

In Two Sections - Thirty Six Pages
The Only Newspaper Printed and Published in Hicksville

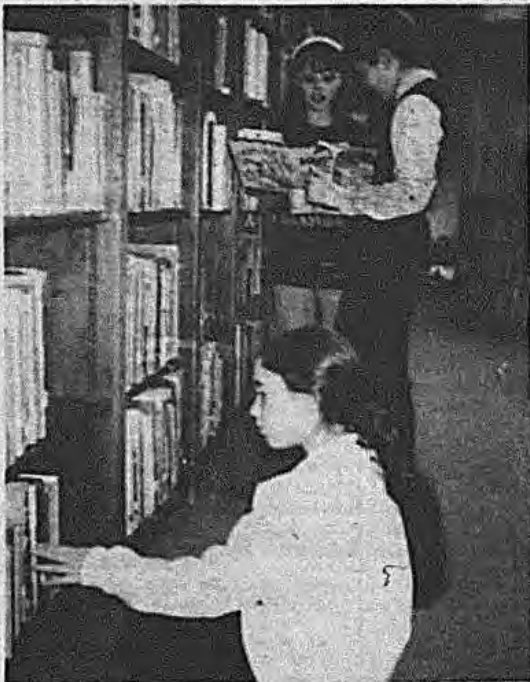
Mid-Island Times & Levittown Times 35¢

Vol. 51 No. 48

USPS 346-760

Friday, November 26, 1993

New Library At Lee



Angela Riscica searches for just the right book in the newly designed Lee Avenue School Library as classmates Michelle Tricarico and Tiffany Regan compare their selections. The library is one of the many improvements made this summer in schools throughout the Hicksville School District.

Dental Health Presentation



On October 27, Dr. Leslie Ashenoff, an orthodontist, gave a presentation to the fourth graders at St. Ignatius Loyola School. The presentation was to help remove the fear a child may have on his first visit to an orthodontist. It also gave a preview of what to expect in future visits. The students were given an individual model tooth. They were able to clean, prepare and bond a bracket on their model using dental tools. The fourth graders enjoyed the presentation and being able to take home their model tooth.

Bank Robbery In Hicksville

The Robbery Squad is investigating a robbery which occurred on November 9, at 11:30 a.m. at Citibank, 255 North Broadway, Hicksville.

An unknown male white entered the bank, approached a teller, and verbally demanded money from the teller. She complied and gave the subject U.S. currency in assorted bills. The subject is described as a male white, in his 20's, tall, thin build. No injuries were reported. The investigation is continuing.

Boy Killed In Road Stunt

A Plainview boy was killed Sunday in Hicksville when a stunt he and his brother were playing while riding their bicycles went awry, throwing the youth in front of an oncoming car.

Gregory Okragly, 14, and his 12 year-old brother, were riding east on Woodbury Road at Vincent Road in Hicksville at about 6 p.m. holding between them a 20-foot length of yellow plastic tape.

Gregory, who was riding in the middle of the road, and his brother, who was riding along the curb, were hoping a car would come along and break the tape, police said. Instead, the tape snagged on a car and pulled Gregory into the path of the station wagon driven by Richard Mirra, 20, of Hicksville. Gregory was taken by helicopter to Nassau County Medical Center in East Meadow where he was pronounced dead at 7:40 p.m.

Mirra, a student at Hofstra, said he did not see the boys. He was not charged by police. Gregory was a ninth grader at Bethpage High School.

Community Council Meets Dec. 2

Hicksville Community Council invites you to hear Donald Lecompte, president Hicksville Chamber of Commerce and Fran Kritchek, co-president One-In-Nine, The L.I. Breast Cancer Coalition on Thursday, December 2, at 8 p.m., at the Kenneth Barnes Community Room, Hicksville Public Library, Jerusalem Avenue.

Notice

Because of the Thanksgiving Holiday some news, photos and ads have been omitted from this edition. Full coverage will resume next week.

Books Alive! At Fork Lane School



School Principal Carol Bentsen thrilled her audience with a dramatic presentation of Shel Silverstein's poem *Sick* during the school's Books Alive Program. The program was presented by teachers and parents in celebration of Children's Book Week. The cast entertained the students with dramatic readings of favorite selections of children's literature. Their creative interpretations brought laughter and applause from a very appreciative audience.

Health Fair



Oyster Bay Town Councilman Leonard B. Symons (second from right) recently attended a health fair conducted by Central General Hospital and looks on as a patient is given a blood pressure screening. On hand (left to right) were Hospital Administrator Robert J. Bornstein, Carol Eisenstein of the Community Advisory Board and nurse Toni Glenn of Farmingdale.

Location Change For Historical Meet

The November 30 (Tuesday) meeting of the Hicksville Historical Society will be held at the American Legion Hall instead of its usual gathering place, the Hicksville Public Library. The Legion Hall is at 17 West Nicholas Street, just off Broadway. There will be ample parking directly across from St. Ignatius Loyola Church.

*Levittown: a slide photo-

graph retrospective" is the society's feature program. Guest speaker, Joshua Soren, President of the Seaford Historical Society, will present this informative program recalling the history of the remarkable Levittown phenomena and community, so significant in America's 20th century development.

The meeting begins at 8 p.m.

Letters

To The Editor:

This once again is in reply to Mr. Walkowiak's remarks. Did Mr. Walkowiak really think if he criticized me in the local press that I would not respond & I find that hard to believe. I do not like this type of dialogue and this will also be my last letter to Mr. Walkowiak.

However, let me make a few final comments. In the two years that Mr. Walkowiak claims he has attended board meetings, to my knowledge, he has never written to the board, to any individual board member, nor to me to give his opinion on any particular subject. Neither has he ever spoken at any board public session - there are two at every meeting.

Regarding redistricting. The consultants hired by the board last year were not professional educators. They were professional demographers dealing only in numbers, census information, enrollment projection, etc. They made it very clear in their final report that their recommendations were based only on statistics and that the board should consider other factors pertaining to the community that were equally important. If Mr. Walkowiak hasn't seen the Bishop and Evans report, he has only to request a copy and administration will see that he receives one. I believe there is also a copy at the Hicksville Library.

For the first time, the redistricting is completely in the hands of the administration, the professional educators, without any input from board members - that's what has changed, yes, the final decision is the board's and we will consider any plan submitted to us very carefully in the hope that we can finally put this entire matter to rest. I want to assure Mr. Walkowiak and the community that there is no intention or plan on the part of administration or the board to recommend the closure of another school.

I also encourage the public to attend our school board meetings and to be informed so they can cast their vote wisely in the coming spring election. I can also state unequivocally to Mr. Walkowiak that I have never made any political campaign promises.

I tried to reach Mr. Walkowiak by telephone but he has an unlisted number. I'd appreciate it if he would introduce himself to me either before or after a board meeting. I really do like to know the person taking pot-shots at me. If that's not possible, I'm in the phone book. Please call.

Helen M. Lafferty,
President
Hicksville
School Board

Letters

To The Editor:

As the outdoor, Marching Band season draws to a close, and on behalf of the Hicksville High Band Parents Association as well as me, personally, I wish to thank you and your staff for the wonderful cooperation we have received from the Mid Island Times.

Thanks so much for your willingness to print our "story" as the Band prepared for the fall season, from the summer practices to the Giants Stadium Competition. It was greatly appreciated!

Karen Blicher
Publicity
HH Band Parents Assoc.

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

TO:

any and all of the persons cited upon this proceeding as heirs-at-law and next-of-kin of said ROSE PRISCO, deceased, are unknown, and cannot, after diligent inquiry, be ascertained; and, that if said persons or any of them be dead, that the names or parts of the names, and place or places of residence, of any and all unknown persons who are the respective executors, administrators, heirs-at-law, next-of-kin, distributees, legatees, devisees, husbands or wives, or successor in interest of said deceased persons are unknown, and cannot, after diligent inquiry be ascertained and that personal service of the Citation cannot, with due diligence, be made upon them within the State.

GREETINGS:

WHEREAS, Jeremiah F. Ahern who is domiciled at 215 Conklin Street, Farmingdale, New York, has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 30th day of October, 1979 and the 6th day of June, 1986, relating to both real and personal property duly proved as the Last Will and Testament and Codicil of Rose Prisco, deceased, who was at the time of her death domiciled at 98 Duane Street, Farmingdale, NY, in said County of Nassau.

THEREFORE, you and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola, in the County of Nassau, on the 29th day of December, 1993,

**Southwest Civics
Annual Party**

Hicksville Southwest Civic Association (HSWCA) is holding its first annual Holiday Party & Craft Fair on Sunday, December 19, from noon to 5 p.m., at Levittown Hall, Levittown Parkway, Hicksville. Admission is \$1 per person which entitles you to fun and games, prizes and face painting. Other activities include food, raffles, pictures with Santa and Craft Tables which sell for \$10 for civic members and \$15 for non-members.

Deadline for table reservations is December 12. Contact Jenny Anderson (after 3 p.m.) at 681-6957.

LEGAL NOTICE

at 9:30 A.M. of that day why the said Will and Testament and Codicil should not be admitted to probate as a Will of real and personal property.

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

WITNESS, HON. C. RAYMOND RADIGAN, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 12th day of November 1993.

ALBERT W. PETRAGLIA
Clerk of the Surrogate's Court

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

Gillies & Meares
Attorney For Petitioner
320 Conklin Street
Farmingdale, N.Y.
11735-2695

MIT 2760
4x11/26; 12/3, 10, 17

**LEGAL NOTICE
NOTICE OF
PUBLIC MEETING
BY THE ZONING
BOARD OF APPEALS**

Pursuant to the provisions of Chapter 246, Article III, Section 246-18-E of the Code of the Town of Oyster Bay, notice is hereby given that the Zoning Board of Appeals has scheduled a public meeting, which will take place in the Town Hall (East Building) Meeting Room, Audrey Avenue, Oyster Bay, New York, on DECEMBER 2, 1993, at 7:00 P.M., to consider the following appeals:

**BY ORDER OF THE
ZONING BOARD
OF APPEALS
APPEAL NO. 93-484
JERICHO**

ALEX & LINDA WEISS:
Variance to maintain an existing air-conditioning unit, having less setback than required for an accessory structure; and to maintain a second existing air-conditioning unit, having

Library Exhibit



Patron views the month-long "Hitting the Campaign Trail Winners and Losers - The American Way" exhibition at the Hicksville Public Library which has attracted so many viewers this Election month. Photo By Dick Evers

**Advanced Placement
Scholar Awards**

Sixty-three students at Jericho High School have been named AP Scholars by the College Board in recognition of their exceptional achievement on the college-level Advanced (AP) Examinations. Only about 11 percent of the 424,000 students who took AP Examinations in May 1993 performed at a sufficiently high level to merit such recognition.

The College Board recognizes three levels of achievement - the AP Scholar with Distinction, the AP Scholar with Honor, and the AP Scholar.

At Jericho High School eleven students qualified for the AP Scholar with Distinction Award by earning grades of 3 or above on five or more AP Exams, with an average exam grade of at least 3.50. These students are Jeffrey Burstein, Jessica Goldman, Michael Haberman, Heath Hohwald, Matthew Levine, Stephen Lisa, Erin O'Connor, Seth Seifman, Shirley Shih, Felicia Stein and Corey Yilmaz.

Ten students qualified for the AP Scholar with Honor Award by earning grades of 3 or above on four or more AP Examinations, with an average exam grade of at least 3.25. These students are Randy Brandoff, Jarrett Brilliant, Seth Charnow, Garrett Edson, Noam Fast, Amy Lipman, Rachel Moss, Robyn Rosenblum, Taemin Sohn and Daniel Sorgen.

Forty-two students qualified for the AP Scholar Award by completing three or more AP Examinations with grades of 3 or higher. The AP Scholars are Howard Altman, Carly Berfas, Ethan Bloom, Mohit Chawla, Brian Cohen, Marcus Cohen, Larry Feinblum, Jonathan Feirman, Sara Finnman, Megha Gandhi, Liad Gans, Jamie Garfunkel, Elizabeth Hammerich, Jarhed Hohwald, Whit

ney Kamen, Alice Kang, Peter Kim, Nicholas Kourtides, Joshua Lamel, Stacy Levine, Logan Levkoff, Seth Makowsky, Peter Martelli, Marissa Magur, Glenn Miller, Hannah Mir, Shiri Ourian, Ellise Park, Wendy Pollack, Brian Pope, Eric Porres, Amanda Reiss, Alicia Rubinstein, Luv Seamon, Peter Shapiro, Alexander Smirnov, Tracy Teicher, Lisa Waiser, Alissa Weisberg, Laura Wells, Michael Witzer and Alison Ziegler.

AP Examinations, which Jericho students took in May after completing challenging college-level courses at Jericho High School, are graded on a 5-point scale (5 is the highest). Most of the nation's college and universities award credit and/or placement for grades of 3 or higher, and more than 1,300 institutions award a year of credit to students with a sufficient number of qualifying grades. There are 20 AP Examinations in 16 disciplines, each consisting of multiple-choice and free-response (essay or problem-solving) questions.

The College Board is a national, non-profit membership association of more than 2,800 schools and agencies in higher and secondary education committed to promoting educational opportunity and improving academic standards. The Board sponsors programs in guidance, assessment, admissions, placement, financial aid, and credit by examination to assist in the school-to-college transition of some four million students each year.

In Service

Marine Sgt. Rodolfo G. Sarino, son of Alfred M. and Estilita D. Sarino of Hicksville, recently participated in "Cobra Gold 93," a combined exercise with United States and royal Thai armed forces.

Sarino, who is currently assigned with 1st Battalion, 12th Marines, 1st Marine Brigade, Kaneohe Bay, Hawaii, and other members of his unit, were part of the joint amphibious assault team which included U.S. Navy, Army and Air force troops. Cobra Gold is the 12th in a series of annual exercises with the Thai armed forces. About 8,500 U.S. military personnel and 10,000 members of Thailand's forces took part in the exercise.

The 1985 graduate of Hicksville High School joined the Marine Corps in August, 1985.

**Mid Island Times
& Levittown Times**

Published every Friday at Litmore Publishing Corp.
Second Class Postage Paid at
Hicksville, NY 11501
Telephone 931-0012 - USPS 346-760
81 E. Barclay St., Hicksville, NY 11501
Postmaster: Send Address Change to
Mid Island & Levittown Times, 81 E. Barclay St.,
Hicksville, NY 11501
Robert Morgan Publisher • Yearly Subscription \$8.50

LEGAL NOTICE

less side setback and setback from street line than required for an accessory structure. E/a/o Ellen Pl., 418.25 ft. N/o Fox La., s/k/a 271 Ellen Pl., Jericho, NY.
NOVEMBER 22, 1993

**BY ORDER OF THE
ZONING BOARD
OF APPEALS
TOWN OF
OYSTER BAY,
NEW YORK**

JER 8426
1x11/26

Flu Shots



Winthrop-University Hospital's Assistant Administrative Director of Renal Services, Helen Danko, RN, of Hicksville, prepares to immunize Edward Jendreski, of Garden City Park. Sixty Winthrop professionals and volunteers participated in free flu immunization programs for senior citizens in Mineola, New Hyde Park and Garden City, vaccinating over 2,700 people for the upcoming flu season, an 8% increase over last year's numbers.

Eagle Scouts



Oyster Bay Town Receiver of Taxes John J. O'Leary (third from left) presents a citation to Dan Cirino (second from left) and Eric Benkert (third from right) of Boy Scout Troop 604 in Bethpage, in recognition of their achieving the coveted rank of Eagle Scout. On hand for the occasion (left to right) were Mike Miller, Scoutmaster Gene Talbot and Tom Trimarco.

LEGAL NOTICE

NOTICE TO NASSAU COUNTY TAXPAYERS

NOTICE IS HEREBY GIVEN that sales lists are being prepared of unpaid School District Taxes for the year 1992-1993 and County, Town and Special District Taxes for the year 1993, on real property situated in the towns of Hempstead, North Hempstead and Oyster Bay and the City of Long Beach, New York. Sales lists are also being prepared of unpaid County and Special Assessment Taxes for the year 1993 on real property situated within the territorial limits of the City of Glen Cove, New York. Unless such unpaid taxes, with interest and additional fees be paid on or before the 20th day of December, 1993 the tax lien on the property against which such taxes are levied will be advertised and on the 15th day of February, 1994 thereafter, sold.

Any taxpayer interested may send a brief description of his property to the County Treasurer and a statement of the amount of unpaid tax, if any, will be forwarded to him.

The completed lists will be open for examination and copies will be available in the County Treasurer's Office, 240 Old Country Road, Garden City, New York (P.O. Address, Mineola, N.Y. 11501) on or about the 26th day of January, 1994.

SANTA C. ROZZI
Nassau County Treasurer

Friday Night Movie At Library

As part of the Bethpage Public Library's ongoing Friday Night at the Movies series, *Somerset* will be shown on Friday, November 26, at 8 p.m. This uniquely unforgettable love story is set in post-Civil War Kentucky, with Jack Somerset, Kentucky landowner, returning after eight years of war and captivity during which time he was presumed dead.

Starring are Richard Gere and Jodie Foster. The film is rated PG 13 and runs 112 minutes. Admission is Free and All are Welcome.

In Service

Navy Airman Recruit Robert P. Rooney, son of Gail D. Rooney of Myers Avenue, Hicksville, recently 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.

Although the Navy is getting smaller, the state-of-the-art ships aircraft and high tech systems in today's fleet require bright, talented young men and women to operate them. The Navy has over 60,000 job openings this year, most of which include guaranteed training.

He is a 1990 graduate of Hicksville High School.

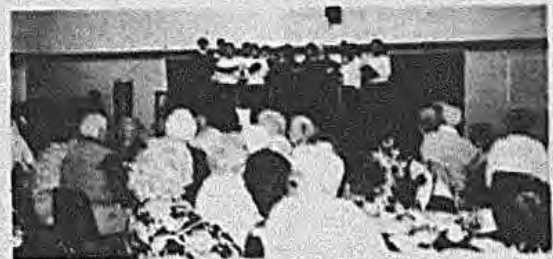
Seniors Enjoy School Fun

One hundred and eighty Senior Citizens from the Hicksville community enjoyed an afternoon of fun, food and friendship with Hicksville High School students at the district's Annual Fall Luncheon for Senior Citizens.

High School students served a sumptuous luncheon of Chicken Washington and fresh beef brisket with an assortment of homebaked pies. Each table was adorned with attractive centerpieces created by High School art students. An array of talented students entertained the Senior Citizens. The High School String Ensemble and Madrigal Singers provided melodious music while the Cheerleaders gave the Seniors a roaring welcome. The Hicksville High School Repertory Company performed a scene from "The Miracle Worker,"

lending a "dinner theatre" atmosphere to the afternoon, and the Starlet Kickline showed the Seniors a "new generation" dance routine. But the high point of the afternoon's festivities was the performance by the Middle School Jazz Ensemble. The group literally had their guests dancing in the aisles! Not to be outdone, the student waiters and waitresses cut in and joined in the fun!

The Hicksville School District holds a luncheon for Senior Citizens each fall and spring. These luncheons are only two of the many activities that the school district offers to this deserving segment of the community. The district is committed to recognizing the contribution of Senior Citizens, extending appreciation to them and developing a bond between the youth of the community and this vital community group.



Swinging Seniors! Hicksville High School Seniors Alison Koloeki and Christopher Boukas take a spin around the dance floor with Senior Citizens at the school district's Annual Fall Luncheon for Senior Citizens.



Hicksville High School Madrigal Singers perform at the District's Annual Fall Luncheon for Senior Citizens.

If Your Restaurant is First Rate,
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Each week Litmor Newspapers presents a select dining guide called Reader Ratings to its readers. The guide presents the messages of outstanding restaurants in this area and it also is a forum for readers to tell other readers about why they like certain restaurants.

Reader Ratings, although it is read by up to 100,000 readers is an inexpensive way to meet the public and have the public meet you. Throughout many years, Reader Ratings has helped build loyal followings for some of the best restaurants in the area.

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MARILYN SEIDEN, DIRECTOR



Giant Bazaar To Be Held At Temple Beth Torah



Temple Beth Torah Bazaar Volunteers, from left, Mark Lippman, Robin Garfinkle, Steve Tilzer, Howard Liebenstein, Andy Weinstock, Manny Syakrot.

Volunteer workers are busy preparing for Temple Beth Torah's annual bazaar. This year's bazaar promises to be as extensive as usual, and full of the high quality new merchandise that the bazaar is known for. It is always fun for the Temple Beth Torah member volunteers to say hello to customers who return year after year for their usual bargains, and to greet new faces who are astonished at the variety of merchandise that is present.

In the tradition of past bazaars, it is expected that over 180 temple families will participate in this year's event. Temple members work for months soliciting merchandise, and organizing schedules for the volunteers. The frenetic activity before the bazaar culminates with 4 days of professional and organized wholesale selling.

Temple Beth Torah's Bazaar is possible, thanks to the efforts of many people. The chairman of the bazaar committee is Manny Syakrot. Syakrot has gathered a team of hard working committee members. They

are as follows: Director, Howard Liebenstein; Personnel, Mark Lippman and Stan Gelfand; Rummage, Steve Tilzer and Andy Weinstock; and Food, Michael Cohen; Produce, Harold Gray; Publicity, Mitchell Kornet and Jack Schnitt.

Merchandise was obtained through the generous donations of Temple Beth Torah members, friends and local merchants. Shoppers will be able to obtain everything from television sets, household goods, batteries, tools and fresh produce, to gifts for friends and relatives. High quality pressed clothing will also be available. This year, refreshments and food will be served in a separate room for the comfort of the shoppers.

The bazaar will be held at Temple Beth Torah, 243 Cantigue Road, Jericho Gardens, Westbury. The hours of operation will be Saturday, December 4, 7:30 p.m. to 11 p.m., Sunday, December 5, 10 a.m. to 5 p.m., and December 6 and 7, from 7 p.m. to 11 p.m.

Fun At The Farm

Students in Mrs. Mary Schreck's, Mrs. Lori Simon's and Mrs. Carol Davan's classes recently visited Green Meadow Farms. The students had an opportunity to feed, pet and even hold some of the animals! Their visit to the farm culminated with a trip to the Pumpkin Patch, where they each picked a pumpkin!

Students in Mrs. Mary Schreck's, Mrs. Lori Simon's and Mrs. Carol Davan's classes recently visited Green Meadow Farms. The students had an opportunity to feed, pet and even hold some of the animals! Their visit to the farm culminated with a trip to the Pumpkin Patch, where they each picked a pumpkin!



Sousanna Themelia, with a little encouragement from her classmates, pets a cow on her recent trip to Green Meadows Farm.

In Service

Army Reserve Pvt. 1, Robert M. Grover, Jr. has completed basic training here.

During the training, students received instruction in drill and ceremonies, weapons, map

reading, tactics, military courtesy, military justice, first aid, and Army history and tradition.

Grover is the son of Robert M. & Patricia Grover of Plainview Rd., Hicksville.

Bethpage Resident Tenor Soloist

Although The Crane School of Music at Potsdam College of the State University of New York offers approximately 200 concerts each year, the two major performances take place each fall and spring when the 220-voice Crane Chorus and 60-piece Crane Symphony Orchestra appear.

This fall, on Saturday, November 20, at 8:15 p.m., and on Sunday, November 21, at 3 p.m., the annual concert will feature an all-Beethoven program that will include *Egmont Overture*, *The Choral Fantasia*, and *Mass in C*. Both performances will take place in Hoamer Concert Hall.

Taylor Ferranti of Bethpage, a freshman performance major, will be appearing as a tenor soloist in *The Choral Fantasia*.

PRIDE Program

The sixth grade students of St. Ignatius Loyola just completed the PRIDE (Peer Resistance In Drug Education) program presented by the Nassau County Police Department. Police Officer John Bienkowski met with the sixth graders for eight weekly sessions in which he presented information about drugs and drug abuse as well as techniques to use to resist pressure to try drugs and alcohol.

The students were very enthusiastic about this course and feel they will be better able to handle themselves if they find themselves in a difficult position in the future.

