

PTA Membership Drive



Lindsey and Billy Cain accept a \$25 gift certificate to the Ground Round from PTA President Alice Restivo as Principal Geraldine Silver looks on. The students were winners in the school's PTA Membership Drive.

Vets Thank U.S. Homecare



Bob Lohrer, left, President of the Vietnam Veterans of America, Nassau County Chapter #62, presents a Certificate of Appreciation to Amy Cardito, Director of Branch Services, U.S. Homecare as Frank Basta, inside right, and Artie Bruen, right, look on. U.S. Homecare, based in Hicksville, answered a call for help from the Chapter to assist a terminally ill Vietnam veteran and his family.

Gilbert & Sullivan At Bethpage Library

Enjoy a musical Sunday afternoon with "The Wand'ring Minstrels" of the acclaimed New York Gilbert & Sullivan players (NYGASP) on December 5 at 2 p.m. at the Bethpage Public Library. NYGASP is America's foremost professional Gilbert & Sullivan repertory ensemble. The Wand'ring Minstrels, outstanding performers drawn from the core of

Department of Community Service, Cultural and Performing Arts Division. Everyone is welcome and admission is free. Don't miss this wonderful musical experience.

Youth Council Board Meets

Residents Can Join Budget Committees

Residents of the Hicksville Public School District, with or without children in the schools, are invited to participate in district and building budget advisory committees.

The committees will act in an advisory capacity to the Board of Education and the Administration, and review such items as capital expenditures, equipment, supplies and transportation in preparation for the 1994-95 school budget.

Individuals interested in serving on Building Budget Advisory Committee should contact their building principal. The District Budget Advisory Committee will meet beginning January. Anyone interested in serving on this committee should send a letter of interest by Dec. 10 to: Mr. Salvatore Mugavero, Supt. of Schools, Hicksville Public Schools, Administration Building, Division Ave., Hicksville, NY 11801.

Friday Night Movie At Library

As part of the Bethpage Public Library's Friday Night at the Movies series "Strictly Ballroom" will be shown on Friday, December 10 at 8 p.m. Set against the feverish pitch of an actual ballroom competition, Australia's answer to "Dirty Dancing" is a fun-filled celebration of dance and romance. This film was a winner of the 1991 Cannes Film Festival. It is rated PG and runs 94 minutes. All are welcome and the admission is free.

The Library is located at 47 Powell Avenue, two blocks west of Exit 8 of the Seaford-Oyster Bay Expressway (Route 135), phone 931-3907.

This Day Is Born Emmanuel

Join the members of St. Paul Lutheran Church for a festive Christmas celebration of the birth of our Savior on Sunday, December 19, at 3 p.m. and 6 p.m. St. Paul's Choir and the "Praise Him" Dance Troupe will present an hour of song and dance, including a congregational hymn.

HBA Sets 42nd Opener In April

Hicksville Baseball Association is announcing that the 42nd Annual Opening Day ceremonies will be Sat., April 10, at the Abe Levitt Complex.

HBA continues to provide organized ball for Boys & Girls from ages 8-18. HBA holds charters with Little League Baseball and Softball and the Babe Ruth Boys programs. HBA participates in the very competitive Nassau County Babe Ruth Travel Program as well.

Highlights for the upcoming season:

- Make-A-Wish Foundation Weekend "Festival of Baseball" (Memorial Day weekend.) includes Charity softball game

- Five (5) Travel teams (Boys ages 13-18 Babe Ruth) (Girls 16-18)
- Mid Island All-star County-wide tournament
- Games of the Week (Boys & Girls)
- Clinics (Boys & Girls) (Certified H.S. Coaches)
- Certified Coaches Clinics
- Family Day Awards Picnic

For more information call:

Player Rep.
Aurea Zeiders 433-5328
Boys Program
Jerry Manna 681-1095
Girls Program
Greg Simonelli 755-6594
Boys Travel Teams (13-14/15 teams.. tryouts start Sat., Feb. 20)

Giving In Thanksgiving



Lee Avenue Students Emphasize the "Giving" in Thanksgiving! Lee Avenue students Marin Robin and Tara Rosenzweig (Christopher Mascia back to camera) donate canned goods in the school food drive. Students were encouraged to donate food items to be distributed to families in the community. Similar drives were conducted at each of the Hicksville Districts schools and coordinated by the school nurses. The focus of attention in each of the schools was on the true meaning of Thanksgiving and the spirit of sharing.

