle.

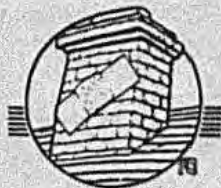
Toenailing is a term used for describing the method of driving two nails into the joist at an angle crossing each other, so that they form a "V." This gives the nails a better grip than if they were driven in at a straight angle.

The nails should be spaced an inch or 2 apart. Hammer the nails most of the way in, then countersink the nailheads. To locate joists, use a block of wood and a hammer,

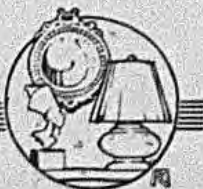
and tap along the surface of the floor.

The sound will be dull and hollow. When it sounds more solid, you are over a joist.

These techniques for securing loose flooring are recommended when you must work from above. When you can access the flooring from below, such as a basement, the techniques of repair are much different.



Decor Score



By Rose Bennett Gilbert

Q. Since my daughter married, we no longer need the second bedroom in our apartment. I want to turn it into an office for my husband (a college professor who consults for several clients). His main requirements are a desk and a place to put all his books, but I'm hoping you can suggest something more attractive than ordinary bookshelves. — A.P.

A. Bookshelves are still the best way to stash large volumes of volumes, but you needn't settle for ordinary when the extraordinarily handsome is as readily available as the bookcases in the room we show here. They look built-in, don't they? Truth to tell, the shelves, paneling and recessed lighting resulted from the same kind of remodeling you have in mind: converting a spare bedroom into a home office that's as efficient as it is attractive.

The source of the bookcase craftsmanship may surprise you: It was ordered through a kitchen dealer, the same you'd consult for a make-over of your kitchen cabinets. In this case, the open shelves (all in oak by Wood-Mode) have been installed from ceiling to floor over cabinets with raised-panel doors, so they look as if they came with the room. Abetting the illusion: matching wall panels and traditional detailing on the doors and cabinet crowns.

Other traditional ideas that give the room its air of authority include the writing desk, wing chair and tufted leather chesterfield — for between-client naps? After all, this, too, was once a spare bed-

room.

Shopping for such custom-crafted cabinets is easy: Find a reputable kitchen designer and apply his skills to whatever walls you have in mind.

Q. My dining room is really small. I'm thinking of putting mirrors on all four walls to make it look bigger. My question is, should the mirrors be beveled where they join or just butted together? — M.W.

A. First, let's rethink the use of mirrors on all four of your dining-

room walls. Yes, mirrors do make spaces look larger, but I worry that your guests will end up walking into the walls if there's no real point of reference in the room. Too many double images all shimmering in candlelight might bring on dizzy spells.

I'd suggest mirrors on two — at most, three — walls. Leave one plain for visual reference. And by the way, beveling will add yet another angle to the reflections, so I'd keep it to a minimum.



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IMMEDIATE CHILD CARE needed in my Garden City home. Four month old twin boys, Monday through Thursday, 8:30 a.m. to 6 p.m. Live out. English speaking, non-smoker, own transportation and references a must. Prefer older woman with grown children. 742-3733. gcO5

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CHILD CARE IN our Garden City home for 2 boys, 4 1/2 and 7 1/2 years. Tues, Thurs, and Fri, 11:30 a.m. - 5:30 p.m. Additional hours, nights or weekends possible if you are available. Own transportation, English speaking only, non-smoker, local resident preferred. Good references. 248-8213. gcN1

LOVING, MATURE, non-smoking local woman with car to care for my 2 children in my Garden City home. Tues., 2:30-7:30, Thurs., 2:30-6:30, possibly a third afternoon. Flexibility with schedule necessary. References. Please call 354-7414. gcO3

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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. gcO4

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CERTIFIED NURSE'S AIDE looking for work as aide or companion in non-smoking home. 10 years experience. Excellent references. Own transportation. Call Maria, 481-3984. gcO5

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

LOVING & CARING, experienced nurse's aide seeks position to work with elderly, sick or young children. Available full time 5 days a week, living out or on weekends. References are available. Can be contacted at 538-5072. gcO5

HOUSECLEANER AVAILABLE - Experienced with references. (516) 565-1383 gcO3

POLISH PEOPLE looking for cleaning job in Garden City. Experienced. References. Own transportation. Call (516) 564-9027. gcO3

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

NURSE'S AIDE WISHES WORK for sick or elderly, FT, PT, weekends, and will also do night work. Will do food shopping, chores. Have good references. Have car. Reasonable rates. 747-1716. wO3

HOME HEALTH CARE seeks position with elderly person. Full time or part time, day or night. Experience & good references. Call (718) 323-7842. gcO3

TWO IRISH NURSE'S Aides seeking employment in Garden City area. Call leave message. (516) 483-0853. gcO3

Situation Wanted

CHILD CARE AVAILABLE
NYS certified early childhood teacher with Master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wN1

IRISH AMERICAN CERTIFIED NURSE'S Aide/Companion. 14 years experience. Will work any hours. Excellent references. Please call before 12 noon and after 5 in the evening, up to 11 PM. 746-4745 or 746-0948 wO5

ENGLISH SPEAKING WOMAN AVAILABLE FOR HOUSEHOLD CHORES: Cleaning, ironing, wash, errands etc. Reasonable rates. References available. Call (516)741-6616. Leave message. wO3

QUALIFIED BABY NURSE or companion to live in or out with reference. (718)337-7734 (day or night) wO3

HOUSE AND OFFICE Cleaner/Nurse's Aide. 10 years experience. Excellent references, own transportation. Call Connie (516)746-3781. gO3

NURSE/COMPANION, EXPERIENCED, dedication and professional care, something we seek for our loved ones in need. That is exactly what I shall provide in addition to my excellent Church references and outstanding prior work references. There are many ads of this type, but give this one a try, you won't be disappointed. Call 437-3586. wN1

HOUSECLEANER AVAILABLE. Excellent references and experienced. Call 292-2190 Days. 378-3707 Nights. gO3

NURSE'S AIDE AVAILABLE - Full time. Experienced with references. Please call (516)489-9251. gO3

HOME TYPING ON Computer with Laser Printer by secretary with 20 years executive, legal and medical experience. 292-0582. gN1

SCOTTISH LADY SEEKS Work, companion/child care/light housekeeping. Live out. References. (718) 805-5841 wO4

I AM LOOKING for housecleaning job 5 days a week. (516)564-0410. You can call anytime. My name is Lumyn Moreno. gO4

TENDER, PRECIOUS, LOVING CARE for your two month/2 year old. 17 years experience. Many loving references. Educational environment. 352-6471. L.I. Jewish Hosp. area. wN1

POLISH YOUNG LADY desires domestic employment, days only. Best references. 327-0069. gO4

PROFESSIONAL HOME CARE, P/T hours AM or P/T hours PM, geriatrics only. 294-9519 after 3 p.m. gO4

Situation Wanted

ATTENTION VACATIONERS - WOULD You like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcn2

I AM LOOKING for housecleaning job Tues, Thurs, and Saturdays, after 1:00 P.M. (516)766-7727. My name is Izobel Meno. gO4

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

POLISH LADY, RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick or elderly. 538-2647. gO4

MATURE NON-SMOKER is available for yardwork and non-major home repairs in exchange for room/board Saturday and Sunday. No pets. Call Andrew at 683-5111, M-F, between 8AM and 4:30PM. hO4

CHILD, INFANT CARE in your home. Mature woman, former teacher, non-smoker, own transportation, experienced, references. Available immediately, Mon-Fri. Call (718) 527-7108. gO4

BOOKKEEPING, WORD PROCESSING, Insurance Reimbursements. Computer literate. All types of paperwork. Twelve years experience, per diem rates. 922-9079, leave message. hO5

LADY WISHES TO CARE for sick or invalid. Sleep in or out. P/T or F/T, non-smoker. Excellent references. 483-4743. gcn1