LEGAL NOTICE ANNUAL ELECTION OF HICKSVILLE FIRE DISTRICT

DECEMBER 14, 1993
PLEASE TAKE NOTICE that the annual election of the Hicksville Fire District will take place on December 14, 1993 between the hours of 6:00 P.M. and 9:00 P.M. E.S.T. at the Hicksville Fire House located at 20 East Marie Street, Hicksville, for the purpose of electing one Commissioner for a 5-year term, commencing on January 1, 1994 and ending on December 31, 1998. All duly registered residents of the Hicksville Fire District shall be eligible to vote. On December 14, 1993 the election board appointed by the Board of Fire Commissioners will meet from 4:00 P.M. to 6:00 P.M. on that evening for the purpose of preparing the register of registered voters and that the election will commence thereafter.

Candidates for District Office shall file their names by submitting their petition to the District Secretary John Knight, at 20 E. Marie Street, Hicksville, New York at least 10 days prior to the date of the election, namely, by December 4, 1993.

Attest
John Knight
Fire District Secretary
Hicksville Fire District
Dated: Nov. 9, 1993
MIT 2757
1 x 11/26

In 'Nutcracker'



Melinda Foresta of Hicksville will appear in The Eglevsky Ballet's 30th annual production of the "Nutcracker," choreographed by Michael Vernon to music by Tchaikovsky, which will play six matinee and evening performances from Sunday, December 26, to Wednesday, December 29, at Tilles Center on the C.W. Post Campus of LIU in Brookville. The Eglevsky Ballet Orchestra under the baton of Dean Karahalis plays at all performances.

Woody's Wheel



On Oct. 2, Hicksville had their Homecoming Fair. Pictured is Sue Lauro and Betty Lang running Woodlands famous "Woody's Wheel."

HHS Band

On November 28, the Hicksville High Band Parents Association held their Annual Esprit D'Corps dinner. Founded approximately 10 years ago, this 'pot luck supper' for the many Band members and their families celebrates the 'spirit of the group' and the previous Fall Marching Band Season. Over 300 people crossing the threshold of the School gymnasium found a sea of orange and black, for the room was festooned with pom poms, pennants, streamers and balloons.

Tables groaned under a scrumptious, varied assortment of salads, main dishes and delicious desserts, prepared by the parents themselves. Fun awards were presented to each Band member, while thanks were given to Band Parent President Diana DePalma, Band Director, Jim McRoy,

Ast. Director Jennifer Boltz, and the Auxiliary staff. This year's festivities featured the annual skit, where a group of parents portrayed senior Band members at their first day of kindergarten! Thanks to Dave Master for writing the funny and clever piece - and to the parent/actors for their outstanding role-playing. Who will ever forget the sight of Band dad Randy Schlavone in his marching band costume?

From the surprise appearance of "Billy," high atop the School gym, to the viewing of the Band's Giants Stadium appearance, to the Band Bingo game, the Esprit D'Corps dinner was chock full of laughs and camaraderie. Kudos to Chairperson Rose Burrafato and the tireless workers who helped make this affair a rousing success!

PROFESSIONAL GUIDE

Advertising on this page is only open to NYS licensed professionals.

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Attorney At Law

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DENTIST

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Albert Cinotti New Legion Chief

The Charles Wagner Post 421 of the American Legion, Hicksville conducted its annual Installation of Officers recently. Albert Cinotti, a long-service post officer and Children and Youth Committee chairman, was installed as commander by guest of honor, Nassau County Commander Willibe Wilson.

A veteran of the U.S. Army Corps of Engineers, Cinotti served in the Pacific Campaigns of World War II.

In Service

Marine Sgt. Rodolfo G. Sarino, son of Alfred M. and Estilita D. Sarino of Crescent St., Hicksville, recently participated in "Cobra Gold 93," a combined exercise with United States and royal Thai armed forces.

Sarino, who is currently assigned with 1st Battalion, 12th Marines, 1st Marine Brigade, Kaneohe Bay, Hawaii, and other members of his unit, were part of the joint amphibious assault team which included U.S. Navy, Army and Air Force troops. Cobra Gold is the 12th in a series of annual exercises with the Thai armed forces. About 8,500 U.S. military personnel and 10,000 members of Thailand's forces took part in the exercise.

The 1985 graduate of Hicksville High School joined the Marine Corps in August, 1985.

Book-A-Bus To MOMA

Joan Miro, one of the major artists of the 20th century, is having a retrospective at MOMA and the Jericho Public Library has tickets to view the exhibit on Mon., Jan. 10. The bus leaves the Library at 10 a.m. Audio tours can be purchased at the entrance to the show for \$4. After going through the exhibit, you are on your own till the bus leaves New York to return home at 3:30 p.m. The \$22 cost includes transportation and a ticket to the exhibit. There are no refunds! Please call the Jericho Public Library at 935-6790 for further information.

Babysitting Workshop

The Red Cross will conduct a workshop in babysitting for boys and girls 11 and up at the Hicksville Public Library. Registration will start on Thursday, December 2, at 9 a.m. and the classes will be held on December 28, 30 and January 5, from 7 to 8:30 p.m.

Dixieland Band At Hicksville Library

Mike Carubia and his Great South Dixieland Jazz Band will be performing at the Hicksville Public Library on Friday, December 3, at 8:15 p.m. This event is free to the public and is co-sponsored by the Hicksville Public Library and the Town of Oyster Bay Department of Community and Youth Services, Cultural and Performing Arts Division.



Nassau County American Legion Commander Willibe Wilson, left, congratulates new Hicksville Post 421 Commander Albert Cinotti, whom he has just installed. Past commander John Rizos is at the right.



Officers of the Charles Wagner Post 421 American Legion at installation ceremonies.



Enjoying a bit of repast at Hicksville American Legion Hall, Installation of Officers Night.



The 1993-94 Charles Wagner Post 421 Commander, Albert Cinotti, WW II veteran and his lady, Dorothy, after Legion installation ceremonies.

Mini Pumpkins, Maxi Imaginations



Third graders Stellos Skordilis, Paul Tran, Krystal Ruffo, Karissa Antonocci and Natasha Motwanl explore and depict different feelings and emotions as they paint mini pumpkins in Mrs. Phoebe Witte's art class at Lee Ave. School.

Art Program Display At Library

The Town of Oyster Bay Department of Community and Youth Services, Cultural and Performing Arts Division will be hosting the 20th Rotational Art Showcase on Wednesday, December 1, according to Oyster Bay Town Councilman Leonard Kunzig. The display, which features the works of artists, photographers and crafts people, will be held at the Hicksville Public Library Community Room, 169 Jerusalem Avenue from 9 to 11 a.m.

"Annually Town business people take this opportunity to meet area artists and determine if specific works of art are suitable for display in their es-

tablishments," said Councilman Kunzig. "Rotational Art is a wonderful opportunity for everyone concerned. Artists have the opportunity to display their work to a broad spectrum of people, residents enjoy accomplished works of art while going about their daily activities and business owners have their surroundings beautified by selected works of art free of charge."

According to Councilman Kunzig the Rotational Art Exhibit Program is provided by the Town at no cost to either the artists or the exhibitors involved.

'Murder On The Rerun'

Murder on the Rerun, a comedy-mystery written by Fred Carmichael, will be staged on The Other Vic Theatre Company at the Hicksville Public Library at 8 p.m., Friday, December 10.

This play concerns a murdered Oscar-winning screenwriter who returns as a ghost to discover who the culprit is - sort of a modern *Blithe Spirit* ... with a twist.

Admission is free, and is on a first-come, first-seated basis. Doors to the auditorium will open about 20 minutes before curtain.

Nesting Dolls On Exhibit

Two unique collections of wooden nesting dolls will be on display at the Hicksville Public Library throughout the month of December.

One display consists of very colorful Russian nesting dolls, known as "matreshkas." Nesting dolls are traditional gifts for newborn infants in Slavic cultures, implying eternal life, love and timelessness. Some of these sets have as many as 18 graduated dolls fitting within each other. In addition to an assortment of traditional matreshka dolls carrying bright bouquets of garden flowers, the display will feature dolls reflective of the different regions where they are handmade.

The other display will show varied nesting dolls from around the world - portraying fairy tales, folk tales, animals, holidays, international families and more.

Both collections are on loan from Marilyn Kappenberg, Assistant Director of the Hicksville Public Library.

Fire Commission Race



Bill Schuckmann is a candidate for re-election to the Board of Fire Commissioners of Hicksville. The election for fire commissioner takes place on Tuesday, December 14, from 6 p.m. to 9 p.m., at the main firehouse in Hicksville on East Marie Street. The term is five years. Opposing Commissioner Schuckmann is Nathan Schultz of Hicksville.

Information on his candidacy will be pushed when submitted to this newspaper.

Broadway Theatre Bus Trip To 'The Red Shoes'

A bus trip to the Broadway musical show *The Red Shoes* is being arranged for the Wednesday, March 30, matinee by the Hicksville Public Library. Registration for the trip starts on Wednesday, December 8, at 9:15 a.m.

The charge for orchestra seats plus deluxe bus transportation and gratuities is \$67 per person. This full-blown musical with music by Jule Stein is based on the classic movie. There will be no refunds unless the trip is canceled or someone takes the place of the registrant.

Library Extension



Oyster Bay Town Supervisor Lewis J. Yevoli (right), Town Councilwoman Ann R. Ocker (second from left) and Councilman Leonard B. Symons (left) were on hand for the ground breaking ceremony of a new extension to be added to the Bethpage Public Library. Library Director Toby Hyman (second from right) was also in attendance.

Volleyball Champs



Hicksville Girls' Varsity Volleyball Team named Conference Champions! The championship team ended the season with a 14-3 record after competing against eight districts. Earlier this season, the team won the Valley Stream Invitational and the Friendship Tournament. The girls were recently recognized for their outstanding accomplishment at the Hicksville Board of Education meeting on November 17. They are pictured here with Supt. of Schools Salvatore Mugavero and Assistant Coach (left) Rosa Villalta and Coach Barbara Feuerstein. Missing from picture is Coach Vicki Vrona.

Team members are: Captain Laura DeAngella, Erin Bartley, Deborah Drew, Niki Franchino, Kristy Haley, Erin Marie Mitchell, Lynn Myron, Markella Neamonditis, Danielle Raemdonck, Jennifer Schwartz, Jennifer Sullivan, Katie Tower, Grace Treopaldo and Michelle Zaffuto.

In Service

Marine PFC Joseph S. Rumora, a 1992 graduate of Hicksville High School, recently reported for duty with 2nd Light Armored Infantry Battalion, 2nd Marine Division, Camp Lejeune, N.C. He joined the Marine Corps in January, 1993.

LEGAL NOTICE

Tor J. Worsce, CAI Auctioneer as Agent sells December 15, 1993, 3 PM, at 350 Glen Head Rd., Glen Head, NY, 1987 4DSD Range Rover SA LHV 1142 HA282863 Re: Lorna M. Beswick, Mrs. Brown. MIT2756 2x11/26;12/3

TEQR Meets

A meeting of the Town of Oyster Bay Environmental Quality Review Commission (TEQR) has been scheduled for 9:30 a.m. on Tuesday, November 30, 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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Fun At Fort Salonga Farms



Old Country Road students in Mrs. Greene's and Miss Cottrell's classes visited Fort Salonga Farms to learn about apples. The children picked their own apples and enjoyed a refreshing cup of apple cider.



Birthday And Anniversary Club

November 20
Barbara DiPaola
Michelle Edwards
Robert Obermeyer, Jr.
Agnes Roth
Elsie Sharp
Joseph Schlosser
Susan Schwartz
Edward J. Swan
Lillian Whiteside
November 21
Ann Freyesein
Bobby Clark
Joey Neumann
Frank Seier
November 22
Michael A. Amaro
John Shortt
Anthony Weber
Maryann Zielenaki
John Zike
November 23
John V. Ednie
Megan McBride
November 24
Lauren Baker
John Moehringer
Arthur Rutz
Peggy Ural
November 25
Colleen Catern
Matthew Doyle
Lorraine Krolnes
Stephanie Kopyta
Florence Powell
November 26
Dan Arena
Mary Carton
Jeffrey Clark
Paul Korman
Kevin Lynn
November 27
Donna DiGiavanni
Marilyn Edwards
Joanne Macloch
Ed Maille
Michael Reilly
Stephanie Sanford
Violet Wohl
November 28
Holly Coffey
Brian Goerke
November 29
Joan Bubenik
Stephanie Carrera
Dan Cohen
Cindy Daub
Michael Gregg
Jean Johnson
November 30
Anthony Agosto
Roseanne Brogna
Joey Doyle
Katie Gianelli

HAPPY ANNIVERSARY

<p>November 1 The Polleno's November 2 Mel & Shirley Kahn November 3 Flo & Russ Gargano November 4 Richard & Barbara Stampfl November 7 Lee & Vinnie Edwards November 8 Richard & Holly Coffey November 9 Michael & Linda Trongone, Jr. November 11 Bill & Anne Gorney Carmine & Virginia Barricelli November 13 Robert & Carol Fayda November 14 Richard & Barbara Stampfl Steve & Eileen Knudsen November 15 Mary & Tom Germain</p>	<p>November 8 Mike Miele Maureen Seier Meredith Zielenaki November 9 Theresa Essigman Angela Karman Kimberly Malsonet Kerrin Neumann Andrew O'Connell Robert Sklar Andrew Smatko November 10 Ivan Anglin Martin B. Doherty Sheila M. Doherty Thomas Evernham, II Nancy Giansante Teresa Greggo Kevin Liba Lee Ann Schwartz November 11 Sandy Gersten Sean Pastuch Deani Pollano Tom Riley, Sr. David Schnipper November 12 Lorraine Agosto Eileen P. Doherty Lucy Hammond</p>
<p>November 13 Tony Agosto Jenina Camilleri Rob Conover Kristen Mantel Thomas Ofenloch George Smatko November 14 Anne DeStefano Eileen Knudsen Joan Lane November 15 Annette Ciannella John Lynch Paul Neumann November 16 Joanne Conover Charyl Diehl Coleen Gully Dale Latini Ruth Robeson Nicholas Schlosser November 17 Michael C. Collins Dorothy Desimone Ben Marrone November 18 Leatrice Burwasser Krista Sergi Rita Tull November 19 Leonard Dutine William Frohnhoefer Jillian Sheppard Michael Weber</p>	<p>November 16 Geray & Martina Doherty Joanne & Scott Burd November 17 Mr. & Mrs. Kenneth Bennett November 18 Bobby & Tracey Juvet November 19 Bridget & Ed Smith November 20 Alan & Alice Roth Iris & Sieg Widder November 22 Helen & Jack Rudowsky Diane & Patrick Gully, III November 25 Anthony & Celia Cerlini November 27 Derick & Annette Ciannella November 28 Vincent & Patricia Longo Jimmy & Alda Smith November 29 John & Rita Liba</p>

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Knights Of Columbus Thanksgiving

In the spirit of America's first Thanksgiving Day, the Joseph Barry Council, Knights of Columbus, Hickville shared its abundance with the less fortunate this past holiday. Carrying on its Thanksgiving Basket Program of the past 14 years, the Knights distributed 78 bountiful baskets to grateful Hickville families, down on their luck in these years of unemployment.

Under the chairmanship of Edward Gillespie, a Joseph Barry Council committee climaxed their joyful corporal work of mercy, this past Satur-

day, by packing and distributing food boxes, crammed with canned and packaged edibles, ten-pound bags of potatoes and fat turkeys. There were even bright straw-flowers to decorate the family festive table.

The foods for this program which exemplifies a Knights of Columbus cardinal ideal - charity, were provided by Joseph Barry Council funds and by Hickville Catholic church outreach programs. The Barry Council is under the leadership of Grand Knight Anthony Prvite, and it's one of the largest, most active councils in New York State.

Photos By Dick Evers



Waiting to load trucks with Thanksgiving foodstuff boxes for Hickville area needy families, are members of the Joseph Barry Council, Knights of Columbus Program Chairman, Ed Gillespie, is at center, right.



K of C Members enjoy loading boxes with Thanksgiving dinner fix'ns for distribution to less fortunate families.

First Place Winners



Purple Panthers placed first in Flag Football at Burns Ave. The team was named winners in the 6th Grade Girls' competition. Pictured are Purple Panthers Monica Price, Danielle Boncio, Tyfanni Jennings, Kim Grayson, Captain Stephanie Fogarasher, with the second place Rockies Jamie Riches, Leah Gregg, Carmen Mansano, Mary Sollman and Captain Marie Christodoulou.

In Service

Marine Pvt. Andrew P. Simoneschl, son of Mr. and Mrs. Vitaliano F. Simoneschl of Acre Lane, Hickville, recently completed recruit training.

During the training cycle at Marine Corps Recruit Depot,

Parris Island, S.C., recruits are taught the basics of battlefield survival, introduced to typical military daily routine, and personal and professional standards.

Hickville Girls Varsity Soccer Team



The Hickville High Girls Varsity Soccer Team had a winning season. Pictured, Top Row, L-R: Asst. Coach Eber, Tracy Koetter, Nadia Berzina, Cathy Li Calsi, Co-Captains Marybeth Kessler and Mary Brzosowski, Sus Accardo, Lori Sayer and Coach Manassie. Bottom Row, L-R: Kate Gilson, Carolyn Corrado, Gina Pelletiere, Lori Zeller, Robin Bliker, Karen Kessler, and Christina Arias. Mary Brzosowski was named all classification honoree and Marybeth Kessler and Tracy Koetter were named all conference honorees.

Saint Ignatius Class Trip

On Tuesday, October 26, the fifth and sixth grade classes from St. Ignatius Loyola went on a class trip. They visited the American Museum of Natural History in Manhattan. What a wonderful learning experience everyone had! The children, their teachers, and chaperones saw many interesting exhibits. The overwhelming favorite was the blue whale suspended from the ceiling. Human evolution, the dinosaur bones, and Antarctica exhibits were also impressive.

The museum guides were so impressed with the students' interest and behavior that they went out of their way to make the trip special. They explained many of the exhibits and even opened some display cases to allow the children to touch some of the specimens on display. Everyone agreed that this trip was so much fun, they would all like to return again soon.

In Service

Navy Fireman Recruit Stepanos Zannikos, son of Steve and Elizabeth Zannikos of Perry Ave., Bethpage, recently graduated from the Basic Enlisted Submarine Course.

During the course at the Naval Submarine School, Groton, Conn., students are introduced to the basic theory, construction and operation of nuclear-powered submarines. The course also includes shipboard organization, damage control, submarine safety and escape procedures.

The 1992 graduate of Bethpage High School joined the Navy in March, 1993.

Navy Airman Recruit Robert P. Rooney, son of Gail D. Rooney of Hickville, recently completed basic training at Recruit Training Command, Great Lakes, Ill.

Although the Navy is getting smaller, the state-of-the-art ships, aircraft and high tech systems in today's fleet require bright, talented young men and women to operate them. The Navy has over 60,000 job openings this year, most of which include guaranteed training.

Mr. Rooney is a 1990 graduate of Hickville High School.

H.H.S. Students Discuss Diversity



Father Frank Pizzarelli addresses students at Hickville High School Human Relations Day.

The Hickville Public School District Board of Education and Administration is committed to exploring new ways to teach our children to value our multicultural society. In keeping with this commitment, and cognizant of recent public interest throughout Long Island of the changing demographics in Nassau and Suffolk Counties, Hickville High School held a Human Relations Day which focused on the theme "Appreciating Diversity."

Throughout the morning, students participated in a series of stimulating and thought-provoking activities. The program began with a talk on "Wellness" by Father Frank Pizzarelli, noted speaker, youth advocate and Director of Hope House Ministries. Following his powerful address, students participated in a series of workshop sessions. Students attended small group workshops, conducted by school professionals, to discuss stereotyping and bias related issues. Rabbi David Nesenoff gave an enthusiastic presentation entitled "TRY - Tolerance Rehabilitation for Youth" which was designed to teach young people how to learn to live with one another peacefully. The fourth session of the day was a moving theatrical performance by Hickville High School students. The students wrote and performed in a skit that dealt with graffiti and issues of bias which was directed by drama teacher Judy Passalunfer and drama specialist Laurie Brooks Gollobin. At the

conclusion of their performance, drama specialist Laurie Gollobin moved throughout the audience with a microphone soliciting responses and comments on the issues presented.

The dynamic group, as well as the other morning presentations, was well received by the students. This stimulating and exciting presentation provided an excellent forum for the students to express their feelings and experiences and to develop additional strategies for making this a better world.

The theme was carried over into an evening workshop for parents. Father Frank Pizzarelli presented a workshop entitled "Communicating with Your Teenager." Father Frank encourage parents to set limits, be involved and take a stand. He implored parents to re-evaluate family values and to be more vocal with their children regarding issues of substance abuse.

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., Hickville, N.Y. 11801. We'll do the rest!

News From VFW Post 3211

By PPC Carmine A. Somma
"Hicksville's Salute To Its Veterans"

As Veteran's Day Services were held nationwide on Thurs., Nov. 11 Hicksville's Veteran Organization saluted our military men and women during a short ceremony in front of the monuments at the Hicksville Middle School.

Hosted by the Gieir Levitt Post No. 655 Jewish War Veterans, the services were also attended by the Wm. M. Gouse Jr., Post 3211, V.F.W. Henry Biel Post 46, Masonic War Veterans, American Legion Post 421 and the Ladies Auxiliary from The V.F.W. and American Legion.

Besides placing wreaths at the war monuments, many Hicksville residents put flags out in front of their house to honor our veterans.

Hicksville has always been on call for its country. Records show service by our men in the Civil War and the Spanish American War. During WW-I, WW-II, Korea, Vietnam, Grenada, Persian Gulf, Panama and Somalia, not only did our men and women serve overseas, but effort by community groups helped our war efforts.

Though attendance may be small these dedicated people attended no matter what the weather, so our veterans will not be forgotten. God bless them.

"Vet's Day Service At Eisenhower Park."

On Sun., Nov. 7 it was a sunny day for veterans Day Services at Eisenhower Park in East Meadow. The United Veteran's Organization of Nassau County hosted the Veterans Day Service.

Nassau County Executive Thomas Gulotta welcomed all

the Veteran's Organizations who participated in the services.

The Veteran's Organizations participating in the services were: The Polish Legion, American Veterans, United Spanish War (Honorary) Veterans, Veterans of Foreign Wars, Disabled American Veterans, Catholic War Veterans, Marine Corp League, National Guard, 82nd Airborne Veterans, 1st Marine Division, Pearl Harbor Survivors, WW-II, Submarine Veterans, 802 Tank Destroyer Veterans Assn., Military Order of the Purple

Hewart, Women Marines, Vietnam veterans of America, American Ex-P.O.W., Veterans of WW-I (Honorary), Korean War Veterans Nassau County Chapter No. 1.

In addition a fund raising drive was started in Nassau County on Sunday Nov. 7 for the establishment of war memorials in Eisenhower Park to honor veterans of the Korean War and Vietnam as well as P.O.W., M.I.A. of all wars. Contributions may be sent to Nassau County Veterans Monument Fund, 1488 Wantagh Ave., Wantagh, N.Y. 11793.



Committee for the Nassau County Veterans Monument show a drawing of Monument site at Eisenhower Park, East Meadow.



Wm. M. Gouse Jr. Post 3211 Color Guard, Firing Squad Salute.

Jottings From Yesteryear

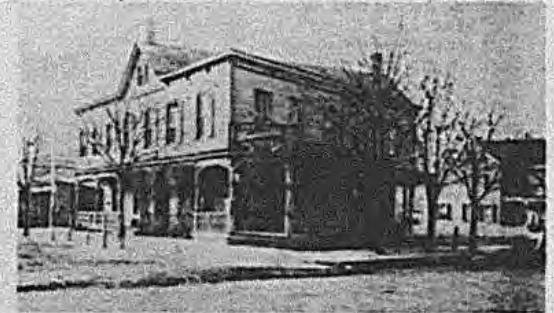
By Bill Clark

With Thanksgiving over, nothing has changed. The next few days, usually means turkey salad, turkey sandwiches, turkey soup and warmed up stuffing. The sugar coated pitted dates along with the pumpkin, mince and apple pies and other goodies are gone. Mom was in the kitchen with food and dirty dishes. The guys were around the radio ballgame, nowadays the T.V., burping or sleeping. All of a sudden, where did the day go?

