

In Three Sections • Forty-Eight Pages

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Friday, November 8, 1993

Sports Editor Talks To Kiwanis

Toeldman, Editor of Sports for *Newsday*, addressed a recent Hicksville Kiwanis luncheon. The theme of his talk was the spectacular growth the sports industry has enjoyed in spite of the recession. The industry was a \$47 billion industry 5 years ago and has since climbed at a 25% annual rate in volume.

A few days before the luncheon, the Hicksville

Kiwanians celebrated one of their annual highlights, "Charter Night." The major event of the evening was the induction of their new president, Don Johnston. He follows Patty LeCompte whose hard work, competence, and popularity was acknowledged by all during her administration. The Kiwanians were all very pleased to have the extremely capable and amiable Don Johnston available to be Patty's successor.



Jim Toeldman, Editor of *Newsday* Sports, flanked by Celeste Watman of the Hicksville Kiwanis Program Committee and by new Hicksville Kiwanis President Don Johnston.

Homeowners Cleanup Weekends

The fall 1993 Homeowners' Cleanup Weekends were a resounding success, according to Oyster Bay Town Councilman Thomas L. Clark.

"During two weekends this fall, the Town collected 286.70 tons of rubbish, clean fill, metal, tires and yard waste," Councilman Clark said. "1477 residents cleaned out attics and garages, as well as their yards, and properly disposed of a tremendous amount of materials."

Councilman Clark added that almost half of the material collected during the two cleanup weekends will be recycled.

"A lot of the items such as metal, yard waste, tires, clean fill and more will be recycled," the Councilman stated. "As a result of the total tonnage collected, 140.12 tons will be recycled rather than being added to the general solid waste stream."

According to Councilman Clark, Homeowners' Cleanup Weekends make it possible for residents to dispose of items without having to prepare them for curbside collection. Bushes, tree limbs, fence posts and the like are all accepted as is and

need not be broken into smaller, more manageable pieces.

"Participating in this program is a very convenient way for residents to dispose of items that would otherwise be difficult to get rid of," Councilman Clark explained. "In addition to this aspect, we are also able to divert tonnage from the general waste stream, save tax dollars and do something positive for the environment. In all, the Homeowners Cleanup Weekends are extremely successful."

The Councilman suggested that residents check their Town calendars for the dates of Homeowners' Cleanup Weekends held during both the spring and fall of each year.

Burns Ave. PTA Fall Crafts Fair

Burns Avenue Annual Fall Craft Fair at the Burns Avenue Elementary School, sponsored by the Burns Avenue PTA will include over 10 craft vendors. The Fair will be held Saturday, November 13, 10 a.m. to 4 p.m.

HEALTH and FITNESS

This issue is complete with a special section on Health and Fitness. There are many articles on health, exercise and food especially written for this issue.

In addition there are special messages from many health related services available to readers.

Bd. Of Ed. Work Meetings

The Hicksville Public Schools Board of Education has scheduled the following meetings for the month of November:

November 1: Boardmanship Seminar for the Board of Education members and the Superintendent of Schools

November 10: Board of Education Committee Meetings: Curriculum & Finance at 7:30 and Policy & Facilities at 8:30 p.m.

Board of Education Work Meeting: Task Force Report & Employee Board Gatherings at 9:30 p.m., Administration Building.

November 15: Board of Education Meeting: Special Education Presentation at 8 p.m., Administration Building.

November 17: Regular Meeting of the Board of Education, 8 p.m., Middle School Auditorium.

Hicksville Schools Evening With Superintendent

Superintendent of the Hicksville Public School District Salvatore Mugavero has announced plans to hold an "Evening with the Superintendent." The meeting will be held on Tuesday, November 16, from 8 p.m. until 10 p.m., in the Conference Room of the Administration Building. The meeting is designed to give parents an opportunity to meet with the Superintendent to discuss educational and non-specific student issues. All are welcome.

Harvest Season



Dutch Lane students celebrate the Harvest Season with beans! The second grade students in Mrs. Susan Tillwitt's class at Dutch Lane Elementary School have been busy during this harvest season. They have planted, cared for and hope to harvest their own bean plants. The students are pictured smiling proudly over the fruits of their labors. The unit is part of the elementary science curriculum.

Antique Show By Rotary Club

The Rotary Club of Bethpage will hold its Sixth Annual Indoor Antiques & Collectibles Show on Sunday, Nov. 21, 9 a.m. until 4:30 p.m. at the Bethpage High School, Cherry & Stewart Avenues, Bethpage.

This show will be filled with affordable quality antiques, memorabilia and fascinating collectibles from the past. Advertising, dolls, books, bottles, baskets, country store items, textiles, toys, post cards, Art Deco & Estate jewelry, furniture, nippon, pottery, porcelain, plus much more, will be for sale by Professional Dealers from Long Island and several Eastern States. Refreshments will be available from the Rotary Club.

Proceeds from this event will help the Rotary continue their support for schools, Scouts and other youth organizations, special projects to aid the handicapped, and sponsorship of art, drama and music activities for cultural enrichment.

Adults \$2, children under 12 admitted free. For information call Shows by Ruth at 496-7686.

Band, Color Guard Compete Indoors

By Karen Blioker

Due to inclement weather, the Hicksville High Marching Band & Color Guard competed indoors, at Huntington High School last weekend. During the 11-band program, spectators had a rare opportunity to see each band "up close" and when the musicians of our School took to the gymnasium, their terrific sounds echoed throughout the room. Whenever I attend such shows, parents from other schools invariably turn to me and praise our Band/Color Guard...and I'm not surprised. During this particular program, the Band, led by Drum Majors Kim Dames, Todd Master and Jessica Swier, and the Color Guard, led by Jen Manao and Kelly Sciafani, continually demonstrated poise and professionalism.

Congratulations to a marvelous Band and Color Guard who will always be Number One with us. We look forward to a super ending in two weeks, at the CMBC Competition at Giants Stadium!

Letters

To the Editor:

After attending Board Meetings over the past two years, it has been my observation that personal agendas are in place, limiting the board's effectiveness in such volatile as elementary reassignment and redistricting. I speak in particular of the current Board president, Mrs. Helen Lafferty.

At first, I was thrilled to see that the Board finally had a president who maintained control over the meetings, and in particular, the extremely vocal audience members. However, as time passed, I realized that this "control" was quite selective. At first, I chalked it up to personal stress. I must have been wrong, as Mrs. Lafferty repeatedly continues to cut off and/or call out of order, any board member who disagrees with her. At every meeting for the past two years, I have witnessed her bang her gavel when "spectators" began to applaud remarks that do not express her personal sentiments. And yet, as recently as the October 20 meeting, she sat silently and smiled when Mr. Mugarero's comments (which echoed her beliefs) were answered with some applause. Why? I see her allegiance to the superintendent, and I question her ability to work objectively with him. The board is not there to serve him (or her).

I've also observed that whenever redistricting was addressed last year, Mrs. Lafferty had but two concerns: moving the children East of Broadway into Burns Avenue School (to fill her school), and using Dutch Lane for the sole purpose of Housing Pre-K Special Ed students. Yet today, after going through school redistricting for over five years, Mrs. Lafferty still wants to move those children East of Broadway into Burns Avenue School. Have we nothing to say? Why was this placed on the agenda at the last minute? Was it to ensure a small turnout at the meeting?

And what of the other Board members? Why did Mr. Black, the parliamentarian, allow Mrs. Lafferty to interrupt another board member during a debate and say that his argument was political, without calling her out of order. Why did Mr. Black speak out against redistricting and then abstain from voting? Is he only concerned about "appearing" non-controversial so he can be re-elected?

Why did Mr. Pfaender speakout so passionately about how redistricting was not in the best interests of our community, only to then vote in

Letters

favor of "getting the ball rolling." Mr. Pfaender gave us a reason, but it seems illogical. If you don't believe in something, don't vote for it!

Why did Mrs. Callari have such venom in her expression when Mr. Pfaender and Mr. Manzo attempted to amend her motion? This is part of the process, and should not be taken personally.

Why did the Board charge the superintendent's office with presenting a redistricting plan without parameters or goals, when last year the same action was taken and the board simply tore apart the recommendation and made up their own. Is this going to be a "Magic Plan?"

The course set by this Board does not appear in the best interests of the children. The only way to stop them is with our presence. We must attend these meetings to voice our opinions whatever they may be. In May, we should not vote for any trustee who favors such an option. But most of all, we must put an end to our Board of Education being run as a monarchy.

Raymond Walkowiak

Editor's Note: Opinions expressed in letters are those of the writer and not necessarily those of the newspaper.

Communicating With Your Teenager

Hicksville High School Pupil Personnel Department will present a workshop for parents on Tuesday evening, November 9, at 8 p.m. The theme of the workshop "Communicating with your Teenager" will be presented by Father Frank Pizzarelli. Father Frank, a well known speaker, youth advocate, and Executive Director of Hope House Ministries, will focus on parent-teen relationships and survival strategies for parents and teenagers.

The evening presentation is designed as an extension of the student program scheduled for November 9 entitled "Getting It Together." In the morning Father Frank will address the student body on the issues of wellness, peer relationships, peer pressure and self-esteem.

The parent workshop will be held in the Little Theatre at the High School. All parents and guardians are welcome.

Job Help At Library

No doubt you are aware of someone who has either lost their job or is contemplating a job change, but is in need of guidance.

Join Thomas Madera, a Human Resources Executive with specialization in recruiting, training, staff developing and counseling, at the Bethpage Public Library on Wednesday, November 10, 7:30 p.m., for his workshop "Preparing for A Job Interview."

Mr. Madera will cover how to prepare a resume, and how to conduct yourself during interviews in such a way that you stand out from other candidates. If you are applying to a particular company, you will learn how to research that company to give you an advantage during the application and interview process. This workshop is designed for persons looking to make a change, as well as those who are jobless or applying for their very first job.

'Other Vic' At Library

On Sunday, November 7, at 2 p.m. the popular, talented "Other Vic Theatre Company" returns to the Bethpage Public Library with an intriguing, fun mystery play entitled "Murder On The Rerun" by Fred Carmichael. Everyone knows that Hollywood is filled with film makers, stars and gossip columnists who have love-hate relationships with each other. Jane, an oscar-winning screen writer, returns as a ghost to find out just which one of her "friends" pushed her down a staircase during a weekend at a Vermont ski lodge. Aided by Kitty, a junk-food guzzling angelic guide, Jane is brought to the present, three years later, to investigate her own murder ... and witness another. Sort of a modern "Blithe Spirit" ... with a twist. Don't miss a fun afternoon of good theatre at the library.

All are welcome and admission is free.

Jottings From Yesteryear

By Bill Clark

Recently my windshield wipers would not clean a film on the glass. Then, I recalled a cake of Bon Ami buried in a closet. A wet sponge and the Bon Ami cleaned the glass crystal clear like years ago. I wondered if the little chick, that never scratched, grew with the age of that bar.

They say the Erie Canal from Lake Erie to the Hudson River is 168 years old, 1825. While upstate near Rochester area I crossed some of the bridges and points of interest. They have boat trips on the canal during the summer. Years ago boats

with cargo were pulled by mules that walked on paths on each side of the canal.

Rummaging through old family boxes of cards & etc., I came across a Hicksville comic postcard with a sign, "10 miles to next gas station," with a driver out of gas. Postmarked "Hicksville, August 5, 1940, p.m., and received August 6, a.m., at Westbrookville, N.Y. and 1 day for one cent postage. In 1940 if you were out of gas in Hicksville you only had to walk 2-3 blocks to a gas station, there were at least 20 stations. Do I know it?"



Harding Ave. - 1924, from #43 looking south toward Plainview Rd. - on muddy days movers were stuck hubcap deep.



1993, same block - #43 enlarged, and road and curbs have improved. Some families, original, still living on the block. Photo by Bill Clark

Reporter Needed

We are looking for someone with community interest to cover meeting assignments for this newspaper. The compensation is on a per meeting basis. If you are interested in school and other local events and want to continue or break into the field of newspaper coverage, please reply to this notice by calling 931-0012. Please do not call if you are not reliable in keeping assignments or cannot attend night meetings.

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!