RESPONSIBLE STUDENT SEEKS room in exchange for light work, errand running or house-sitting. Call 288-8803. gcn1

NURSE'S AIDE WITH experience and lots of TLC, seeks position as companion aide nights or days. Call Ms. Thompson 481-8070. gcn1

POLISH WOMAN LOOKING for a cleaning job. Please call (518) 775-3793. gcn1

NURSING ASSISTANT. I graduated from MATS (Medical Aides Training School) and am certified from New York State. My name is Marthas Perez. I own house in Hempstead. Call me at 483-8700. References available. Experienced. gcn1

MATURE WOMAN SEEKS job to care for the elderly. 4 years experience, good references, English speaking, live out. Call Georgiana (718)322-4377 any time after 5 p.m. gcn1

BABYSITTER - CHILD CARE Retired, licensed, professional nurse will care for your child in your home F/T Mon., Wed. & Fri. Good references, own car, non-smoker. (718) 276-0555. gO6

Real Estate for Sale

A MALE LPN IS SEEKING to care for the sick and elderly at home during the day. Own transportation. Call Agu at 223-2667. gco4

Real Estate for Sale

JARDEN CITY BEAUTIFUL lg. split, 3/4 BRS, 2 Bths., New EIK, Cath. LR/Fpl., DR, Den, Fin. Bsmr., 2 Car Gar., 70x100 fenced yard, new driveway, porch, walk. Convenient to park, RR, Shopping. Low taxes. Priced to sell \$335K Owner 747-6386. gO5

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 wO3

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) gO3

FRANKLIN SQUARE COLONIAL 3BRs, 3 full Baths, FDR, LR, Family Room, EIK, low taxes, separate basement entrance. Maintenance free. 352-2339. \$220,000. gO3

SOUTHOLD BAYFRONT - LIGHT & airy 3 BR, 2 bath plus guest cottage. Sandy beach, glorious views \$399,000 Southold Soundfront 3BRs, 2 baths brick home on just under 2 landscaped acres with 200 feet of beach. A Must See. Our exclusive Asking \$497,500 Southold - Secluded light, bright 3/4 BR, 2 bath custom built home on lush landscaped acre. Motivated. Asking \$315,000

Orient Built in the 1700's, historic Cape with 5 working FPLS, lovingly restored including guest house, extra lot. \$335,000

Laurel Exclusive Bayfront Ranch. Panoramic views of South Fork. Sandy beach, 3 BRs, 2 1/2 baths, 2 FPLS, lovingly maintained by original owner. Good value at \$482,500

Marion King Realty Call for our new brochure 734-5657 gO3

POCONOS - BIG BOULDER Lake ski area. All year round condo, 2 BRs sleeps 6. Living/dining area/FPL, kitchen with counter-top eat-in area, 2 baths, 1 with jacuzzi, fully furnished, 100 yards from outdoor pool, beach, tennis courts & lake. Shuttle bus to slopes. Must sell. Relocating \$95,000 neg Days 775-8866, even 354-6676 gO5

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. gO4

ST. MARTENS TIMESHARE, Pelican Resort, red time week #30, 94 years left. \$7,000 firm. 775-0041. gO4

Real Estate for Sale

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. gco3

NORTH FORK WATERFRONT - Exclusive Country home on estate setting with 150 feet of deep waterfront 4 BRs, 2 1/2 baths, extensive decking, CAC, steps to sandy bay beach \$350,000 Mattituck - Older 2 Story home on secluded 1.2 acres. 4 BRs, LR, DR, EIK, pastoral views \$199,000 Mattituck Country Cape within 200 feet of A1 sandy bay beach. LR/FPL, FDR, large EIK, 4 BRs, 2 1/2 baths, deck. A Must See. \$225,000 Nassau Point Bayfront Col. on 3 acres featuring LR/FPL, FDR, 5 BRs, 3 1/2 baths, separate building lot included. Spectacular views & sunsets \$885,000

Lewis Realty 765-5810, 734-5533, 298-4800 gO3

Upper Brookville - Twelve room Ranch, pool, 2 acres. Two large rooms & bath w/separate entrance suitable for office, or...! Low tax. \$825,000. (516)922-5253 gN1

SOUTHOLD WATERFRONT - CHARMING Dutch Colonial on prestigious Calves Neck. 3BRs, 3 baths, large LR, DR, EIK, sunroom with panoramic views. Secure, high elevation, natural sandy beach, floating docks on deep water creek. \$595,000. Owner 765-1265 gO6

GARDEN CITY SOUTH - Brick Caps, 3 BRs, two full baths, Florida room, modern EIK. 50'x100'. Owner must sell. Principals only. \$185,000. 747-6827, evenings. gO3

PECONIC INVESTMENT OPPORTUNITY! The basis of all wealth. The market is changing. With low interest rates, buyer's interest is increasing. Here are 52 flat, rich acres with deep well & 1,700 feet low frontage in "Grape Country". Includes livable, rustic 7 room farmhouse, barns, garage, out buildings. Price just reduced \$450,000 to \$750,000. Call for our new free acreage list. Bookmilller Real Estate 722-4423 gO3

GARDEN CITY 6 BRs, 2 baths, FPL, DR, European kitchen, finished basement, 3 car garage. Walk RR. Low taxes \$189,000 Owner (516) 742-2742 gO5

GARDEN CITY TUDOR on golf course. 3/4 BRs, 2 half baths, 1 full bath. Mint condition. LR/FPL, DR, EIK, finished basement. Asking \$439,000. Please Call Owner 741-4274. gO6

GARDEN CITY, LARGE dormered Cape. 6BRs, 2 1/2Bs, finished basement, Oil Hot Water, possible Mother / Daughter. Low taxes. Quiet, convenient location. \$279K. Rent \$1,800. 747-6392. gO4

Real Estate for Sale

GARDEN CITY SPACIOUS, sprawling Ranch. Perfect for professional. Private, close to nature, country atmosphere. 4 BRs, country kitchen, 4 baths, formal LR/DR, huge den, patio, 2 FPLS. \$540,000. Principals only. 747-7328 gO5

EAST HAMPTON - NORTHWEST Woods - Custom 2 story 3,000 sq. foot Contemp. Many extras. Cathedral ceiling. LR/FPL, master suite with over-sized marble bath, spacious kitchen, separate breakfast room, dining room, 2 1/2 baths, 2 additional BRs & artist's studio. On 1.5 landscaped acres. \$575,000. weekdays (212)477-0756, weekends (516)329-0469 gN1

MINEOLA - DORMERED CAPE: Completely renovated. 4/5 Brs., 2 new baths, EIK, den with sliders to deck, skylite/master br. \$217,000. Contact Charlotte, Homes America, Smith & DeGroat 248-1468 wO3

HEMPSTEAD/CATHEDRAL GARDENS - Spacious 1 BR unit with new kitchen, elevator & sec. \$24,999. Prudential L.I. Realty 354-6070 Ext 242 gO3

ENGLISH TUDOR IN ESTATES. Unique Split layout - 5 flrs. 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 gO3

GARDEN CITY BARNES Built Ranch. 4/5 BRs, 3Bs, 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. gco4

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

SOUTHERN MAINE SANFORD Lakesfront Cape, 4 yrs. old. 3 BRs, 2 Full Bths., Laundry Rm., screened porch, skylights, Andersen windows, winterized & furnished. 120' frontage on sandy spring fed lake. Close to shopping. Located only 20 minutes from coastal area of Ogunquit & Kennebunkport. \$129,000. Please call collect (407) 283-9873. gO4

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!