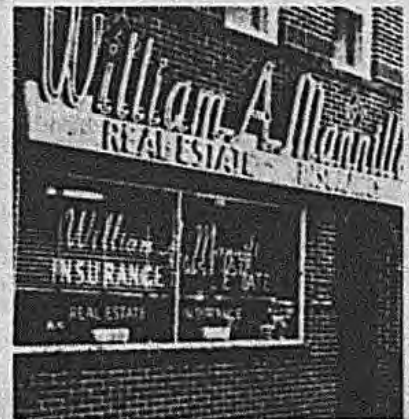
A T.V. program showing the latest thrill rides of speed, curves, ups and downs, will probably be in minds of the fu-

ture young as fun. I recall riding the Cyclone at Coney Island and the mechanical horses with the air blowing holes in the floor at Steeple Chase. Then to Luna Park, riding down the chute in a boat into a pool of water. Also the wooden slides and rotating discs. Later years I didn't ride the tornado or the Wonder Wheel or the parachute jump from the 1939-40 Worlds Fair. At the beach, they wore one piece wool bathing suits with short legs. The wool suits itched. Many wore bathing hats and stockings with their akirt type bathing suit.

Hope your Thanksgiving was enjoyable.



The Hicksville Hotel on Broadway, early 1900's, across from the now professional (dental bldg.). Area between the above two buildings later was Ella's Diner.



Same area, 33 Broadway, next door (to left) was Station Tavern. Today the area is portion of Fountain Park. Photos by Bill Clark

PUBLIC HEARING

Commission on Government Revision

Nassau resident comments requested on formation of new Nassau County government

When: Tuesday - November 30th

**Where: Glen Cove High School
 Dosoris Lane
 Glen Cove**

Time: 5:00-7:00 PM & 7:30-10:00 PM

5 minute speaking limit
 written comments welcome

for more info: (516) 572-0376



Terminators Victory



The Terminators defeated the Firebirds in the Burns Avenue School Flag Football Tournament. Fourth grade boys and girls participated in an exciting game to determine the first and second place teams. Pictured are: Firebirds Captain Steven Kealer, Samantha Hurtes, Jeremy Jones and Sara Fernandez, and the Terminators: Mary Dwyer, Captain Carmine Amato, Jennifer Lawson and Ian Johnson.

**LEGAL NOTICE
NOTICE OF
SPECIAL DISTRICT
MEETING OF
SYOSSET CENTRAL
SCHOOL DISTRICT
IN THE COUNTY
OF NASSAU,
NEW YORK**

DECEMBER 15, 1993

NOTICE IS HEREBY

GIVEN that pursuant to a resolution of the Board of Education of Syosset Central School District, in the County of Nassau, New York (the "District"), adopted on October 18, 1993, a Special District Meeting of the qualified voters of said School District will be held on Wednesday, December 15, 1993, from 6:00 o'clock A.M. (Prevailing Time) to 10:00 o'clock P.M. (Prevailing Time) at the Robbins Lane Elementary School, consisting of the area located south of Jericho Turnpike and west of South Oyster Bay Road, Robbins Lane, Syosset, New York, and at the Harry B. Thompson Middle School, consisting of the area located south of Jericho Turnpike and east of South Oyster Bay Road, Ann Drive, Syosset, New York, and at Syosset High School, consisting of the area located north of Jericho Turnpike, Southwoods Road, Syosset, New York, for the purpose of voting upon the following Proposition:

PROPOSITION

RESOLVED:

(a) That the Board of Education (the "Board") of Syosset Central School District, in the County of Nassau, New York (the "District"), is hereby authorized to finance \$2,985,000 of its unpaid liability to the New York State Teachers' Retirement System for retirement contributions, which liability resulted from 1990 amendments to the Education Law which created such liability and imposed an eight percent (8.00%) annual interest rate thereon;

(b) that a tax is hereby voted therefor in the aggregate amount of not to exceed \$2,985,000, such tax to be levied and collected in installments in such years and in such amounts as shall be determined by the Board; and

(c) that in anticipation of said tax bonds of the District are hereby authorized to be issued in the aggregate principal amount of not to exceed \$2,985,000 and a tax is hereby voted to pay the interest on said bonds as the same shall become due and payable.

Such Proposition shall appear on the ballot labels to be inserted in the voting machines used for voting at said Special District Meeting in substantially the following form:

PROPOSITION

YES NO
RESOLVED: (a) That the Board of Education (the "Board") of Syosset Central School District, in the County of Nassau, New York (the "District"), is hereby authorized to finance \$2,985,000 of its unpaid liability to the New York State Teachers' Retirement

LEGAL NOTICE

System for retirement contributions, which liability resulted from 1990 amendments to the Education Law which created such liability and imposed an eight percent (8.00%) annual interest rate thereon; (b) that a tax is hereby voted therefor in the aggregate amount of not to exceed \$2,985,000, such tax to be levied and collected in installments in such years and in such amounts as shall be determined by the Board; and (c) that in anticipation of said tax, bonds of the District are hereby authorized to be issued in the aggregate principal amount of not to exceed \$2,985,000 and a tax is hereby voted to pay the interest on said bonds as the same shall become due and payable.

The voting will be conducted by ballot on voting machines as provided in the Education Law and the polls will remain open from 6:00 o'clock A.M. (Prevailing Time) to 10:00 o'clock P.M. (Prevailing Time) and as much longer as may be necessary to enable the voters then present to cast their ballots.

NOTICE IS FURTHER

GIVEN that the Board of Registration shall meet from 1:00 o'clock P.M. (Prevailing Time) until 9:00 o'clock P.M. (Prevailing Time, on Tuesday, December 7, 1993, at the Robbins Lane Elementary School, consisting of the area located south of Jericho Turnpike and west of South Oyster Bay Road, Robbins Lane, Syosset, New York, and at the Harry B. Thompson Middle School, consisting of the area located south of Jericho Turnpike and east of South Oyster Bay Road, Ann Drive, Syosset, New York, and at Syosset High School, consisting of the area located north of Jericho Turnpike, Southwoods Road, Syosset, New York, for the purpose of preparing a register of the qualified voters for said Special District Meeting, at which time any person shall be entitled to have his/her name placed upon such register, provided that at such meeting of the Board of Registration he/she is now or proven to the satisfaction of such Board of

LEGAL NOTICE

Registration to be then or thereafter entitled to vote at said Special District Meeting.

The register of the qualified voters of said School District prepared at the Annual Meeting and Election held on May 12, 1993, shall be used by said Board of Registration as the basis for the preparation of the register for said Special District Meeting to be held on December 15, 1993. Any person whose name appears on such register or who shall have been previously registered hereunder for any Annual or Special District Meeting or election and who shall have voted at any annual or special meeting or any election held or conducted at any time since January 1, 1989, shall not be required to register personally for this special District Meeting. In addition, any person otherwise qualified to vote who is registered with the Board of Elections of Nassau County under the provisions of the Election Law, shall be entitled to vote at said Special District Meeting without fur-

LEGAL NOTICE

ther registration.

Immediately upon its completion, said register will be filed in the office of the District Clerk in the Woodbury School, Woodbury Road and Jericho Turnpike, Woodbury, New York, and will be open for inspection by any qualified voter of the District from Wednesday, December 8, 1993, to the day of the election, December 15, 1993, Sunday, December 12, 1993 excepted, between the hours of 8:00 A.M. and 4:00 P.M. with the exception of Saturday, December 11, 1993, when the hours will be from 9:00 A.M. to 1:00 P.M.

NOTICE IS FURTHER

GIVEN that applications for absentee ballots may be applied for at the office of the District Clerk. If the ballot is to be mailed to the voter, the completed application must be received by the Clerk of the District no later than 4:00 P.M. on Wednesday, December 8, 1993. If the ballot is to be delivered personally to the voter, the completed application must be received by the District Clerk no later than 4:00 P.M.

LEGAL NOTICE

on Tuesday, December 14, 1993.

A list of all persons who have been issued absentee ballots will be available in the office of the District Clerk on each of the five days prior to the day of the election except December 12, 1993, between the hours of 8:00 A.M. and 3:30 P.M. Such list will also be posted in a conspicuous place at the polling places during the election.

Only qualified voters who are duly registered will be permitted to vote.

**BY THE ORDER OF
THE BOARD OF
EDUCATION**

Dated: October 18, 1993
Lorraine Trachman
District Clerk
SYO 8719
4x11/12, 19, 28; 12/10

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A DRUG TEST FOR PARENTS.

Wild mood swings, or a dramatic change in behavior, is often a sign of a drug problem.

Enlarged pupils may be caused by cocaine or crack.

A frequently runny or stuffy nose, or regular nosebleeds, may indicate use of cocaine.

A dramatic increase of appetite may signify marijuana use.

A dramatic decrease of appetite may signify use of cocaine or crack.

Poor concentration and memory may be signs of marijuana, cocaine or crack use.

Bloodshot eyes may be caused by marijuana.

Serious lack of sleep, or an unusual sleep pattern, may result from cocaine or crack.

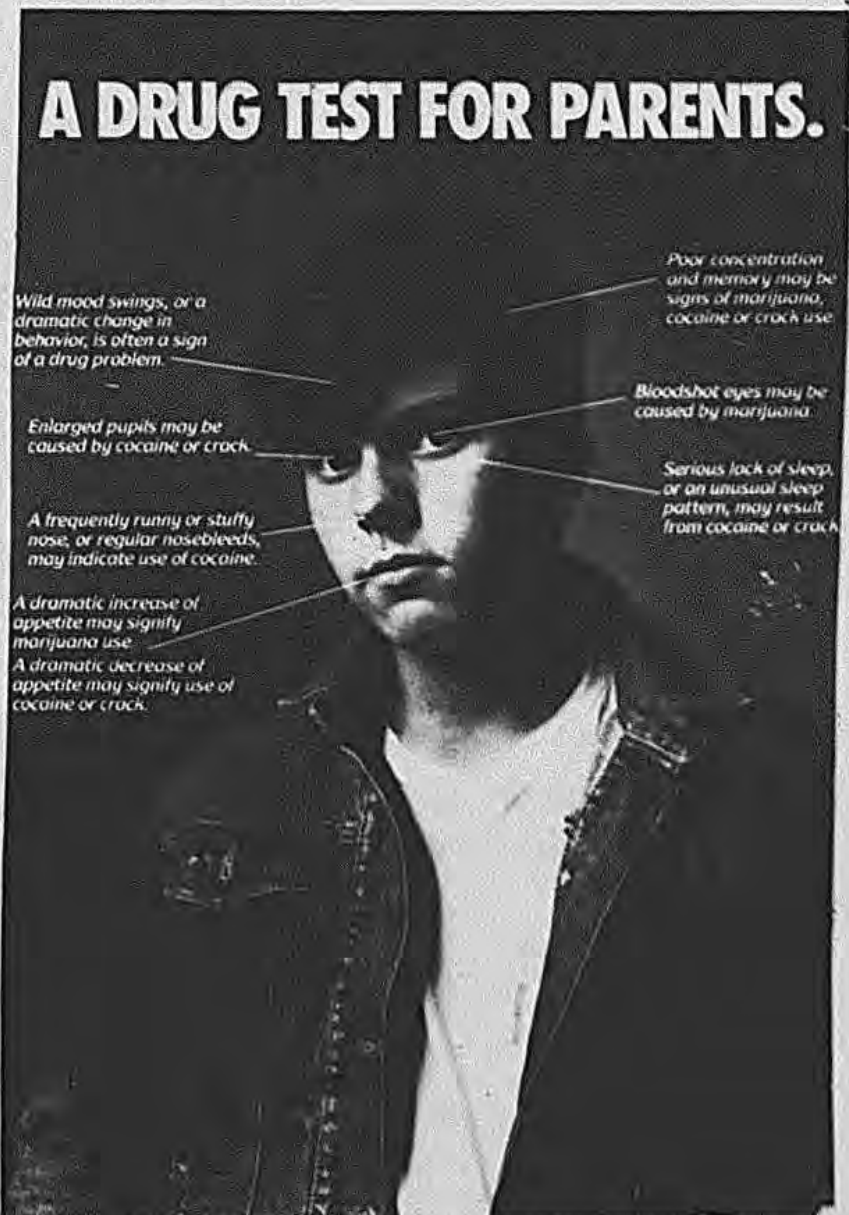


You can

- buy or sell a canoe
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- sell your car
- find your lost dog
- rent a house
- hire a tradesman

Read and advertise in our Classifieds!

Call 931-0012
746-0240
294-8900



News From Hicksville Library

Library Book Sale
On Friday, December 3, from noon to 6 p.m. and Saturday, Dec. 4, from 10 a.m. to 4 p.m., the Hicksville Public Library will be having a book sale in the Kenneth S. Barnes Community Room. There will be thousands of books to choose from.
Estate And Elder Law
Attorney Larry Haber returns to the Hicksville Public

Library on Wednesday, Dec. 15, at 2 p.m. to provide up-to-date information on estate and elder law and to answer questions you may have concerning this ever-changing topic.
Investment Seminar For Seniors
Join Donna Meyers of EAB Bank on Tuesday, Dec. 7, at 2 p.m. at the Hicksville Public Library as she discusses infla-

tion, taxes and different investment strategies.
Book Discussion
On Wednesday, Dec. 8, at 1 p.m., The Book Discussion group of the Hicksville Public Library will discuss "Every Little Thing" by James Herriot. The leader will be Helen Wellman. All are invited to take part in the discussion.

DOING WHAT COMES NEIGHBORLY



SCH provides funding for pre-school Amblyopia screenings through The Helen Keller Services For The Blind.



The community seminar series, "Health Watch" provides professional medical advice on topical health care issues.



An affiliation with Long Island Jewish Medical Center brings a multi-faceted residency program to SCH.



SCH nurses assist the Town of Oyster Bay with its annual Flu Immunization Program for senior citizens.

At Syosset Community Hospital, we've made a commitment to watch out for the health of our community.

We consider you a part of our extended family, and that's why we're continually developing programs to serve your health care needs.

Syosset Community Hospital cares about your health. We have a wide range of services and programs to keep you healthy. Call on us.

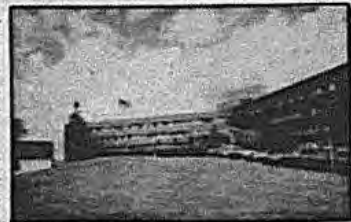
Our instruction on Infant Life-Saving Techniques covers critical information regarding cardiopulmonary resuscitation; the Early Maternal/Newborn Discharge Program provides mothers with home instruction on proper infant

care; free monthly Blood Pressure Screenings aid in the detection of Hypertension; and the Physician Referral Service matches physicians with your needs and is provided free of charge.

By offering these services, Syosset Community Hospital ensures that your health and quality of life go hand-in-hand.

Remember to check the latest issue of the *Community Pulse*, so that you may be aware of these and other services that we provide.

If you do not presently receive this publication, please call (516) 496-6577 to receive your complimentary copy and to be placed on our current mailing list for additional information.



Syosset Community Hospital

221 Jericho Turnpike, Syosset, NY 11791-4507 • (516) 496-6400
Affiliated with the Health Insurance Plan of Greater New York.

Painting, PTA and Pre-Kinkergarten Equal Fun



Megan Murphy and Danielle Gonzales work with Norine Mack on their autumn leaves painting project on the first day of Old Country Road's PTA pre-kindergarten program.

'Wet Down,' Dedication



Oyster Bay Town Councillman Thomas L. Clark (third from left) recently attended Hicksville Fire Department's "wet down" and dedication ceremony for a new 2500 gallon pumper and ambulance. The apparatus will be utilized by the officers and members of Independent Engine and Hose Company 2.

"Don't Take Apples From Witches"



Cautions Snow White as she paints "Princess Jasmine's" hand. She offered the advice at the Lee Avenue School PTA Halloween Party. Students enjoyed face and pumpkin painting, games of skill and chance, a Monster Mash dance contest and a Haunted House full of frightful fun!

LEGAL NOTICE
SEALED BIDS will be received by the Board of Fire Commissioners of the **HICKSVILLE FIRE DISTRICT**, 20 East Marie Street, Hicksville, New York, until 3:30 p.m. prevailing time, **DECEMBER 20, 1993** for the following:
FIREMATIC SUPPLIES FOR THE YEAR 1994

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

BOARD OF FIRE COMMISSIONERS HICKSVILLE FIRE DISTRICT

Dated: November 22, 1993
Attest: John Knight,
District Secretary
MIT2759
1x11/26

LEGAL NOTICE
SEALED BIDS will be received by the Board of Fire Commissioners of the **HICKSVILLE FIRE DISTRICT**, 20 East Marie Street, Hicksville, New York, until 3:45 p.m. prevailing time, **DECEMBER 20, 1993** for the following:
CUSTODIAL SUPPLIES FOR THE YEAR OF 1994

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

BOARD OF FIRE COMMISSIONERS HICKSVILLE FIRE DISTRICT

Dated: November 22, 1993
Attest: John Knight,
District Secretary
MIT2758
1x11/26

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



Discovery! Magazine

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

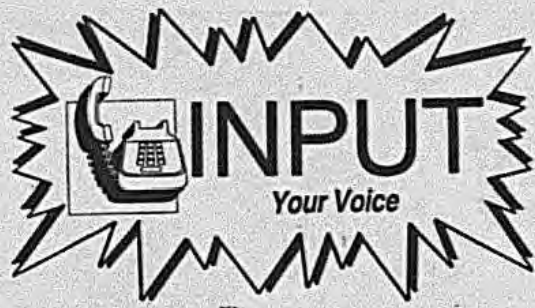


Friday, November 26, 1993

**Understanding
Handicapped Problems**

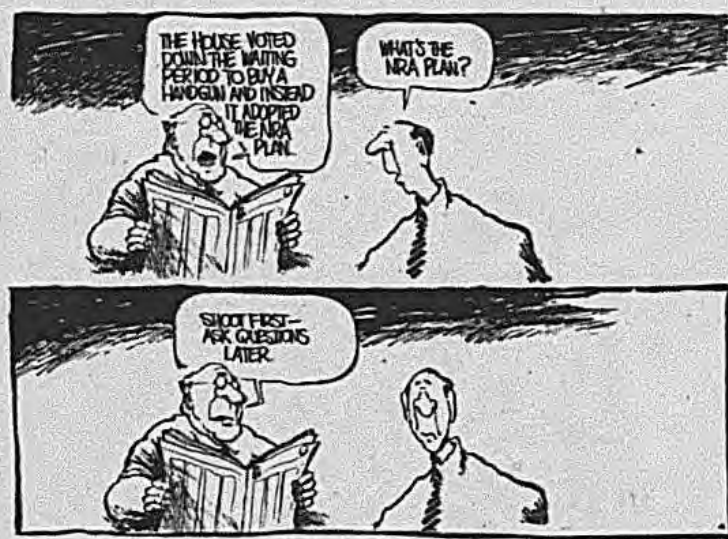


SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think the Brady bill and its waiting period will have any effect on crime?



Most Callers Think Camps Good For Rehab

Most callers to Input believe that former military camps should be used for some type of rehabilitation programs in answer to this question: "There is a suggestion in Congress that former military camps be used for criminal and drug rehabilitation programs? Here are some of the answers:

Facilities Available

Yes there are facilities at many camps throughout the country for people who are worthy and capable of rehabilitation. And since these camps will be without occupants soon they should be used for programs to benefit our society. K.D.

Favors Program

If it means that the potential criminals and drug users would have to work and also get counselling then I am for such a program. Too much of what we give the young criminals turns out to be a club house atmosphere that they only come out worse than when they went into jail. If only a military system would replace the coddling system we now have we would really make some headway. Yes Congress should set up a national program. K.S.

Need Full Program

There is something in the idea of using military camps that will no longer be in use for drug rehabilitation. The only problem I see is that they may not have enough facilities to get the person off of drugs. Simply providing a work program will not work because these people are sick and need both psychological and physical help. Using the camps might be okay but what we are going to do there is important. The public always wants a quick fix for problems and that is not a possibility for drug users nor for those who are on their way to being hard core criminals. B.F.

Could Bring Change

Yes. I think a little bit of the discipline and work associated with military camp life would bring about a big change in many and would do much to stem the increasing tide of drugs and crime. We have thus far named it a "war on drugs" without using the discipline and methods that we would use in a real war. We have to develop programs and use the military camps that are now going to be excess. We should not keep talking but act. H.B.

Private Companies

I think it might be all right to use old military camps as places for rehabilitation programs but I fear that too many with great motives and little experience will once again get hold of any government program to rehabilitate and the whole thing will collapse of its own weight. I would be happier in seeing the programs turned over to private companies that would lease the facilities and get us some non-political results. T.G.

Use Real Estate

No I think this is another "pie in the sky" idea. Just because we have some empty barracks in Fort Dix won't cure drug and crime problems. This is like Mayor Koch putting barges in the rivers to keep criminals. The program was not practical and brought more cost and trouble than if he had done nothing. The former military camps should be turned into valuable real estate and sold. G.K.

Open Spaces

I am all for the idea of using such places as Fort Dix N.J. for drug and criminal rehabilitation. There are miles of open spaces and wood frame barracks so that the inmates will not be living in luxury any more than our armed forces did. They will shape up much faster there than in the city institutions. that have been turned into social clubs instead of prisons. L.F.

In Humans

I believe that this would be wrong for communities in the surrounding areas which would be overloaded with these criminal and drug addicts. I believe the problem should be spread out and these people should be put into group homes otherwise it would be like having a concentration camp. It would be unfair to the people in the towns and the people with the problem. It is different to have a military base. That's the army. It's inhumane. K.F.

Sensible Idea

This would definitely be the most sensible thing to do with former military bases and camps. There really should not be much outcry from the left or the right. We have those facilities. They should be used Number One, as places of commerce or Number Two places to incarcerate criminals. The land is already there. That would be the most sensible thing to do. States should be able to regain control of the federal land if it be more advantageous for the state to take it over T.S.

Against Suggestion

I'm happy to note that the idea to convert military camps was only a suggestion because, in my opinion, such a move would result in a rapid deterioration of the "drug and rehabilitation center". I just can't visualize such a transition particularly as I can't foresee anything constructive emerging from the military camps to encourage conversion to criminal and drug rehabilitation. Apart from the idea my negative reaction on the recommended transition. I feel that an endeavor to turn the ex-military personnel to domestic commercial usage would have a far better chance of success at lesser cost. P.G.S.

Call 931-0027



a Day

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

• One subject to a caller per week •

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

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

Discovery!

Understanding Handicapped Problems

By D. Whitney

In the last few years there has been a drive for the rights and understanding of people with physical handicaps. I had thought that most of us had a "pretty good handle on this."

It wasn't until a neighbor accepted, with great glee, the delivery of a motorized wheelchair, that I really learned what this meant to him. He felt that, at last, he would be free. By himself he could go over the streets that he had walked before. He wouldn't have to wait until others had the time to take him. Free, free at last! He could go where, when, at the speed he liked.

One day he stopped to talk to me. I had assumed that because many sidewalks had been made barrier-free, he would have no problems.

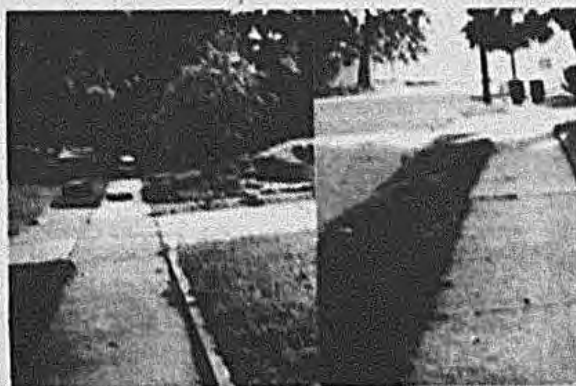
One problem after another arose, not because people were mean, but because they just didn't understand.



Many sidewalks are in a deplorable condition.



Another obstacle is the disappearing sidewalks.



Unless someone is home in areas where garbage pickup is in the front, the garbage cans and covers remain on the sidewalk all day.



Though not as common, there are things such telephone poles and hydrants in the middle of the sidewalks.

These pictures are just some of the obstacles that my neighbor encountered on his travels near his home, but I have noticed them elsewhere. He is no longer here, but I hope these pictures will increase our awareness and understanding.