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Yesteryear's Elections Exhibit at the Library

Recalling the colorful and memorable election campaigns of American political history is a striking exhibit in the main entrance of the Hicksville Public Library. On display from the library local history room collections are many of the centerfold portrait photographs of candidates featured by the N.Y. Daily News. There are, also, authentic campaign posters, of the type exhibit creator, Richard Evers, once elicited from his 7th grade social studies classes, every Election Day time, with offers of "extra credit."

It is a nostalgic exhibit, bringing alive again the faces, personalities and ideals once standing tall on the American political scene. "Hitting the Campaign Trail: Winners and Losers - The American Way" is most experience for everybody, this Election Day time.

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY HOME SAVINGS OF AMERICA, F.A., Plt. vs. PATRICK A. JOHNSON, et al Defs.

Index #2647891

Pursuant to judgment of foreclosure and sale dated Apr. 28, 1992, 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 9:30 a.m. prem. k/a 17 3rd St., Woodbury, NY. Said property located on the northerly side of Third St., 100 ft. easterly from the corner formed by the intersection of the northerly side of Third St. with the easterly side of Hillside Ave., being a plot 100 ft. x 50 ft. Sold subject to terms and conditions of filed judgment and terms of sale.

RAYMOND L. CASEY

Referee

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& SARNESE

Attys. for Plt.

377 Oak St.

Garden City, NY 0612

SYO 8716

4x10/15, 22, 29; 11/5

LEGAL NOTICE
AXINN DEVELOP-
MENT COMPANY, L.P.
has been formed as a domestic limited partnership (LP). 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 LP may be served, SSNY shall mail a copy of any process against the LP 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 LP 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. 1300293, 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 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 S-haap," 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 O.

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:

Running thence south 26 degrees 52 minutes 00 seconds east along the southwesterly side of Richard Street 68.55 feet:

Thence south 66 degrees 19 minutes 30 seconds west 82.68 feet:

Thence 26 degrees 52 minutes 00 seconds west 33.81 feet:

Thence north 63 degrees 00 minutes 00 seconds east 76 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

Flu Vaccine For Seniors

Approximately three hundred and seventy-five senior citizens from the Hicksville community were the recipients of free flu immunizations in a valuable program sponsored by the Hicksville Public School District in cooperation with the Nassau County Dept. of Health & Senior Citizens, as well as many community volunteers and organizations.

This meaningful service exemplifies the spirit of cooperation of the Hicksville community. The program, coordinated by Hicksville Public Schools, requires the assistance of many volunteers. The program took place on Oct. 26 at the Hicksville VFW Hall. Mr. Vincent Ferraro of the Veterans of Foreign Wars, secured the use of the hall and necessary services free of charge to the community. Throughout the morning Mr. Ferraro and his assistants were available to assist with setting up and cleaning up the hall. He commented that "I am happy that the Veterans were able to help the senior citizens in the community; it is our pleasure to do whatever we can." Seniors were greeted at the door by representatives of the Kiwanis Club, Mr. Don Johnson and Mr. Mike Matroanga, who processed their papers and kept the line moving. Dr. Theodore Packy, Director of Emergency Services at Plainview Central General Hospital, volunteered his services and was available throughout the morning to assist with medical questions and problems. The heroines of the day were the nurse volunteers who impressed their patients with their understanding and professional manner. Kathleen Arena, Grace DeDomenico, Leise Fischer, Eileen Gilmartin and Alice Walsh immunized all three hundred seniors against the flu in less than three hours! The vaccine was transported to the VFW Hall and medical waste returned to the County in refrigerated containers provided by Mr. Don Le Compte of Antuna Catering and delivered by Mr. Marcus Ramirez of Mr. Electric. Both individuals provided this valuable service as representatives of the Chamber of Commerce.

Senior citizens throughout the morning commented on the speed with which they were in and out of the program. This would not have been possible if the seniors had not pre-

LEGAL NOTICE NOTICE OF PUBLICATION DOMESTIC LP

Name of Pahlp: Olympic Cleaners of Syosset, L.P., Cert. of LP, filed NY Sec. of State 9/22/93, Office Lee 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 pahlp to 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 8716

6x10/8, 15, 22, 29; 11/5, 12

registered for a particular time slot. The pre-registration process was conducted by the Hicksville Public Library under the supervision of Mr. Victor Caputo and the Gregory Museum under the direction of Mrs. Joan Kawecki. The

program was coordinated for the school district and the county by Maureen Bright, Administrative Assistant for the Hicksville Public Schools.

This program is one that the entire Hicksville community can be proud of!



Hicksville Senior Citizens Prepared for Flu Season thanks to Community Volunteer Nurse Kathleen Arena & Grace DeDomenico are pictured administering flu immunizations to senior citizens. The nurses were two of the many volunteers who participated in the Free Flu Immunization Program for Senior Citizens sponsored by the Hicksville Public School District in cooperation with Nassau County Dept. of Health & Senior Citizen Affairs.



Kiwanis Club volunteers Don Johnson & Mike Matroanga (right) register senior citizens at the Free Flu Immunization Program for Senior Citizens sponsored by the Hicksville Public School District in cooperation with Nassau County Dept. of Health & Senior Citizen Affairs. The gentlemen were two of the many dedicated community individuals and organizations who helped to provide this valuable community service.

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Hicksville Resident Authors "How-to" Book

As interests rates continue to decline, many individuals are looking for alternatives - other than CDs and money markets - to invest their savings.

How can small investors learn about investment alternatives? Which brokerage firm should they choose? What statistics must the average investor follow? How can they avoid costly mistakes?

Addressing these questions in a newly released book, *When To Buy Stocks, Bonds, and Gold*, C.W. Post Campus of Long Island University economist Dr. Panos Mourdoukoutas shows investors how to take their financial destiny into their own hands. Both beginners and experienced investors will benefit from this "how-to" guide, which was released in September. The 150 page book is written in a simple, illustrative format and shows investors how to determine the right time to buy stocks, bonds, and gold and which ones to buy. "Investing can be fun, inexpensive, and more rewarding if you know how to make educated decisions," Dr. Mourdoukoutas said. "The book outlines how investors can become their own economic advisors and avoid paying for a broker's advice."

When *Buy Stocks, Bonds, and Gold* offers a brief review of the principles of economics and the ways economics can be applied to understanding and interpreting the state of the economy. The book also explains how investors can use various publications such as *Barrons*, *Value Line*, and *The Wall Street Journal* to gain valuable information. Definitions of technical and financial terms can also be found in the book.

Employees Honored At Hospital



At a special luncheon held on the last day of September, Mid-Island Hospital of Bethpage honored its long-term employees for their dedication, service and commitment to excellence in patient care.

Pictured at the award ceremony is Charles Byrnes (Bethpage), Linen Department, one of three employees to celebrate 25 Years of Service to MIH this year.

Peer Tutoring Program Underway

Once again this year, the Hicksville Youth Council is running the Peer Tutoring Program. Last year was a great success and we are aiming for the same this year. The program is off to a strong start, but there are still open tutoring sessions.

The philosophy of the Peer Tutoring Program is that teens feel more comfortable with other teens and therefore, may be more motivated to learn from their peers. All tutoring takes place after school at mutually convenient times, at the Youth Council. There are also some evening sessions available for those students who may be busy with after school activities.

All tutors are asked to volunteer at least one hour per week. Tutors will receive a letter from the Youth Council stating that they have performed community service work. This letter is important as colleges and prospective employers look for this type of reference from applicants. Involvement in the Tutoring Program can also provide personal satisfaction as volunteers will be helping others in their own community. Any students who are in need of extra help with their school subjects are also encouraged to get involved.

Tutors are currently needed in the subject areas of reading, foreign language, and some sciences. If you are interested in being a tutor or need tutoring, please call the Hicksville Youth Council at 822-KIDS and ask for Chris Plackis, Peer Tutoring Coordinator.

News From VFW Post 3211

By Carmine Somma

On Nov. 13, 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. The next scheduled Las Vegas Night will take place on Jan. 8, 1994.

For more information or directions call the V.F.W. Hall at 931-7843. Our games are Black Jack, Roulette, Joker Seven, Big Six, and Beat the Dealer.

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.

Anyone interested in going please contact the Chairman, Charles Gentile at 931-6516 for additional information or call the V.F.W. Hall at 931-7843.

Veteran's Day Services

On Sun., Nov. 7 United Veterans Organization of Nassau County will hold Veterans Day Services at Eisenhower Park starting at 10 a.m. All are welcome.

On Thurs., Nov. 11 the Jewish War Veterans Post 655 Host Post and the Hicksville combined Veterans Organization and the Ladies Auxiliary will hold traditional Veterans Day Services at the Hicksville Middle School, located at the corner of Jerusalem Ave. and 4th St.

Services will start at 10:30 a.m. All are welcome.

Holiday Fair At Trinity Church

Holy Trinity Episcopal Church, Hicksville, is having its Annual Holiday Fair and Jamboree on Friday, November 19, 5-9 p.m., and on Saturday, November 20, 11 a.m. to 9 p.m. Special features at the Fair this year include: handcrafted articles, Christmas decorations and gifts, wood crafts, baked goods, holiday candies, religious articles, toys, games for the children and much more!

Members of the neighboring communities are invited to come and browse, shop and dine. Dinner will be served both evenings at 6:30 p.m. at \$7 per person. Call the Parish Office, 931-1920 (9 a.m. to 3 p.m.) Monday through Friday, to place reservations for dinner.

Holy Trinity Episcopal Church is located at the corner of Old country Road and Jerusalem Avenue in Hicksville.

Concert At Library

On Sunday, Nov. 14, at 3 p.m., you are invited to attend a concert of music for strings composed by members of the Long Island Composers Alliance at the Bethpage Public Library. The program will include works by Albert Tepper, Arline Diamond, Arnold Berleant, Pat Hardish and Raymond Vunkannon. The music will be performed by The Long Island String Quartet, violinist Carol Feuer and violist Mildred Perlow. Featured will be the first performance of "Larghetto" from Vunkanno's Quintet for Saxophone and "Strings" in which the composer will perform the solo part. This is a musical event that the Bethpage Public Library is proud to present and one that should not be missed.

Photo ID For Recreation

Non-public high school students, grades 9-12, who reside in the Hicksville Public School District are welcome to participate in the Hicksville High School Evening Recreation Program. Photo IDs are required. A final photo session for non-public school students will be held on Nov. 10 from 4-8 p.m. in Room 146 at Hicksville High School. Proof of residency is required.

The program provides an excellent place to meet friends or make new ones and have a good time. The program includes a variety of recreational activities such as basketball, volleyball, wrestling, gymnastics, shuffleboard and weight room exercise. Special events including Karaoke evenings are planned. The "Soda Fountain" is also open.

The program will be held on the following Friday evenings: Nov. 5, Nov. 19; Dec. 3, 17; Jan. 21; Feb. 4, 11, 18; March 11, 25; April 15, 29; May 13 & 27.

Human Relations Day At H.S.

On November 9, Hicksville High School students will participate in a Human Relations Day which they themselves have named "Getting It Together Day."

Father Frank Pizzarelli, a well-known speaker, youth advocate, and Director of Hope Ministries, will kick off the morning's activities with an address on "Wellness and Appreciation for Diversity." At the conclusion of the address, representatives of Student Government will present and read to the student body a "Code of Ethics" written by each social studies class and compiled by the Student Government.

Activities for the morning for all students grades 9-12 include two presentations on stereotyping; a dramatic presentation by High School students trained by a consultant and an presentation by Rabbi David Neesoff of the anti-bias league. In addition, students will attend workshops to participate in exercises and discussions on issues of bias and diversity.

The theme of the day will be carried over into an evening workshop for parents of High School students. Father Frank will present a workshop entitled "Communicating with Your Teenager." The workshop will focus on parent-teen relationships and survival strategies for parents and teenagers.

In Service

Navy Seaman Joel V. Colazzo, a 1990 graduate of Bethpage High School of Bethpage, recently completed basic training at Recruit Training Command, Great Lakes, Ill.

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

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

Army Lt. Col. William L. Conner is attending the Army War College here.

The 10-month curriculum of the Army's senior school prepares officers and civilian officials of the federal government for top level command and staff positions with the U.S. Armed Forces throughout the world.

Students work on broad fundamental problems relating to national security affairs.

Conner is the son of Anne S. Conner of 5 Rosewood Place, Plainview.