Real Estate for Sale

HAMPTON BAYS - 3/4 ACRES. Exclusive cul-de-sac development. Asking \$75,000 by owner. 742-5115. gc05

MINEOLA WHEATLEY SCHOOLS - 1st Showing. Wide line Birchwood Cape. Manicured grounds. For info, call Emilia at Smith & DeGroot 248-1468 w03

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

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 h04

GARDEN CITY SOUTH Brick Caps, 3BRs, 2 full Baths, Florida Room, modern EIK, 50'x100'. Owner must sell. Principals only. \$185,000. 747-6827. Evenings. gc03

EAST WILLISTON - SUPER Beautiful Colonial / Split design. Tremendous rooms, stunning private grounds. Please call Emilia at Smith & DeGroot 248-1468 w03

GARDEN CITY CAPE Ranch, 4 BRs, 2 Bths, Country Kit, LR, DR, Den/Fpl. Walk to school and RR. Principals only. \$360,000. 747-0939. gc05

ST. JAMES TOWNHOUSE, Adult Community, Fairfield, 6 yrs. young, updated, expensive improvements, 3 large BRs, 2 1/2 Bths, jacuzzi, whirlpool tub, LR, DR, stereo intercom, closet organizers, many amenities. FT 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 584-7620. gc04

GARDEN CITY ESTATES, 3 BRs, CH. Colonial, 2.5 baths, FDR, LR/FPL, Florida room, den, CAC, alarm, 2 car, under \$500K. Low taxes. Extras. 742-5548 gc05

GREAT NECK BIG house. Allenwood area, low taxes, 3 BR, LR, DR, EIK, family room, Florida room, garage, full attic, full basement. Price \$330,000. Call owner for appt. 609-652-0928. No broker please. gc05

GARDEN CITY WESTERN Split, immaculate, LR/FPL, DR, new EIK, 3 BRs, 2 new baths, den rec room, gas 2 zone hot water, alarm, 2 car attached garage. Principals only. \$369,000. 775-2380 gc05

REMSBURG - 5 BRs, 4,200 sq. ft. Contemp Ranch. 1 plus acre, LR, DR, FR, spa rm, sunporch, pool/cabana, tennis court, many extras. Owner \$485,000. (516)325-1525 gc05

Real Estate for Sale

GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hepa Allergy System, 1/2 Acre. Walk to LIRR. \$379,000 neg. 352-0808. gc03

ST. MARTENS TIME-SHARE, Pelican Resort, red time, week #30, 94 years left. \$7,000 firm. 775-0041. gc05

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. wN1

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, ULTRA/M/EIK, 2 BR, 1 bath \$112,000
2 BR, 1 bath, CAC+ Wash & Dryer \$116,000

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

Second St. Hamilton House Est Sale, 2BR, 2 baths, front \$140,000

Mineola's Harrison House 2 BRs, 1 bath, CAC, Indry, 1 gar \$129,000
Mulford Place LR/FPL, DR, den, 1 BR, 1 bath, corner \$85,000

Stewart Franklin 2 BR, sunny, LR/FPL, DR, WIK, want offers
LR/FPL, DR, EIK, 3 BRs, 2 baths, Rent or \$225,000

Stewart House All New 2 BRs, 1 bath, kit, LR, DR \$189,000
Dougall Fraser Real Estate 248-6655 gc03

CHERRY VALLEY, 1 BR first floor, new kitchen, updated bath, hardwood floors, extra closet space, partially furnished \$65,000 by owner 294-2638. gcN1

GARDEN CITY CO-OP Carlie House, Stewart Ave. 2 BR, 2 bath, elevator and garage. Monthly maintenance \$582, 50% deductible. Mortgage free building. \$295,000. 747-2615. gcN1

GARDEN CITY HAMILTON GARDENS 1 BR, large custom EIK, LR, bath. Excellent condition. Asking \$85,000. 354-3238. Ask for Frank. gcN1

MINEOLA - SPACIOUS 2 BR, 2 bath, balcony, dishwasher, micro. Walk to RR. Security guard. \$1,200 month. Available Dec. 1. 747-8181. gcN1

STEWART AVENUE - BEST Apartment in town. 3BR, 2B, LR w/pl, FDR, maintenance \$1112/month. Attractive financing. \$195,000. Days (212) 841-7887 Evenings & weekends (516) 746-4165. gcN1

Co-Op For Sale

GARDEN CITY, SECOND floor, 1BR Co-Op in mint condition. Spacious and sunny. Reduced \$54,900. 294-7496. gc03

GARDEN CITY SPACIOUS 1 BR Apt., elegant elevator building, remodeled kitchen and bath. Many extras. Leave message for owner. 248-2947. gc03

GARDEN CITY 2 BR Cherry Valley Co-Op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5226 gc03

Real Estate for Sale

Open HOUSE

OPEN HOUSE - SUNDAY, October 17, 1-4 p.m. Dramatic 1 1/2 story home with deeded Sound beach rights. North at Depot Lane from Route 25, or Route 48 at blinking light. Follow signs to house or call (516)734-6472 Marilyn Lang Realty gc03

GARDEN CITY OPEN HOUSE - Sunny 2 BR Co-Op Sat. & Sun, 2-5 P.M., Oct. 16 & 17, 223 Seventh St (Apt 1-D), second floor, 1 block LIRR/all shopping. \$116,000. Owner 873-9469 gc03

36 FIRST STREET, Garden City - 1/2 acre+. Private, one level, fully updated spacious Ranch. 6 BRs, 3 baths, Italianate Roma decor. \$400's. Sunday, October 17, 1 P.M. - 3 P.M. Corner of Mayfair. Hosted by Anna Hagen Real Estate Broker (516)741-1764 gc03

Real Estate For Rent

GARDEN CITY CHERRY Valley, 1 BR \$900 plus electric & CO-OP fees. Available 11/15 (516)742-8046. gc05

WANTAGH, 1 BR, LR, EIK, full bath, cable, includes utilities, non-smoker, no pets. \$750. 783-9166 gc05

MINEOLA, GARDEN CITY Border, near everything. Large newly decorated Co-Op. King sized BR, A/C, carpeted, dishwasher. Fully furnished/unfurnished. large walk-in-closets. Vacant. \$1,025. Call 747-5703 gcN1

MALVERNE, LARGE FURNISHED 3 room apartment, basement, but bright. Adjacent to RR Station. New kitchen & new windows. For single woman, non-smoker. \$650 a month. 693-0036 gcN1

GARDEN CITY ROOM for rent, furnished, private bathroom, close to RR/stores. Non-smoker (516)437-9156 gcN1

GARDEN CITY OFFICE for rent approximately 660 usable sq. feet. Great location & great parking. Rent neg by owner. 747-0365 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 \$480 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 w03

MINEOLA: LARGE ROOM for rent - Share a bath. Private entrance, near all transportation. Quiet area. Call 248-0596, leave message. w03

MINEOLA APTS, 1-3 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

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

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

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. \$550 per month. Please call 486-7052. gc04

MINEOLA, TOP FLOOR, 1BR, 1B, LR, dining area, kitchen, lots of closets. Across from Winthrop Hospital, near RR. Avail. Nov. 1, \$875. 873-1236. Leave message. gc04

FLORAL PARK - A LOVELY 2BR Apartment with garage. \$900 a month. No pets. Call 488-5332. gc04

4000 SQUARE FOOT office building, fenced parking, security system, AC, located at main intersection, bus stop, convenient to District Courts. Will divide. 481-8800. 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

CHERRY VALLEY, 2 BR Apartment, 1 bath, full EIK, LR. First floor, private entrance, January 1 occupancy. \$1125/month. Call John - 294-7291, 293-3758. gc05

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. gc05

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 w04

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. 747-6322 gc04

GARDEN CITY/STEWART Manor-Furnished room with kitchenette, share bath. \$425. Furnished room with refrigerator, micro-wave, share bath \$225. Parking facilities. Near Bus & RR. Non-smoker, woman. Security, references. 775-4245 gc05