Celebrating



Celebrating Thanksgiving - American Style! Middle School ESL students and their families, Chris Hulewicz, Walter Zovallas, Ma. Guanti, Judith Sanchez, Araly Ramirez, and Rosa Rivas, enjoy a traditional Thanksgiving dinner at a special evening activity at the school. The students in Ma. Guanti's and Mrs. Pasquier's classes participated in the celebration.

Letters

To the Editor:

On December 14 the Hicksville voters will have the opportunity to elect a member of the Board of Commissioners for the Hicksville Fire District. The Commissioners represent the Hicksville taxpayers as the district's administrators. They are responsible for assuring our volunteer fire fighters are properly furnished with the necessary equipment and supplies to insure our safety.

I believe Hicksville voters should expect the candidates to possess two qualifications. First, as a representative of the taxpayers, the individual must be a proven community leader familiar with Hicksville's issues and concerns. Second, the candidate must have familiarity with the Hicksville Fire Department's structure, operations and its personnel. Fire Commissioner Bill Schuckmann meets this criteria and, for this reason, I wholeheartedly endorse his candidacy for re-election.

Community minded, Bill regularly attends meetings of various Hicksville Clubs and organizations. He is a respected Hicksville leader who has earned a reputation for encouraging community participation. I have had the pleasure of working with him on several projects. Most notably, Bill co-chaired an event that created Hicksville's greatest display of community spirit and involvement, the Fire Department's Centennial Block Party and Parade Celebration. Bill had also involved the community when organizing the 1992 Labor Day Parade.

The Schuckmann family name is synonymous with Hicksville fire fighting. Bill represents the third generation to serve as a Hicksville volunteer. During his own 22 years of service, Bill has held several leadership positions. We were fortunate to have him serve as our Fire Chief in 1986 and 1987. His leadership abilities have earned the respect and admiration of his fellow volunteer fire fighters, as evidenced by the endorsements of all the current Chiefs.

Commissioner Schuckmann is a gentleman who is genuinely dedicated to Hicksville and its fire protection services. I believe he has earned your support. Please join me on December 14 in voting for Bill Schuckmann.

Marc Herbst

To The Editor:

The Concerned Citizens of Hicksville, Inc. (CCH) enthusiastically endorses the candidacy of Bill Schuckmann for re-election to the post of Fire Commissioner of the Hicksville Fire Dept.

For 22 years Mr. Schuckmann has served our community as a member of the HFD. We now have the opportunity to reciprocate by supporting Mr. Schuckmann's re-election bid.

Join with us in re-electing Mr. Schuckmann on Dec. 14.

Ed Hebron
Secty., of CCH

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 dates 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.

On Veterans Day (formerly known as Armistice Day) organizations of veterans all over America gather together in local ceremony to honor all veterans of all wars.

Archie McCord Post #86, The American Legion, along with Butehorn Bros. Post 4987 of the VFW, met at the Bethpage Community Park on Thursday, November 11, to conduct their annual "Eleven O'Clock Ritual." In this moving ceremony, as the bell tolls eleven times, these veterans commemorate "the eleventh day of the eleventh month at the eleventh hour (when) the guns ceased firing and silence encompassed the earth."

They renewed their pledge "that these honored dead shall not have died in vain, and that the maimed and the widowed and the orphaned shall receive whatever comfort and recompense a grateful people can bestow."

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

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

Veterans Day Ceremonies



As the VFW firing squad assembles and the colors of both organizations are massed, American Legion Past Commander and Chaplain Terry Ryan (far right) offers a memorial prayer, as Commander Ernest Warnken and Life Member George Yochmann prepare to conduct the Eleven O'Clock Ritual.



Commanders Ernest Warnken (American Legion) and Charles Reidlinger (VFW) after placing a memorial wreath at the foot of the flagpole.



Members of Archie McCord Post 86, The American Legion, after the ceremonies. TOB Councilman Lenny Kunzig, a Bethpage resident who regularly attends these ceremonies, is at the left front.



Members of VFW Post 4987 join together after the ceremonies at the base of the flagpole.