Navy Petty Officer 3rd Class Brian J. Weaver, son of William and Joan Weaver of Hicksville, recently was unexpectedly called upon aboard the guided missile cruiser USS Sterett, homeported in San Diego, to break off a training exercise near Guantanamo Bay, Cuba and respond to the deteriorating situation in Haiti.

DISCOVERY

Only skin deep...

Face lifts and other aesthetic plastic surgeries are becoming more common. Serious physical complications are rare, but the outcomes do not always meet the elevated expectations of patients.

How It is done

Really a skin-lift, face lift effects usually last about five years. Other common cosmetic procedures include earlobe reductions, eyelid reductions, facial peels, forehead lifts, arm lifts and 'tummy-tucks.'



SOURCE: AMA Encyclopedia of Medicine

ATTORNEY

John J. Sullivan
Attorney at Law

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Community Council Hears Political Candidates

Photos by Dick Evers

Some Winners and Losers Tuesday.

Fifteen candidates for local political office and judgeships took part in the Annual Meet the Candidates Night of the Hicksville Community Council, this past Thursday evening. Neither Thomas Gulotta or Ben Zwirn were able to tear themselves away from Channel 12's television debate between County Executive rivals but representatives delivered their message to the Community Council turnout.

Among the incumbents and challengers present to give a five minute resume of their qualifications for office were Town Supervisor Lewis Yevoli and his challenger, Phillip Healey; Councilmen candidates: incumbent Leonard Symons and office-seekers Angelo Deligatti, Judith Jacobs, Louis G. Savinetti. Campaigning for the Town Clerk's office were incumbent Carl L. Marcellino and Democratic challenger, Carol Ann Bosco. John J. O'Leary, the Republican incumbent for Town Receiver of Taxes was present.

Candidates present who are seeking judgeships included District Court Judge Kenneth S. Diamond seeking a Family Court Judgeship and aspirants: Jackie Stack and Jeffrey S. Brown for Nassau County Court, and Stephen A. Moser seeking a seat on the Nassau Family Court.

Moderating and Master of Ceremonies for the occasion, was Marc Herbst, President, Hicksville Community Council. Past-council president Carol Wolf served as time-keeper.

LEGAL NOTICE

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

SYO 8713
6x10/1, 8, 15, 22, 29; 11/5



Opening the "Meet the Candidates annual meeting of the Hicksville Community Council is Marc Herbst.



Incumbent Town Tax Receiver John J. O'Leary



Incumbent Town Clerk Carl L. Marcellino



Charles E. Holster III, Right to Life, County Executive Candidate



Judith A. Jacobs, Democrat for Town Board



Stephen A. Moser candidate, Nassau Family Court.



Incumbent Town Councilman Leonard Symons



Democratic Town Clerk candidate Carol Ann Bosco



Incumbent Town Supervisor Lewis Yevoli



Louis G. Savinetti, G.O.P. Conservative for Town Board

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If you want to be published and be part of an issue of Discovery, you may submit your article to: Litter Publications, 81 East Barclay Street, Hicksville, N.Y. 11601.



Phillip Healey, Republican challenger, Supervisor.



Mrs. Jackie Stack, Nassau County Court candidate.



G.O.P. Councilman candidate Angelo Deligatti



Jeffrey S. Brown, Democrat, for County Court

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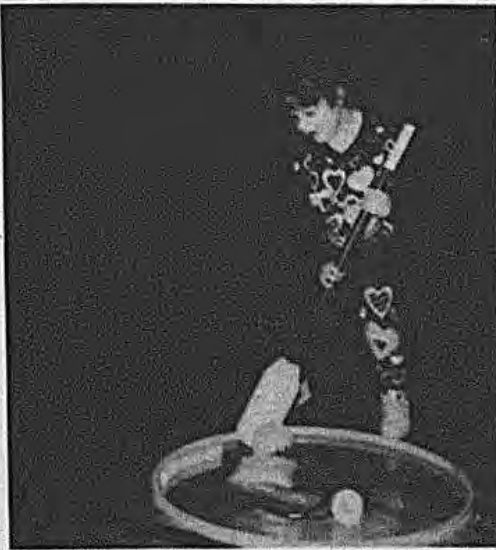
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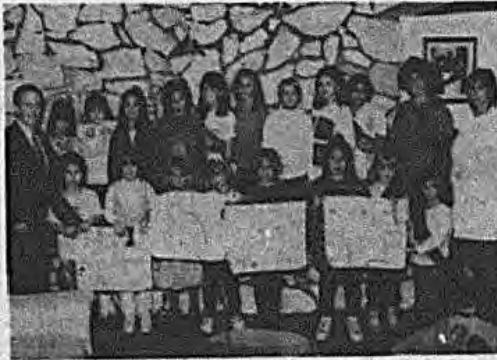
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Kindergarten Stirs It Up



Alyssa Gluck, a student in Mrs. Helen Grumo's class at Burns Ave. Elementary School, stirs up a "real witches brew." The youngsters participated in the Halloween theme game during Miss Linda Shell's physical education class.

Government Discussion



Oyster Bay Town Councilman Leonard B. Symons recently discussed aspects of government with members of a local Plainview-Old Bethpage Brownie Troop at the Councilman's home in Plainview. The Councilman, an avid fan of meteorology, also gave a tour of his in-home weather station and explained how the equipment worked. The Brownie Troop is under the direction of (back row, left to right) Leader Marcia Goldberg and Co-Leader Janice Heenan.

Senior Questions



Oyster Bay Town Councilman Leonard B. Symons (second from left) recently conducted a discussion with senior citizens from Plainview-Old Bethpage on a proposed Town of Oyster Bay Anti-Graffiti Law that makes government law enforcement personnel, business owners, civic leaders and residents partners in the fight against graffiti. Symons, who helped spearhead the anti-graffiti crusade, said viable solutions to the problem require residents to channel their collective anger into involvement and action. On hand for the meeting (left to right) were Senior Trustees Abe Schneider, Stanley Anderson and Renee Simon.

Bethpage Library November Children's Programs

Veterans' Day Special - A Family Program. Morgan, Torgan and Tert by Sneakers Music, Inc., Thursday, November 11 at 2 p.m. Three actor/musicians combine the magic of musical theatre with the excitement of pop music and the simplicity of nursery rhymes. With a thousand looney characters, creative songs, delightful staging. Refreshingly different! Ages 2 through 8 and parents.

Animals Alive! with Chris Pendergast, Zoologist, Saturday, November 13 at 2 p.m. All about animals - how they live, what they eat, what they do. A trained naturalist will bring along live snakes, lizards, chameleons, birds and a pig, hamster, ferret, an iguana and some dogs. Grades K-5.

The Mysterious Maya with Beatrice Holland, Archaeologist, Saturday, November 20 at 2 p.m. Learn about a fascinating, vanished civilization of Ancient Mexico. With an exciting slide show, interesting artifacts, and a craft to make and take home. You can carve your own Mayan stela or inscription in ancient writing called "glyphs" Grades 3-6 and parents too. \$2 materials fee per youngster.

Sunday Family Special - Live Theater! Aladdin with the Happy Times Children's Theatre. Sunday, November 21 at 2 p.m. Four professional actors will present the classic story from "The Arabian Nights" of Aladdin, a poor tailor's son of old Baghdad, his magic ring and wonderful lamp, a hideous genie, and a fabulously beautiful princess. With colorful costumes and props, sparkling excitement, and loads of audience participation. Grades K-6 and parents.

In Service

Navy Fireman Apprentice Nikolaos G. Yalamas, a 1990 graduate of John F. Kennedy High School of Plainview, is currently deployed aboard the aircraft carrier USS America, homeported in Norfolk, Va., the lead ship of its joint task group, and recently visited Trieste, Italy, and is in port at Corfu, Greece.

USS America has been operating in the Adriatic enforcing the "no-fly zone" over Bosnia-Herzegovina.

Yalamas is one of the more than 12,000 Sailors and Marines assigned to the joint task group which consists of the USS America battle group, the USS Guadalcanal Amphibious Ready Group and the 22nd Marine Expeditionary Unit.

While in Trieste, the crew of USS America competed with local residents in softball, basketball and soccer games. Additionally, the crew hosted 1,000 visitors to tours of the ship.

Hicksville Comets Continue To Shine

The Hicksville Varsity Girls' Volleyball Team won its second tournament of the season taking the 1st place trophy at the Valley Stream Central Girls Volleyball Invitational. Hicksville was undefeated (10-0) in the tournament.

In the qualifying rounds - Hickville defeated teams from Bethpage, Valley Stream South and East Meadow. In the semifinal game, Hickville beat Kellenberg H.S. Then Hickville met East Meadow again, in the finals. The Comets were victorious.

An All-Tournament team was selected including 3 members from Hickville, they were:

Senior Laura DeAngelis, Junior Erin Mitchell and Freshman Niki Franchino. Each participating team member received an inscribed medal.

Members of the team are: Captain Laura DeAngelis. Seniors: Erin Bartley, Jennifer Schwars and Jennifer Sullivan. Juniors: Debbie Drew, Erin Mitchell, Lynn Myron, Danielle Raemdonck, Grace Treopaldo and Michelle Zaffuto. Sophomore: Katie Tower. Freshmen: Niki Franchino and Kristy Haley.

The team is coached by Barbara Feuerstein and Russi Villalta.



Hicksville Varsity Volleyball Team. Back Row: R. Villalta (coach), D. Drew, K. Tower, J. Schwars, E. Bartley, J. Sullivan, L. Myron, N. Franchino, B. Feuerstein. Second Row: G. Treopaldo, E. Mitchell, K. Haley, M. Zaffuto, D. Raemdonck. 1st Row: Captain L. DeAngelis.

Lions Club Presents Award



The Hicksville Lions Club recently presented the Melvin Jones Award for Outstanding Humanitarian Service to Edward Blaszkowky, a long-time member of the Lions Club. The Hicksville Lions Club is a volunteer service organization which participates in local and international service projects.

Ed Blaszkowky is shown holding this prestigious award which was presented by Lions Officer Jack Webber, Lions District Governor Sal Lucito, and Lions President George Malda.

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MICHAEL VITERI, et al,
Defts. Index #17763/90.**

Pursuant to judgment of foreclosure and sale entered Mar. 15, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y., on Nov. 19, 1993, at 10:30 a.m., prem. k/a 38 Woodlake Dr. East, Woodbury, NY.

ALL that certain plot, piece or parcel of land, situate lying and being at Woodbury, Town of Oyster Bay, County of Nassau and State of New York, known and designated as Home No. 38, together with an undivided .8379 percent interest in the common elements of the Declaration of Condominium entitled, "Woodland Pond Condominium" and recorded in the Office of the Clerk of the County of Nassau on the 12th day of December 1979, in Liber 9237 of Conveances at 940 also being shown as Home and Unit No. 38 on map entitled, "Woodland Pond Condominium, Section I and II," certified by Nelson & Pope Civil Engineers and Surveyors and filed in the Office of the Clerk of the County of Nassau on the 12th day of December 1979 as File No. CA-50, also being known as Section 13, Block C, Lot 177*, Unit No. 38, on the land and tax map of the County of Nassau.

Approx. amt. of judgment is \$94,385.49 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

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**Helping Child
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Hicksville Public Schools and the Parent Teacher Association will present a workshop for elementary school parents on Dec. 1. The workshop will be held at 7:30 p.m. at the Old Country Road School. The theme of the workshop, "Helping Your Child Achieve Success At Home and In School," will be presented by guest speaker Tim Jahn. Mr. Jahn is the Coordinator of Education and Human Development Programs from the Cornell Cooperative Extension and has worked extensively with parent groups and parent educators throughout Long Island discussing issues of building self-esteem and motivation.

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Kiwanis, Key Club Clean Fountain



Kiwanis, Key Club Cleaners.

On Saturday, October 23, Hicksville Kiwanians and Key Clubbers began this year's clean-up of the park and fountain areas in downtown Hicksville. Armed with rakes, shovels, brooms and a love of Hicksville, they removed trash, cleaned the fountain, and planted spring bulbs. This project is part of the Town of Oyster Bay Adopt-A-Spot Program.

The Key Club "Kleaning Crew" consisted of Danielle Blomquist, Craig Butler, Kim Chin, Jaime Durkin, Rachel Gangi, Jessica Haupt, Beth Hoffman, Trisha Philpitt, Jyoti Suchdev (Treasurer), Meena

Suchdev (President), Payal Suchdev, and Nora Young. They were joined by Kiwanians Connie Clarke (Secretary), Marc Herbst (Vice President), Patty LeCompte (Immediate Past-President), Marcos Ramirez (Adopt-a-Spot Chair), Ed Saueracker (President-Elect), and Sieg Widder (Director).