MASSAPEQUA & vicinity, 2 BR home, school district #2J \$950 a month. 1 room, private entrance & parking \$450 a month. Mr. Grasso 775-6035 gc05

WANTAGH, 1 ROOM basement apartment, LR/BR combo, wall to wall carpet, kitchen, bath, private entrance, cable ready, plenty of parking. \$550 includes all. Nov. 1 occupancy. Mature working person. No pets. References & security (516) 781-7328 gc05

APARTMENTS AND HOMES in Garden City and surrounding area from \$600/mo to \$2,000/mo. Call Anne Hagen. Real Estate broker (516)741-1784. If not in, leave message. gc03

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) 352-3190. gc02

FRANKLIN SQUARE - Great location, large, sunny 2 BR apt, spacious LR & DR, full bath, plenty of closets & storage. Nice couple, child OK, no pets, includes utilities \$950. 358-7762 gc05

OFFICE SPACE For rent. Ideal location, Garden City vicinity. Beautiful office suites, 150 sq. feet - 3,500 sq. feet. owner (516)538-7476 gcN2

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 \$575 per month. 746-4451 gC05

WESTBURY: SALISBURY PARK Drive. BR., LR, Kit/Combo, W/W, thermostat, 2nd floor. Private entrance. Near stores and parkway. Non-smoker/pets. Working single, security. \$600. Please call after 6 p.m. 746-7236. wO4

GARDEN CITY LOVELY, quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References. (516) 746-0018 gC04

CARLE PLACE/WESTBURY, 1BR, full bath, large LR/dining room combo, kitchenette, newly painted, carpeted. Single preferred. Walk to RR & shops. \$725 all. 742-6375 gP1

Vacation Rental

SANIBEL ISLAND - SMALL COMPLEX on W. Gulf Dr./2 Br. 2 bath Condo. Sleeps 6. Fully equipped kitchen. Beach access to Gulf, tennis courts & swimming pool on premises. 725-4679. Weekly rental. wO6

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. gC03

MONTAUK FALL GET-AWAY special 4 nights \$255. a couple. 2 rm. suite, heat, full kit. Sleeps 4. Walks dining, shopping, Hundred feet to beach. Also for sale \$37,000. Immaculate. Call 724-5572. gC03

OCEAN FRONT VILLA, Cancun, Mexico. 2BR, 2B, Kitchen, Dining, LR, Balcony on a sparkling Caribbean ocean beach. Jan 1-8 (\$290 per night) and/or Jan. 8-15 (\$260 per night). Five Star Resort, daily maid service. All amenities. 747-8879. gC05

SKI WINDHAM - EFFICIENT Unit. Sleeps four, fully equipped. TV, full bath, four miles to slopes, total privacy. Rent by month or season January to March 1994. Reasonable rates. 616/921-5210. gC05

MARCO ISLAND, FLORIDA. French Village, 2 BR., 2Bths. Condo. Steps to Gulf Beach. Pool. Weekly/monthly. 718/352-6798. hO4

Vacation Rental

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. Free shuttle bus service to lifts. Call 741-1824. gC04

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 gC03

LONGBOAT KEY, FLORIDA Luxury Condo on Gulf near Sarasota. 2BR, 2B, furnished, kitchen, terrace, pool, tennis. Thanksgiving week. \$900. 516/742-6602. gC05

BOCA/DEERFIELD BEACH, Florida. Lovely 2 BR, 2 B condo on intra-coastal waterway. Beautiful view, full screened porch, CAC, pool, all conveniences. One block to ocean. Walk to all. Available March and April. 294-8327. Evenings, (305) 427-7727. gC1

Real Estate Wanted

SINGLE PROFESSIONAL MALE looking for furnished room in Garden City. Private entrance, private bath. Please call (914)937-6425 wO4

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 wO4

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. hO3

PROFESSIONAL COUPLE WITH a 4 year old, looking for house to rent in Herricks district. No brokers, please! \$1100 firm. Please call 248-8108 after 6 p.m. wO6

PROFESSIONAL COUPLE, NEWLYWEDS, seeking first floor of house for November - December. Two BR, or one BR, with a finished basement desired. References available. No brokers. (718) 347-4954. wO6

APARTMENT WANTED - LARGE 1 or 2 BR, w/garage & yard for prof. couple w/small, non-barking dog. (516) 873-3908. Leave message. hO2

GARDEN CITY FAMILY SEEKS 4 BRs Colonial/Tudor in Central or Estates section. Ready to sign contract. \$500's. No brokers, please. 747-2794. gC05

FAMILY SEEKS NORTH Fork home. Peconic bayfront only. 3 plus BRS preferable. West of Southold only. No brokers. 294-8592 gC04

Real Estate Wanted

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

ADELPHI STUDENT GEEKS room in exchange for light work or house-sitting. Call George, 288-8603. gC03

For Sale

HUMMELS 11 FULL BEE, 7- Stylized Bee. Assorted sizes. Call for Complete list. 212-554-3617. wnl

DINING ROOM, BREAK-FRONT, buffet, server, oval pedestal table, 6 chairs and 1 leaf. Kitchen cabinets for second kitchen, 24" electric stove and 6 foot formica bar. 571-2492. gC1

DINING RM (BETHLEHEM) incl. breakfast, table and 4 chairs. Living Room buffet 76" long (Bethlehem), Bedroom (Dixon Powder Maker) incl. twin bed. All excellent condition and priced right. Kitchen set, 42" round table w/4 captains chairs. 747-8719. gC1

SEWER'S DREAM - A CLOSET full of sewing material including lace, buttons, various fasteners, fabrics of all types, etc. Make an offer. 741-0121. gC1

25" ZENITH TV console, good condition, \$100. Burris recliner, mocha, excellent condition, \$100. 931-6090. hO1

MITTINGER DESK SET Finest center cut Honduran mahogany Georgian desk & knee hole credenza. Excellent condition. \$10,000 neg. Asking \$2,500. 741-4412. gC03

WOOD TRIM COLONIAL love seat, blue mini print \$165. Recliner \$165. Excellent condition. Pine trestle table, 2 benches \$175. Call before 10 a.m. or after 6 p.m. 294-8543. gC1

THOMASVILLE MAHOGANY TRIPLE dresser. Excellent condition and end table \$600 neg. 746-0551. gC1

AREA RUGS - GENUINE Peking, 9 x 12 wool rug, brand new, light blue with pastels. Beautiful, \$1,000. Contemporary Hunter green with white inlaid border, 9 x 12, 1 year old. Beautiful condition \$500. 747-3114. gC1

DINING ROOM TABLE with 6 chairs, has pads and extensions. Bedroom set, 2 dressers, 2 end tables, mirror, LR couch, tables and lamps. 248-9161. gC03

FURNITURE - COUNTRY ENGLISH oak, couch/love seat \$800, 2 occasional chairs \$200, Thomasville coffee table \$250. Excellent condition. 746-0595. gC1

FIREWOOD APPROXIMATELY 1 CORD. You take away. \$70. 437-7890. gC1

For Sale

CRAFTSMAN 10" RADIAL arm saw w/carbide blades. Molding head and cutters. Dado cutter, dust collector. Also other wood tools. \$325 931-6090. hO1

BENNINGTON PINE COLONIAL BR, 5 Piece set with 4 post Queen bed \$750, 7 piece LR set (Cargo), 1 year old \$850, dinette table with 4 chairs \$125. 741-5433. gC1

COUCH, UPHOLSTERED CHAIR, wing chair with coordinating fabric for windows. Dining room set with 6 oval can back chairs, hutch & server and eaters. Please call 248-0198. gC1

SIZE 3X & 4X NEW OR RARELY worn women's clothing, winter & summer. Private home. Call eve. 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

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

BALDWIN ACROSONIC SPINNET piano, mahogany finish. Good condition. Price neg. Evenings 294-1103. gC03