Free Blood Pressure Screenings

As a community service, the Department of Nursing at Syoset Community Hospital conducts free blood pressure screenings on the first Wednesday of every month.

The next screening is scheduled for December 1 in the Hospital's main lobby between the hours of 1 p.m. and 3 p.m. All are welcome and no appointment is necessary.

The Administration and staff of Syoset Community Hospital would like to take this opportunity to remind community

residents about the importance of detecting high blood pressure.

For more information, call the Hospital's Community Relations Office at 496-6527.

Syoset Community Hospital is a voluntary, not-for-profit, community hospital affiliated with Long Island Jewish Medical Center and the Health Insurance Plan of Greater New York.

Blue Cross/Blue Shield and all other health insurance plans are accepted at the Hospital.

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Eagle Scout Court Of Honor

At a Court of Honor by Troop 604 of Bethpage, Scouts Eric Benkert and Daniel Cirino were recognized and honored for their many accomplishments along the path to the highest level of the Boy Scouts of America - Eagle Scout.

Between them, they have earned a total of 60 merit badges and special awards for Scouting achievements. In addition, they both are participants and leaders in community, school and athletic activities, all the while maintaining excellent academic scores. All these factors are considered as part of their qualifications to be Eagle Scouts.

At a dinner at the Bethpage Masonic Lodge preceding the Court of Honor, Troop 604 Committee Chairman Phil Lembo and Scoutmaster Gene Talbot presented merit badge and other awards to those Scouts who had earned them during the past summer. After dinner, everyone adjourned to the ceremonial and often moving Court of Honor, which was held in a room lighted only by the ritual candles representing the twelve tenets of the Scout Law.

Friends, relatives, neighbors and fellow Scouts gathered together to demonstrate their respect and affection for these two fine young men. There were letters from the Vice President of the United States, several U.S. Senators and the Governor of the State of New York, congratulating Dan and Eric and expressing admiration for their accomplishments.

Nassau County Executive Thomas Gulotta presented citations to each Eagle Scout on behalf of Nassau County. Assemblyman Phil Healey, joined in honoring them. TOB Supervisor Yevoll spoke at the dinner, but did not stay for the Court of Honor.

Many civic and community organizations took part in this most prestigious event, particularly including the Veterans of Foreign Wars Post 4987 of Bethpage, American Legion Post 86 and Auxiliary Unit 86 of Bethpage.

News From VFW Post 3211

By PPC Carmine A. Somma
On Tuesday, December 7, the Oyster Bay Memorial Post #8033 VFW and the Pearl Harbor Survivors Association, Inc. Chapter 135 will host the 52nd Anniversary Pearl Harbor Services at the Teddy Roosevelt Marine Basin, East Pier.

A Commemorative Ceremony will start at 11 a.m.

Hicksville's John Haughey died at Hickham Field, Hawaii on that December 7, 1941.

This December 7, Pearl Harbor Memorial Day marks the 52nd Anniversary of America's entry into WWII. President Roosevelt described Japan's bombing of Pearl Harbor on Sunday, December 7, 1941 as the day "That will live in infamy." To commemorate this date in history many of us who served in WWII, Korea, Vietnam, Lebanon, Grenada, Panama, Persian Gulf, Somalia are keeping this tradition alive.

We welcome your attendance and participation at this memorial to our honored dead.



Eagle Scouts, left to right, Eric Benkert and Daniel Cirino, congratulating each other at their joint Court of Honor.



Left to right, Mrs. and Mr. Robert Cirino, American Legion Auxiliary Unit 86 President Joan Poppe, Dan Cirino, Eric Benkert, Mrs. and Mr. Benkert, and Ernest Warnken, Commander of Post 86, The American Legion, Bethpage. Proud parents and friends.



Auxiliary President Poppe with Dan and Eric, along with Commander Warnken of Post 86, The American Legion. President Poppe presented each Eagle Scout with an American Legion Auxiliary Citizenship plaque, and Commander Warnken presented each Eagle Scout with a Citizenship Citation from the Commander of the New York State American Legion, plus a Citizenship Medal from Post 86, Bethpage.

As an additional surprise, Commander Warnken announced at the Court of Honor that Dan Cirino had been selected by his Troop and was being sponsored by American Legion Post 86 as the "American Legion Scout of the Year" for Nassau County. If Dan is indeed selected as Nassau County Legion Scout of the Year, he could go on to the District, State and National Levels. We wish him luck!