The group was encouraged by the applause of many of the passerby who appreciated its efforts. Spring plans call for more extensive work on the fountain (which was donated by the Kiwanis Foundation of Hicksville) and increased beautification of the northern tip of the park.

**Environment
Comm. Meeting**

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

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

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

**Fall Luncheon
For Sr. Citizens**

Salvatore Mugavero, Supt. of Hicksville Public Schools, has announced plans to hold the district's second Annual Fall Luncheon for senior citizens. The luncheon will be held on Tuesday, Nov. 16 from 2:30 until 4:30 p.m. at Hicksville High School.

Senior citizens will be treated to a delicious luncheon served by high school students. The menu includes a choice of fresh Briasket of Beef or Chicken Washington. Entertainment throughout the afternoon will be provided by a variety of groups from the fine arts program. High school art students will share their talents for the occasion by creating fall centerpieces. The afternoon promises to be a delightful experience for all.

Reservations are required. Senior citizens in the community who are interested in attending the luncheon may purchase tickets through any of the four senior citizen community groups to which they belong: Our Lady of Mercy Seniors, Levittown Hall Seniors, Hicksville/Mid-Island Seniors and St. Ignatius Senior Citizen Club. A limited number of tickets for seniors who are not members of an organization are available at the Hicksville Public Schools administration building, please call 733-6582. Tickets are \$3 each.

**Bethpage Board Takes
Personnel Actions**

In personnel actions, the Board approved the resignation of Athletic Storekeeper Robert Gander, Jr., the resignation of Clerks-typist Angela Schult, and the retirement of Night Cleaner Joseph Majewski. Lori Bunalis was appointed as a long-term substitute and Christine Carney was appointed as a Chapter 1 mathematics teacher. Frank DePalma was appointed as a full-time evening custodian, and Mary Ellen Ginty was appointed as a school hourly monitor. The Board approved administrative inter-nalships for Maureen Meola and Elizabeth Mastrella.

Various extracurricular appointments were approved. A revision to policy #5113.2, Series: Students, Subject: Attendance Requirements - Out-of-District Occupational and Cultural Arts Programs was approved as well. The Board authorized the President to sign a transportation contract with We Transport, Inc., and approved a Special Education Tuition contract with the Association for Help of Retarded Children. A District Health Services fee of \$411 per pupil, for health services rendered to children attending parochial schools within the Bethpage School District, was also approved.

The Board also approved the creation of a recorder ensemble at the Middle School, with a stipend of \$494.

President Tony Cotton then asked Mr. Nydick to read a letter the Board had received from parent Nancy Carbo regarding an AP biology class trip to SUNY at Stony Brook. She thanked the Board for allowing students to participate in such educational trips.

Mr. Nydick made the following announcements:
- Many Bethpage students participated in the Bethpage Fire Department's Fire Prevention Poster Contest. The following students were winners:
Charles Campagne School: Kindergarten: Nikki Galicia (2nd Place); 4th Grade: Jamie Van Alst (1st Place), Joanne Brooks (2nd Place); Katie Cunningham (3rd Place); 5th Grade: Joseph Sinacori (1st Place), Bridget Brenton (3rd Place). Central Blvd. School: Kindergarten: Ms. Negin's class; 1st Grade: Laura Mauro (1st Place), Peter Heuschneider (2nd Place); 3rd Grade: Ariana Rugino (3rd Place); 5th Grade: Dennis Hickey (2nd Place).
- Gregg Zettler, a student at Kramer Lane, won the Railroad Safety Poster Contest.
- Dr. Regina Cohn has been invited to conduct a workshop on Study Skills Home-School Connections for the Reading Specialists Council of Suffolk.

- The JFK Middle School was visited by personnel from the Hicksville Middle School on October 24.
- On October 14, the Bethpage School District provided a flu immunization program for senior citizens. The program was extremely successful, with 335 senior citizens being immunized. Seven volunteer public health nurses administered the vaccine, and Dr. Pierre Brutus was the volunteer physician. Mr. Nydick thanked Dr. MacLeod, the High School Civic Association and Interact Club for their assistance. He also thanked PTA for providing volunteers. Mr. Nydick also expressed appreciation to secretaries Carol Cummings, Kathy Bielo and Marge Lawrence for their hard work, and extended special thanks to Dr. Paul Cooper, who organized and led the entire program.

October 18-22 has been declared School Board Recognition Week. Mr. Nydick read a proclamation from Governor Cuomo. PTA Council President Maureen Dame thanked the Board members for their efforts on behalf of the children of Bethpage, and presented them with cookies and certificates of appreciation. Ms. Dame then read a Proclamation from the Town of Oyster Bay. Anthony Cotton thanked the PTA for their continuing support, and also thanked the High School Home Economics Department for the muffins.

Mr. Nydick noted that this was the last Board meeting to be attended by Asst. Supt. for Business, Donald A. Ranieri. The Board thanked Mr. Ranieri for his dedicated service to the District. Mr. Nydick then introduced the new Asst. Supt. for Business, Mr. Patrick Pulcini.

The Board then responded to questions. Mr. Greenberg asked about the use of the athletic field for the varsity soccer teams. Mr. Cotton indicated that the Board has discussed the problem, and tentatively planned to move the boys' and girls' varsity soccer teams to the Central Blvd. field next year. In addition, at least two games would be played on the High School athletic field. Other ideas are being explored. Mr. Greenberg did not feel this was a viable solution, as games have a larger attendance and provide for socialization among students if they are held at the High School. There was further discussion and suggestions. Mr. Cotton indicated that the subject was still open for discussion, and various options would be explored. A proposed plan will be presented at the January meeting.

Mrs. Beatty asked about the new computers. The Board indicated that the lease agreement was nearly finalized, and that the computers would arrive a few days after the agreement was signed.

Mrs. Anselmo asked about the 9th grade C-track students who had been moved into the B-track. Mr. Nydick said that a review is in progress.

Mrs. Manser asked about possible changes in the criteria for the gifted and talented program. Mr. Nydick indicated that no final decisions have been made; the District is looking to add more flexibility in deciding which students are eligible for the program.

The next regular meeting of the Board of Education will be at 8 p.m., on November 30, at Kramer Lane School.



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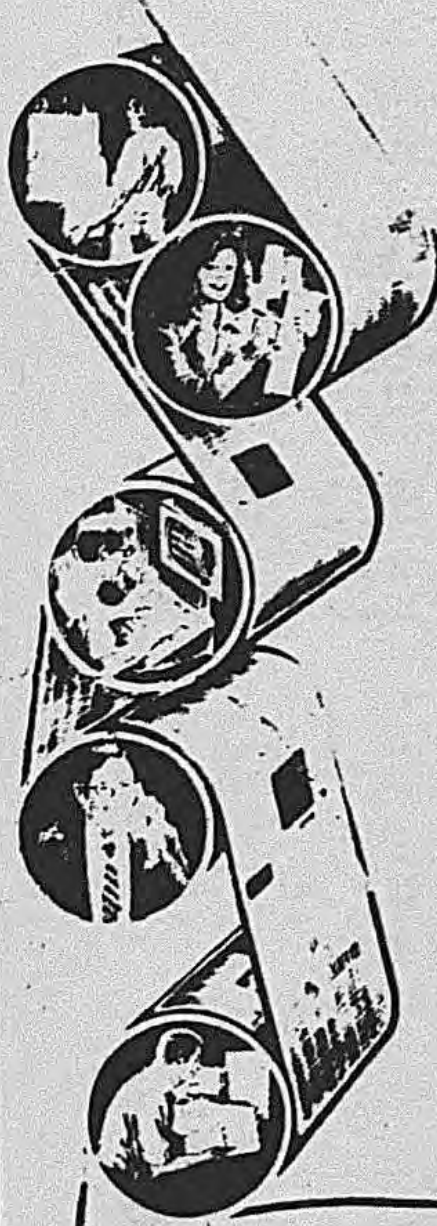
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Woodland Open House



Mrs. Dalo a 4th grade teacher at Woodland is pictured here with a parent, Ma. Marita Rau, whose child Krystal is a student.



Open house went well at Woodland School on Sept 28. L to R: Ms. Jodi Bower, Mrs. Kathy Calvaneese and Ms. Kreditor who teaches 2nd grade.

Grand Opening



Nassau County Executive Thomas S. Gulotta, far right, attended the Grand Opening of the "Jyoti Plaza," which is located on South Broadway in Hicksville. Joining the County Executive were: Town Clerk Dan Fisher, Karen Murphy, Pravin Shaw, Jyoti Shah, Owner.

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Hands-on Experience At Nursing Home



Kennedy H.S. student Ken Joseph helps prepare food trays in the Central Island Nursing Home kitchen.

Recognizing the particular needs of its self-contained special education class, Kennedy High School in Plainview, in cooperation with nearby Central Island Nursing Home, sponsors a hands-on career experience.

For the last twelve years, teacher Denise Cavadias has been taking her class to Central Island, where once a week the students get actual experience in office work, food preparation, and housekeeping. "The Career Exploration program enables these students to get hands-on experience and also helps them develop the social skills necessary for the real world," says Ms. Cavadias.

The weekly visit also offers an opportunity for the kids to get to know the residents and make some long-lasting friendships. Their arrival is marked by friendly greetings. Both old and young are plainly glad to see one another, over the

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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. k/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.

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months, the students come to understand what goes on in a nursing home and its role in the community. "I learned that they help the people in a nursing home," says Jennifer Sklaroff.

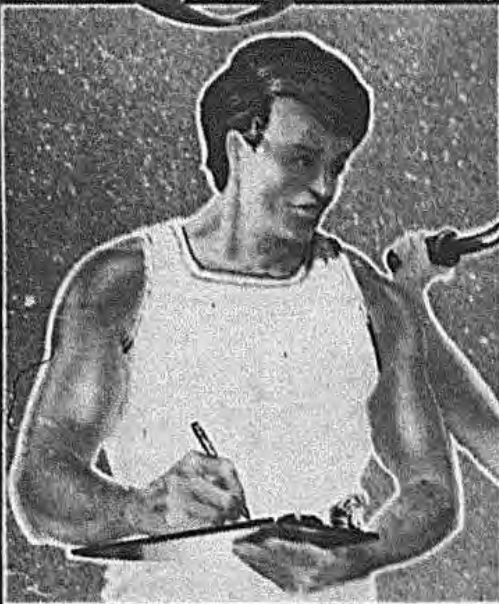
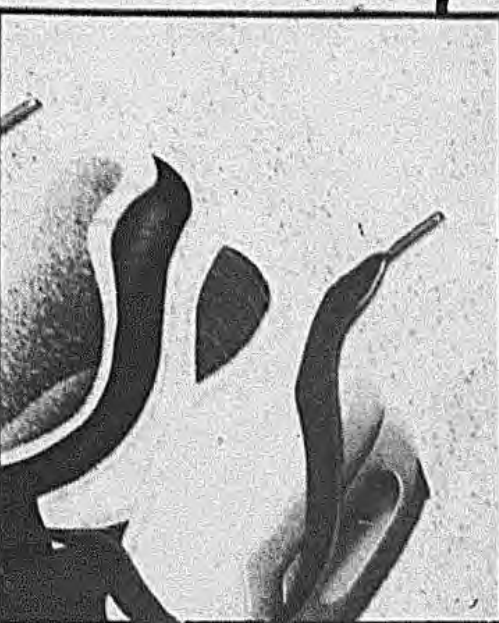
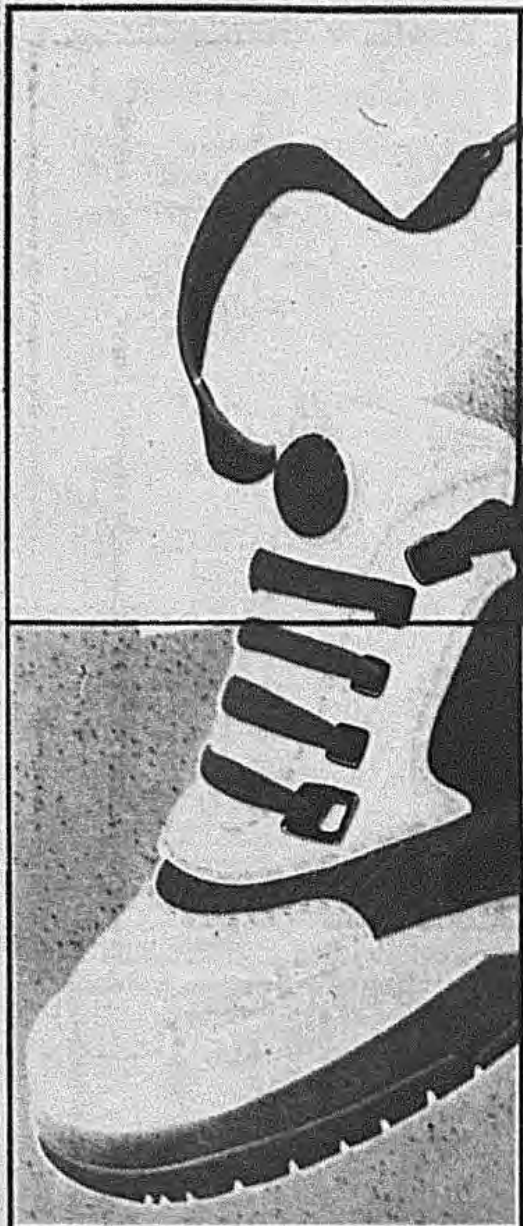
Being kids, all the students say they like the food and snack time at Central Island and the entire experience is enjoyable. "It's fun here because the people are very nice," noted Sarah Del Grosso. Added Patty Priori: "It's good here because I like to work in different places."