DRUM SET, 9 piece alinger-land, black/chrome finish. 5 Zeldian symbols. All hardware. Tama seat. Extras. \$850 neg. 481-4627. 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. wO3

ATT-PC 6300 - Color monitor, printer, MS-DOS 3.2, 640 KB-RAM. \$800 firm. Call 742-4417 wO3

DIVER'S WET SUITS, Man's size Large and Woman's size 8, 1/4 inch full wet suit; Farmer pants, shorts & Hood \$150, 1 ml. full length, \$100. 747-8879. gC05

MOVING SALE - THOMASVILLE BR set, desks, tables, antique furniture, paintings, children's toys/cars & bicycles. 741-0604. gC05

PANASONIC ELECTRIC TYPEWRITER, 2 drawer file cabinet, butcher block round table with 2 chairs and coat umbrella stand. 354-6086. Please call from 9 a.m. - 12 p.m. gC05

For Sale

MINK COAT FULL length, black gamma. Excellent condition \$750. 935-2923. hO5

CHINESE WALL SCREEN, stained glass hanging lamp, Sony TV \$125, microwave \$45, rope rug, pastel colors. 739-2747. gC05

BABY FURNITURE, WHITE Chest of drawers \$35, toy chest \$20, 4 adjustable shelves/wall mounted \$15, \$60 for all 3. Call 741-1626. gC05

RESTAURANT EQUIPMENT - GLOBE slicer, 2 butcher blocks, rotisserie barbecue, commercial knife sharpener. Call George 481-4874. gC05

WEIGHT BENCH, MARCY 5100. Up to 150 pounds. \$75. 741-4048 hO3

GLASS KITCHEN TABLE, New, 48" round, from the Door Store, \$275. Four Contemp. Chairs, \$200. 747-5666. gC04

COLLECTION - AMERICAN INDIAN Ceramics. Hand-painted, can be purchased individually or in groups. 486-5729. gC04

Car For Sale

'87 VW CABRIOLET CONV, 38 K miles, 5 speed, red/black top, Benz, phone, A/C. Mint. \$8,800. 746-1064. gC04

'86 SAAB, NICE CAR 4 door, automatic, power brakes, power steering, tan, \$4,850. 352-7286. gC1

'82 TOYOTA SUPER, rust colored 2 door hatch. 91,000 miles, 5 speed, moon-roof, AM/FM cassette, tinted windows, power windows and doors, alarm. New tires. Good condition. \$1,500 neg. 352-7008. gC1

1976 PLYMOUTH FURY Sport, cream outside/maroon interior, leather bucket seats, AM/FM stereo cassette, power steering & brakes, automatic transmission. Runs well, very reliable. Many new parts. \$5,000 invested (receipt kept) \$800. 741-0844. gC05

1987 - MERCURY COUGAR LS, silver/gray, black carriage top. Fully equipped, excellent mechanical condition. Super low mileage. \$6,700. 746-3231. wnl

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) 473-2768. \$6,900. gC04

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0612, 294-8900 or 746-0240 for rates and information.

Car For Sale

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

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

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

1987 LINCOLN CONTINENTAL, white/blue interior, 80,000 miles, all extras. Asking \$5,300. 334-9763. Ask for Mike. gc05

1990 BUICK LE SABRE, 4 Door Sedan, 43,000 miles, loaded, 1 year left on warranty. Original owner. Excellent condition \$9,500. 437-7319. gc05

JEEP LAREDO 85, 78K Miles, 4 spd, 2 tops, 2 sets dca, Lifters 32", Wheels A/C. Mint \$5,000. 433-1503. ho5

1990 HONDA ACCORD EX Excellent condition, \$10,500. 248-8142. gc05

Services

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 742-1956 gcD4

HOME REPAIR, IMPROVEMENTS, Painting & Wallpaper. Please call Terry. 212-564-0747. wo4

ERRANDS ARE US - Can't get those annoying errands done? Drycleaning, post office, library, etc. Call us 552-0957, 333-7064, weekdays, 9 a.m. - 10 a.m. gc04

CHILD CARE, HOUSE-KEEPERS, elder care, sleep-ins, Thanksgiving help, day workers. Experienced, references. Class-A-Maid Service. 486-8262. Anytime. gc03

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VINCENT NASO, PAINTER and paperhanger. Established since 1956. Serving all Nassau County with pride and honesty. Free estimate 328-0028. gcOct5

HOUSE WASHING/ POWER WASHING Spring Special! Decks Cleaned From \$50 We Clean, Seal & Restore All Exterior Surfaces Aluminum, Vinyl, Cedar Decks, Patios, Fences Expert Brick & Masonry Cleaning White paint run-off stains Removed from Brick! Long Island Restoration Services Insured 741-WASH 741-9274 wO4

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"THE ORGANIZER" Function more efficiently. Organize your life by organizing your home. Weed out home - have garage sale. Re-do rooms, closets, attics, etc. Help decorate. Great gift for bride. 877-2942 gc03

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PIANO LESSONS ONLY \$30 a month, small groups. One hour weekly. Beginners 4 years old and up. Creative and innovative. Excellent results. Garden City studio. Rita Lucy 248-7379. gc05

OUTSTANDING TUTORING by a Ph.D. in Math, English, Social Studies, Special Exams. All levels. Critical Thinking and Study Skills Taught. Dr. Lisa 733-4390. hn1

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

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. gcD5

Lost and Found Pets

LARGE, MALE, GREY tiger-striped cat. Lost Friday, maybe in vicinity Nassau Blvd. area. Reward 748-6187. gcn1

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

Pets For Adoption

AFFECTIONATE & PLAYFUL purebred Keeshond. Needs a loving home. Great with kids, adult female, 2 years old and great watchdog. 747-5099. wO3

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

Laundry Product Needed

AXION - NEEDED (Presoak laundry product). Will pay \$3.00 a box. Call June 248-9526. wO4

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

ELECTION DAY FAIR - Garden City Community Church, Tues., Nov. 2 (10 a.m.-3 p.m.). Starring: Linens, trash & treasure, electronics, toys, gourmet items, jewelry, hand crafts, Christmas items, china, fabrics and dolls, silent auction, luncheon and snack bar. Come one, come all! gc05

Fair

ELMONT, N.Y. MODEL Train, Toy & Doll Show. Miniatures and craft extravaganza. Baseball memorabilia. Sun. Oct. 31. Free parking. St. Vincent De Paul Auditorium. 2 floors of fun and bargains. 1510 De Paul St., 10 a.m. - 4 p.m. Buy, sell, trade. Breakfast, lunch. Admission \$5. Sr. Citizens \$3. Early admission (9 a.m.) \$6 per person. Children under 12 free with parents. 200 dealers. For information call 352-2127 or 486-6658. gc05

THE WALDORF SCHOOL of Garden City's Fall Fair presents on Saturday, October 23, from 10 a.m.-4 p.m., a Craft Show and Sale including ongoing demonstrations and mini workshops by representatives from many of Long Island's guilded Craft Groups. Children's homestyle crafts and games. Homemade food and desserts. For information call 742-3434 (approx. 1/2 mile from LIRR, Nassau Blvd. stop). gc04

Garage/Tag Sale

GARDEN CITY GIGANTIC Garage Sale. October 16, 10 a.m. - 5 p.m. 79 Princeton Street. Furniture, crafts, rugs, housewares - something for everyone. No previews. Rain date October 23. gc03

SAT., OCT. 23, 9-6. Raindate November 6, at 102 Poplar Street, Garden City. Moving. Something for everyone. gc05

Garage/Tag Sale

GARAGE SALE, OCT. 16, Garden City, 10 a.m.-4 p.m., 17 Newmarket Rd. (west of Nassau Blvd.). Something for everyone. gc03