ABOUT THE AUTHOR

D. Whitney is a concerned resident of Hicksville, a freelance writer and a member of the Writers' Club.

DINING GUIDE

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WINE TALK

Chardonnay aristocrats

By Richard Nalley

The butter, exotic fruit and smoke flavors of great California Chardonnay have probably turned more Americans into fine wine drinkers than all the snobby wine advertising ever invented. These are special-occasion wines that reward you for treating yourself right. You don't need to be a connoisseur to know when something tastes this good.

Ironically, some of these reserve-style California Chardonnays, typically priced at \$20 and above, can almost flavor themselves out of business, pleasure-wise. Some are so rich, so overbearingly "impressive" that one glass is like a meal in itself. You can't really pair the jumbo wines with a lot of foods, since the flavors compete with complex dishes and tend to taste "hot" or sour or even bland with salty, acidic or richly flavored food.

The best reserve-style wine, as with big-flavored French Chardonnays like Meursault, strike a balance between richness and acidity. It is this acidity that gives the wine a crisp, refreshing quality and allows it to match up with a greater range of foods. If you are willing to shell out the dough from time to time, choosing the style and reserve Chardonnay that suits you can be a mighty pleasant business.

Here are the best of the big-time Chardonnays tasted recently. The wines are priced at \$20 to \$30, unless otherwise noted.

To my taste, the finest maker of Chardonnay in California is Chateau Woltner, perched up above Napa Valley's eastern wall on Howell Mountain. I am very aware, however, that these wines — leaner and less fruity than most — are not to everybody's taste.

But from the \$10 Howell Mountain bottling to the \$40 Titus Vineyard, the Woltner Chardonnays are superb at the table, wines that seem to blossom with a piece of grilled fish, or roast chicken with buttery corn, or a veal cutlet. And they are palate-clearing — you look forward to the second glass as much as to the first.

The Chateau Woltner 1991 Chardonnay, Titus Vineyard, is my favorite white wine of the vintage, a big, intense, mouth-filling wine with a smooth vanilla harmony and blaze of acidity to keep it lively. It is a benchmark in California Chardonnay.

Woltner's smooth, beautifully balanced 1991 Chardonnay Frederique Vineyard, also priced at around \$40, is a very good wine as well. Somehow — considering that the vineyards are a rock throw apart — it misses the special distinctiveness of the Titus bottling.

The third \$20-plus member of the lineup is the 1991 Chardonnay, St. Thomas, with the most obvious lemony-acidity and less structure to balance it. The St. Thomas is a wine for a cream sauce pasta or a lobster salad.

Fans of buttery, richer-tasting California Chardonnay can look to the Chalone Vineyard 1992 Chardonnay, Estate Bottled. This is a perfumed, ultracreamy wine with spicy flavors of banana and tropical fruit.

Another well-executed wine in a similar vein is the Far Niente 1991 Chardonnay, Napa Valley, a creamy, rich — but not over-the-top rich — wine with notes of butter and exotic fruit. This is a classic California Chardonnay with style and restraint.

Cakebread Cellars 1990 Char-

donnay Reserve, Napa Valley, is a tasty wine in a very different style. It's a medium-bodied Chardonnay in a style that doesn't immediately suggest "reserve," but its balance and juicy Granny Smith apple and earthy flavors wear very well, sip after sip.

A wine for lovers of toasty, smoky oak character in Chardonnay is the Merryvale 1991 Reserve, Napa Valley.

It is very smoothly done, and the wine has the richness and fruit to carry it. Best is the smoky vanilla savor in the finish.

Signorello has established its reputation thanks to its lavishly rich Chardonnays, but I've come to admire the winery's more distinctive hand with spicy reds. Signorello's 1991 Chardonnay, Founder's Reserve, Napa Valley, is a good example of the style: big, rich and polished, with a stout lick of that common California grapey, "juicy-fruit" flavor that may come from a particular Chardonnay clone.

Signorello's 1992 Chardonnay, Estate, is a glycerin-y, soft-textured, rich wine as well, with a smooth overlay of oak and a grapefruit citrus quality that is pleasing, though hardly classically Chardonnaylike.

Two Chardonnays offering up massively ripe, honeyed, bright fruit flavors are the Ferrari-Carano 1990 Chardonnay Reserve, California, and the Cambria 1990 Chardonnay Reserve, Santa Maria Valley. Two superrich wines going for the oak-and-butter palooka punch are the Marimar Torres 1991 Chardonnay, Green Valley, and the Franciscan 1991 Chardonnay, "Cuvee Sauvage," Napa Valley.

PICK OF THE WEEK

Lockwood 1991 Merlot, Monterey County (\$12). A juicy, sneaky-rich Merlot that comes across with an arrestingly aromatic, allspice-like savor. This is a quintessential red meat wine, perfect for your personal signature burger or a chunky beef stew.

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



To Owners of Good Restaurants:

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The Last Word in Restaurant Guides

Where Our Readers Have The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant guides... a paid listing of many prominent selected restaurants in this area. While many of them have been rated by the great, and near great food connoisseurs, our readers will have the last word through "Reader Ratings".

Through a special 24 hour phone system, readers will be asked to call in their assessment of each restaurant they visit. Consensus ratings (good or bad) will be published as a continuing part of the guide.

In addition they can make suggestions, compliments or criticisms through the open phone line and messages will be sent through to the restaurant management.

(Guide to Good Dining)

You can apply to join "Reader Ratings": If your establishment has been missed, or you have not yet answered our invitation, we invite you to call Litmor Publications at WE 1-0012 for more details as they might apply to your restaurant.

Litmor Publications
 The Reader Participation Newspapers

DINING GUIDE

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HOME ENTERTAINING

Smart tools for leaner eating

By Carol Cutler

"Lean" is the buzzword of the moment. Almost every phase of the media — newspapers, magazines, television, radio, books — has been hammering the message. Fat is out, fat is dangerous to your health, fat is the enemy.

Of course other dietary changes are also being recommended for well-being, especially more fruit, vegetables and beans. But fat remains the culprit in more diseases than any other. This is especially true for heart disease, and more and more research implicates fat in various forms of cancer as well.

But there are a lot of people who want to help us get on the lean bandwagon. Some are manufacturers of cooking equipment, others of food processors. To help sort out truth from hype, it is wise to consult health newsletters from impeccable sources.

One of the best is Tufts University *Diet & Nutrition Letter*, which is published monthly and costs \$20 per year. Call (800) 608-6315.

Until his death a few months ago, Dr. Jean Mayer was president of Tufts University and a pioneer in presaging the cry for better nutrition. He was nutrition counselor to the White House during the Nixon administration.

In a recent special report on "Tooling your kitchen for lower-fat eating," Tufts' newsletter puts at the top of the must-have list the one piece of equipment every chef in the country would agree with: a sharp knife.

The Tufts report put it this way, "A sharp knife can mean the difference between cooking healthfully and not cooking healthfully, which is why it is the most important tool in a health-conscious eater's kitchen."

Not only do good, sharp knives cut foods faster and thinner, they are safer. It's the dull knife that slips since it doesn't get a bite into the food and readily slides off, onto your finger, usually. Good knives have been around a long time, and they are expensive. Don't blanche at prices around \$70 for a 6- or 8-inch chef's knife: it's a lifetime investment.

Most of the fine knives have been produced by European manufacturers with established reputations. Well, along comes an American upstart who has produced a better product. Edgcraft Corp. has expanded its line of Chef's Choice Cutlery.

These superbly balanced knives are two to three times sharper than comparable knives and hold their edges up to 10 times longer.

Yogurt sales are booming as more and more cooks use it to replace rich cream or mayonnaise. Yogurt, especially nonfat yogurt, becomes an invaluable cooking ingredient when it is drained of most of its considerable moisture.

This means putting it in a strainer and suspending it over a bowl so the whey can drip away. You can easily put together a contraption that will work, but several manufacturers have produced yogurt strainers that are neat, easy to use and made of nonmetal materials, which guarantees no off-flavors. My favorite is made by Chantry.

The longer the yogurt drains, the firmer it becomes. The volume reduces in half, that is, 2 cups of yogurt produces 1 cup of "yogurt cheese" if strained 24 hours.

I often put it in the refrigerator overnight and the next morning flavor the yogurt cheese with herbs, spices and a bit of salt and pepper. At times, a few drops of

rice-wine vinegar or balsamic vinegar are added. It makes a great no-fat spread for toast. Don't toss out the whey. Drink it. It is very nutritious, full of minerals, phosphates, calcium salts, vitamins and water-soluble proteins.

Vegetarian dishes are now mainstream fare. No longer are they cherished by vegetarians alone. A glance at the recipes in your favorite magazine or newspaper food section will show an increasing call for vegetable broth.

Making vegetable broth is simple but time-consuming. As many as seven to 10 vegetables have to be peeled and chopped, then simmered for a few hours.

Campbell Brands has come to your aid with their brand new Swanson Clear Vegetable Broth, the company's first new broth flavor in 30 years. This golden liquid is made from carrots, celery, beets, parsley, lettuce, watercress, spinach and tomatoes. There is a wee bit of onion oil in it and, oddly enough, it's the flavor that comes out first. The broth contains no MSG.

HONEY-SPICED DIP

2 cups nonfat yogurt
2 tablespoons honey
1/2 teaspoon ground nutmeg
Fresh fruit wedges
Yields 1 cup.
Drain yogurt 24 hours. In bowl, combine yogurt cheese with honey and nutmeg. Place in pretty bowl on platter and surround with pieces of fresh fruit for dipping.

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KITCHEN KIDS



By Rena Coyle

Let the kids plan a dinner party

As your child matures from being a preteen into a teen-ager, he or she is probably feeling very "grown-up." But along with this new sense of maturity and authority comes a lot of anxiousness and insecurity.

One way to help your growing child deal with these personal stresses is to let him or her feel in control, one small task at a time. Cooking is a great way to gain back some self-confidence and treat a few good friends to a very special evening.

Pasta dishes are always a good choice for this age group to cook. They enjoy cooking it as well as eating it. To make a simple pasta dish seem a little more grown-up, this recipe for linguine pairs it up with a hearty red clam sauce. The recipe is quick to prepare, and by following the menu guide, your teen-ager will be able to time the dinner party preparation like a pro. A crusty loaf of bread is buttered ahead of time and wrapped in foil so it is ready to pop in the oven when the pasta is cooking; that way, both are hot and ready to serve at the same time.

You can never remind your child too often about how important it is to be very careful when cooking and draining the hot water away from the pasta. If your child is young, or if you don't feel comfortable about leaving him or her with that task, then don't hesitate to help.

THE MENU

- Linguine and Hearty Red Clam Sauce
- Leafy Green Salad With Italian Dressing
- Warm Italian Bread and Butter
- Hot Apple Crunch With Vanilla Ice Cream

PREPARATION SCHEDULE

• The day before the party: Be sure to have all the ingredients you need. Make the Apple Crunch.

• The day of the party: Give yourself at least two hours for preparation. Separate the leaves from the head of lettuce. Rinse under cool water and dry completely. Tear the leaves into bite-size pieces. Put in a bowl and refrigerate.

Slice the loaf of bread lengthwise. Spread one half with butter and replace the top piece on the bottom piece. Wrap with aluminum foil set aside.

Follow the recipe for the Linguine and Red Clam Sauce. As you heat the water for the pasta, place the bread in a preheated 300 F oven.

While the pasta is cooking, toss the lettuce with a prepared Italian dressing. Put the salad on plates and set them on the table.

Drain the pasta, toss with the clam sauce and serve. Remove the bread from the oven, slice and serve.

To warm the Apple Crunch, place it in the preheated 350 F oven just as you sit down to eat. It will be ready when you serve dessert.

LINGUINE AND RED CLAM SAUCE

2 (6 1/2-ounce) cans minced

- clams
 2 cups prepared spaghetti sauce
 1/2 teaspoon minced garlic
 1 teaspoon salt
 1/2 pound linguine noodles
 1 tablespoon grated Parmesan cheese
 1/4 cup freshly chopped parsley
 Yields 4 servings.

Preparation time: 15 minutes.
 Cooking time: 30 minutes.

Utensils: strainer, medium mixing bowl, can opener, plate, measuring cups and spoons, 2-quart saucepan, kitchen spoon, 3-quart saucepan, fork, oven mitts.

Set strainer in mixing bowl and drain both cans of minced clams. Pour clam juice, about 1 cup, into 2-quart saucepan. Add spaghetti sauce and garlic. Bring mixture to a simmer over medium-high heat, cook for 15 minutes.

Add reserved clams and stir until they are well blended. Turn off heat and put pan on back of stove.

Bring 2 quarts water to a boil in 3-quart pot. Add salt. Once water begins to boil, carefully add linguine noodles. When water returns to a boil, begin timing and cook pasta for 10 minutes.

Put strainer in sink. Once pasta is cooked, turn off heat and, with adult help, carefully pour pasta into strainer to drain. Give strainer a shake, to rid noodles of any excess water. Return pasta to saucepan and add about 1/2 cup of sauce. Toss to coat noodles. Divide pasta between 4 serving plates. Top with sauce, a sprinkling of Parmesan cheese and chopped parsley. Serve while hot.

WARM APPLE CRUNCH

- 1 teaspoon butter
 1/4 cup plus 1 tablespoon flour
 1 large apple
 1/2 cup chopped walnuts
 1 egg
 1/2 cup sugar
 1/2 teaspoon cinnamon
 1 teaspoon baking powder
 1 teaspoon vanilla
 1 pint vanilla ice cream
 Yields 4 servings.

Preparation time: 20 minutes.
 Baking time: 30 minutes.

Utensils: paper towel, pie pan, cutting board, apple corer, vegetable peeler, knife, large mixing bowl, measuring cups and spoons, small mixing bowl, mixing spoon, pie pan, oven mitts.

Daub paper towel with butter and rub it evenly over sides and bottom of pan. Dust pan with 1 tablespoon flour and set aside. Preheat oven to 350 F.

Secure apple on cutting board. Press apple corer through center of fruit and twist out core.

Peel apple with vegetable peeler.

Cut apple in half. Placing it flat side down, cut both halves into small chunks.

Put apple in large mixing bowl. Add walnuts and toss together.

In small mixing bowl, crack egg and whisk until blended. Add sugar, cinnamon, flour, baking powder and vanilla. Pour mixture over apple/nut mixture and blend.

Evenly spread mixture around bottom of pie pan. Put on oven mitts and carefully place pan in oven and bake for 30 minutes. Once baked, it will be puffy and golden brown.

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DINING GUIDE

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By Sharon Achatz

One quick-and-easy way to elegant dining is through the use of puff pastry shells from the supermarket's frozen-food section.

These melt-in-your-mouth buttery creations come ready-made and frozen in packages of six or more, and cook up in the oven in about 25 minutes — just the right amount of time to whip up a classic and creamy meat-and-vegetable filling and set the table.

The easiest such fillings come straight from the frozen food aisle as well. An 11-ounce package of creamed chipped beef or creamed chicken, for example, will provide enough filling for two servings — and the experimental chef can toss in a cup or two of frozen vegetables for good measure, if desired.

CREAMED SPINACH Special makes use of frozen creamed spinach, then adds the heartiness of canned sliced mushrooms and the colorful crunch of diced red bell peppers.

Seafood lovers will delight in **Creamy Crab Creole**, a slightly spicy mixture of crab meat, slivered almonds and frozen green beans and corn that gets its creamy base from cans of condensed soup.

CREAMED SPINACH

6 puff pastry shells
2 (10-ounce) packages creamed spinach

¼ tablespoon vegetable oil
1 red bell pepper, diced
1 (8-ounce) can sliced mushrooms, drained

1 teaspoon dried minced onion
Yields 6 servings.
Preparation time: 30 minutes.
Cook pastry shells according to package directions.

About halfway through cooking time, cook creamed spinach according to package directions and saute red pepper in oil until limp, about 5 minutes.

Combine spinach, red pepper, mushrooms and dried minced onion in sauce pot, keep warm over low heat until pastry shells are cooked through.

When shells are cooked, remove from oven and immediately fill with warm spinach mixture; serve immediately.

CREAMY CRAB CREOLE

6 puff pastry shells

¼ cup margarine
1 red bell pepper, diced
1 (8-ounce) package frozen French-sliced green beans, thawed

1 (8-ounce) package frozen corn kernels, thawed

2 (10½ ounce) cans condensed cream of celery soup

¼ cup lemon juice

1 teaspoon dried minced onion

1 tablespoon dried parsley flakes

¼ to 1 teaspoon Creole seasoning salt

2 (6-ounce) packages frozen crab meat, thawed

¼ cup slivered almonds
Yields 6 servings.
Preparation time: 30 minutes.
Cook pastry shells according to package directions.

About halfway through pastry cooking time, melt margarine in large skillet. Add red pepper, green beans and corn kernels; saute until vegetables are tender, about 5 minutes. Stir in celery soup, lemon juice, onion, parsley and Creole seasoning; heat through. Stir in crab meat and almonds; heat through and keep warm until pastry shells are cooked through.

When shells are cooked, remove from oven and immediately fill with warm crab mixture; serve immediately.

Sharon Achatz is a free-lance writer.

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DINING GUIDE

Vegetarian View



Fruit is filling and low in fat

By Margaret Wing-Peterson

Past ... want to get more food on your plate without getting more calories?

There's no trick photography, just heart-wise nutrition; choose "eating lean," eating less fat that is so concentrated in calories. By consuming foods lower in fat, you actually can enjoy a greater volume of food for a given number of calories.

Too much dietary fat — not only if it's saturated or unsaturated — can lead you toward maladies such as heart disease and even certain types of cancer.

Excess fat adds calories quickly and therefore encourages weight gain. Excess body weight boosts the risks for developing hypertension, Type II diabetes mellitus, stroke and heart attack whether you're a man or woman. And now some preliminary research has indicated excess fat intake might invite health problems even when body weight is controlled.

One of the easiest low-fat steps you can take is to enjoy fresh, ripe summertime fruits, whether your favorites are delectable melons and peaches, succulent nectarines, sweet-tart plums or a bevy of berries. All fresh fruits are cholesterol-free, low-sodium and virtually fat-free.

Pectin and other soluble fibers in fruit can promote decreases in excess blood cholesterol. Furthermore, many fruits are excellent sources of potassium, and a high-potassium diet can help deter hypertension.

Do choose optimally ripe fruit, not only for the most flavor but generally for the best vitamin and mineral content (compared to immature or overly ripe produce). Although fresh fruits contain a lot of water, they still supply calories, nearly all in the form of sugar.

Some people should eat fruit in moderation because their blood fats and blood glucose levels might be sensitive to large amounts of sugar.

Cantaloupe is probably the most nutrient-dense of fruits. One-third of a medium melon (about 1 cup of cubed flesh) supplies about 50 calories but more than half of your recommended daily allowance for vitamin A (as beta-carotene), more than the day's allowance for vitamin C and a hefty portion of potassium.

Watermelon, honeydew and cantaloupe are generally good sources of vitamin C and fair sources of potassium yet are relatively low in calories, about 50 per cup of flesh. Apricots and nectarines are the better bets among stone fruits; each contains good to excellent levels of vitamin C and beta-carotene.

Plums and peaches are somewhat lower in nutrients, and cherries are lower yet. All carry at least fair amounts of potassium and provide valuable nutrients such as copper and vitamin E.

Count on about 50 calories from three apricots, a 4-ounce peach or

a 3-ounce plum or nectarine. Only a cup of strawberries — not quite 50 calories — has nearly one and a half times the vitamin C an adult needs daily. Raspberries and blue-

berries have good amounts of vitamin C with nearly 50 calories per three-quarters cup. All three berries are among the most fiber-rich of fresh fruits.

BETTER THAN PEACH ICE CREAM

7 fresh ripe peaches
2 cups low-fat milk
1 envelope unflavored gelatin
1 cup unflavored low-fat yogurt
¼ cup sugar
1 tablespoon vanilla extract
Yields 7 cups.

Chop enough peaches to measure 1 cup. Puree remaining fruit to measure 2½ cups puree.

Combine milk and gelatin in medium saucepan. Heat, stirring, until gelatin dissolves; remove from heat. Add chopped peaches, puree, yogurt, sugar and vanilla to gelatin mixture; mix well.

Pour mixture into canister of 2-quart ice cream maker. Process in ice cream maker according to manufacturer's directions. Remove to freezer containers and freeze until firm.



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(Guide to Good Dining)

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By Desiree Vives

It might be a lot easier to go out for dinner on Thanksgiving — no mounds of food to put away, no piles of dishes to wash and dry — but no turkey leftovers? No way!

It just wouldn't feel like Thanksgiving to me without a generous supply of leftovers.

Even if you send packages home with relatives and guests, you're still bound to end up with a goodly supply of turkey. And with a microwave at your service, there are plenty of tasty meals awaiting you.

A turkey sandwich is probably the most traditional way to serve the leftover bird, but there are lots of other ways to enjoy. Many microwave recipes call for cooked, cubed chicken and, of course, you may easily substitute turkey. Try turkey divan, creamed turkey and peas over toast points, turkey enchiladas or chow mein.

Whether fresh or leftover, turkey is perfect for microwaving. Frozen turkey defrosts quickly and retains its natural flavor and nutrients. Even when reheated, turkey will taste like it was freshly prepared.

Turkey consumption has more than doubled in recent decades. Today's health-conscious consumer recognizes that turkey not only tastes great — it's healthy, too.

Compared to red meats, turkey is very low in cholesterol, fat and calories. A 3-ounce portion of cooked, skinless turkey breast has only 119 calories, 1 gram of fat and only 55 milligrams of cholesterol. The same amount of broiled sirloin has 240 calories, 6.4 grams of fat and 77 milligrams of cholesterol.

Even compared to other poultry, turkey is lowest in cholesterol.

Most cooks used to reserve turkey for the traditional Thanksgiving meal, but nowadays turkey is available in many forms: turkey pastrami, hot dogs, sausage, bologna. Or you can buy fresh cutlets or tenderloins, ground turkey, netted boneless turkey roast and turkey parts (breasts, drumsticks, thighs). All are available year-round and easy to microwave for quick, delicious meals.

So enjoy your Thanksgiving leftovers — but remember you can enjoy turkey at other times of the year, too.

TURKEY FLORENTINE CROISSANTS FOR TWO

$\frac{1}{2}$ pound fresh spinach, washed and chopped
1 tablespoon butter OR margarine
2 teaspoons flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ cup half-and-half
1 tablespoon lemon juice
2 large croissants
 $\frac{1}{4}$ pound thinly sliced cooked turkey breast
Yields 2 servings.
Preparation time: 10 minutes.
Cooking time: 4 to 7½ minutes.
Oven setting: HIGH (100 percent power).

Place spinach in 1-quart microwave-safe casserole. Cover and

microwave 2½ to 3½ minutes, or until tender, stirring once. Turn into colander and drain thoroughly.

Place butter or margarine in 2-cup glass measure. Microwave 30 seconds to 1 minute, to melt. Add flour, salt and pepper; stir to blend. Stir in half-and-half. Microwave 1 to 3 minutes, or until sauce thickens, stirring every 30 seconds. Stir in lemon juice.

Split croissants in half lengthwise. Fill each with half of sliced turkey and half of steamed spinach. Top with cream sauce and serve immediately.

LONGBRANCH CASSEROLE

$\frac{3}{4}$ cup water
2 tablespoons dry sherry
2 teaspoons chicken bouillon granules
 $\frac{1}{2}$ cup mayonnaise
1 (14-ounce) can artichoke hearts, halved (with liquid)
1 (10¼-ounce) can condensed cream of mushroom soup
3 cups cubed, cooked turkey
1 cup uncooked long-grain rice
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{4}$ teaspoon pepper
Yields 6 servings.
Preparation time: 10 minutes.
Cooking time: 27 to 35 minutes (plus 3 minutes standing time).
Oven setting: HIGH (100 percent power).

Combine water, sherry and bouillon in 2½-quart microwave-safe casserole. Stir well. Blend in mayonnaise, artichoke hearts and their liquid and cream of mushroom soup.

Add all remaining ingredients, stirring well. Cover and microwave 27 to 35 minutes, or until rice is tender.

Let stand, covered, 3 minutes before serving.