The students rotate between work assignments. In the kitchen, they assist in the preparation of the trays, and help distribute salads, juices, and desserts. In housekeeping, they remove clean laundry from the machines and sort it, hanging or folding according to instructions. In the beauty shop, they help clean up between shifts, learning to sweep and tidy the counters. In the recreation room, two students are learning to make copies, collate, and file. By far, everyone agrees that transporting people from their rooms to physical therapy and back again is the best. "I really like to wheel the people," says Peter Hadfield.

In this innovative program, Central Island Nursing Home and Kennedy High School have joined hands for the benefit of some very special kids and equally deserving older folks.

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HEALTH and FITNESS



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Finding time to exercise at home

Recent studies from Stanford University, Norway and the American Heart Association concur that regular exercise will probably lead to a longer, healthier and more energized life. But when does the average working American find the time to exercise?

Those who are motivated to exercise take the time to work out at their local fitness club or participate in other athletic endeavors. But being motivated is the key, Robert Pritikin, director of the Pritikin Longevity Centers, says. "Our society is determined to encourage unhealthy lifestyles and until you create and establish healthy habits, it is as though you are fighting against nature."

The key is to create an exercise program that you can sustain.

Business people are constantly looking for ways to use their downtime, thus the success of car phones and portable computers. In the area of exercise, walking on treadmills is one way to make good use of time and exercise as well.

"Exercising on a treadmill gives you the 25th hour in your day," says Peter Haines, CEO of Trotter, a manufacturer of premium-quality treadmills and strength training equipment. "You can make important calls or watch the news while walking on a Trotter treadmill because they are so quiet. And

regular treadmill exercise will strengthen you to keep up your hectic pace."

Health experts like Robert Pritikin say that "regular workouts on a treadmill are the most likely that people will continue, since walking is the most natural form of exercise known to man."

Another way to make good use of your time and sustain a regular exercise program is by having your own home gym or office gym. This is a trend that is on the rise. According to the Kiplinger Washington Letter, the \$5 add over crowd "will give up on fitness clubs but will use exercise machines at home."

But what do you need in your home gym to make sure you are getting the proper workout? The American College of Sports Medicine's position paper for complete, safe and effective fitness calls for cardiovascular and strength training workouts.

Fitness equipment companies like Trotter are making sure they have the equipment, for both club and home use, to fit the essential exercise needs of the public. Trotter, which used to manufacture only treadmills, recently bought Pyramid, manufacturer of a broad range of strength equipment.

"Home gyms can be expensive investments," says Haines. "Before buying, people should go to a specialty fitness dealer and discuss with them their workout requirements. For example, ask the dealer to explain the difference between free weights and a multi-gym. Free weights are much less expensive, but if you use them incorrectly, you can easily injure yourself."

The University of California at Berkeley Wellness Letter suggests, if you are buying equipment for a home, you probably should start with a basic set of free weights, unless you are certain that the investment in costly resistance machine, is worth it.

"The key to home equipment is to make sure it is reliable and that you will use it," says Haines.

Enjoy a healthy, delicious meal — Mediterranean-style

When it comes to health the Mediterranean diet has the typical American diet beaten — spoons down. That's good news for food lovers and health enthusiasts alike. The Mediterranean diet is a delicious cuisine filled with grains, fresh vegetables, beans, fish, fruits and olive oil.

In fact, olive oil is a staple ingredient in Mediterranean cooking. Its unique, flavor-enhancing quality makes food taste delicious, while its cholesterol-lowering properties help keep heart disease in check.

To help Americans make the switch to the healthier fares of Italy, Spain and Greece, Filippo Berio Olive Oil is offering a special 307-page softcover edition of *The Low Cholesterol Olive Oil Cookbook* for only \$5.45. The original hardcover edition sells for \$19.95.

Destined to be a stove-side standard, the cookbook includes more than 190 easy-to-follow recipes — for preparing everything from bouillabaisse and risotto to Greek salad and shish kebab. Each recipe states preparation and cooking times and features a useful nutrient analysis.

To obtain a copy of the cookbook, please send your name and address plus a check or money order for \$5.45 to: Filippo Berio Olive Oil Cookbook Offer, P.O. Box 5021, Clifton, NJ 07015-5021.

A soup for all seasons

Vegetable-rich minestrone soup, a Mediterranean classic, is sure to be a favorite all year long. For a light lunch or dinner, try this exciting new version, served hot or cold, with slices of crusty bread.

During the summer, when gardens

and produce stands offer the freshest and best tomatoes, zucchini, cabbage and carrots, chop and stir up a batch to serve chilled, like gazpacho. It's delicious, healthy and pleasantly accented with olive oil.

In chillier seasons, heat this appetizing All-Season Minestrone for a warming, good-for-you repast. As a special treat, top with a teaspoon of your favorite pesto sauce or grated cheese.

To prepare All-Season Minestrone, follow these easy directions. You'll find that a food processor makes quick work of the slicing and chopping.

ALL-SEASON MINISTRONE makes 4 servings

- 1/2 cup Filippo Berio Olive Oil
- 1/2 cup chopped onion
- 1/2 cup chopped fresh or canned tomatoes
- 1/2 cup chopped carrots
- 1 cup chopped green cabbage
- 1 cup chopped zucchini
- 4 cups water
- 3 green onions, chopped
- 1/2 cup diced, peeled potatoes
- 1/2 cup chopped fresh mushrooms
- Salt (optional)
- Black pepper to taste

1. Heat olive oil over medium heat in a large soup pot and sauté onion until tender, about 4 minutes.

2. Add tomatoes, carrots, cabbage, zucchini, water, green onions, potatoes and mushrooms. Cover and cook at a gentle boil for 18 minutes, or until vegetables are tender. Add salt (if desired) and pepper. Serve hot with a dollop of pesto or grated cheese (if desired). Or let cool, chill and serve cold.



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There's no better feeling than being healthy

Enjoy the advantages of not being a couch potato

There really is no mystery when it comes to staying in shape. It's simple: eat right and exercise. This goes for people of all sizes and shapes. Even thin people should be concerned about their diets and get regular exercise. The list of benefits to be gained from exercise may be longer than you think.

Besides burning calories, regular exercise can help you feel like a new person. According to the National Cholesterol Education Program, exercising for 15 to 30 minutes three times a week will: give you more energy, relieve stress, give you added strength to work and play harder and longer, firm muscles, and allow you to fall asleep easier. Thanks to exercise, your body becomes a fine-tuned machine.

The benefits don't stop there. The National Cholesterol Education Program also advises that exercise helps fight heart disease and common health problems, too. Shaping up and staying fit helps you tackle problems like high blood pressure, high blood cholesterol, diabetes, and obesity. A healthy heart means a healthier life.

Cholesterol doesn't discriminate

Everyone — even thin people — should be concerned about their intake of fat and cholesterol. The higher your blood cholesterol level, the greater your

chances of getting heart disease. High blood cholesterol doesn't discriminate, either. It affects people of every ethnicity, males and females, young and old, tall and short. And guess what? It can happen to you, too.

How high is your cholesterol?

Everyone should get their blood cholesterol levels checked regularly. According to The National Cholesterol Education Program, if your cholesterol level is 200 mg/dL (milligrams of cholesterol per deciliter of blood) or greater, it may be too high.

Most people can lower high blood cholesterol by changing the way they eat. This doesn't mean giving up all the foods you love. Instead, you can learn to prepare foods differently and eat certain foods less often and in smaller amounts.

For lowering blood cholesterol, remember: *less is more*. Eat less fat, eat less saturated fat, eat less of cholesterol-laden foods and, if you are overweight, lose weight. Another way to think of it is, *more is less*: eat more vegetables, eat more fruits and eat more grains.

Regular exercise and a proper diet is the key to a healthy life. It's easier to achieve than you may think, once you start. The hardest part is taking the first step.

Food for health: How much do you know about your choices?

Food fads come and go. So it's no surprise that consumers in search of good health are confused about wise food choices. When it comes to foods that may help ward off disease, how much do you know? To check your nutrition savvy, take this True/False quiz developed by the Therapeutic Foods Nutrition Council (TFNC).

Test your nutrition knowledge with these True or False questions:

1. Garlic has been shown to lower blood cholesterol levels.
 2. Boiling vegetables is the best cooking method for vegetables.
 3. Pasta is a good source of beta-carotene.
 4. EPA, a substance found in salmon and tuna, appears to help the body protect against heart disease.
 5. Oriental mushrooms contain compounds thought to stimulate the immune system and inhibit blood clotting.
 6. Oat bran and psyllium are rich in soluble fiber.
 7. Enriched white bread is just as nutritious as whole grain bread.
 8. Calcium may help to lower blood pressure.
- Research in nutrition and medicine has proven there are a plethora of foods that, through their nutritional value, may help to treat or protect against a variety of diseases. Vitamin supplements do the job, too.

Answer key:

1. **True** — Studies have shown that garlic can lower blood cholesterol in individuals with high blood cholesterol levels.
2. **False** — Steaming vegetables, not boiling them, is the best cooking method; steaming helps to retain nutrients.
3. **False** — Beta-carotene is found in dark orange (carrots, sweet potatoes) and dark, leafy green vegetables (spinach, kale). It is converted by the body into vitamin A.
4. **True** — EPA (eicosapentaenoic acid), an essential fatty acid, appears to help protect against heart disease.
5. **True** — Shiitake and Reishi mushrooms are thought to contain compounds that stimulate the immune system, inhibit blood clotting, lower cholesterol and inactivate viruses.
6. **True** — Oats, oat bran, psyllium and guar gum are good sources of soluble fiber, a type of fiber that helps lower total blood cholesterol and LDL-cholesterol levels.
7. **False** — Although the enrichment process replaces five nutrients, whole wheat bread has higher amounts of most vitamins, minerals and fiber than enriched white bread.
8. **True** — Studies have shown that calcium may help to reduce high blood pressure.

If You're Under 50, You Still Need a Mammogram.

If you've been reading the news lately, you may feel confused about recent reports that mammograms are not beneficial for women under fifty.

You should be aware that the American Cancer Society and The American College of Radiology have not changed their guidelines and stand by their recommendations that women aged 35-49 should have mammograms.

Great Neck Women's Center rejects recent studies and supports call for continued vigilance.

In accord with the A.C.R., Robert A. Jason, M.D. at Great Neck Women's Medical Care, finds the recent Canadian and other international studies flawed, without significant data to draw conclusions.

At the Great Neck diagnostic center, he continues to follow the American Cancer Society's and American College of Radiology's guidelines, advising a first mammogram at age 35, every 1-2 years from 40-49 and every year after age 50.



"Rather than withdrawing this potentially lifesaving approach we must strive to provide high quality screening to find cancer earlier at a time when cure or mortality deferral is more likely," says Dr. Jason.