SAT., OCT. 16, 9-8 at 102 Kenwood Rd., Garden City. Ceramics, children's clothes, bicycle, Nintendo game and tapes, books, linens, furniture and lots of miscellaneous. gc03

VINTAGE ESTATE - STEWART Manor, Oct. 14, 15 & 16, from 10 to 4. Antiques, old TV & radio, mahogany furniture, kit set, equipment, Xmas, bead flowers, antique tools, records, stereo, clothing, fabrics, old linens, lace, 1,000 books, paintings, miniatures, stamp album, 1800's magazines. 1930's deco, jewelry, plants, trunks, coins, antique wicker swing, camera equipment, basement loaded. 152 Carlton Terrace (between Chester & Cambridge). gc03

SAT., OCT. 16, 9-4 at 85 Russell Rd., Garden City (off Old Country Rd.). Men's & Women's & children's clothes, toys, glass table, tapes, books, household items, brass, jewelry. Everything for everyone. gc03

SATURDAY, OCT. 23, 9-3 p.m. at 162 Meadbrook Rd., Garden City. Antiques, table saw, wood lathe, assorted bric-a-brac. No Previews. gc04

MOVING - SAT., OCT. 16, 10-5 p.m. at 64 Willow Street, Garden City. Furniture, children's bikes, jeep, motor bike, lamps, china, A/C, bric-a-brac. Thomasville BR set. gc03

GARAGE SALE/MOVING SALE. Piano, ping pong table, freezer. Oct. 15, 12 p.m. - 5 p.m., Oct. 16, 10 a.m. - 5 p.m. 25 Spruce Street, Garden City. gc03

YARD SALE - FRI/SAT Oct. 22 & 23, 9 a.m. - 2 p.m. 207 Kildare Road, Garden City. Moving - wide variety of items. Thirty years accumulation priced to sell. No previews. gc04

GARDEN CITY GARAGE SALE, Oct. 16, 9 a.m. - 3 p.m. at 187 Euston Road (off Somerset Ave.). Aprica stroller, playpen, car seat, exercise bike, toys, assorted clothing, linens, housewares and more. gc03

TAG SALE, KINGS POINT.

Retiring South - must sell! Fabulous Oriental custom bar, gorgeous Chippendale style sofa, antique needlepoint bench, antique paintings and prints, Crowel wing chair, interesting old bric-a-brac, banded table & chairs, Woodard wrought iron table/6 chairs, Oriental style rug, old linens, lace curtains, cement garden planters, golf clubs, rowing machine, exercise, tons of books & records, garden tools and much miscellaneous. Please join us at 45 Elmridge Road (Middle Neck Rd North, left on Steamboat Rd., right on Steppingstone Lane, left on Sunset to Elmridges. Park on Sunset, one side only.) Friday & Saturday, October 15 & 16, 10 am to 4 pm. hO3

Garage/Tag Sale

GARDEN CITY SELLOUT! Sat., Oct 16, 9 A.M. - 4 P.M., 215 Euston Rd. (1 blk. w of Nassau Blvd., bet Main & Somerset, n of Stewart) Partial sellout! Furniture, books, dishes, bric-a-brac, tools, lamps, pictures, exer. equipment, clothing, more...All welcome. gc03

ALBERTSON: NEIGHBORHOOD GARAGE Sale, Friday & Saturday, October 15 & 16, 10 to 4 P.M. Dishes, chairs, carpet, microwave, crib, swing set, clothes, Barbie's etc. Croydon Ct., south of I.U. Willets, west of Roalyn Rd. wO3

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. Raindate oct. 17. gc03

An Experience in Good Taste



DINING GUIDE

In the Discovery Section of this newspaper

Novenas

PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift, forgive and forget all 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. D.B. ho3

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, forgive and forget all 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. wo3



How, why to work in retirement years

By Leonard J. Hansen

Retirement may be bad for your health. Ask Robert S. Menchin, former communications executive in the financial field and author of "New Work Opportunities for Older Americans," a book published in September by Prentice Hall.

"One in four mature adults wants to continue working, and perhaps a far higher percentage should remain in the work force, launch new careers or start a business."

Menchin, 70, speaks both from experience and research. The Chicago resident was retired five years ago from a position as vice president for communications for the Chicago Board of Trade.

"But I couldn't step away to nothing. I'd be giving up my identity as a professional and the creative satisfaction of producing solutions," he said in an interview.

He established a consulting firm, Wall Street Marketing, a company similar to one he had earlier operated in New York City, working with financial and other clients.

Menchin also launched into intensive research on older Americans and authored "The Mature Market," considered the definitive authority and textbook on the subject. He also lectures actively on the mature market throughout the United States and Europe.

"Mature adults are probably the best resource available to American business and industry, and when they get together a win/win result is possible for employer and employee," said Menchin. "Businesses can gain from the experience, work ethic, loyalty, predictability and performance by mature adults."

"I am talking about all levels of positions and not just minimum-wage jobs at fast food restaurants. Mature adult workers arrive for work on time and will stay late, take less sick days or other time off, and have far fewer distractions than younger employees."

But why should mature adults continue working during what are considered to be the retirement years?

"I see a large percentage of retirees who lose their identity, prestige, their reason to get up in the morning and do something productive. Many people get sick from boredom, become preoccupied with reruns on television, reduce the size and scope of their world to the four walls around them. If work was a pill it would be the most-prescribed medication for the aches and pains of older people," Menchin said.

Work, as defined by the author, may be a full- or part-time continuing or new career, a new business or active volunteering.

"Earning additional money is also a factor motivating many older adults to stay on the job or go back to work. For many, the added in-

come makes the difference between thriving and just surviving," said Menchin. "Often the psychological and social benefits of work far outweigh the monetary considerations."

If considering retirement, the process should be phased, recommends the author.

"An abrupt change from going full speed at work to 24 hours of idleness, what many people consider retirement to be, can be a major shock to one's mental and physical well-being."

Menchin cites research by psychologist Ira J. Tanner showing that frequently, during the first four months after retirement, there is a likelihood of heart attacks and strokes, all related to the trauma.

"If taking retirement, do it gradually. Think about and resolve positively what you want to do with the next 30 or more years of your life; consider a new career; business or other activity," the author recommends.

Menchin asked many mature adults why they continued to work past retirement age. The responses included: "To be active and productive," "Work keeps me physically and mentally healthy," "Retirement is a crashing bore and I need the physical activity and mental stimulation that my work provides," "Work gives me reason to get up in the morning and get out of the house," "I enjoy leisure more when it is part of my life and not all of my life," "Work provides the challenge I need in my life," and "I'm convinced that work is good for my health and that my health will deteriorate if I don't work."

Menchin quotes comedian and actor George Burns as saying, "I can't get old; I'm working. I was old when I was 21 and out of work."

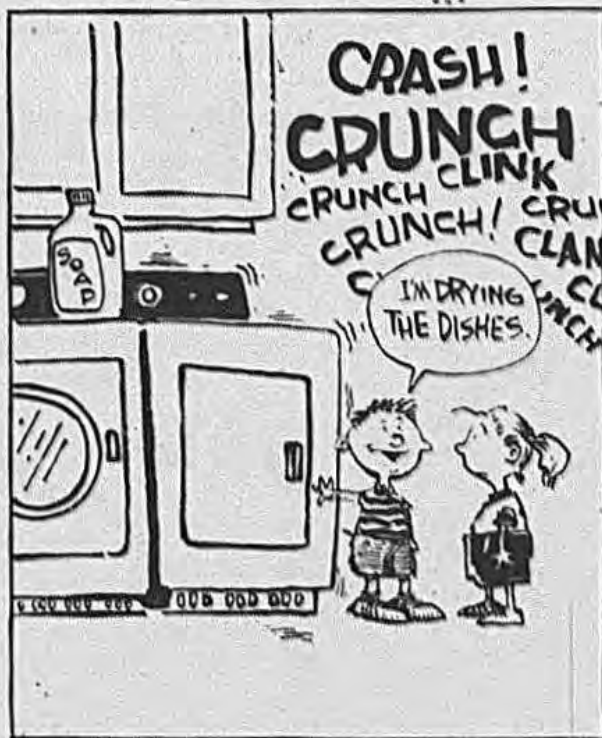
"Companies such as Travelers Insurance, Day's Inn hotels and motels, Xerox Corp. and Control Data Corp. have recognized the value of the mature employee and have designed phased retirement programs for individuals and job sharing, and have recruited older adults as new employees."