TURKEY-BROCCOLI BAKE

2½ cups broccoli florets
 $\frac{1}{2}$ cup water
1½ cups cubed, cooked turkey
2 tablespoons cornstarch
2 tablespoons water
1 cup milk
2 tablespoons white wine
2 teaspoons chicken bouillon granules
 $\frac{1}{2}$ cup shredded Cheddar cheese
Paprika
Yields 4 servings.
Preparation time: 10 minutes.
Cooking time: 9 to 14 minutes.
Oven setting: HIGH (100 percent power).

Combine broccoli flowerets and $\frac{1}{2}$ cup water in 1-quart microwave-safe casserole. Cover and microwave 6 to 8 minutes, or until tender. Turn into colander to drain, then arrange in 9-inch round glass pie plate. Top with cubed turkey.

Combine cornstarch and 2 tablespoons water in casserole; blend well. Stir in milk, wine and bouillon. Microwave 1½ to 3 minutes, or until sauce thickens, stirring twice.

Pour sauce over broccoli and turkey. Top with cheese and dust with paprika. Microwave 1½ to 3 minutes longer, or until heated through. Serve over hot cooked rice.

By Willard Abraham, Ph.D.

We argue about my weight

Dr. Abraham: Can you imagine that my boyfriend is upset with me because I am 10 pounds overweight? If I were a tiny girl that might be worth arguing about, but I am 5 feet, 11 inches tall, and no one but him seems to think that is a problem. I certainly don't.

Maybe he is so upset because he thinks my sometimes eating junk food caused this so-called problem. Maybe it did cause that extra 10 pounds, but what is the big deal anyway?

He is an exercise and sports fanatic, and although I exercise three times a week, I'm not an exercise nut the way he is.

What has happened is that lately we don't seem to talk (argue?) about anything else but that darned 10 pounds. It has reached the point that either the 10 pounds have to go or he will, and he seems firm about that.

So this is the question, plain and simple: Should I let him go, or what? — Decision Time

Decision Time: I wonder whether the issue is really the 10 pounds or something else. Do you think he may be using it as an excuse to get out of your relationship? Have you had any hints that he wants to?

Whether that is the case or not, a continuing argument over such a small matter seems quite childish. Honestly, don't you think so?

Your answer to that may depend on this bottom line: How you really feel about your relationship with him? If lukewarm or even cooler, you might consider breaking off. If you like him more than that and would miss him, that's another story.

Dr. Abraham: I am 16 years old, and my boyfriend is 22. We have a lot of fun together and have many things in common.

At first I wasn't really sure about getting into a relationship with somebody who is six years older than I am.

But after I found out that he felt the same way about our ages I decided that if I really liked this person (and I do) that age difference really doesn't matter.

Did I make the right decision? Do you think age really does matter in a relationship? — Just Wondering

Just Wondering: Sometimes age differences matter, and sometimes they don't. It depends on many factors.

At ages like yours and his it could make a difference if you are in high school and he is in college or on a job, if you are located far apart, if your parents approve (or disapprove) or if maturity levels vary quite a bit. All of those may be factors to consider, as well as others that indicate differences which some people tend to ignore because of infatuations of the moment.

Six year differences are sometimes of more concern in younger relationships than when ages are higher. For example, a teen/20s

relationship may require more careful thought than one in the 20s/30s or 30s/40s.

Another item to think about is the length of a relationship or friendship. Usually a longer time provides a better chance for feelings to mellow and deepen, rather than rushing on with an infatuation that may be brief and carries a tendency to weaken with time.

So there could be much to mull over. Some relationships may work out beautifully, regardless of age, but others may fall apart despite how strong they appear to be. Still, the more thorough the thought processes are on the part of both people, the more chance there is that success will be achieved.

Dr. Abraham: My parents are so careless the way they cross the street. That may be hard to believe, but it is true. They jaywalk and run out into traffic. They have had a lot of narrow escapes, with screeching tires and all that.

It is as if they are trying to prove something, but I don't know what. Maybe it is like they enjoy close calls and excitement. They sure take awful chances.

That worries me, but even more, I'm worried because they are lousy role models for two little kids in my family. I am 15, and can think for myself, but they look at my mother and father acting so crazy and maybe kind of think that is the way to be.

I've told my folks how I feel, but they just laugh and say the kids know better than to copy them. But I wonder if they really do.

How about a little help, Dr. A? — Scared

Scared: Gladly, and I hope it's in time for those little ones, and your parents, too.

I came across an item that may be right on target for you and them. It is from a fine publication called *Take Good Care of Yourself*, and hits this issue head-on.

• Stop at the curb or edge of the road; never run into the street.

• Look for traffic — first left, then right, then left again.

• If your view of traffic is blocked by a tree or parked car, move out slowly until you can see. Then look left, right, and left again.

• Wait until traffic is clear; then cross.

• Keep looking both ways until you've crossed the street.

• Use sidewalks whenever possible.

• Walk on the left side of the street, facing traffic. This is particularly important when there are no sidewalks.

• Ask a parent which streets are safe to cross. (Your parents may not be helpful with this bit of advice.)

• Cross streets at the corner whenever possible.

• Watch for cars backing out of driveways and parking lot spaces.

Cooking Corner



Soup's on!

By Tershia d'Elgia

Health. Convenience. Versatility. Elegance. Put our contemporary imperatives in the kitchen and you'll find a fresh cuisine. It's more practical, more simple, less rich, less expensive but no less chic. It's soup.

Soups and their single-pot resourcefulness are the legacy of virtually every culture around the world. In our country, we have long associated soup with Campbell's first and school lunches second. But the times they are a changing.

Soups seem pared down to those still hankering for a veal Oscar. But suicidal portions of sauced meat no longer have the panache of a delightful tureen of cioppino or sweet-and-sour noodle soup. Americans have a transformed palate.

The three-part entree with meat, vegetable and starch is an anachronism. Medical and health organizations have adopted a nutritional "pyramid" in the last few years. This means meals are no longer "square"; they're triangular. Requirements cut back on protein and augment vegetables and carbohydrates. Translated, this pyramid manifests itself as a lot of single-item entrees like salads, pastas, rice dishes and soups.

Pure ingredients, lots of vegetables and less meat and fat are the cornerstones of soup. Nothing could be so healthy. Add bread, a glass of wine, beer or cider, and you have a meal-in-one.

Soups are an ideal food, particularly for colder months. They are soothing, warming and a hospitable solution for impromptu meals. Keep a supply of soup bases — beef and chicken broth — on hand. Using them, you'll find you can deftly produce many soups with lightning speed.

By varying ingredients, one can reproduce soups and stews from every part of the world. For example, a sturdy beef base, used in conjunction with onions, paprika and beer, offers up a late-night Onion Soup. Add meatballs and an assortment of vegetables to the same base and you've produced a hearty Meatball Soup.

That chicken broth can carry your family on an ethnic excursion. It might be a sausage soup from Eastern Europe, an egg drop soup from China, or a minted chicken bean soup from the Mediterranean.

As is true of any creative endeavor, a lot depends on the right utensils. Soup doesn't require a large degree of sophistication, but certain equipment is helpful.

• Big, heavy stock pot. Bones

take up a lot of room, 8 to 12 quarts' worth.

• A 3-quart saucepan. This smaller, heavy pan is ideal for fast first-course soups such as the Bernese Potato Soup below.

• A 6-quart Dutch oven. Full-meal soups and stews profit from this versatile pot, which is oven-safe.

• Deep 10- to 12-inch frying pan with cover. This is perfect for stove-top stews.

• Large colander. Use this to strain out bones and seasonings.

• Big, heat-resistant bowl.

• Blender, food processor or food mill. You can't make pureed soups without one of them.

Learn to present soup as more than a bowl of mangled ingredients. Here are a few tips:

• Leave the ingredients in larger, easily distinguishable pieces (Be sure to lay the table with forks and knives in addition to spoons).

• Don't fill the bowls too full. People can always get seconds.

• Use fresh herbs whenever possible. A branch of thyme or a few basil or tarragon leaves are a lovely statement.

• If the soup is pureed, think about floating a lemon or lime wedge, steamed carrot or zucchini rounds, a crouton in the top. Or present it with a flourish of paprika, ground nutmeg or pepper.

Few foods freeze as easily or as well as soups and stews, according to the California Culinary Academy's book on the same subject. You can pop soup or soup-makings in the freezer at many different stages:

• Beef, chicken, lamb or fish bones can be sealed in heavy plastic bags in the freezer until you are ready to make broth.

• Broth stored in plastic, coated cardboard, coffee cans or glass jars can be frozen until you're ready to make finished soups.

• Finished soups can be frozen for up to four months. Mark with the freezing date. Don't freeze soup thickened with egg or soup calling for fresh green vegetables. Add these after you thaw them.

• Stews are more difficult to freeze if they are thickened with wheat flour, cornstarch or eggs. They will break down and separate after freezing. Either thicken them after thawing or substitute rice flour, tablespoon for tablespoon for flour or 2 tablespoons to 2 for cornstarch.

These recipes are from the Cole Group's California Culinary Academy series cookbook, "Soups & Stews," available from the publisher, 4415 Sonoma Highway, Santa

Rosa, CA 95409, (800) 959-2717, or your local bookseller (\$9.95).

You will enjoy the distinctive flavor of sweet red peppers in this soup, as well as its brilliant scarlet color.

RED PEPPER SOUP

3 tablespoons butter OR margarine

3 large red bell peppers (about 1½ pounds), seeded and chopped

1 medium onion, finely chopped

¼ teaspoon ground cumin

Pinch cayenne pepper

¾ cups Rich Chicken Broth (recipe follows)

2 teaspoons lemon juice

Salt (optional)

Few sprigs Italian (flat-leaf) parsley, for garnish

Yields 4 to 5 servings.

In 3-quart saucepan over medium heat, melt butter. Add bell peppers and onion and cook, stirring occasionally, until onion is soft but not browned. Mix in cumin and cayenne; then add chicken broth.

Bring to a boil, cover, reduce heat, and simmer for 20 minutes.

With slotted spoon, scoop out vegetables and transfer to blender or food processor. Add little broth and whirl or process until smooth. Return red pepper puree to broth in cooking pan. Mix in lemon juice. Taste, and add salt if needed.

Reheat to serving temperature. Serve hot, garnishing each serving with a few leaves of parsley.

•••

Some swear by it as a cure-all. Others could not cook a week's worth of meals without using it at least once. Making your own chicken broth — especially if you buy whole chickens, cut them up yourself and reserve the backs, necks and wings until you have enough for a batch of broth — is a lot more economical than buying the canned kind.

RICH CHICKEN BROTH

2 tablespoons butter OR margarine

1 medium onion, chopped

2 medium leeks, cleaned well and thinly sliced (use part of green tops)

1 large carrot, thinly sliced

1 stalk celery, with leaves, chopped

5 pounds bony chicken pieces (backs, necks, and/or wings)

3 sprigs parsley

¼ teaspoon dried thyme

¼ teaspoon whole peppercorns

1 bay leaf

Pinch dried marjoram

4 quarts water

Salt (optional)

Yields about 12 cups.

In large, deep kettle (8- to 10-quart size) over medium heat, melt butter. Add onion, leeks, carrot and celery and cook, stirring often, until onions are soft but not browned. Add chicken pieces, parsley, thyme, peppercorns, bay leaf, marjoram and the water.

Bring slowly to a boil, reduce heat, cover, and simmer until broth has a rich flavor (¾ to 4 hours).

Strain broth, discarding solids. Return broth to kettle and boil gently, uncovered, until it is reduced to about 12 cups (30 minutes to 1 hour). Taste, and add salt if desired.

If possible, refrigerate broth,

overnight; then skim off and discard fat. Freeze; or cover and refrigerate, and use within 3 to 4 days.

•••

Fresh ginger hints of the Orient in this easy soup that combines fresh Japanese tree oyster mushrooms with the more familiar cultivated kind.

DOUBLE MUSHROOM SOUP WITH BARLEY

¾ cup butter OR margarine

1 (4-ounce) package fresh tree oyster or other Japanese-type mushrooms (small mushrooms whole, larger ones sliced)

¾ pound cultivated mushrooms, thinly sliced

¾ cup pearl barley, rinsed and drained

1 small clove garlic, minced or pressed

¾ cups Sturdy Beef Broth (recipe follows)

1 teaspoon grated fresh ginger OR ¼ teaspoon ground ginger

Salt and white pepper to taste

2 green onions, thinly sliced on diagonal

Yields 4 servings.

In heavy 2- to 3-quart saucepan over medium heat, melt butter. Add both kinds of mushrooms and cook, stirring occasionally, until they are lightly browned and any liquid has cooked away. Add barley and garlic, stirring to coat barley with mushroom mixture.

Mix in 1 cup of broth. Bring to a boil, cover, reduce heat, and simmer until barley is tender (about 45 minutes).

Stir in ginger and remaining broth. Cook, uncovered, over medium heat until soup is hot. Taste, add salt if needed, and pepper to taste. Just before serving, stir in onions.

BERNESE POTATO SOUP

¾ cup butter OR margarine

1 medium onion, chopped

1 small carrot, chopped

1 stalk celery, with leaves, chopped

1 clove garlic, minced or pressed

¼ teaspoon white pepper

¼ teaspoon dried marjoram

Pinch ground nutmeg

4 medium-size smooth-skinned potatoes (about 1½ pounds), peeled and diced

¾ cups Rich Chicken Broth

1 cup milk

¼ pound Swiss cheese, shredded (1 cup)

Salt (optional)

Yields 6 to 8 servings.

In 3- to 4-quart saucepan over medium heat, melt butter. Add onion, carrot, celery and garlic and cook, stirring often, until soft but not browned. Mix in pepper, marjoram, nutmeg, potatoes and broth. Bring to a boil, cover, reduce heat slightly, and boil gently until potatoes are very tender (25 to 30 minutes).

Puree soup, about half at a time, in blender or food processor until smooth. Return to cooking pan.

Gradually blend in milk and reheat until steaming hot. Do not boil. Stir in cheese, about ¼ cup at a time, until it is smoothly melted into soup. Taste, and add salt if needed. Serve immediately.

COOKING CORNER

Garden Talk

By C.Z. Guest

You can reduce garden and landscape maintenance, including the amount of pesticides you need, by making wise choices of plant materials. Start by selecting plants that are suited to your area, including native plants.

To maintain healthy plants with few pest problems, look for insect and disease-resistant varieties.

At purchase time:

- Select plants that are sturdy and have well-developed root systems.
- Buy plants from a reputable grower who can assure you that they are disease- and insect-free, or better still, grow your own from seed.
- Avoid accepting plants from friends if there is any chance they have insects or disease.

Native or naturalized plants usually are more tolerant of local environmental conditions and pests, ensuring better performance with less care.

Beware, though, some native trees can also be problem trees, having either messy fruit (mulberry), troublesome root systems (willows) or high susceptibility to pests (black locust).

Disease-resistant varieties are plants that have been developed to resist a specific disease. A resistant variety is not resistant to all disease but only to those for which it has been developed.

Disease resistance does not mean that the plant will not get the disease, but the disease will at

least be less severe than for susceptible varieties.

Fruit trees, including those grown for flowers, such as Kwanzan cherry, are often subject to disease and Japanese beetle infestation. Management of fruit trees with pesticides requires a genuine commitment of time and knowledge.

Using disease-resistant varieties of vegetables not only makes gardening easier, but also reduces the expense and potential for pollution with pesticides. Although many nontoxic materials are used to control vegetable disease, it is best to avoid all pesticide use if possible by selecting disease-resistant varieties. Seed catalogs indicate which varieties are resistant to various diseases.

Insect-resistant plants are bred to resist or repel insects by physical or biochemical means. An insect-resistant plant can physically deter insects from extracting plant juices, for example, by the composition of its leaf hairs.

Another instance of physical deterrence would be a stem structure that is incompatible with a particular insect's breeding habits (egg laying).

A plant possessing biochemical insect-resistant traits will contain plant sap or toxins that are unappealing to the insect, possibly causing the insect to become sick.

The plant sap could also be nutritionally incomplete for the insect, leaving the insect unable to complete its life cycle.

GARDEN TIPS

Avoid pest problems

- Select sturdy plants with well-developed root systems.
- Purchase disease-free, insect-free plants from reputable sources.
- Avoid free plants if there is any chance they may be diseased.
- Native plants are more tolerant of local weather conditions and pests than other varieties.
- Fruit trees, including those grown for flowers, are often subject to infestations of Japanese beetles.



Japanese beetle

Our Children

By Willard Abraham

Changing sleeping habits takes time

Q. We have only one child, and my husband and I idolize him. I am sure we have spoiled him to pieces, but it adds to our joy to do things for him and give him even more than he asks for. In fact, he is an undemanding child, and that makes the doing and giving even more of a pleasure.

Now we seem to have our first problem. When he was smaller (he is now 6 years old) we let him fall asleep in our bed and moved him into his when we went to bed. In time, we stopped moving him. Why bother him when he is sleeping so peacefully, we thought.

We have an idea that this practice should end, but how? We are afraid that he'll be upset if we end it, and we want to avoid that if possible.

Can you please try to help us?

A. Life for everyone includes some disruptions, adjustments and stress. Handling his sleeping habit with love and consistency may lead to his future ability to adapt to change.

Reading to and with him, some calm conversation about the day's activities or some music he enjoys — one or more involvements like these for at least a few minutes before he goes to bed may help ease him into the new arrangement. Whatever you choose should be done in his room, at the side of his bed or in one or two comfort-

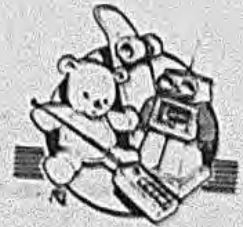
able chairs. Soon he will probably begin to associate that enjoyable, quiet activity with going to sleep in his own bed.

There may be some complaining from him, perhaps even tears, but if you stick to your plan with warmth, maybe including a hug, a pleasant tucking in and a smile, they should help the change to succeed.

Consistency, patience and time are necessary ingredients.

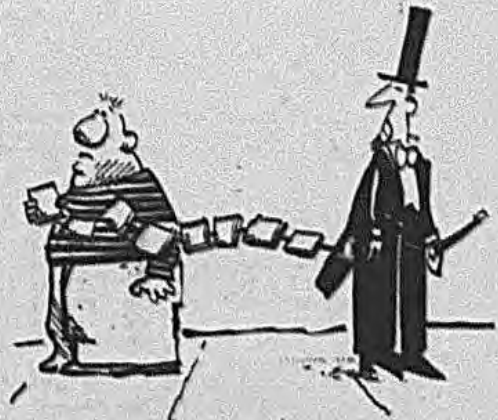
If these ideas don't work, please let me know and we'll try something else. But don't give up hope too soon.

How long will it take? Your guess is as good as mine because children differ so much, and so do their parents. A few weeks may do it. I hope so.



The Crow's Chronicle

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Fitness Forum

By Jack Williams

New equipment promises the moon

In an age when personal computers are becoming as commonplace as the couch, it may be a lot more tempting to interface with your database than hop on a stationary bike for a mindless *tour de farce*.

But the fitness-entertainment industry, mindful of the interactive technologies at our fingertips, wants to have you biking, skiing, rowing and jogging into the next millennium without leaving your computer screen.

A Dublin, Ohio, firm called Computer Athlete Inc. is the industry pace setter, offering an interactive video game that links an IBM-compatible computer to your own exercise bike, ski machine, rower or stair stepper.

It's the software — and a little lightweight hardware consisting of fabric fastener button straps and infrared light sensors — that makes this arcade aerobicizing unique.

By attaching the buttons to the equipment and positioning the sensors just so, an athlete on the screen — powered by the sweat of your brow — navigates obstacles, evades pursuers and races challengers. The venue can be an open road (for cyclists), a snowy path (for skiers), a river (for rowers) or moonlike terrain (for stair steppers).

"We've actually created a science-fiction environment on the moon in the stepper game, with yourself and four other robots," explained Dwight Eberhart, Computer Athlete's chief executive officer. "Each time you step up and down, a robot's legs go up and down."

The other robots go up and down, too — you score points by knocking over competitors and avoiding obstacles.

If you're cycling, on the other hand, a menacing pig may come along and try to, uh, hog the road. With the click of those buttons on your fabric fastener straps, you can zap the offending animal and rack up 100 points or so as you speed along in heart-pumping, virtual reality.

SOMETHING FOR EVERYONE

And if you're not up for the arcade aerobics? There are five paces, from casual to what Eberhart calls "warp speed," to fit your mood in programmed workouts from five minutes to "unlimited."

At the end of your workout, you get feedback: the number of points you scored, your average speed and distance covered.

Eberhart and his high-tech colleagues feel that sweating over games, so to speak, is the future of fitness, taking over where headphones, exercise tapes and computerized machines leave off.

The industry is banking on projections that more than 100 million personal computers will be in homes in 1995 and surveys that show that more than 80 percent of PC owners also have fitness equipment.

Major equipment manufacturers may get into the act by incorporating such technology into interactive exercise stations for gym and home use.

"We're working on licensing agreements now," said Eberhart.

Among the industry objectives: to make exercise and play one and the same. Which is what hard-core fitness buffs have thought all along.

For information on fitness' venture into virtual reality, call Computer Athlete at (800) 860-4506.

THE HEALTHY GOURMET



By Kit Suedaker

Ways to enjoy a bounty of apples

Mostly I eat apples out of hand because they are so good in the fall. Once my yen is satisfied, though, I look around to see what else I can do with them.

Plenty is the answer. Apples fill the role of low-everything dessert better than any other fruit except strawberries. Maybe better. I can't imagine a strawberry upside-down cake.

I can imagine an apple everything.

APPLE UPSIDE-DOWN CAKE

Topping: 2 large Golden Delicious apples, peeled, cored and quartered, cut into thin wedges (about 3 1/4 cups)

1/2 cup packed light brown sugar
2 tablespoons dried cranberries or raisins

2 tablespoons fresh lemon juice
Cake:

1 1/4 cups all-purpose flour

1/2 cup sugar

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 cup nonfat milk

1/2 cup unsweetened applesauce

1/2 cup vegetable oil
1 large egg, beaten
1 teaspoon vanilla extract
Yields 6 to 8 servings.

Each serving has about 300 calories, 10 grams fat, 27 milligrams cholesterol and 340 milligrams sodium.

Preheat oven to 350 F. For topping, combine apples, brown sugar, dried cranberries or raisins and lemon juice. Spoon into 9x3-inch cake pan. Spread in even layer.

Stir flour, sugar, baking powder, baking soda, cinnamon and salt together in bowl.

In another bowl, stir milk, applesauce, oil, egg and vanilla together until blended. Pour wet ingredients over dry ingredients and stir just to blend.

Spread batter evenly on top of fruit layer and bake until cake is golden brown on top and edges have pulled away from sides of pan, about 40 minutes. Cool 20 minutes on wire rack, loosen sides of cake with tip of small knife and invert cake onto serving platter. Serve warm.

PAGE 13A Friday, November 26, 1993 HEALTH WATCH

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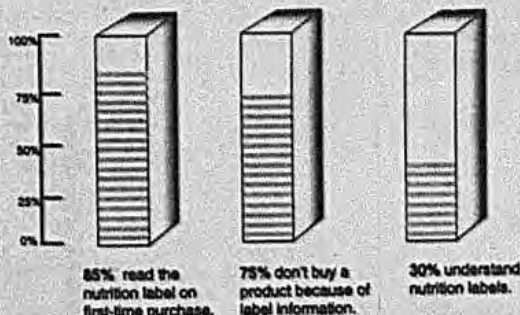
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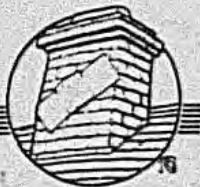
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Here's How

By Gene Gary



Q. What measures would you suggest to stop bricks from flaking? My brick chimney keeps flaking above the roof line, and small chunks of brick fall off. I have replaced the missing pieces and chunks of brick with various materials such as thin bricks, cement, plastic compounds, etc. Each time repairs were made, I further protected the brick by spraying or brushing with a water-sealing compound such as Thompson's.

So far, nothing I have done has really been successful in stopping the flaking or chipping. Do you have any suggestions on how to remedy this situation? — E.F.

A. Moisture is the culprit. In more severe climates, moisture penetrates the brick and is exposed

to freeze/thaw cycles, which cause deterioration of the brick.