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Tips to improve your lifestyle

No matter what their lifestyles, more and more people these days are becoming aware of the importance of eating healthy, exercising regularly for physical fitness — as well as mental health — and getting the right amount of sleep. Still others are quitting smoking, even alcohol consumption, to help prolong their lives.

Good health is something often taken for granted, but realizing that you are not indestructible and that your health can fail you at any time can spur you to make drastic lifestyle changes. Remember that just because it's fall doesn't mean you have to neglect your body. Of course, you may not sport that healthy tan you had all summer long, but wearing heavier clothes and enduring colder weather is no reason to let your exercise regimen go by the wayside.

Consider these tips for staying in shape all winter long.

• If you don't already belong to a health club or exercise program, sign up now. Not only will you sleep better, feel better, look better and suffer fewer colds and illnesses as a result, but many gyms and clubs run fall and winter membership specials that could prove a substantial cost savings to you.

• Just because it's winter, and hot and heavy foods look enticing, don't neglect those cool, crisp and green ones that energized and refreshed you all summer long. Make a delicious salad using different types of lettuce — iceberg, endive, watercress, arugula. And keep your refrigerator stocked with fruit — not all go out of season. Many types of fruit remain large, ripe and delicious in the winter. Some good ones to try: grapefruit, oranges, apples, grapes, bananas.

• If you've never had a cholesterol blood test to check the levels of cholesterol in your blood, you might want to ask your doctor about it on your next visit. High levels may be inherited, but in most cases they are due to a diet high in saturated fats. Don't develop bad eating habits, cut down on alcohol consumption and quit smoking as well for a healthier heart.

• Don't exercise without warming up first. Joints are often stiff and muscles contracted in colder weather. A good warm-up regimen consists of movements simply to get the joints and muscles working. Arm circling done with your feet wide apart and your arms loose, or side bends with feet wide apart and your hands on your hips, are all good and pro-

mote agility and good posture.

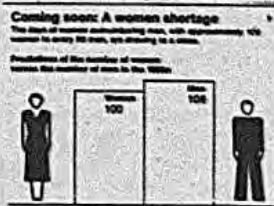
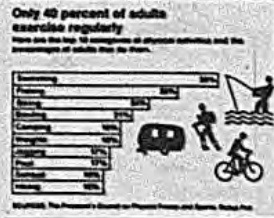
• You may have to trade in that tennis racket for a new pair of jogging shoes, depending on the climate in which you live. When jogging (a great aerobic workout), start by going at a comfortable rate for about 50 yards. Slow down and walk 100 yards. Keep repeating this cycle until you've been going about 20 minutes. Stop if you ever start to feel dizzy, sick or so out of breath you can't speak. Don't extend the time limit over 20 minutes until you can jog for the whole 20 minutes without stopping.

• Walking for fitness can be incorporated into busy days or on your lunch hour. It requires only comfortable shoes and clothing. Take along your dog, or a cassette player, headphones and your favorite stimulating music.

• Replenish your body with plenty of liquids, especially when exercising. Indoor centralized heating as well as the dry, cold and biting winds of winter air can dry out your skin. Drinking lots of water will not only cleanse your body of toxins but will retain the moisture balance in your skin.

Remember, fight off those winter blues by maintaining, possibly increasing, a commendable fitness and wellness program. Incorporating a healthy regimen into your daily routine involves

some time management, planning and flexibility on your part. Don't be afraid to indulge in new activities when the opportunity arises (snow skiing, perhaps?). Challenging your body in new and different ways will help you develop to your maximum potential and be the very best you can be.



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By Alison Ashton

Does it seem like your son's grades don't reflect his abilities? Does your daughter become fractious and irritable after meals or snacks?

The problem could very well be what your children eat. Every parent knows that too much sugar can make an active child really bounce off the walls.

But did you know that an allergy to milk makes children lethargic, depressed and forgetful? Or that children who are deficient in certain vitamins and minerals are easily fatigued, irritable and have trouble concentrating?

The forthcoming book "Eating For A's: A Delicious 12-Week Nutrition Plan to Improve Your Child's Academic and Athletic Performance" by Dr. Alexander Schauss, Barbara Friedlander Meyer and Arnold Meyer (Pocket Books) offers tips on spotting nutritional weaknesses and how to remedy your child's eating habits.

"No matter what we think about the well-rounded child, we never think of him sitting down and eating," say the authors "Yet a child's behavior is influenced by the chemical reactions of his food choices."

Most children in this country suffer from what the authors call "overconsumptive malnutrition."

"People assume that whatever is sold in a supermarket must have some kind of nutritional value," say the authors. "In fact, many favorite items might not even be considered food at all because they cannot be classified into the traditional food groups."

The authors recommend at least a 12-week commitment to wean children off "non-foods" such as corn chips, doughnuts and soft drinks for two reasons. First, your children can't change their eating habits overnight. Second, it takes most children that long to stop craving the sugar rush they get from most sweet afternoon snacks.

Changing your child's eating habits also requires a commitment on your part. It takes time to read package labels, stock the kitchen with the right foods and prepare an interesting menu.

LEARNING NUTRIENTS

There are 12 nutrients that affect a child's ability to concentrate and learn.

Necessary vitamins include vitamin A, thiamin, riboflavin, niacin, pyridoxine, folic acid and vitamin C. Minerals include iron, magnesium, potassium, zinc and chromium.

Deficiencies in nearly all of the learning nutrients manifest themselves in the form of fatigue, mood swings, depression, slowed intellectual processes, inability to concentrate, poor sleep and impaired memory.

"Eating for A's" advocates getting the nutrients you need from the food you eat rather than from vitamin and mineral supplements. That means lots of whole grains, fresh fruits and vegetables, nuts and seeds, chicken, fish, tofu and other healthy items most kids claim to hate.

Nutrition boosts academic performance

FOOD ALLERGIES

Food and chemical allergies are another source of learning problems, but how do you know if your child suffers from an allergic reaction?

Behavior is one key. Sudden mood swings after eating, craving a particular food or if the ability

to read or reason changes from one day to the next could signal a food or chemical allergy.

Also look for physical signs, such as dark circles under the eyes, a persistently stuffy or runny nose, flushed cheeks, chronic laryngitis or cold hands and feet.

Common pediatric food allergies include cow's milk, wheat, eggs, corn, chocolate, beef, pork, peanuts, oranges and grapes, sugar and artificial food coloring and preservatives.

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By Sharon Williams

That old adage about an apple a day keeping the doctor away is as fitting in the 1990s as it was a few decades back.

In other words, health care for women today has much to do with prevention and early detection.

Good intentions, say health-care experts, truly can lead to good results.

Early detection of breast cancer and melanoma, for example, can prove lifesaving. Ditto for the prevention of heart disease, osteoporosis and sexually transmitted diseases such as AIDS.

And when health does fall, effective surgical and drug treatments are ready at the wait — and more high-tech procedures are on the horizon.

Following is a rundown of a few examples in the area of women's health.

BREAST CANCER

Breast cancer used to seem a cruel game of chance as it hit women in what appeared to be a random pattern.

But today, research links breast cancer to several factors, among them a fatty, high-protein diet, hormones, such as estrogen, and heredity.

Medical experts say that thanks to mammography, the percentage of patients diagnosed with breast cancer in the very early stages has increased — good news since this form of cancer is most curable early on.

Physicians also are treating more breast cancer that requires

surgery with lumpectomy, when a lump is removed, rather than mastectomy — when the entire breast is removed.

OSTEOPOROSIS

Mother was right when she told you to drink your milk.

Osteoporosis, a condition in which bones deteriorate because of mineral loss, affects as many as half of all women over 45, and 90 percent of women over 75.

Most at risk are those with a family history of the condition, women with a slender build, those who experienced menopause early, those whose diet is calcium-deficient, smokers and excessive drinkers, those who don't exercise regularly and users of certain types of steroids.

There's not yet an easy remedy for osteoporosis. One reason lies in the fact that calcium supplements aren't absorbed into the body as efficiently as nutrients are.

Thus, doctors usually recommend a prevention plan based on a daily dietary intake of adequate amounts of calcium and vitamin D, along with regular exercise.

Estrogen replacement and other drug therapies are among the options for serious cases, and new drugs that may be able to significantly increase bone mass in postmenopausal women are in the testing stages.

MENOPAUSE

Menopause once meant enduring unpleasant side effects such as

hot flashes, insomnia and vaginal dryness.

Today, hormone replacement therapy — in the form of either pills, injections or skin patches — can eliminate many of the unpleasant symptoms of menopause, and also can help prevent osteoporosis and heart disease.

Replacement therapy works by replenishing the body's supply of reproductive hormones. The usual pill prescription contains about one-sixth the amount of estrogen and progestin found in birth control pills.

Doctors also are seeking ways to help relieve some of the symptoms of menopause through nutrition.

SEXUALLY TRANSMITTED DISEASES

It used to be that "bad girls" were the only ones who had to worry about STDs.

Today, that's hardly the case. Diseases such as chlamydia, AIDS, human papilloma virus, gonorrhea, trichomoniasis and herpes have reached such epidemic proportions that STDs now worry practically everyone.

One of today's best sources of protection is found in an unexpected source — contraception. Some forms of birth control, such as the condom, diaphragm, cervical cap, spermicides and contraceptive sponge actually fight against

STDs as they help protect against unwanted pregnancy.

Treatments, meanwhile, for STDs range from antibiotics and laser removal of warts and lesions to drugs that prolong life for those who test HIV positive and treatments that lessen genital irritations.

COSMETIC SURGERY

Research hasn't yet stumbled upon the fountain of youth, but many of today's techniques practically turn back the hands of time — both before and after the fact.

Sunscreen, high-tech moisturizers, healthful diet and exercise fall into the "before" category.

And, for the aftermath, the newest and most popular breakthroughs in both plastic surgery and cosmetics target the age-old task of making patients appear younger.

Some examples: Plastic surgeons can raise fallen bustlines, firm bulging thighs and tighten sagging skin through procedures such as breast augmentation, liposuction and face lifts.

And the dermatologist can ease years from a wrinkle-lined face through dermabrasion, chemical peels and collagen injections.

HELP YOUR HEART RECIPES

This recipe is intended to be part of an overall healthful eating plan that would not include more than 30 percent of daily calories from fat.

Spaghetti With Zesty Marinara Sauce

Punctuate your passion for pasta with a taste of Italy.

1 Tbsp.	olive oil	2 tsp.	sugar
2	large cloves garlic, crushed	1/4 tsp.	hot red pepper flakes, or to taste
1	large onion, finely chopped	1 cup	water
1 6-ounce	can no-salt-added tomato paste	1/4 cup	red wine
2 Tbsp.	minced fresh parsley	1	bay leaf
1 1/4 tsp.	Italian herb seasoning	1 8-ounce	can no-salt-added tomato sauce
1/2 tsp.	dried basil	1 16-ounce	can no-salt-added tomatoes, crushed, with liquid
1/4 tsp.	salt	16 ounces	spaghetti noodles
	Plenty of freshly ground black pepper	1/2 cup	grated Parmesan cheese, or to taste

Heat oil in a heavy non-aluminum skillet over medium-high heat. Add garlic and onion and sauté until limp.

Stir in tomato paste, parsley, herbs, salt, black pepper, sugar and pepper flakes. Cook 3 or 4 minutes, stirring often.

Bring water, wine, bay leaf, tomato sauce, tomatoes and liquid from tomatoes to a boil. Reduce heat and simmer 1 to 1 1/2 hours. Remove bay leaf.

Cook spaghetti according to package directions, omitting salt. Drain and serve with sauce. Sprinkle dish with Parmesan cheese.

Note: The sauce freezes well. Makes 8 servings (2 ounces spaghetti and 1/2 cup sauce per serving).

Nutritional Analysis per Serving

332	Calories	8 mg	Cholesterol	2 gm	Saturated Fat
13 gm	Protein	188 mg	Sodium	1 gm	Polyunsaturated Fat
60 gm	Carbohydrates	8 gm	Total Fat	2 gm	Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, 5th Edition. Copyright 1991 by the American Heart Association, Inc. Published by Times Books (a division of Random House, Inc.), New York.