"More companies should learn about mature adults as healthier, more active and more capable of productivity than at any time in our nation's history."

Long a professional in the financial field, Menchin expresses concerns about present and, possibly, continuing national and financial conditions.

"Interest rates on all types of financial instruments are at a low point, providing returns under 4 percent or 5 percent. People who planned their retirement on higher returns are having and, predictably, will continue to have a cash shortfall."

The Crow's Chronicle

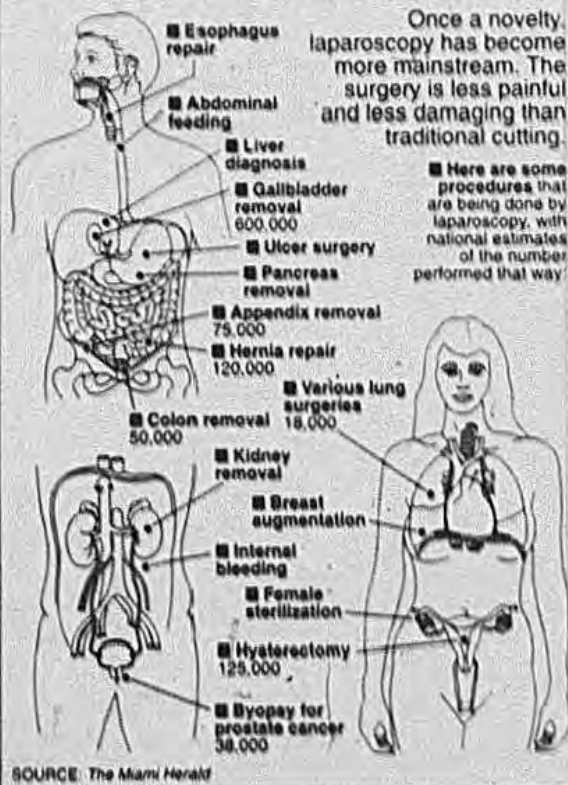


DISCOVERY

Procedures suited to laparoscopy

Once a novelty, laparoscopy has become more mainstream. The surgery is less painful and less damaging than traditional cutting.

Here are some procedures that are being done by laparoscopy, with national estimates of the number performed that way.



SOURCE: The Miami Herald

Kids Home Newspaper

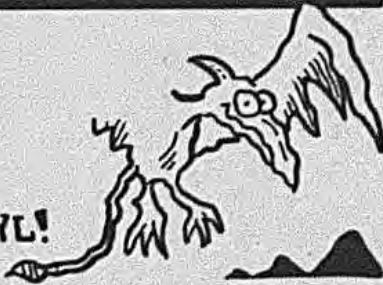


Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

DRAW IT!

DRAW ANOTHER WING ON THIS PTERODACTYL!

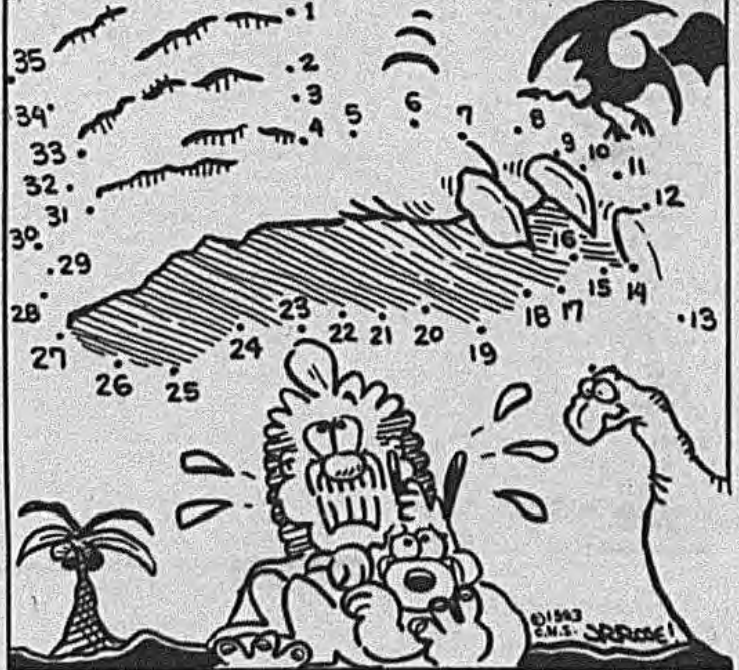


UNSCRAMBLE THIS TO SEE HOW MANY DINOSAURS CAN FIT INTO A VOLKSWAGEN?

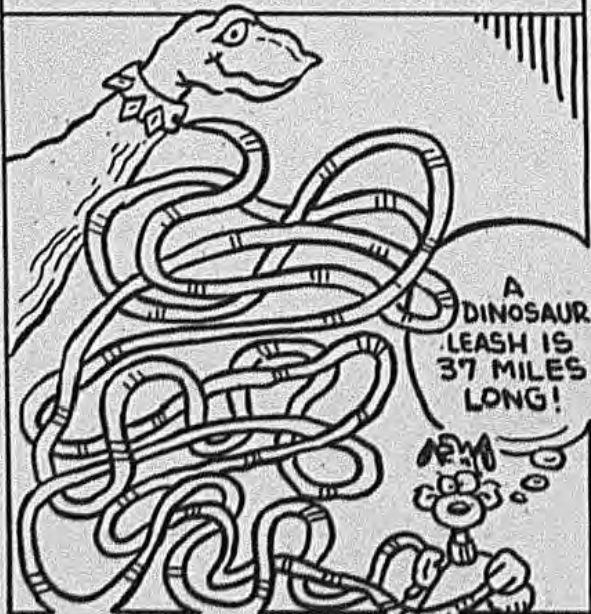
**HWO NKWOS
TBU XISETEN
SOVKSLWGANO
ITF NTOI A
NDOIASRU!**



DINOSAURS ARE EVERYWHERE - ON THE LAND AND IN THE AIR! JOIN THE DOTS AND YOU WILL SEE WHAT MAY CRUSH MY PUP AND ME!



WHICH LEASH BELONGS ON HIS PET DINOSAUR?



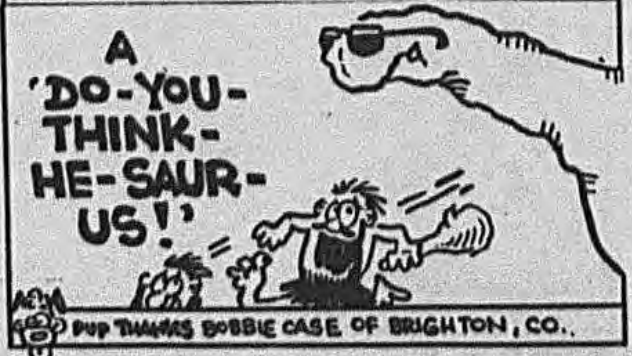
WRITE US!

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

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

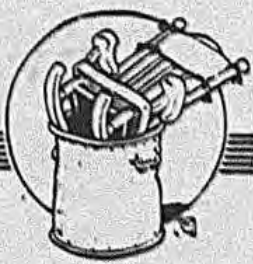
WHAT DO YOU CALL A BLIND DINOSAUR?