College Notes



Glenn S. Garbus

Karen and Mark Garbus and Jules E. Garbus are pleased and proud to publicly congratulate Glenn S. Garbus upon attaining his BBA at the 172nd graduation of the George Washington University, Washington, D.C. The Commencement was held on the Ellipse behind the White House. Some 16,000 people gathered to

cheer the 2,700 graduates through the joyful ceremonies and hear a succession of speakers confer words of wisdom. The keynote address was made by Health and Human Services Secretary Donna E. Shalala.

In celebration of Glenn's graduation, a reception was held at the Morrison House, Old Town Alexandria, VA.

Glenn is currently taking criminal justice courses at Hofstra University and working at a local law office. He will be attending Law School in 1994.

Diane M. Lombardi of Summer Lane in Hicksville is scheduled to complete her baccalaureate studies in December at SUNY Oswego. The graduation ceremony will be Dec. 11 on campus.

Lombardi is to receive a bachelor's degree in Computer Science.

Adopt A Friend



Mrs. Leone's first grade class at Trinity Lutheran School celebrated Thanksgiving by making applesauce with their Adopt-A-Friend, Mrs. Pfander. The class ate with shells out of wooden bowls, and made Pilgrim hats and collars, Indian shakers, sang songs, and played Indian games.

The children reenacted the first Thanksgiving, and exchanged gifts with their special fourth grade friends. Their celebration lasted three days, as did the real Thanksgiving feast.

Woodbury J.C. Chanukah Party

Chanukah Party: The Woodbury Jewish Center located at 200 Southwoods Road, will hold its Annual Chanukah Party on Sun., Dec. 5 from 10 a.m. to 1 p.m. This special day promises to be a magical and musical celebration.

There will be holiday games, raffle prizes and refreshments for all. Admission is \$5 for members, \$10 for non-members and children of all ages. For further information, call the Synagogue office at 496-9100.

LEGAL NOTICE

NOTICE OF SALE
INDEX NO. 8758/93
SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF NASSAU
SAU NEW YORK MORTGAGE SERVICING CORP., PLAINTIFF, -against- GEORGE SMITH, BANK LEUMI TRUST CO. OF NEW YORK, CITIBANK, N.A. et al., DEFENDANTS.

Pursuant to the Judgment of Foreclosure and Sale, duly filed and entered on November 16, 1993, the undersigned Referee will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, New York on January 7, 1994, at 10:00 a.m., the premises directed to be sold, and more particularly described, in said Judgment.

Premises also known as 42 Bishop Lane, Hicksville, New York.

Premises will be sold subject to the provisions of the filed Judgment.

ANTHONY FERRARA, JR., ESQ.
Referee

Gary A. Friedman, Esq.
OXMAN GEIGER NATALE & TULIS, P.C.
Attorney for Plaintiff
245 Saw Mill River Road
Hawthorne, New York 10532
(914) 741-6200
MIT 2762
4X 12/3, 10, 17, 24

LEGAL NOTICE

NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
HOUSEHOLD FINANCE REALTY CORPORATION OF NEW YORK, Plff. vs.

LEGAL NOTICE

JOHN LOGOSKIY, et al
Defts.
Index #93-20521

Pursuant to judgment of foreclosure and sale dated Nov. 3, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Dec. 31, 1993 at 9:00 a.m. prem. k/a 5 A Moeller, St., Hicksville, NY a/k/a Lot Number 28 and 29 and part of Lot Number 37 on a certain map entitled, "Map of Wilfred Manor situated at Hicksville, Nassau County, N.Y., William H. Parry, Civil Engineer, City Surveyor, Jamaica, N.Y., April 26th, 1927", and filed in the Office of the County of Nassau on May 4th, 1927, as File Number 631, Case Number 726. Sold subject to terms and conditions of filed judgment and terms of sale.

CHRISTOPHER MCGRATH,
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WHAT TO DO IF YOU THINK YOUR CHILD IS ON DRUGS.

The Telltale Signs

Take a deep breath.

You're not a failure as a parent. You're not helpless. And you're not alone.

If you think you're a failure, consider this: There are many kids with neglectful parents who never use drugs. There are also children with seemingly model parents who do use drugs.