Winthrop's New Radiation Oncology Center Enhances Patient-Centered Cancer Programs

Winthrop-University Hospital recently dedicated its newly renovated Radiation Oncology Center and underscored the hospital's commitment to providing cancer patients and their families with



A Dosimetrist utilizes Winthrop's state-of-the-art computers to calculate dosage of radiation treatments in the new facility.

services to speed recovery and ease a difficult time.

While the modernized unit is equipped with the most advanced technology and staffed with experienced professionals, the facility's design fosters patient and family comfort, from the reserved parking area and relaxing waiting room, to the special entrance and private elevator, every effort has been made to alleviate anxiety, support recovery and promote a sense of well-being.

"We concentrate on treating the entire person, not simply the disease," explains Dr. Myron Nobler, Chief of Radiation Oncology. "Our goal is to provide

comprehensive and effective therapy in emotionally supportive surroundings." Winthrop has long been concerned with patients' ability to cope with the effects of cancer. Free support programs, conducted by Winthrop oncology nurses, include:

- I Can Cope, which provides patients with information and skills to deal with diagnosis and treatment.
- Look Good, Feel Better, which teaches ways to minimize effects of radiation and chemotherapy.
- Coping at Home, which teaches caregivers how to care for homebound patients.
- Family Member Support Group, which provides the opportunity for family members and caregivers to share experiences, and
- Patient Support Group, which encourages patients to share their views and feelings.

Cancer prevention is also a high priority at Winthrop. The Freedom from Smoking workshop helps smokers quit through behavior modification.

Cancer detection screenings for breast cancer, prostate cancer, colorectal cancer and skin cancer are offered free or for a nominal fee.

Recognizing that cancer is a complex group of diseases, Winthrop promotes consultations among family physicians, surgeons, oncologists, radiologists, and other cancer specialists. This multidisciplinary approach, coupled with Winthrop's modern facilities, support groups and cancer prevention programs, provides the community with comprehensive cancer care that is, above all, patient-centered.

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Tips for coping with sick schoolkids

Of all the pressures working parents face, the problem of how to handle a child's illness can be one of the most intense. Most employers do not allow absences to care for a sick child, but parents without in-home child care usually have no choice but to stay home with the child themselves.

How to juggle the demands of your workplace with the needs of your ailing child? While there are no ideal solutions, the following may help:

- Call the doctor at the first sign of your child's illness.

When you hope for the best, attributing the first signs of illness to something your child ate or a later-than-usual bedtime, you may find yourself faced with the worst several days home with an illness that might have been cleared up by antibiotics within 24 hours.

If your doctor isn't receptive to such calls, or is not understanding of your problems as a working parent, perhaps you should look for another doctor.

- Build a roster of sitters who may be available to care for a sick child.

It can be worth your while to cultivate sitters who are available to come to your home during the day on short notice if your child is ill. This may take some effort. You can advertise in your local newspaper, post a notice at your church, call the job services department of a local college, ask other working parents in your town for referrals.

- Consider forming a baby-sitting pool with other working parents.

Joining forces with other parents to keep a sitter on retainer to be available to care for sick children may make sense if your child is in his first year of day care and nursery school, when most kids get sick often.

- Attempt to reason with your boss.

If your boss is at all receptive, talk to him or her about your problems in caring for a sick child. Make it clear that while you've made certain emergency arrangements, sometimes you have no choice but to stay home. Let it be known that you don't

want to lie when your child is sick by chilling in sick yourself and that you are concerned about getting your work done.

Even if your company has no policy regarding sick children, your immediate supervisor may be willing to work out an arrangement with you. Perhaps you could bring work home, make up for lost days on the weekends or even bring a sniffling child to the office with you for part of the day.

- Keep your child comfortable, but don't make staying home sick too much fun.

If staying home sick means a wonderful day playing with Mom or Dad, some kids will attempt to stretch out illnesses or will plead to stay home at the slightest twinge. Keeping a sick child in bed, limiting activities and going about your own business in the house at least part of the day will not only help your child get well faster, but will also make him or her look forward to getting back to day care or school as soon as he or she feels better.

HEALTHY CHILDREN

Keep your kids from getting sick

By Mike Dale

You're not the only one with stress.

Today's children are under an increasing amount of tension. They're supposed to get good grades, participate in after-school projects, fit into their parents' breakfast schedule and fend for themselves.

More than ever before, children are coping with the stresses of living in a family torn by divorce, or with only one parent, "or" in a squallor. And in some cases, kids as early as 9 years old are experimenting with drugs and alcohol, and joining gangs.

"The social fabric has torn; the web has ripped," says Richard Louv, author of "Childhood's Future" (Houghton Mifflin). All these stresses add up to one fact.

"Children are less healthy today — physically and mentally — than they were 25 years ago or even 10 years ago," says David Elkind, professor of child study at Tufts University.

Stress isn't the only health issue. Children need proper checkups for hearing, eyesight and an overall physical before they start school to be sure any physical ailments don't interfere with learning. Up-to-date vaccinations are equally important.

COPING WITH STRESS

Recent studies by the National Institute of Mental Health and the Institute of Medicine found that 35 percent of American children under the age of 14 suffer stress-related problems at some point.

Some of the problems are physical: recurring headaches and stomachaches. Others affect behavior. They include lack of concentration, loss of self-confidence, temper tantrums, forgetfulness, crying and yelling, avoiding friends and depression.

Not surprisingly, boys and girls use different methods to cope with stress. Boys become aggressive and physical, while girls rely more heavily on emotional behaviors and social support.

But both sexes find three common ways to relieve stress, according to studies: social support — talking to a parent, hugging a friend or asking for support; cognitive behaviors — thinking about it, reading, writing, talking to oneself, planning what to do, thinking positively, and avoidance behaviors — running away, ignoring it and changing the subject.

The least effective behaviors are yelling, screaming, talking back, crying, peeing, getting angry, feeling sorry, cracking knuckles, biting nails and twisting hair.

CHILD SAFETY

Children are born with every sense but a sense of danger. Every month, more than 6,000 kids ages 14 and under are killed.

Traffic accidents, falls from bikes, playground equipment and skateboards, team sports-related injuries, chemical and fire burns, drownings, poisonings and chokings — all are common ways children get hurt.

Many safeguards seem like shopworn clichés, but they always bear repeating: Never permit a child under 5 to swim alone or unsupervised; take CPR training; children riding bicycles should wear safety helmets; stop and look both ways before entering traffic, either on foot or while riding; athletic children should don recommended safety gear — protective goggles and helmets for baseball players, knee and wrist braces for skateboarders.

FIT KIDS

Nine out of 10 parents believe that their children are physically fit. But two out of three children fail to meet a minimum standard for fitness set by the President's Council on Physical Fitness.

In fact, experts say one-third of all 18-year-olds have at least one of the following: an elevated blood cholesterol level or high blood pressure, a smoking habit, no exercise routine or obesity.

Are You at Risk For Osteoporosis?



The crippling disease, which threatens the comfort and physical integrity of women in mid-life and older retired adults, has yielded under the press of advancing preventive medical practice.

Research and technology provide us with safe and painless methods of detecting the beginnings of osteoporosis, and stopping it before fractures occur.

The Women's Health Program at the Wellness Center offers bone densitometry and other laboratory tests which can identify bone fragility. In addition, counseling is available to help you make the appropriate decision about hormone therapies. You need never worry about osteoporosis again!

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ALZHEIMER'S

By Gregg Howard

Most of us have heard of Alzheimer's disease — the organic brain disorder that begins with forgetfulness and causes a progressive and relentless loss of intellectual and physical functioning.

We used to think of Alzheimer's as senility — the inevitable result of growing old. Though some loss of intellectual alertness is normal with aging, this severe loss of mental function is not a normal consequence of age. And Alzheimer's does not strike only the elderly. Some victims have been in their 30s.

Almost 2 million American adults are afflicted with the disease. It kills about 120,000 of them each year, making it the fourth leading killer in the United States. It is responsible for more than 50 percent of all nursing home admissions. Alzheimer's is irreversible and incurable — and its cause is unknown.

But characteristic behaviors of Alzheimer's victims are known and observable. Many sufferers shuffle, others fidget. They forget the most basic facts: the name of the president, what season it is, how to dress. They repeat the same questions incessantly. They do want to know, they do want to remember — but they can't. While they still can speak, they are proud to tell you what little they still remember. But they can't recall what they have just told you — so they tell you again and again.

As the disease progresses, memory loss increases, reasoning deteriorates and the individual becomes depressed, agitated, irritable and restless. Concentration, speech and handwriting deteriorate. In some cases individuals become violent, and in other cases they become placid and inert. In the final stages of the disease they may be totally unable to care for themselves.

"Some patients will absolutely need institutionalization," said Dr. Carl Eisendorfer, psychiatrist and president of Montefiore Hospital and Medical Center in New York. "Some families hold on to the patients at home too long, and some dump them — but the tendency is to hold on too long."

He said families need to get help, from physicians and support agencies.

"Families are totally unprepared for the spontaneous outbursts of anger and abuse" typical of some Alzheimer's patients, he said. Suddenly they may wonder who their spouse of 45 years is, and order him or her out of the house.

Eventually, the disease is fatal. Because of the variety of symptoms, Alzheimer's is a disease not easily diagnosed. The physician must distinguish it from curable dementia caused by things such as vitamin B-12 deficiency. Several other diseases have symptoms similar to Alzheimer's. Depression can cause listlessness and forgetfulness. Alcoholism or drug use can impair memory. Strokes and other cerebral vascular accidents or malnutrition also can result in memory disorders.

The most distinguishing feature of Alzheimer's is observable only after death through a brain autopsy. The disease "destroys certain vital cells of the cortex (gray matter) of the brain," said Dr. George Glenner, research pathologist at the University of California at San

Disease ravages brain, impairs body

Diego. Researchers agree that a brain ravaged by Alzheimer's is decidedly abnormal in physical terms.

The brain becomes filled with what researchers call plaques and tangles. The plaques, made up of degenerated nerve cell tissue, are thought to block communication between nerve cells within the brain.

The tangles are composed of nerve cells containing a silklike fiber, which also is found within the vessels of the brain and may interrupt nerve signals and, according to one theory described by Glenner, blood flow within the brain.

Some researchers have equipment that attempts to analyze brain changes in live Alzheimer's victims. These machines scan the brain to observe the degree of physical and metabolic change.

There are many theories as to why these changes — and the disease — occur.

One theory is that the disease is caused by a virus. Usually, when a virus enters the brain, white blood

cells invade the brain to combat the virus. Because of their inability to distinguish the intruding virus from the host, the white blood cells may indiscriminately destroy brain cells, as well.

But there is no sign of an immune reaction in the brain of an Alzheimer's sufferer. Neither is there any evidence of the presence of a virus. Viruses usually are transmittable, but Alzheimer's disease does not appear to be.

It also is possible that Alzheimer's is genetic.

"There's a four times greater chance of a blood relation getting Alzheimer's disease than the general population," Glenner said. But there also are many cases that do not fit into this pattern.

Glenner said recent medical research has improved not only the understanding of the disease, but also how to treat its victims to lessen the effects.

Chemotherapy research has been conducted, but so far results are only experimental. Several

drugs, including physostigmine and naloxone, have been reported as promising treatments. "Such drugs may help some patients, particularly in the early stages of the illness," said Dr. Donald Price of the Johns Hopkins Medical School, "but a cure for Alzheimer's disease probably is years away."

For more information about Alzheimer's disease, write: "Deinert-HL," Office of Scientific and Health Reports, NINCDS, Building 31, Room 8A16, Bethesda, Md. 20205, telephone (301) 496-5751. Or contact the National Institute on Aging, Information Office-AD, Building 31, Room 5C36, Bethesda, Md. 20205, telephone (301) 496-1752.

How to sleep better, live better

Experts say that how well you sleep at night has a direct impact on how much energy you have during the day. If you have been feeling groggy or tired during the day, consider some of these sleep tips to improve your nights and energize your days:

• Exercise at least three times a week for thirty minutes at a time. People who exercise regularly, sleep better.

• But keep in mind that exercising too close to bedtime may wind your system up and make it harder to fall asleep.

• Don't go to bed starved or stuffed. A full stomach will not let you fall asleep and an empty one will wake you up in the middle of the night.

• Good bedtime snacks are complex

carbohydrates like bread, fruit, cereal, or pasta.

• Try to avoid anything that contains caffeine for at least six to eight hours before bedtime.