**A
'DO-YOU-
THINK-
HE-SAUR-
US!'**



PUP THANKS BOBBIE CASE OF BRIGHTON, CO.

ANTIQU OR JUNQUE

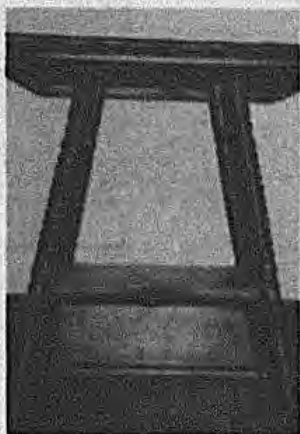


By Anne McCollam

Table typical of furniture made in early 20th century

Q. Enclosed is a picture of an oak table that I inherited. It is over 80 years old and is in good condition. The table is 30 inches high and the top is 24 inches square.

Do you have an idea of how much it is worth?

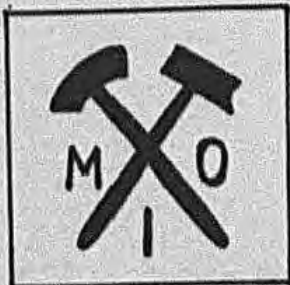


A. Your parlor table was manufactured in the early 1900s. The ball-and-claw feet, the lower shelf attached to the legs and the scalloped top are typical of oak furniture made in the early 20th century.

This table would probably be valued around \$300 to \$325.

Q. Enclosed is the mark on a porcelain female figure that has been in the family for over 60 years. She is 4 inches tall and carrying a basket. She is wearing a white dress trimmed in blue and a wide brimmed hat. Her face is delicate and her hair is light brown.

Is this a toothpick holder? When and where was it made and what is the approximate value?



A. Yes, it is a toothpick holder. They were very popular accessories in the Victorian era. American and European firms made them in a variety of materials, such as glass, silver plate and china.

Your holder was made by Metzler and Orloff in Ilmenau, Germany, in the late 1800s. It would be worth about \$55 to \$65.

Q. I have a complete set of Noritake china. It is a service for 12 and consists of 93 pieces, including serving pieces. The dishes are two-tone white with a gold design on a dark-blue border. Each dish is marked on the back with the letter "M" in a wreath and the words "Noritake - Japan."

I had the set shipped home from Japan in 1953. It is still packed in two wooden boxes.

Can you give me any indication of its current value?

A. Noritake porcelain has been made in Nagoya, Japan, from 1904 to the present. The firm manufactures fine china for export. The "M" in the wreath stands for Morimura, the name of the brothers who founded the company. Your dinnerware was made in the mid-20th century.

Assuming there are no broken pieces, your set would probably be worth about \$900 to \$1,000.

Q. I have two clear glass water goblets from the 1876 Centennial Exposition. They are decorated with a rope design around the top and have "1876 Centennial" etched in the glass.

If you could give me any information on my goblets, I would be very grateful.

A. The 1876 Centennial Exposition was in Philadelphia. Inscribed glass plates, vases and goblets were some of the more popular items frequently produced to commemorate large expositions.

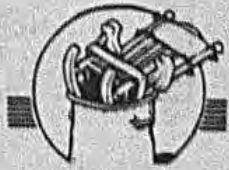
Each goblet would probably be worth about \$35 to \$45 in good condition.

Q. I have a Royal Doulton figurine of "Sweet Anne." It is marked "HN 1496," is 7 inches tall and is in perfect shape. She is wearing a red hooped skirt, patterned red jacket, shaded red and blue bonnet and ribbons.

Can you tell me its vintage and value?

A. Sweet Anne was designed by L. Harradine for Royal Doulton and produced between 1932 and 1967.

Your figurine would probably be worth about \$275 to \$300.



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Points on Pets

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

Q. Our children have recently been given an 8-week-old female kitten. How old does a cat have to be to become pregnant for the first time? Can cats become pregnant throughout the year?

A. Although cats can exhibit their first heat period (period of receptivity to the tomcat) as early as 5 months of age, most cats do not reach puberty (age at which successful breeding can occur) until 7 to 12 months of age.

Purebred cats tend to reach maturity later than mixed-breed domestic cats. Cats allowed to roam freely outside usually begin to cycle earlier than cats housed inside.

Female cats usually exhibit reproductive cycles from January through the following September. This period of regular cycling is related to the length of daylight. Cats cycle while the day length is increasing and the temperatures are relatively warm. The exact time during each year that reproductive activity occurs varies with the different geographical locations and varying weather from year to year.

The reproductive cycle of the cat is approximately 13 to 15 days in length. If the tomcat is present,

the queen will usually accept his advances during a period of three to six days. Mating usually occurs several times a day during this period. If no male cats are present the queen will stay in season for about 10 days.

Most fertile queens have two litters of (two to six kittens each year. Most queens will not exhibit signs of reproductive cycling while nursing kittens. After weaning their kittens, most queens will show signs of heat in approximately two weeks. These cats can become pregnant at this time.

If you do not plan to allow your cat to have kittens, you should have her spayed. Most cats recover very rapidly after being spayed. Your veterinarian can advise you regarding the best time to have your cat spayed.



Aunt Tilly's Corner

Have you ever followed a map of the streets in your area, or tried to get from one place to another? It could be a challenging thing to do. You should always check it out first with your parents in case you get lost.

That makes me wonder how Columbus found his way, since at the time there were no maps of the new world. He was the first to make the journey on an educated guess as to direction. It's no wonder he went off course and landed in North America instead of the West Indies as he intended. Of course, you know he checked his idea out with Queen Isabella first. It's always a good idea to let someone know where you are going.

Your friend,
Aunt Tilly

Friday, October 22, 1993

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 15, 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

'Work incentives'

By William M. Acosta

Q. I am receiving Social Security disability benefits. I've heard that you can continue to receive benefits while you attempt to work, but I'm afraid to ask my Social Security office because they might think I'm not disabled.

Can you tell me about this? — L.H.

A. There are a number of special rules, called "work incentives," which may make it possible for you to continue to receive disability benefits while you work. These work incentives may also help with your work expenses, medical bills, and rehabilitation and vocational training.

They are designed to eliminate the risk of losing benefits while you attempt to work on a regular basis. Social Security encourages people to use work incentives.

You should contact your local Social Security office, or call Social Security's toll-free number, (800) 772-1213, and ask for the leaflet, *Working While Disabled — How Social Security Can Help*.

Q. How do fee-for-service and coordinated care differ? — S.M.

A. Whether you choose fee-for-service or coordinated care, you get all of Medicare's hospital and medical benefits if you are enrolled in both Part A and Part B. The care provided by both systems is comparable.

The difference in the two systems relates to how the benefits are delivered, how and when payment is made, the amount of paperwork you may be required to submit and how much you might have to pay out of your pocket.

Under the fee-for-service health care system, you have freedom of choice. You can choose any licensed physician, and use the services of any hospital, health care provider or facility approved by Medicare that agrees to accept you as a patient.

Generally, a fee is paid each time a service is used. Medicare, within certain limits, pays a large portion of the hospital, physician and other health care expense.

In a coordinated care plan (HMO or CMP), a network of health care providers (doctors, hospitals, skilled nursing facilities, etc.) generally offers comprehensive, coordinated medical services to plan members on a prepaid basis.

Except in an emergency, services usually must be obtained from the health care professionals and facilities that are part of the plan. Depending on how the plan is organized, care is provided at a central facility or in the private offices of the doctors and other professionals affiliated with the plan.

Most Beautiful Grandchild



Krysta and Carly Cento four months old on their Christening Day Sept. 19. They are daughters of Frank and Tina. They have a brother, Peter, four years old.
Peter and Vivian Cento



Matthew Paul Gill is the son of Maryann and Matthew Gill. He is eight months old and has blonde hair and blue eyes. The proud grandparents are Mary and Victor Mainente of Garden City.