Chimney tops face the worst weathering of all. Hot exhaust gases from the furnace heat it and subject the bricks and mortar to more freeze/thaw cycles than other brick structures.

A common problem is a poor cap design on the top of a chimney. The cap, or "crown," of a chimney is often constructed by spreading a tapered bed of mortar over the top bricks rather than casting it in concrete or using precast concrete or stone. Over the years these mortar caps crack and allow water to penetrate the brickwork below. When this deterioration has progressed to the point that bricks are flaking and literally falling out, it is usual-

ly too late for mortar repair and brick replacement.

The cap on your chimney probably needs to be rebuilt with a stone or concrete cap, which can keep moisture out. Any severely damaged bricks in the chimney structure should be replaced. This is an extensive job and best left to a professional.

Q. Our home has bare wood floors, including a wood staircase. Do you know of anyway to make the stairs nonslip? The floors have area rugs and are not too slippery, but I am concerned about the stairs.

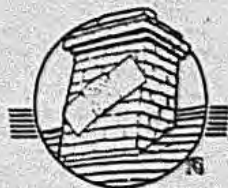
We have three young children, and I need a finish that is both durable and nonskid. I would like to maintain the natural wood finish. — H.G.

A. You can use a varnish treatment similar to texturing paint for a nonskid surface.

Remove any wax from the finished wood and apply two or three coats of a durable urethane varnish. Use a satin finish rather than the high-gloss finish. Allow each

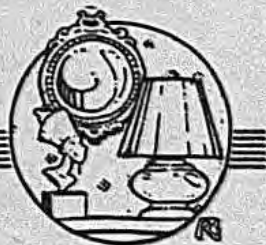
coat to dry for 24 hours before applying the next coat. Be sure to sand with extra-fine paper between coats.

For the final coat, mix clear silica into the finish before you apply it. Silica is available at most hardware stores and home centers. This should help give the surface enough texture to alleviate much of the slipperiness.



Decor Score

By Rose Bennett Gilbert



Corner arrangements no longer 'tacky'

Q. The last time I rearranged the furniture — something I love to do! — I put the sofa on an angle beside the fireplace. My girlfriend had a fit. She insists all furniture should be perpendicular to the walls.

I like the way the living room looks now but I have to admit she's made me worry. Have I done something tacky? — L.W.

A. Time was when I might have answered yes. According to formal classical taste, furniture arrangements should be squared off, symmetrically balanced, and, yes, always placed at right angles to the walls.

Times, and taste, have changed, however. You can see from the photo we show here that while cater-cornering looks inherently less formal than a classically balanced room arrangement, it is definitely not synonymous with "tacky."

The Ethan Allen designers who put this room together on the diagonal (using furnishings from their "Circa 1776" collection) have made smart use of the unusual space they created. For instance, the open "V" in the corner behind the sofa is filled with a round table to hold a lamp for reading at night.

From the corner forward, the entire furniture arrangement follows the lively diagonal attitude established by the sofa. Played

against the opposing lines of the wide-planked floor, the visual *trompe l'oeil* is a younger and more energetic room than could ever have been achieved simply by playing all the "right" angles.

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



CUTTING CORNERS — Cater-cornering furniture used to be against the rules, but here it offers a new angle on conquering inner space.



LOCAL READER

CLASSIFIED ADS sure to get results

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DEADLINE
TUESDAY
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PAGE 15A Friday, November 26, 1993 CLASSIFIED

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

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

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

Help Wanted

REAL ESTATE SALES - Very active Garden City office seeks experienced sales associate. Call Ed Kausey 747-1300 gcD2

TELEPHONE SOLICITOR To work at home. Permanent assignment contacting potential subscribers. Good leads provided. Perfect for mothers, retirees. Sales exp. helpful but not necessary. Call 831-0012. htfh

REPORTER NEEDED - Hicksville/Syosset area, to attend local evening meetings and write stories. Good writing skills necessary. Payment on a per story basis. Call 931-0012. htfh

PHLEBOTOMIST. FOR PATIENT service center in Garden City area. Experience necessary. P/T, pediatric experience a plus. Excellent hourly wage. Call for interview. Ask for Ms. Blake. 1-800-534-2896. gcN4

BABYSITTER NEEDED Mon.-Thurs., 2 p.m. - 6 p.m. Clean driver's license, experience needed, references required, non-smoking in my home. (516)292-3112. gcN4

BOOK STORE / GARDEN CITY P/T clerk. Permanent. Applications now being accepted. Saturday a Must! 742-4794. wn3

IMMEDIATE BABYSITTER, Mon-Fri 7-9 a.m. Own transportation. References. Call 746-8055 after Nov. 20, 248-4914. hD2

HOUSEKEEPER, GARDEN CITY, P/T, Mon. - Fri. 1-5 p.m. Mature woman with car. Cleaning, laundry, ironing, local errands, non-smoker. References required. Call eve 747-4264. gcD1

Help Wanted

REAL ESTATE SALES Position - Well established Realty office serving the area for 78 years has openings available. Call E. Valentine for details. Valentine Agency. 746-7200. wd4

P/T LEGAL SECRETARY - Three (3) full days a week, 2 secretary office. Some steno, dictaphone typing. Will train and salary open. 741-0833. wn4

MATURE INDIVIDUAL NEEDED to watch 2 year old in my Garden City home 1-3 days a week. Own transportation. 746-1415. gcN4

CHILD CARE - LIVE OUT, in my Garden City home for 3 year old and 7 month old. Mon. - Fri., F/T, possibly 3 days in near future. Must have car, English speaking only, non-smoker, references. Eves (718) 723-4168. gcN4

BOOKKEEPER - FULL CHARGE Small manufacturing Company, AR, AP, PR, TL, bank recs. on computer. Experience necessary. Smokers need not apply. 741-6000. wn4

P/T CLERK WANTED 17 1/2 hours per week. 1 evening per week and 1 Saturday per month required. New Hyde Park Village resident preferred. References welcome. 354-1350. wn4

MATURE NANNY / HOUSEKEEPER Mon.-Fri., 10-6. Flexible. Care for 2 children 8 and 11. Must have car. Non-smoker. Start immediately. English speaking. 565-5439. gcN4

YOGA TEACHER TO INSTRUCT 10 year old at my Garden City home. Call after 8 p.m. 741-6759. hn4

Help Wanted

GARDEN CITY, MOTHER of 3 seeks mature, English speaking, non-smoker with valid N.Y. driver's license and own transportation for child care & housekeeping. References required. Tues., Wed., Thurs., 12 noon - 6 p.m. Some flexibility in hours. Call between 9 a.m. and 9 p.m. 326-0812. gcD1

REAL ESTATE AGENT needed for active Garden City office. Earn high commission in friendly and professional office environment. Call me in confidence at my home phone. Cathleen Whelan, 294-6219. Fennessy Realty. gcD1

CHILD CARE NEEDED in my Garden City home for 13 month old. 8:30 a.m. - 1 p.m., 3 days a week, flexible. English speaking, own transportation. Experience & references required. Call 248-0923. gcD1

PIANO PLAYER AND SERVER for Christmas Eve. Service 6pm-12pm, Piano 7pm-11pm. 538-2288. gcD2

CHILD CARE NEEDED in my Garden City home 3 days per week. Babysits for my 5 month old from 8 a.m.-6:15 p.m. Experienced, non-smoker, own transportation. English speaking. Call 741-0748. gcD2

LEGAL SECRETARY P/T. Small litigation firm. Word Perfect 6.1 required. Call Victoria. 488-7807. gcN4

Situation Wanted

LADY WANTS TO care for sick or elderly, night or day. Light housekeeping, non-smoker. Own transportation. Excellent references. (516)565-5735. gcN4

DEAR SIR/MADAM: I'm an honest and reliable lady looking for a job as a companion. My number is 1-718-399-0269. Good references. Live-in or out. Thanking you. hD3

HOUSECLEANING AVAILABLE for house, apartment and office. Good references. Own transportation. Trustworthy. Call 747-7993. gcD3

HOUSECLEANING AVAILABLE Excellent reference, experienced and own transportation. English speaking. 666-3678. gcD3

HOUSEKEEPER, LIVE IN or live out. Experienced, references. Available 7 days a week. Call 876-9354. gcN4

Situation Wanted

HOUSECLEANING AVAILABLE. GOOD references, experienced, own transportation. English speaking. 481-0796. Please call after 5 p.m. gcN4

PROFESSIONAL NURSING, MORNING hours, geriatric only. Very reasonable rate. Call after 3 p.m. please. 294-9519. gcN4

POLISH WOMAN HAS a car, hardworking, would like to take care of elderly person part time, full time or at night. Call (718) 690-2332. gcD3

EXPERIENCED, HONEST, RELIABLE Certified Aide or companion, seeks five days taking care of elderly. Non-smoker, references. 485-4914. wd3

HOUSECLEANING PER DAY, Thursday & Sunday. References. 483-7863. Area: Mineola, Williston Park & Garden City. W-D-1

MATURE WOMAN SEEKS job to care for small children. 4 years experience, good reference, English speaking, live out. Call Marcia (718)322-4317 any time after 5 p.m. gcN4

LOVE, LAUGHTER & LEARNING - Play groups for toddlers, pre-schoolers, kindergartners. Small groups (limit 6). Arts & crafts, story time, healthy snacks. Large playroom & yard, educational toys and activities. Babysitting also available. Recent references. 294-9299. wn4

CERTIFIED NURSING AIDE with experience and references, looking for job to take care of elderly or handicapped person. Will work day or night. Please call Jackie (718) 327-4814. gcD2

CHILD CARE AVAILABLE in my Albertson home. Loving mother, former nursery school teacher. Excellent references. 10 years of experience. Special rate for full time child. 747-1507. wd3

IRISH GIRL AVAILABLE temporarily from Nov. 15 to Dec. 18 for child care, companion to elderly or housecleaning. Experienced with references. Please call Kathleen. (718)347-5346. gcN4

PARENTS MOVING TO Florida, Garden City Resident, energetic, responsible female seeking room to rent. Excellent references. Will gladly help out with chores for reasonable rent. Call Marilyn. 789-3349. Available immediately. gcD2

Situation Wanted

COMPANION: LIVE OUT. Experienced, mature and reliable woman seeking position as companion 5 days a week. Mon.-Fri., Call (718)468-8215. gcN4

MAN WITH VAN SEEKS delivery & light moving jobs. Please call 718-217-8778, leave message. wd3

COMPANION - CARING & MOST Responsible, 43 year woman. Medically trained aide, Church/Legal references. Have peace with Mrs. G. whenever needed. Williston Park resident. 739-0412, 9 to 6 p.m. best. wn4

HOUSEKEEPER AVAILABLE. 2 days, good references, good experience. Call after 3 p.m. 487-8255. hn4

CLEANING LADY SEEKS HOUSE, office & apartment cleaning. Good references. 10 year office cleaning experience, 3 years in apt. & house cleaning. Own transportation. (718)479-2307. wd2

BABYSITTER, HOUSEKEEPER AVAILABLE, Mon-Fri. Good references, experience. Call any time 747-5950. gcD2

HONEST, RELIABLE, CERTIFIED hard working, middle-aged Home Health Aide seeks position to care for sick or elderly. References. Call 355-0553. Leave message. gcD2

HOUSECLEANER AVAILABLE. GOOD references. Available Monday - Saturday. Clean offices, apartments, houses. Call 377-9814 or 668-4917. gcD1

I AM LOOKING FOR housecleaning job. Tues., Thurs. and Sat. Call 798-7727. My name is Isabel Mena. gcD2

EXPERIENCE, CARING NURSE'S Aide and home health seeks position to take care of the sick. Reasonable rate and good recent references. Call Sonia at 485-2078. gcD2

POLISH WOMAN IS looking for cleaning job 5 days a week. Experienced, own transportation. Call from 7 a.m.-11 p.m. 516-326-6739 or 718-383-6902 from 12 p.m.-6 p.m. or leave message. gcD2

POLISH LADY RESPONSIBLE, honest, hard working with experience looking for job cleaning homes or taking care of sick, elderly or children. 665-1453. gcD2

Situation Wanted

CHILD CARE AVAILABLE
NYS certified early childhood teacher with Master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent references. 747-5350. wd1

IRISH AMERICAN CERTIFIED Nurse's Aide/Companion. 14 years experience. Will work any hours. Excellent references. Please call before 12 noon and after 6 in the evening, up to 11 PM. 746-4745 or 746-0948. wn4

ENGLISH SPEAKING, POLISH woman is looking for housekeeping job. Call (718)468-6705. gcN4

GARDEN CITY MOTHER with older children would like to babysit occasionally in your home during school hours, 9 a.m. - 3 p.m. Please call 248-5896. gcJ4

HOUSECLEANER FOR OFFICE or house available Tues. & Thurs. Own transportation. Call 565-0854. For any information please call at 5 p.m. any day. gcD2

GOOD HOUSECLEANER WITH many years experience. Good references & own transportation. 481-1459. gcD1

SEEKING HOUSECLEANING JOB. Have good references, own transportation & experiences. 766-2521. gcD1

CERTIFIED IRISH AIDE available for days, evenings, nights and weekends. Own transportation. 742-7526. gcD1

EXPERIENCED MOM WISHES to care for your child/children in my Williston Park home. Flexible hours. 873-0044. wn4

DO YOU NEED Someone to check on a parent regularly, coordinate their health care, help with paper work? I am an intelligent, caring Garden City resident available immediately. Call 742-5149. gcD2

TWO HRS. FREE CLEANING for new customers. English speaking woman available for household chores and office cleaning. Fees: \$10/hr. min. 4 hours. (Household Chores); \$12/hr. min. 2 hrs. (Office Cleaning). Call 741-6616. Excellent references. wn4

PART TIME OFFICE work. Hours to suit your needs; reasonable. Experienced all clerical duties: typing, filing, phone, billing. Knowledge Word Processing IBM and Macintosh. Accurate, organized, intelligent, pleasant. 773-4207. hd1

HOUSECLEANING, GOOD REFERENCES. Own transportation. Available weekdays & weekends. Ask for Miriam. call 742-2348. gcD2

HOUSECLEANER AVAILABLE ENGLISH speaking, experienced. References available. U.S. resident. Please call 794-6516. gcN4

Situation Wanted

ATTENTION VACATIONERS - WOULD YOU like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcF1

QUALITY CHILD CARE available in my Herricks/New Hyde Park home. Reasonable. Fenced in yard. Starting at 6:30 a.m., Monday to Friday. References. 741-9163. wn4

POLISH WOMAN, EXPERIENCED. References. Housecleaning. 292-8116 gcD1

Real Estate for Sale

GARDEN CITY ESTATES, BLVD. address, Contemp. 4 BRS, 2 1/2 Bths., LR/Fpl, DR, Den, Lg. EIK, 2 Car Garage. Beautiful private yard. Walk RR. \$359,000. Owner 741-0154. gcD2

BERKSHIRES: WORTHINGTON, MA 1905 11.3 AC. Victorian retreat, Great room 28 x 30' with 30' energy efficient glass wall affording mountain views, stone fireplace, 4 BRs, guest cottage, 2 car garage, pond, modern systems, central air, near skiing. 25 minutes east of Lee/Lenox. Reduced from \$425,000 to \$320,000. Owner (413)238-0223. gcN4

SOUTHOLD EXCLUSIVE. Rare opportunity to own a charming 19th Century farmhouse. Main road location. Country kitchen, 3 BRs, low taxes. Worth seeing \$134,500 Southold, Unique home built in the French Normandy style. Elegant appointments throughout. Park-like setting with boxwood garden. Desirable in town location. Reduced to settle estate \$265,000 Southold, Very Special traditional in exclusive beach community. Beautifully landscaped property with a solar in-ground pool, 3 BRs, 3 Ba. Treat your family to the best \$285,000 Southold Waterfront. Handsome Colonial in most prestigious area with deep water dock and direct Bay access. 3 BRs, 2 1/2 Bths plus studio. Reduced to settle estate \$425,000

Southold Waterfront. Brand new deluxe neo-Victorian. Super boat dock. Serene Bay views. 4 BRs, 2 1/2 Bths \$499,000 Call for our new brochure. Marion King Realty 734-5657 gcN4

GARDEN CITY MOTT. Colonial. Maintenance free, brick/vinyl, slate roof, brick drive & patio. 3+ BRS, 2 1/2 new baths, LR/FPL, FDR, family room, large gourmet kitchen/skylights. Fabulous Master BR suite, greenhouse room. New windows, gas heat, sprinklers, low taxes. Mint. \$449,900. 746-5883 gcD3

GARDEN CITY PAREN/NE HYDE PARK - Low \$300's. Double lot, zoned business A or residential. Call Digilio Real Estate - 516-775-3294 wn4

Real Estate for Sale

GARDEN CITY BEAUTIFUL lg. split, 3/4 BRS, 2 Bths, New EIK, Cath. LR/Fpl, DR, Den, Fin. Bsmt., 2 Car Gar., 70x100 fenced yard, new driveway, porch, walk. Convenient to park, RR, Shopping. Low taxes. Priced to sell! \$335K Owner 747-6386. gcN4

GARDEN CITY SOUTH Custom Cape. Mint. Dead End. Golf Course. 80x100. Enclosed 40' Mini Villa, porch, new windows/doors. 6BRs, 2Bs, EIK, DR, LR/Fpl, Fin. Bsmt., new roof. Many extras. Low taxes. \$265K Principal. 481-8919. wn4

GARDEN CITY, EXQUISITE Mott Colonial. LR/Fpl, 3+BRs, 1 1/2 new Baths, large Family Room and large Kitchen, new basement playroom. Low taxes. \$410,000. Call owner 294-5782. gcN4

BOCA RATON, FLORIDA. Double wide mobil home, 2 BRs, 2 baths, Florida room. Mint condition, club house, heated pool, adult community. Excellent location. Maintenance \$115 per month. \$56,000. (516)358-9807. gcN4

GARDEN CITY ESTATES, 3 BR. Center Hall Colonial. New EIK, w/skylight family room, LR/Fpl, FDR, new 1/2 bath & maid's room off kitchen, finished basement with wet bar and 1/2 bath, 3 BRs, 2 new baths on second, brick patio, fenced in yard. Walk RR's & schools. Principals only. Ask \$470,000. 746-2097. gcN4

GARDEN CITY ESTATES Tudor on golf course. Everything new. LR/Fpl, DR, EIK, finished basement, 4BRs, 1 full Bath, 2 half Baths, new oak floors, 40 x 100 property. Taxes \$3,900. Just reduced by owner \$419,000. House is much larger than it appears. Walk to RR & stores. 741-4274. gcN4

MATTITUCK - FIRST EXCLUSIVE offering of this attractive vinyl-sided Ranch offering 7 comfortable well-planned rooms. Large living rm/FPL, festive dining room, wife-designed kitchen, 3 BRS, den, 2 full baths, 2 1/2 baths. Finished rm. in basement, with 2 additional semi-finished rooms. Ideal Mother/Daughter, all appliances, garage. A Real Steal at \$149,900

Cutehogue - Complete Ranch \$169,000. First Exclusive Offering of this spotless, modern home on exquisitely landscaped one acre plot near beach/boating. Comfort-inviting LR, festive DR, cabinet-lined kitchen, 3 BRS, 2 tile baths, lots of closets. Bsmt., rear Deck, Storage Shed, Move-in condition. See Soon! North Fork Peconic Bayfront - Just reduced for quick sale to \$199,900. 7 large rms., 4 BRS, 1 1/2 baths, 2 porches, oil H.W. heat, garage, workshop. Beautiful views. Call for our new Free List of choice homes, some waterfront, some water view at greatly reduced prices! Book-miller Real Estate 722-4423 gcN4

Real Estate for Sale

SOUTHOLD CONDO TOWNHOUSE AT Eastwind Shores. Great view overlooking L.I. Sound. LR, DR, Kitchen, 3BRs, 2 1/2 Baths, h. jacuzzi, loaded with closets. Swimming pool, dock at rear of property. Must see to appreciate the beautiful surroundings. \$225,000. 486-1868, 248-0763, Owner/Broker. gcN4

NASSAU POINT WATERFRONT - Mint country home. LR w/stone FPL, FDR, 3 BRS, enclosed porch, dock. Panoramic views. Reduced to \$270,000

Mattituck Exclusive Spectacular Bayfront traditional home on 2 acres. Featuring large LR/FPL, FDR, den/FPL, large Master BR suite w/jacuzzi plus additional 2 BRS, 3 1/2 baths. 260 feet sandy beach. Forever views \$1,450,000

Cutehogue - Colonial on wooded lot. Features formal LR, formal DR, EIK, family room w/FPL, 4 BRS, 2 1/2 baths, IGP, basement, 2 car garage, water rights. \$189,900 Mattituck - Custom Holmes on trestle lot. LR, FDR, EIK, family room/FPL, 3 BRS, 2 baths, Easily expandable, Deeded beach rights. \$225,000 Lewis Realty 734-5533, 765-5810, 298-4600 gcN4

NASSAU POINT WATERFRONT. Exclusive, Spectacular views from this 3 BR hide-a-way on secluded tree lined parcel. Nature walkway to private sandy beach. Great location. \$497,500. Southold (Peconic) Exclusive. Waterfront, Perfect retreat for the boater or nature lover on over 2 acres of seclusion. Tranquil views from wrap-a-round decks. Separate guest quarters. 3 BR, 2 Bths., \$425,000. Southold Exclusive. Waterfront. Immaculate 3/4 BR Cape on beautiful 1 acre lot w/spkrs., dock & beautiful New England views, sitting rooms off bedrooms. LR with Fpl, FDR & 2 car garage \$375,000.