• Sleep on a quality mattress and foundation. Any bed that's seen eight to 10 years of nightly use probably is no longer providing adequate comfort and support.

• Avoid alcohol before bedtime. A nightcap may help you fall asleep, but it will rob you of the deep, quality sleep you need to feel your best.

• For more tips on how to get a good night's sleep, write for a free copy of the Better Sleep Council's "Sleep Better, Live Better Guide," P.O. Box 13, Washington, D.C. 20044.



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Who needs coronary screening?

In general, men and women with one or more of the following risk factors for coronary disease: family history of heart disease, high blood pressure, elevated cholesterol, diabetes, cigarette smoking, obesity or a sedentary lifestyle.

Why is coronary artery screening important?

- Coronary artery disease is the leading cause of death in America.
- Half of all men and women will suffer disability or death from atherosclerosis, the disease process which clogs coronary arteries, causing heart attacks and strokes.
- As many as 1.5 million Americans will sustain heart attacks this year; half of these heart attack victims will be under age 65.²²
- Half of all deaths from coronary disease occur suddenly, often without warning.

What about cholesterol and exercise tests?

Not everyone with elevated cholesterol is in danger of a heart attack, and as many as 20 percent of the population with normal or low cholesterol will develop coronary disease. Exercise testing can detect only advanced coronary disease. Therefore, the American Heart Association does not recommend it for routine screening of people with no symptoms.

How does it work?

Ultrafast CT scanning is a painless, non-invasive, 6 minute, safe test. Using the electron beam technology used in radiology for more than 10 years, it detects calcium in the walls of diseased coronary arteries. This calcification occurs exclusively in atherosclerosis.

How accurate is it?

The Ultrafast CT detects early coronary disease in about 85 percent of cases and advanced coronary disease in 98 percent of cases. Neither conventional exercise testing nor thallium stress testing, which costs three times as much as the ultrafast scan, can detect early coronary disease. Moreover, these tests miss up to 25% of advanced heart disease.

What if my test shows calcification?

Calcification indicates at least some coronary disease. The amount of calcium is related to the extent of disease, and helps your doctor recommend appropriate treatment, including diet, medication, or further testing.

How can I get the ultrafast CT screening test?

If you are at high risk, you can arrange a screening at St. Francis Hospital's DeMatteis Center for Cardiac Research and Education, located on Northern Blvd. in Old Brookville. Results of the test will be sent to your personal physician. If you do not have a personal physician, a doctor on the staff of St. Francis Hospital will be available for follow up.

For information or an appointment call: (516) 629-2000

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Give your eyes a tune-up this winter

The long winter season is upon us and, with it, the cold weather that makes cars "stall" and eyes "run."

As you take precautions for safe winter driving by giving your car a tune-up, so should you schedule an eye examination to be sure that you are seeing clearly this winter.

Regular examinations by your eye care professional are an important part of health maintenance. Eyes should be examined annually, or more often, as your doctor prescribes.

Ophthalmologists and optometrists provide eye examinations. Ophthalmologists are physicians who specialize in diagnosing and treating diseases and disorders of the eye. Their services include surgical treatment when required.

Optometrists, or doctors of optometry, provide non-surgical diagnosis and treatment of eye disorders.

Opticians are similar to pharmacists, in that they dispense eyeglasses and may fit contact lenses on the basis of prescriptions from ophthalmologists and optometrists.

Dr. Donald Teig, O.D., spokesperson

for the Bausch & Lomb InVision Institute, stresses the importance of a "comprehensive eye exam, including glaucoma testing."

Your eye care professional should review your medical history and perform a physical examination of your eyes, including testing for visual acuity, color vision, eye reflexes and muscle balance.

A thorough eye examination may reveal that you are hyperopic, or farsighted (close objects are blurred); myopic, or nearsighted (far objects are blurred); astigmatic (visual discomfort and distorted images resulting from an irregular shaped cornea); or presbyopic (difficulty in adjusting focus from near to far away as a result of the eye's aging process).

There are a number of options available today for the 143 million Americans who require vision correction.

If a vision problem is detected, your eye care professional might prescribe eyeglasses.

Also, contact lenses are available today for most common vision problems.

Many contact lens wearers prefer them

over eyeglasses because they offer a more natural field of vision; don't fog up when the temperature changes and won't slide off your nose or leave red marks.

If you already wear eyeglasses or contact lenses, or even if you think you don't need vision correction, regular check-ups are important so that your eye care professional can detect any eye disorders or a change in prescription.

Dr. Teig adds, "Contact lens wearers should have their doctor evaluate the protein buildup on their lenses." Protein deposits can cause eye discomfort and should be removed by frequent cleaning to prevent damage to the lens.

How do you know if you need vision correction? Dr. Louis Catania, O.D., of the InVision Institute and Associate Professor at the Pennsylvania College of Optometry, cautions that the prolonged presence of the following symptoms should prompt you to visit your eye care professional:

- Headaches;
- Any ocular (eye) pain;
- Discomfort or redness of the eye;
- Changes in vision or blurry vision;
- Double vision;
- Problems with reading;
- Eye discharge.

Joseph W. Soper, member of the Bausch & Lomb InVision Institute's Scientific Advisory Board and Clinical Associate Professor in the Department of Ophthalmology at Baylor College of Medicine in Houston, has coined a phrase to make symptoms of vision problems easy to remember:

- R. edness
- S. ensitivity
- V. ision Problems
- P. ain

So remember that your eyes need an occasional "tune-up," too. See your eye care professional this winter and, if you wear contact lenses, protect them from winter weather and everyday wear by cleaning and caring for them properly.

For a free brochure on eye care and vision correction, write to: The Bausch & Lomb InVision Institute, P.O. Box 815, Quincy, MA 02269.

Start out right: College lifestyle calls for a healthy daily routine

College life means making new friends, experiencing a new environment and having new, and many more, responsibilities without parental supervision.

Start out right by developing a daily healthy routine so you can keep pace and enjoy your new, exciting lifestyle.

Following are some tips to keep you feeling fit and trim with energy to spare.

• Exercise should be part of your daily routine. It increases stamina and keeps you feeling energetic.

• Because nighttime is often devoted to studying, early morning or between-class breaks are usually the most convenient times to exercise.

• Be sure to get plenty of rest. The average adult requires six to eight hours sleep each night.

• Too many all-nighters will begin to hamper your performance. Pace yourself and develop a routine that will enable you to get the proper amount of rest.

• Limit your intake of high-calorie foods and starches. Instead, fill up on fresh fruits and vegetables, poultry and fish.

Supplement your diet with a multi-

vitamin to ensure that you're getting proper nutrition.

• Eat slowly and be aware of the amount of food you're consuming. Often, dinner time is spent socializing, so it's easy to ignore the feeling of fullness.

• When you've finished a meal, don't linger in the dining hall. Instead, invite friends back to your dorm or suggest an after-dinner walk.

• Invest in a compact refrigerator and fill it with low-cal snacks for late-night munchies. Good snacks to keep on hand are celery sticks, fresh fruit, frozen yogurt and mineral water.

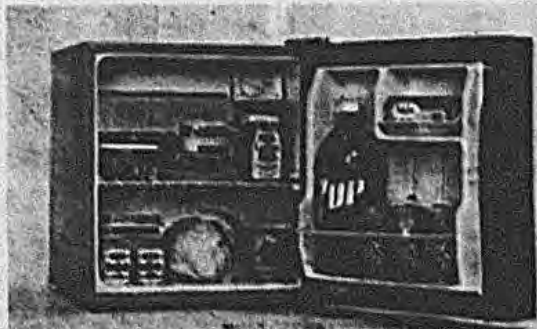
• GE makes a compact refrigerator, model TA25G, that offers significantly deeper doors with greater storage—convenient for storing both fruit juice and, of course, the occasional six-pack!

• Keep a proper balance between academics and your personal time. Both are equally important to your mental well-being and growth.

Participate in extra-curricular activities that will help you to become a more well-rounded person.



IN THE EFFORT to drive people to see their eye care professionals on a regular basis, the InVision Institute and Dr. Donald S. Teig (above) are taking a larger-than-life lead.



OFFERING SIGNIFICANTLY DEEPER DOORS with greater storage, GE's compact refrigerator, model TA25G, is perfect for the fitness-conscious student.

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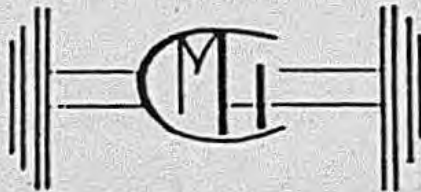


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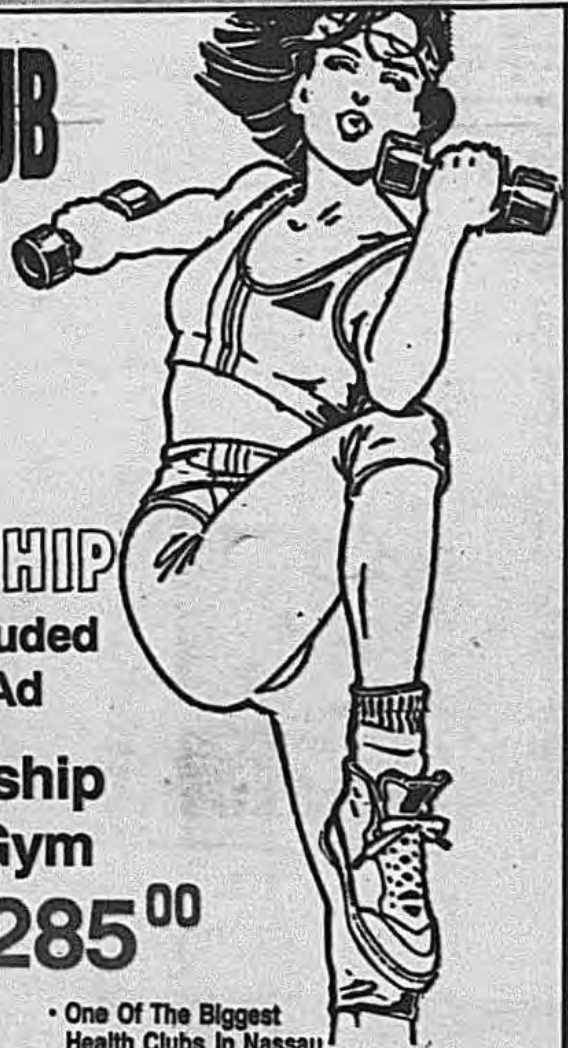
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am - 7:15am Step	6:15am - 7:15am Body Sculpting / Step	6:15am - 7:15am Step	6:15am - 7:15am Body Sculpting / Slide	6:15am - 7:15am Step	8:30am - 9:30am Step Challenge	
8:15am - 10:15am Step Challenge	8:15am - 10:35am Aerobics & Body Sculpting	8:15am - 10:15am Step	8:15am - 10:15am H/La Aerobics	8:15am - 10:35am Step Challenge	8:35am - 10:35am H/La Aerobics	8:30am - 10:30am H/La Aerobics
10:30am - 11:30am Basic Step / Basic Slide	10:45am - 11:45am Step / Slide	10:30am - 11:30am Basic Step	10:30am - 11:30am Basic Step		10:45am - 11:45am Step	10:35am - 11:50am Step & Toning
					11:45am - 12:45pm Butt-N-Guts / Slide	
4:30pm - 5:30pm H/La Aerobics & Toning		4:30pm - 5:30pm Step				
5:35pm - 6:35pm H/La Aerobics	5:30pm - 6:30pm Basic Step	5:35pm - 6:35pm Body Sculpting	5:30pm - 6:30pm Basic Step	5:30pm - 6:30pm Step Challenge	5:30pm - 6:30 Step Challenge	
6:40pm - 7:40pm Step Challenge	6:35pm - 7:35pm Body Sculpting	6:40pm - 7:40pm Step Challenge	6:35pm - 7:35pm H/La Aerobics	6:35pm - 7:35pm Body Sculpting		
7:50pm - 8:50pm Step Challenge Body Sculpting	7:45pm - 8:45pm H/La Aerobics / Slide	7:45pm - 8:00pm Super Step Circuit	7:45pm - 8:45pm Butt-N-Guts / Slide			

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 4:30 pm-8:00 pm
Sat. 8-12:30 pm

Gym Hours
Mon-Fri
 6 am-10 pm
Sat-Sun
 7 am-7 pm