Cutehogue, Exclusive, Spectacular three story Greek revival design. Water views. Private association beach. Totally renovated from top to bottom. Formal DR, huge LR w/Fpl, Master BR Suite, space galore. A must see. \$695,000. Century 21, Albertson Realty, 56215 Main Rd., Southold, N.Y. 765-3800. gcN4

EAST HAMPTON NORTHWEST Woods - Custom 2 story 3,000 sq. foot Contemp. Many extras. Cathedral ceiling, LR/fpl, master suite with oversized marble bath, spacious kitchen, separate breakfast room, dining room, 2 1/2 baths, 2 additional BRs & artist's studio on 1.5 landscaped acres. 20 x 40 in ground pool. Lots of decking. \$575,000. Weekdays (212)477-0756, weekends (516)329-0469. gcD1

GARDEN CITY ESTATES, 3 BR. 7 room CH Colonial. Mod. EIK, 2 1/2 mod. baths, FDR, LR/fpl, Florida room, den, CAC, alarm, 2 car \$480K. Taxes under \$5,300. Circular drive, extras. 742-5548 by owner. gcD1

Real Estate for Sale

FLORAL PARK - LEGAL 2 Family for sale. Attractive 3 room Apt. over spacious 4 room Apt. Full Bsmt., garage. New electric service. Walk all. \$200,000. Owner 488-4583. gcD2

BOYNTON BEACH, FLORIDA Condo, Intra Coastal Community. 1 BR, 1 1/2 baths, blinds, draperies, mirrored wall, screened porch. Walking distance to beach, shopping, churches etc. Mint condition, many amenities. Rent possibility. 747-5435 gcN

GREAT NECK BIG HOUSE, Allenwood area, low taxes, 3 BRS, LR, DR, EIK, Fam. Rm., Florida Rm., Garage, full attic, full bsmt. Price \$334,000. Call owner for apt. 482-5203. No brokers please. gcD2

GARDEN CITY, OXFORD BLVD. Colonial 5 BRS, 4 1/2 Bths., LR/Fpl, FDR, Den, Huge Mod EIK, Full Bsmt., Attic, garage, 1/2 acre. Asking \$795,000. Flexible owner. Fin. to fit your needs. 248-2450. gcD2

Co-Op For Sale

MINEOLA, GARDEN PLAZA - Beautiful Studio Apartment, near RR, hospital & stores. Mirrored closets, new carpeting, 24 hour security. \$60,000 neg. 294-9613. gcN4

MUST SELL! MINEOLA-HORTON HOUSE Co-Op. Spacious 3rd fl. front corner, 2 BR, 1 Bath, full DR, EIK, Newly renovated & newly decorated. Walk in closets, oak floors. Parking available. Walk all. Principals only. \$108,000. Best offer. 294-5964. W-D-1

CHERRY VALLEY, 1 BR first floor, new kitchen, updated bath, hardwood floors, extra closet space, partially furnished \$65,000 by owner 294-2638. gcD1

GARDEN CITY, CHERRY VALLEY, 1BR, 2nd floor, immaculate. Renovated Kitchen/Bath, A/C, huge storage. Walk all. \$69,000 neg. By owner. 248-5347. Make offer. gcD3

GARDEN CITY, CHERRY VALLEY, 1BR, first floor. Mint condition. Newly decorated, new appliances. Maintenance 74% deductible. Mid \$60's. 488-5718. gcD3

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: LItmor Publications, Beautiful Grandchildren Contest, 61 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

Co-Op For Sale

GARDEN CITY CO-OP, 2 BR, second floor, center of village, 2 blocks LIRR, refinished floors, new windows, \$116,000. Leave message. Owner 873-9469. gd2

GARDEN CITY, 1BR CO-OP, second floor, separate entrance, spacious & sunny. Courtyard view. \$57,000 neg. Owner. 294-7496. gd1

CO-OPS & CONDOS
2 BIRCHWOOD COURT
Top of The Line, 1 BR, 1 bath \$79,000

Cherry Valley
1 BR, 1 bath, Creampuff, 1st fl \$75,000

LR, ULTRA/EIK, 2 BRS, 1 bath \$112,000
2 BRS, 1 bath, CAC+ Wash & Dryer \$105,000

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

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

Mineola's Harrison House
2 BRS, 1 bath, CAC, Indry, lgar \$129,000

Mulford place
LR/FPL, DR, den, 1 BR, 1 bath, corner \$85,000

Stewart Franklin
2 BRS, sunny, LR/FPL, DR, EIK. Want Offers

Stewart House
All New 2 BR, 1 bath, kit, LR, DR \$159,000

Douglas Fraser Real Estate
248-6655 gdN4

GARDEN CITY, CHERRY VALLEY, 1BR, 3 blocks LIRR, second floor, new Kitchen and Bath. Move in, clean. \$80,000. Maintenance 74% tax deductible. Owner, 681-5572. gd3

GARDEN CITY-STEWART/
FRANKLIN Building. Top floor, spacious 2 BR, LR/Fpl, EIK, A/C. Maintenance \$734 a month, 70% deductible. Apartment vacant. Make offers. \$124,000. 294-5696. gd2

CHERRY VALLEY, 2 BR Co-Op, 1 bath, new full EIK, LR, first floor, private entrance. Principals only. Maintenance 70% deductible. \$110,000. Call John 294-7291, Ann 293-3758 evas. gd2

GARDEN CITY, CHERRY VALLEY CO-OP. Mint condition. Motivated seller. Spacious 1 BR, new EIK. Walk to RR & stores. Asking \$75,000. Principals only. (212)407-2328 days. 742-6843 evas. gdN4

Co-Op For Rent

GARDEN CITY VICINITY, second floor Studio. Cable hook-up, walk to RR/Shop. Laundry Room, Garage. \$600/month, negotiable. \$38K Sell, negotiable. By owner. 473-5809. gd1

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

Real Estate For Rent

WILLISTON PARK, LARGE sunny 1BR Apt., private entrance, washer/dryer. Use of back yard. Plenty of storage. Walk to all, \$900. 248-8563, after 5 p.m. gdN4

GARDEN CITY SOUTH, 6 room apartment, 3 BRs, LR, EIK, TV room, bath & terrace, shopping, walk to LIRR & Adelp. Perfect for students. \$1,000 per month plus utilities. Owner/Broker. No fee (516)486-1888, (516)248-0753. gdN4

GARDEN CITY - COLONIAL, Western section. Walk to station, 3BRs, new Bathroom, LR/Fpl, DR, new EIK, Basement/Fpl. Rental \$1,900, negotiable. References (914)928-6133. gd3

NYC, 1BR APT., KIPS Bay. Low maintenance. \$300/mo. Doorman. Estate Sale. 747-3814. gd3

E. WILLISTON - MINEOLA 2BR Apt. for rent. \$1,150. Call Digilio Real Estate - 776-3294. wd4

GARDEN CITY - STEWART Manor area. Furnished room with refrigerator, microwave, color TV. Utilities included - \$265/month. Share bath. Near bus and RR station. Parking facilities. Woman preferred. Security and references. 776-4245. gde

WEST HEMPSTEAD BEAUTIFUL five rooms. 2BRs, Formal DR, Wall to Wall. Completely AC. Must see. Private home. \$1000/mo. Call after 6 p.m. 486-2951. gd3

INSTANT OFFICE SPACE for rent, with conference room available for meetings. Franklin Avenue, Garden City. Fully furnished. Phone system available. 873-0849. gdN4

BEAUTY SHOP HAS CHAIRS for rent or rooms for rent for nails, jewelry or facials, etc. (516)354-7028. gd3

BELLEROSE VICINITY, 2BRs, LR, DR, EIK, Full Bath. Private 2 family house. Security, references. \$900/month. Principals only (718)776-7372. gd3

MANHATTAN, 324 EAST 50TH St. (Between 1st & 2nd). Great location, second floor of converted Brownstone. 3 1/2 windowed rooms, garden view. Available Dec. 1. \$1,200 a month. 747-0018. gd3

GARDEN CITY SOUTH, 3 BRS, 1,100 sq. ft., convenient parking, shopping. LIRR & Adelp. Within walking distance. Looking to rent 2 rear BRS, total rent \$800 plus utilities (split 3 ways) 483-2707. gd2

GARDEN PLAZA, MINEOLA - 1 BR Co-Op. Renovated bath & kitchen, living/dining room, BR, large closets with walk-in. Convenient to all. Walk to LIRR, parking spot available. Immediate availability. \$900 month (516)488-8249. gdN4

Real Estate For Rent

EAST MEADOW - FURNISHED room for rent. Share bathroom. Private entrance. Responsible working person. Non-smoker. Call 231-0940. gdN4

WEST BABYLON, 1 BR, Kitchen/LR combo, wall to wall carpeting, includes cable. \$825 plus electric, 321-8925. gd1

4 ROOM APARTMENT, EIK, Dining Room, Living Room, and 2 bedrooms. Private entrance. Prefer working couple. References a must. 579-2808. hd1

WILLISTON PARK / MINEOLA Schools - 3 huge BRs, LR, FDR, EIK, 1 1/2 baths, half bn, bent. Washer, dryer. Use of yard. No pets. Asking \$1,300 mo. Owner. 741-9263, leave message. W.D.-1

WEST HEMPSTEAD / GARDEN CITY border. Lovely, large Furn. Rm. w/Bth, Priv. Entrance. Centrally located. Suitable for non-smoking professional male. Immediate occupancy. Security & references. \$400 monthly. 489-5941. gd1

GARDEN CITY, SMALL private 6 room cottage for winter rental. 741-3694. gdN4

MINEOLA, OFFICE SPACE for rent. 2 Room Suite, second floor. Use of law library, conference and reception rooms. Near courts. \$975 per month. Available Jan. 1. 248-2110. gd3

GARDEN CITY / HEMPSTEAD, SPACIOUS 1 BR CO-OP apt. for rent or sale. New kitchen & bathroom, wall to wall throughout. Security building, garage available. Rent \$875 per month. 746-4451. gdN4

BELLEROSE, 1 BR APARTMENT Completely renovated new bathroom, hardwood floors, EIK, near RR and stores. Move-in condition. Good location. \$600 per month, 292-0484 and 292-0644. gdN4

GARDEN CITY SOUTH, 1 BR, mint condition. LR, EIK/dishwasher, bath. Separate entrance. Suitable for single, non-smoker. No pets. Dec. 1 occupancy. \$650 a month includes utilities. Owner (516)538-8846. gd2

GARDEN CITY FURNISHED room for rent. Female only, preferably student, non-smoker. 741-4885. gd2

ALL RENTALS GARDEN CITY & surrounding area. \$600 to \$1,000+ Call Anne Hagen RE Broker (516) 741-1754. If not in, please leave message. gdN4

GARDEN CITY 3 BR Colonial, FDR, 1 1/2 baths, \$1,400 per month. Joe 248-0424, Ann 293-3758 (eves). gd2

GREAT NECK HOUSE to share. Separate bedroom & bath. Share kitchen & washing facilities. Close to RR & shopping. Rent \$500. (516)482-5203. gd2

Real Estate For Rent

BELLEROSE, 1BR APARTMENT LR, EIK, w/w carpet, newly painted, full bath. Near RR, bus & stores. \$600 per month. 292-0302. gd2

WILLISTON PARK, One bedroom apt., excellent location. Full bath and kitchen. Overnight parking. 294-8997. wd2

CHERRY VALLEY, 2 BR Apartment, 1 bath, full EIK, LR. First floor, private entrance, January 1 occupancy. \$1125/month. Call John - 294-7291, Ann evenings. 293-3758. gd2

FLORAL PARK-NEW Deluxe 4 room apartment. EIK, spacious LR, Master BR w/walk in closet, spare BR or study. \$1,000 monthly includes utilities. Call owner (516) 358-9072. gd2

GARDEN CITY OFFICE for rent. Great location & great parking. All services included. Rent negotiable. By owner. Call 747-0365. gd2

FRANKLIN SQUARE - FIRST floor of a custom Ranch. 2 BRs, King BR, 17 x 24, walk-in closet, 8 x 10, Euro bathroom, 12 x 12 with Jacuzzi, sunken LR, DR with marble floor, Euro kitchen, basement for storage with washer/dryer. Many, many extras \$1,400. Broker (516) 328-0763. gd2

FLORAL PARK, 60 Plainfield Ave. (cor. King St.) renovated 1 BR apartment available immediately. No parking provided \$750. No fee. Call owner (516)538-0767. gd2

SKI, STRATTON, BROMLEY, Okemo, 4 BR, 3 Bths, fully equipped home. Week/weekend rentals. 248-1294. hN4

COCO BEACH, FLORIDA, Oceanfront 2 BRs, 2 baths, washer/dryer, terrace, tennis, furnished, 45 minutes to Disney. 248-7538. gdN4

MONTAUK FALL GET-A-WAY 4 nights \$225 a couple. 2 Rm Suite, heat, full kitchen, walks, dining, shopping. Near beach. Also for sale. \$37,000. Call 724-5572. gd1

SKI WINDHAM - EFFICIENT Unit. Sleeps four, fully equipped. TV, full bath, four miles to slopes, total privacy. Rent by month or season. January to March 1994. Reasonable rates. 921-5210. gd1

SKI WINDHAM - SLOPE-SIDE Condo. 3 BR, 2 baths, sauna, fireplace, washer/dryer. Immaculate. Available weekends, weekdays. 636-2668. gd2

BROMLEY/STRATTON MOUNTAIN Vermont. Beautiful, spacious condo, fully equipped, 3 BRS, w/TV, VCR, Micro, on mountain near all amenities. Season rental avail. (516) 488-7399 evenings. (212) 646-2968 days. gdN4

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POCONO, 7 BR SUPER large house on 10 scenic riverside acres in Shawnee, Pa., bordering National park with skiing nearby. Perfect for social or family group camaraderie with a 16 person sleeping capacity. Weekends \$700. 248-4963. gd3

STRATTON, VERMONT, 3BR & large loft on access road. Available from Thanksgiving on 873-8210, days. gd3

MT. SNOW/HAYSTACK, large fully equipped 4 BRS, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or week-end. Call 466-6120. gd3

Real Estate Wanted

YOUNG MANHATTAN COUPLE from Garden City, looking to settle back home now! Estates section, 4BRs. Please call (212) 775-8028. Principals only. gdN4

YOUNG FAMILY SEEK# Ranch home with basement, in Great Neck. No Brokers. Please call 466-4358. gd1

DOWN SCALING COUPLE seeks Cape/Ranch, 3/4 BRs in Northwest section of Garden City. Approximately \$276,000 - \$300,000. 593-2867, 283-8517 evenings. gdN4

GARDEN CITY - PRINCIPALS only. Garden City family seeks min. 4BR home. Low \$400's. 742-2302. gd1

GARDEN CITY FAMILY of 15 years looking to rent your Garden City home. 4BR. No Brokers please. 248-8707. gd1

HOUSE BITTER AVAILABLE Garden City Professional, male, with impeccable references and experience in house sitting is available to care for your home just the way you would. Please call 873-0808. gd1

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!

For Sale

SLEEP SOFA - QUEEN size. Russert. Very good condition \$150. Call 248-2593. wd2

ANTIQUES AND COLLECTIBLES: Wallace Nutting prints, Flow Blue China, oak furniture, much, much more. 873-0229 - days, 741-6948 - evenings. wd3

PIANO SOHMER, WALNUT console with bench. \$1,100. 294-0381. gc3

3 OAK WALL UNITS with lights & desk, sofa bed, 3 cushion couch, new 3 horse power snowblower, never used. All reasonable. 747-1645. gc3

2 ELECTRIC OVENS, horizontal side by side \$100, electric 4 burner and griddle 45" stove top, \$50. 294-0381. gc3

ENGLISH SERVER 1840 mahogany Sheraton style, 66" by 24", \$1,200. Small English game table, 1840, \$850. 294-0381. gc3

HAMMOND 2 MANUAL ORGAN, walnut finish with bench Model 123, \$700. 483-6615. /gc3

PANASONIC SELECTRIC TYPEWRITER, 2 drawer file cabinet, butcher block round table with 2 chairs and coat umbrella stand. 364-6066 days; 773-3409 gcN4

VITAMASTER EXERCISE BIKE \$75, York weight lifting set \$45. Both hardly used. Call eves 354-7416. gcD1

COMPLETE SET OF Franklin Mint "History of the United States." Sterling Silver - Absolutely mint. Highest offer. Call George 481-4874. gcD1

GALINA SILK WITH Pearls wedding gown, size 10-12. Perfect condition. Originally \$2,000. Asking \$550. 354-4906 after 6 p.m. gcD1

WORD PROCESSOR SMITH CORONA, 16 line backlit display, built in disk drive, electronic dictionary, auto spell, graphic page view, extra print fonts, tutorial disk and data disks. Excellent condition \$199 (516) 741-4650. gcD2

OFFICE FURNITURE, FILE cabinets, conference tables, desk, leather chairs, copy machine, metal clothes closet. Also water skis w/seat, and other items. 326-1954. gcD1

BAHAMIA CRUISE! 5 days/4 nights, Underbooked! Must Sell! \$279/couple. Limited Tickets. (407) 767-8100 ext. 729 Mon - Sat. 9 a.m. - 10 p.m. hD1

ANTIQUES, SHOENHUT DOLL, flaxwheel furniture and more. Call 873-0229 (day), 741-6948 (night). wn4

NEW MAUVE RECLINER, Maple rocking chair, 3 speed boy's bike, belt sander, circular saw, 10" radial arm saw, Commodore computer. All 1/2 price or less. (516) 488-4536. gcN4

For Sale

MAPLE CHINA CLOSET, a table and 4 chairs. Like new. 825-7359. gcD3

5 YEAR OLD CRAYTON Marcus sleep sofa, 6" thick mattress, burgandy/creme floral, good condition. \$75. 746-4117. gcN4

BEAUTIFUL RANCH MINK Coat, size 18 or 20. Suitable for short woman. Hardly worn. New \$3,800. Asking \$1,200 or best offer. Please call 742-7095 and leave message. gcD1

4" ROUND OLD Pine table \$60, pine rocker \$25, 2 armchairs, wicker seats \$70 the pair, 1 no back chair \$30. 741-5840. gcD1

8 PC. REDWOOD SET, 2 chaise, table, benches, captain's chairs. \$100. Wool Army blankets, \$2 each. Furniture. Good clothing \$1 - \$5. Kelvinator Freezer, excellent \$150. 621-1907. W-Wn-4

BOYS THINGS, LIKE NEW Dirt bike, sled w/steering wheel and brake; Wieder home gym; hot cycle; skate board; Nintendo, Legos, Construx, Indiana Jones, Star Wars and more. Must see. 742-5528. GCD1

BRASS BED QUEEN size w/orthopedic mattress set. Unused - still boxed. Cost \$800 - Sacrifice \$325 cash. 334-0925. hD2

DAY BED, WHITE. Iron/Brass complete with two mattresses and pop-up trundle. New - still boxed. Cost \$800. Sell \$325 cash. 334-0925. hD2

BEDROOM SET - THOMASVILLE white French Provincial, six pieces. Excellent condition. \$500. 294-6008. wn4

SOFA AND LOVE SEAT with 3 pairs matching drapes - \$250. Also marble top mahogany cocktail table. Excellent condition. \$75. Call 437-1383. gcN4

VIOLIN MAKER HAS instruments for sale. 3 violins, 1 viola and 1 cello. 516-487-4216. Call afternoons or evenings. hD1

3 PIECE WICKER - \$50; 8 pcs. Early Rattan - \$150; 6 ft. formica bench - \$75; Antique pot belly stove - \$80; Kelvinator Freezer - \$250; Wool coats - \$10; Designer dresses - \$10; children's pants - \$5; White formica desk, red chair - \$50. 621-1907 W-N-3

Car For Sale

1991 JEEP WRANGLER. Original Owner. White, 5 speed, 6 cylinder, 19,000 miles, hard and soft tops (black), AM/FM cassette, p/s, p/b. Excellent condition. Asking \$13,000. Call Lynda at (516) 921-6820 Eves., (212) 337-7003 Days. hD1

1990 ACURA INTEGRA GS, 31,000 miles, ABS, A/C, extended warranty. Excellent condition. \$10,900. 248-3048. gcD2

Car For Sale

1982 TOYOTA CELICA, Automatic, A/C, pull out radio. Runs good. Great station car. \$1,300. Evenings 746-6184. W-D-2

HONDA '90 ACCORD EX. Original owner. Loaded. 43K miles, silver, auto. Service by Honda. Must see. \$10,450. 742-8686. gcD3

'88 BUICK LE SABRE Station Wagon, 9 passenger, loaded. Excellent condition. Well maintained, original owner. Records. \$4,500. 294-9359. gcD1

1991 G20 INFINITY. 18K miles, mint, black/leather interior. 2 year remain/bumper to bumper warranty, 4 year remain/power/motor train warranty \$15,200. 747-8926. gcD1

1989 WRANGLER JEEP, blue, good condition, hard & soft top accessories. Moderate mileage. Asking \$7,500. 486-0318. gcD1

'89 COUGAR, PERFECT for handyman. Needs some repairs. \$500. 486-4587. Ask for Dio. gcN4

1984 OLDS CUTLASS Supreme. Mint, clean in and out. High mileage. New trans & tires & radio. \$1,400. 742-4823. gcN4

'96 MAZDA RX7, 77,000 miles, excellent condition, standard, red/grey, sunroof. \$4,900 neg. 747-1470. gcN4

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YOGA TEACHER TO INSTRUCT 10 year old at my Garden City home. Call after 8 p.m. 741-8753. hn2

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HAVE YOU A HIDDEN TALENT that has yet to be discovered in print? We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00. If you want to be published and be part of an issue of Discovery, you may submit your article to Libmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

Wanted

GARAGE WANTED • For dead storage car. Four months from Dec. 1 248-6460. gcn4

JEWELRY WANTED • TOP Cash paid for all kinds of jewelry, gold, diamonds, emeralds, watches, all kinds of sterling silver, antiques, oriental rugs, old oil paintings and fine furniture. Directly opposite Fortunoffs. Licensed bonded dealers. 742-4500. gfl

TRADITIONAL STYLE POOL table in good condition. 747-3140. gD2

STAR WARS TOYS FOR 4 year old who dreams of being Luke Skywalker. 747-3282. gD2

PURCHASE VINTAGE PHONOGRAPH Columbia, Edison. Top prices paid. J. Wiese 796-7065. hN4

CASH PAID FOR OLD original American Flags. Box # 174, Corinth, N.Y. 12822. gD2

OLD GUNS, SWORDS, binoculars, old knives, hunting knives and pocket knives. Jewelers lathes. Call 825-0979 or 354-1943. gD5

ANTIQUES TAKEN ON Consignment at Peggy's Pastime, 165 Hillside Ave. Williston Park. Please call 873-0229 days; 741-8948 evenings. wd1

TWO CARS NEEDED. If you are trading your in, give us a chance. Mid to late 80's, mid to full size car. Taurus, Sabre, Park Ave., Monte type car. Early to mid-80's, Monte, Cutlass, Regal type car, 2D. Will consider all. Good engine, low miles preferred. Call 822-7727 leave message. hd3

Dolls Wanted

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8498. gJ3

Pets for Adoption

FRENCH POODLE, 12 years old, blind, needs loving home. 741-8630. wd1

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DINING GUIDE

In the Discovery Section of this newspaper



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BOY'S SMALL 2-WHEEL
Bike found in Williston Park.
Please call 742-5675 for
information. wn4

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ELMONT, N.Y. MODEL
Train, Toy & Doll Show. Minia-
tures and craft extravaganza.
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information call 352-2127 or
486-6658. gcl1

Bazaar

BAZAAR & FLEA MARKET
on Saturday, December 4, from
6 p.m. to 11 p.m. and Sunday,
December 5, from Noon to 6
p.m. at Temple Judea of Man-
hasset, 333 Seeringtown Road,
Manhasset. (100 yard north of
L.I. Expressway, opposite
Christopher Morley Park).
***Extra - Bazaar only also on
Monday, December 6, 10 a.m. to
2 p.m. wdl

Garage/Tag Sale

YARD SALE, SAT. & SUN.
Nov. 13 & 14, from 9 to 4, 47
Primrose Dr., New Hyde Park,
north of Manor Oaks School.
Furniture, household items,
dehumidifier, antiques,
electronic items and something
for everyone. Rain date 20 and
21. hn3

MOVING SALE - FRIDAY,
Nov. 19 & Friday, Nov. 26, 9 to
5. Contents of beautiful home.
Furniture, French Limoges
China, table lamps, 6 ft. formica
bench, Kelvinator Freezer,
books, linens, bric-a-brac. 38
Pasture Lane, Roslyn Hgts,
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GARAGE SALE - MULTI-
FAMILY Sat., Sun., November
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Shelter Rock Road.
Children/adult clothes, shoes,
drapes, curtains, lamps, books,
records. Stereo speakers, port-
able TVs, Commodore 64 equip-
ment, skates, baskets,
pinecones for crafts, Christmas
decorations, dolls, pine dining
room table/chairs. Rain or
shine. wn3

MAINLY FOR SENIORS

**New treatment for
urinary incontinence**

By Leonard J. Hansen

Urinary incontinence is the major reason mature adults are admitted to nursing homes. Traditionally the condition was considered untreatable and, more recently, only treatable by surgery. People suffering from the condition who want to avoid institutionalization in a nursing facility wear special undergarments to absorb the uncontrolled urine.

There is new hope for effective cure in a nonsurgical procedure pioneered by a physician from the Cleveland Clinic and approved in late October by the U.S. Food and Drug Administration (FDA).

Developed by Rodney Appell, M.D., the treatment involves injecting collagen into the lining of the urethra (urinary passage) or bladder neck (at the outlet of the bladder to the urinary passage).

Collagen, a protein substance, creates increased bulk where it is injected and helps to bring the surfaces of the urethra closer together. This reduces the size of the passage opening to a normal, closed bladder neck and urinary passage.

Extensive tests of the procedure were effective in 80 percent of patients who could then control urination. The remaining 20 percent required a booster shot in order to achieve control, according to Appell, head of the Cleveland Clinic Section of Female Urology and Urodynamics.

Clinical trials of the procedure began in 1987 at Louisiana State University Medical Center in New Orleans by Appell, then director of the Urodynamics Unit, and Edward McGuire, M.D., now of the University of Texas in Houston. The procedure is not appropriate for everyone, said Appell, but those who can be helped receive the injections under local anesthesia (two for women, three for men) on an outpatient basis.

The National Institutes of Health estimates that at least 10 million people in the United States have urinary incontinence. Most do not seek help but may instead withdraw from social relationships and community involvement where they may suffer embarrassment.

Now approved by the FDA, the procedure being practiced at the Cleveland Clinic and may soon be available through physician urologists locally.

HEALTH RESEARCH

Increasing research to find ways to prevent and treat diseases that affect older people is being urged as a way to control runaway health care costs and provide for healthier mature lives in the future.

Lawrence A. Bossidy, chairman and chief executive officer for AlliedSignal Inc., in an address at his company's Achievement Awards in Aging program, said: "The discussion on health care reform has focused on just two elements: ac-

cess and cost; who gets what, and who pays for it. Instead, more emphasis should be placed on biomedical research to find ways to prevent and cure the diseases that are associated with aging."

Older people make up only 12 percent of the U.S. population but account for 33 percent of the nation's health care bill, according to Bossidy.

The National Institutes of Health devotes less than 6 percent of its total budget to aging research and only 1 percent of the National Cancer Institute budget is devoted to the biology of cancer in older people.

"Yet, 60 percent of all cancers are diagnosed in people over 65," said Bossidy. "If this nation doesn't increase its research into aging, health care costs will continually escalate and become a lightning rod for even further government intervention."

Bossidy, whose company supports health and medical benefits for 70,000 of its living retirees, recommended three action steps for the nation:

- Aging research should be high on health priorities, along with research into cancer, heart disease, women's health and AIDS.

- "Research funding in age-related diseases should be growing at least at the same rate as our population is aging," he said.

- Urge more physicians and health care professionals into the practice of geriatrics.

- Create a special trust fund for medical research as part of national health care reform, as legislatively proposed by U.S. Sens. Tom Harkin, D-Iowa, and Mark O. Hatfield, R-Ore.

DRIVING HINTS

Mature adults can continue driving safely if they adapt some practices and avoid some medications, according to the American Optometric Association. Suggested driving practices include:

- Don't focus only on the road ahead. Instead, keep your eyes moving, scanning the road, glancing frequently in the side and rear-view mirrors and the instrument panel.

- Don't wear sunglasses or tinted lenses for night driving. During daylight driving, wear good-quality sunglasses. Keep the glasses clean.

- Choose a car with a clear, not tinted, windshield.

- Be wary of many prescription and nonprescription drugs if you intend to drive. Nonprescription cold and sinus remedies, sleeping pills, tranquilizers, sedatives, pain killers and some prescription drugs can induce drowsiness and affect your vision. Know the side effects of any drug you are taking before getting behind the wheel.

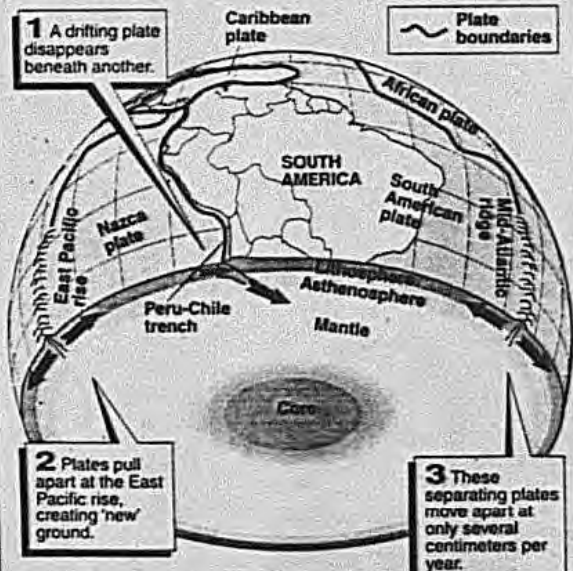
DISCOVERY

What is the mid-Atlantic ridge?

Deep-sea explorer and Titanic discoverer Robert Ballard helped map the mid-Atlantic ridge in the 1970s. Though many of us know about geologic faults, the world's ridges are equally important.

Parting ways

The western coast of the Americas tends to be a region where two plates are moving together — one burying the other. In the mid-Atlantic and the Pacific, plates are parting, creating ridges and rises.



SOURCE: Scientific American



By Charles Britton

In the annals of American cooking, too little attention has been paid to the contributions of "The Arthur Godfrey Show." If you don't know about Godfrey, an avuncular personage who later came to be regarded as something of a demagogue and tyrant, you are just as well off. Suffice it to say his daily program on CBS, a kind of talk show, dominated the midmorning airwaves during the '50s, when radio was still a big deal. And it was this show that introduced lasagna to the great American public.

To tell the truth, that assertion falls into the category of what the French call *histoire raisonnee*, meaning that it may not have happened that way, really, but it makes a neat story.

Anyhow, it was late in the decade, during the summer, which accounts for my being at home from school so that I could hear the program. Godfrey himself was on vacation, too. His fill-in was Robert Q. Lewis, best known as a host of quiz shows.

The Godfrey show had a cast of regulars, among them a singer named Julius La Rosa, obviously an Italian lad, and one day he mentioned his mom's lasagna.

"Oh, I just love lasagna," said Lewis (that's a quotation *raisonnee*, meaning that's more or less what I remember).

"But what is lasagna?" others cried, and the upshot was that Mamma La Rosa ended up serving her specialty during the program to cast, crew and studio audience.

And that in this culinary version of a Just-So story is how lasagna came to the mass American public, which welcomed it with an enthusiasm seldom lavished on a dish that is complicated and time-consuming to make and a foreign one at that.

By the '60s, it had become the party dish par excellence, although recipes often called for un-Italian substitutions such as cottage cheese (yuk!) in place of ricotta, which was still not widely distributed.

To this day, the heave and pull of fashion has left lasagna in place on the buffets of the nation. Last year, it was on the table at 62 percent of dinner parties in this country a statistic *raisonnee*, meaning that I just made it up. A slightly more reliable factoid comes from the National Pasta Association, which has a survey to show that it's the most popular pasta dish except for spaghetti with tomato sauce.

Lasagna has become Americanized in one sense but not in another. Our version tends to be much richer with sauce and filling than does the Italian original. (We use more sauce and cheese on spaghetti, too.) But our cooks, usually so ready to bring improbable variations to dishes borrowed from other traditions, tend to cling to a standard version of white noodles, red sauce and ricotta filling.

This is, of course, only the beginning of the possibilities, orthodox and otherwise.

This variation comes from Dotty Griffith, food editor of *The Dallas Morning News*.

LASAGNA WITH SPINACH, WILD MUSHROOMS AND THREE CHEESES

- 1 pound lasagna noodles
- 3 tablespoons olive oil
- 2 garlic cloves, finely chopped
- 3 shallots, finely chopped
- ¼ pound button mushrooms, chopped
- ¼ pound shitake mushrooms, chopped
- ¼ cup (½ stick) butter
- ¼ cup all-purpose flour
- 3 cups milk
- ¼ cup crumbled Gorgonzola
- 1½ cups freshly grated Parmesan (divided use)
- 2 tablespoons tomato paste
- Salt and pepper to taste
- 3 (10-ounce) packages frozen chopped spinach, thawed and squeezed dry (or use other nonbitter greens)
- 1½ cups ricotta cheese
- 3 large eggs, lightly beaten
- 1¼ teaspoons dried basil
- ¼ teaspoon grated nutmeg

Yields 6 to 8 servings.
Cook lasagna noodles according to package instructions; set aside. Place oil in large, heavy skillet over medium heat. Add garlic and shallots; cook, about 5 minutes, until soft. Add mushrooms; cook until liquid is evaporated, about 10 minutes. With slotted spoon, transfer to a large bowl and reserve.

Melt butter in skillet; blend in flour and cook for 2 minutes, stirring constantly. Gradually whisk in milk; bring to a simmer. Cook, stirring, until sauce thickens, about 5 minutes.

Stir in Gorgonzola, ¼ cup Parmesan cheese and the tomato paste. Continue cooking and stirring until the cheese is melted.

Stir half the mushroom mixture into sauce. Add salt and pepper to taste. Remove from heat; reserve.

In large mixing bowl, combine spinach, ricotta, ¾ cup Parmesan, eggs, basil, nutmeg, salt and pepper to taste with remaining mushroom mixture; stir to blend.

(Both sauce and filling can be made a day in advance, covered tightly and refrigerated; reheat before assembling lasagna.)

Preheat oven to 375 F. Spread a thin layer of sauce on bottom of 2-quart casserole or deep baking dish. Place layer of noodles over sauce. Spoon layer of spinach/mushroom filling over noodles and top with sauce. Repeat layers, ending with noodles and thin layer of sauce. Sprinkle remaining ¼ cup Parmesan over top. Bake about 35 to 40 minutes or until browned and bubbly. (If top browns before sauce is bubbly, cover loosely with aluminum foil.)



By Sharon Achata

Chilly nights mark start of stew season

Chefs take note — it's stew season. When cool winds start to blow, there are few things more comforting than sitting down to a hearty hot meal in a bowl.

During the course of a long and chilly autumn and winter, however, the same ol' meat-and-potatoes stew week after week can become boring.

There is, however, a world of stews that can be served alternately to keep the palate pleased throughout the cold-weather season.

All of the following recipes share the simplicity of coming together in a single pot. Beyond that, however, the variety of ingredients included reflects the region from which each stew is derived.

Pozole is a hominy stew with roots in Mexico. Flavored with chilies and generously laced with chunks of ham and chicken, it is a flavorful and high-protein meal.

Hungarian Bean and Beef Stew differs from many other stews in that it pairs ground beef and noodles rather than cubed meat and potatoes with its tomatoes, peas and carrots.

Portuguese Fisherman's Stew combines fish, white beans, tomatoes, garlic and a touch of lemon for a refreshingly different taste.

POZOLE

- 2 chilies anchos (dried red chilies)
- 4 cups chicken broth
- 2½ cups water
- 3 cups diced ham
- 1 cup diced cooked chicken
- 1¼ teaspoons oregano
- 2 teaspoons minced garlic
- 3 tablespoons red wine vinegar
- 2 (16-ounce) cans white hominy, drained

Yields 6 servings.
Preparation time: 45 minutes.
Seed and devein chilies. Break into pieces and cover with hot water to soften; set aside.

In large saucepan, combine broth, 2 cups water, ham, chicken and oregano. Bring to boil; simmer 30 minutes.

Meanwhile, in blender, combine garlic, vinegar, chilies and ¼ cup water; blend until smooth.

Add blended mixture and hominy to saucepan; simmer 5 minutes to heat through.

HUNGARIAN BEAN AND BEEF STEW

- 1 pound ground beef
- 2 tomatoes
- 1 bell pepper
- 1 (16-ounce) can kidney beans, drained
- ¼ cup chopped onion
- 1 (10-ounce) jar beef gravy

- ¼ cup water
- 1 (10-ounce) package frozen peas and carrots
- 1 cup uncooked egg noodles
- 1 tablespoon Worcestershire sauce

Yields 6 servings.
Preparation time: 25 to 30 minutes.

In skillet, brown ground beef. Meanwhile, dice tomatoes and thinly slice bell pepper.

Drain fat off ground beef. In saucepan, combine beef and all remaining ingredients. Bring to boil, reduce heat and simmer until vegetables and noodles are tender, about 15 to 20 minutes.

PORTUGUESE FISHERMAN'S STEW

- 3 onions, sliced
- ¼ teaspoon minced garlic
- 2 tablespoons margarine
- 1 (16-ounce) can white beans, drained
- 2 quarts water
- 2 bay leaves
- 1 (16-ounce) can chicken broth
- 1 (16-ounce) can stewed tomatoes
- 1½ teaspoons thyme
- 1 pound firm white fish
- ¼ cup lemon juice
- ½ cup water

Yields 6 servings.
Preparation time: 45 minutes.

In large soup pot, cook onions and garlic in margarine until onions are transparent, about 5 minutes. Add beans, 2 quarts water, bay leaves, chicken broth, tomatoes and thyme. Bring to boil; reduce heat and simmer 30 minutes.

Meanwhile, in separate skillet, simmer fish in lemon juice and ¼ cup water until fish flakes with fork, 5 to 10 minutes.

Drain lemon water; add fish to stew and heat thoroughly before serving.

QUICK TIP

Drain defrosted spinach quickly by squeezing excess water out of leaves with your hand or between several thicknesses of paper towels.

Sharon Achata is a free-lance writer.



Kids Home Newspaper



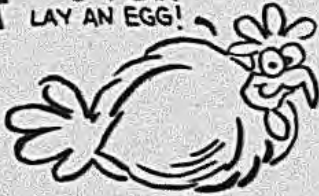
Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

DRAW IT!

DRAW A NEST BENEATH THIS HEN!

SO I CAN LAY AN EGG!



FIND THE WORD HEN AND 5 WORDS THAT RHYME WITH HEN!

FIND THEM ALL - DON'T CHICKEN OUT!

B	C	F	E	D	E	N
E	T	N	P	E	N	E
L	N	E	M	P	E	R
H	E	N	N	E	E	W



MATCH THE JOKE WITH THE CORRECT PUNCHLINE!

1. WHAT SIDE OF A CHICKEN HAS THE MOST FEATHERS?



BACH, BACH, BACH!

2. WHO IS A CHICKEN'S FAVORITE COMPOSER?

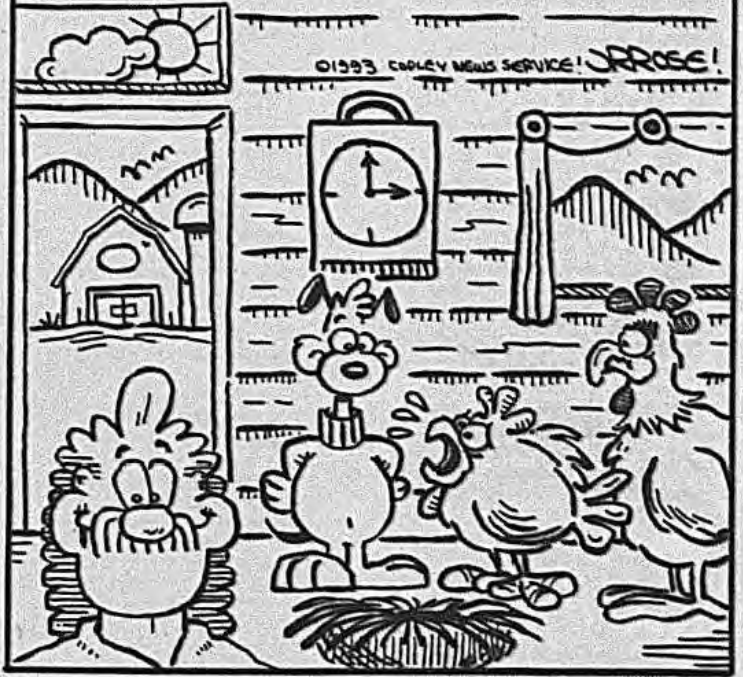
HE CHICKENED OUT!

3. WHY DIDN'T THE CHICKEN RUN IN THE RACE?

THE OUTSIDE!

PUP THANKS CRAIG HOLMES OF TWEED ONTARIO, RENEE LIGHT OF SHAWSVILLE, VA. AND ALEXIS CRAWFORD OF WASHINGTON, UT.

WHILE VISITING THIS NEW HEN HOUSE WE BOTH JUST MET THIS ROOSTER'S SPOUSE. THIS WORRIED HEN BEGAN TO BEG, PLEASE HELP ME FIND MY MISPLACED EGG!



WRITE US!

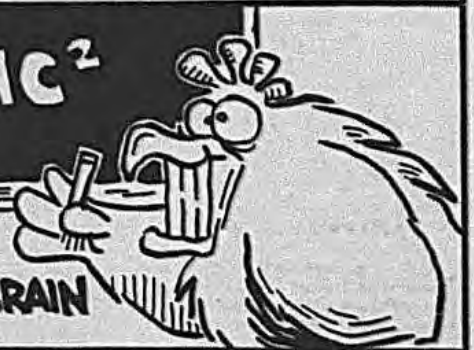
IF YOU HAVE ANY FUN GAMES OR JOKES SEND THEM TO: **PUP**

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

WHAT DO YOU CALL AN INTELLIGENT CHICKEN?

E = MC²

A BIRD-BRAIN



PUP THANKS ANITA JONES OF LOS ANGELES, CA.

ANTIQU OR JUNQUE



By Anne McCollam

Handcrafted turtle base sewing/worktable

Q. Enclosed is a picture of a piece of furniture that I recently inherited. I was told it was an antique.

The top lifts open and reveals four divided compartments. Above the two drawers is a flat work surface that pulls out.

The lighter color woods appear to be inlaid.

Is this a desk? Any information you can give me will be appreciated.



A. This is a turtle base sewing/worktable that was made during the Empire Period. It was handcrafted by a cabinetmaker sometime around 1840. The wood is mahogany with holly and crotch mahogany inlay.

It would probably be worth about \$2,000.

Q. The enclosed mark is on the bottom of a cut-glass pitcher that my mother gave me. She told me that it was given to her mother around 1900. It is 6 inches high, has a notched handle and a scalloped, sawtooth rim.

The pattern is deeply cut into the glass and it is in excellent condition.

Is my pitcher valuable?



A. Your pitcher was made by T.G. Hawkes & Co. in Corning, N.Y. The years from 1899 to 1917 were known as the Brilliant Period of American cut glass.

In 1895, Hawkes began placing

an acid-etched signature on their cut glass. An authentic signature cannot be felt, whereas a forged mark has a raised surface and can be detected when touched.

Your Brilliant Period cut-glass pitcher would probably be worth about \$450 to \$500.

Q. Could you tell me if my Roseville jardiniere on a pedestal is an antique and if it is worth anything?

The height is 24 inches. The color is green and it is decorated with branches of flowers that look like apple blossoms.

On the bottom it is marked "Roseville, U.S.A."

A. An object must be 100 years old to be officially called an antique.

However, your Roseville jardiniere on a pedestal is considered very collectible.

The pattern Apple Blossom was first made in the late 1940s. It is currently listed in a price guide for \$695.

Q. I bought a porcelain tea set at a garage sale for \$33. It consists of a teapot, six cups and saucers, six dessert plates, a creamer and a sugar bowl. They are decorated with pink and yellow flowers and gold bands. Each piece is marked with a crown and the words "H. & Co. — Selb — Bavaria — Germany."

It is in perfect condition. Is this tea set old and did I pay too much?

A. No, you did not pay too much. This is definitely a bargain. Your tea set was made by Heinrich & Co. in Selb, Bavaria, Germany, probably around 1900.

An antique dealer recently listed a set similar to yours at \$225.

Q. I have a porcelain tankard that is 14 inches high. It is decorated with green leaves and purple grapes against a green shading to white background. The words "K.&G. — Luneville — France" are on the bottom.

Any information you can provide on the age and value would be appreciated.

A. Your tankard was made by Keller & Guerin in Luneville, France, around 1900. The value would probably be about \$100 to \$125 in good condition.



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Points on Pets

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

Q. Are allergies very common in dogs? It seems that our dog is allergic to some dog foods. While she is on some foods she vomits frequently and has soft bowel movements. Can she be tested for allergies?

A. Allergies are quite common in dogs. The most common causes include pollens and molds, fleas, chemicals, insects, drugs, vaccines and foods.

Dogs that suffer due to pollens and molds usually have some eye and nose discharge. They also frequently have skin sores on the face and front legs. These dogs often lick their paws and rub their faces with their paws. Because of the constant licking, the hair on the paws and face is constantly moist. In light-colored dogs, these hairs often turn rust-colored or pinkish due to the constant exposure to saliva.

Some dogs are extremely sensitive to fleas. The presence of only a few fleas on an allergic dog will cause intense itching and scratching. Depending on the geographical area where the dog lives, flea allergies are often seasonal. In northern areas, fleas are eliminated by cold weather. Dryness of the

desert heat usually eliminates fleas.

Allergies due to chemicals are contact allergies. Examples are allergies to soaps, waxes, fabrics, carpets and flea collars. Contact allergies cause irritation of the skin wherever the skin contacts the causative agent. For example, dogs allergic to flea collars usually have reddened, irritated necks. Dogs allergic to carpet materials usually have irritated paws.

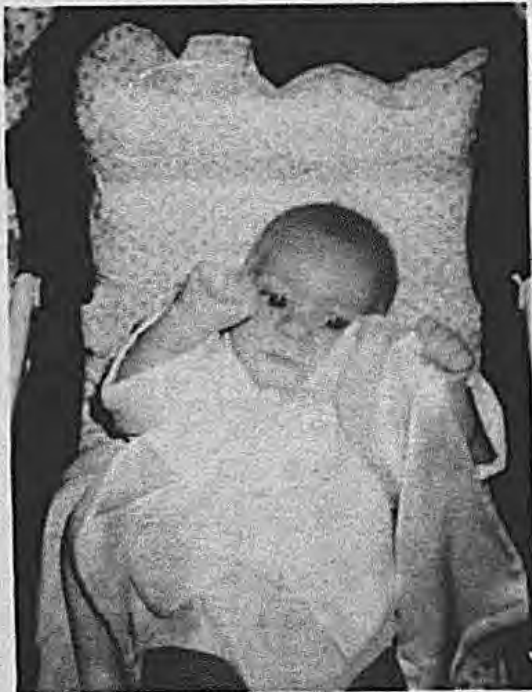
Food allergies cause vomiting, soft stools and skin lesions.

Insect bites, vaccination reactions, antibiotic reactions and some food allergies cause hives. Hives are slightly raised patches on the skin.

The diagnosis of allergies is usually based on the history and signs of the disease. Animals can be tested for specific allergies. However, it is often difficult to pinpoint a single cause for an allergy problem in a dog.

Treatment of allergies usually includes removal of the offending substance, if known, and the use of corticosteroids. You should have your dog evaluated for allergies by a veterinarian.

Most Beautiful Grandchild



Andrew Louis Capuano, 3 months old, son of Dawn and Louis of Patchogue. Proud grandparents are Pat and Louis Capuano of West Islip, and Barbara and Bill Lynch of Garden City. Great grandparents are Ann Fuller, May Lynch and Ethel and James Barnes.

JUNIOR EDITION



Aunt Tilly's Corner

Did you know that we are the only country that celebrates Thanksgiving? This custom began back when our country was first settled. The Indians and Pilgrims got together at harvest time to share their food and customs and give thanks for the food they had.

Today there are still settlers coming to our country and trying to learn our customs. It is a nice idea to invite them to Thanksgiving dinner. There is nothing more enjoyable than visiting afterwards and sharing stories of their country and ours.

This year I will be traveling to Virginia to be with my family. But remember, with Thanksgiving coming this weekend, can the elves be far behind?

Your friend,
Aunt Tilly

RULES

BOYS AND GIRLS

Here is your chance to win One Dollar (\$1.00) - to spend or to save.

Here's all you have to do:
1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, December 3, 1993

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

4. Decisions of the Judges will be final.

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

YOUR SOCIAL SECURITY

SSI booklet available, free of charge

Q. When I started receiving Supplement Security Income (SSI) checks, I received a booklet that told me what I should report to Social Security. I don't know what I did with it. Can I get another booklet? — G.W.

A. Yes.

Call the toll-free telephone number, (800) 772-1213, and ask for the booklet "When You Get SSI, What You Need to Know." A booklet will be sent to you, free of charge.

Q. How much are the Part B deductible and coinsurance amounts? — S.P.

A. The Medicare Part B deductible is \$100 per calendar year. This means that you are responsible for the first \$100 of Medicare-approved expenses for physician and other medical services and supplies.

The deductible is charged to you when you first receive Medicare-covered services. You do not have to actually pay the \$100 before Medicare starts paying the share of covered services after the deductible is met. You only have to incur \$100 in covered charges, and the charges must be based on Medicare's approved amounts for the services you received, not on what the doctor charged if the charges are more than the approved amounts.

After the deductible has been met, then Medicare starts paying,

Medicare generally pays 80 percent of all other approved charges for covered services for the rest of the year. You are responsible for the other 20 percent, which is called coinsurance.

If your physician or supplier does not accept assignment of your Medicare claim (that is, accept Medicare's approved amount as payment in full), you are responsible for all permissible charges in excess of the approved amount. You also generally are liable for charges for services not covered by Medicare.

There is no deductible or coinsurance for home health services. You do, however, have to pay 20 percent of the Medicare-approved amount for durable medical equipment supplied under the home health benefit.

Q. When does Social Security consider a person to be blind? — N.D.

A. You are considered blind under Social Security if your vision cannot be corrected to better than 20/200 in your better eye, or if your visual field is 20 degrees or less, even with corrective lenses.

Many people who meet the legal definition of blindness still have some sight and may be able to read large print and get about without a cane or guide dog.

YOUR SOCIAL SECURITY