So the first thing to accept is that drugs, while indeed dangerous, are one more problem for youngsters to handle. And they'll do it better and faster if you're aware, involved, and don't stick your head in the sand.

THE AWARE PARENT IS THE GOOD PARENT.

Part of awareness and a major deterrent to experimentation is to talk to your kids about drugs.

But even with a lot of parental involvement, there are no guarantees. So it's important to know the symptoms of drug use and to take action if you see your youngster displaying them.

THE WARNING SIGNALS.

There are no symptoms that are absolutely reliable. But there are clues (see box).

Most of these symptoms tend to be gradual which is why parental awareness is so important.

But don't jump to conclusions.

Many of the warning signs for drug use are the same as those for depression or for the ups and downs of being a teenager. There's also the possibility it's a physical or emotional problem.

But whatever the problem, we're talking about a child who needs help. Right now.

Chronic eye redness, sore throat or dry cough.

Chronic lying, especially about whereabouts.

Wholesale changes in friends.

Stealing.

Deteriorating relationships with family members.

Wild mood swings, hostility, or abusive behavior.

Chronic fatigue, withdrawal, carelessness about personal grooming.

Major changes in eating or sleeping patterns.

Loss of interest in favorite activities, hobbies, sports.

School problems - slipping grades, absenteeism.

First, you'll need an evaluation from a health professional skilled in diagnosing adolescents with alcohol or drug problems.

You may want to get involved with an intervention program to learn techniques that will help convince a drug user to accept help.

For the user, there are self-help, outpatient, day care, residency, and 24-hour hospitalization programs.

START WITHIN THE FAMILY.

Nothing beats the power of love and family support. That has to start with a frank discussion.

Don't make it an attack. And don't try to talk with your child if he or she seems under the influence.

Wait for a calm moment and then explain that you're worried about certain behavior (be specific) and give your child every opportunity to explain. That means really listening, not doing all the talking.

At the same time, it's important to speak frankly about the possibility of drugs. And it's particularly important to talk about your values and why you're dead set against drugs.

If your youngster seems evasive or if his or her explanations are not convincing, you may want to consult your doctor to rule out illness and to ask for advice.

You may also want to have your child visit a mental health professional to see if there are emotional problems.

FURTHER ACTION MAY BE NECESSARY.

If your child seems non-responsive or belligerent, and you suspect drugs are involved, immediate action is vital.

day care, residency, and 24-hour hospitalization programs.

The right program depends entirely on the circumstances and the degree of drug involvement. Here, you'll need professional help to make an informed choice.

Another point: If a program is to succeed, the family needs to be part of it. This can mean personal or family counseling. It may also involve participating in a support group where you learn about co-dependency and how not to play into the problems that might prompt further drug use.

If you don't know about drug programs in your area, call your family doctor, local hospital or county mental health society or school counselor for a referral. You can also call the national helpline - 800-662-HELP - for advice and a referral.

WHATEVER YOU DO, DON'T GIVE UP.

That child who upsets you so much is the same little boy or girl who, only yesterday, gave you such joy. They're in way over their heads, and they never needed you quite as much as they need you now. No matter what they say.

For more information on how to talk with your kids about drugs, ask for a free copy of "A Parent's Guide to Prevention." Call 1-800-624-0100.

Partnership for a Drug-Free Greater New York
Partnership for a Drug-Free America

1 In 9 Addresses Kiwanis Club

The Hicksville Kiwanis Club was pleased to have Hicksville resident Fran Kritchek, co-president of 1 in 9, The Long Island Breast Cancer Action Coalition speak at their October 27 luncheon. Since this is such an important issue for Long Islanders, Kiwanis was glad to see so many members of the community on hand for the

presentation. If you are interested in joining 1 in 9 and supporting their efforts, please contact them: 1 in 9, The Long Island Breast Cancer Action Coalition, Touro Law Center, 300 Nassau Road, Huntington, NY 11743, or phone 421-2244, ext. 560.

The Kiwanis Club of Hicksville applauds the work of this fine organization.



In photo, Donald Johnston, Kiwanis President; Fran Kritchek, 1 in 9 Co-President; and Beth Dalton-Costello, Kiwanis member.

Dutch Lane Storyteller



Once Upon a Time a Storyteller Visited Dutch Lane School! Jonathan Kruk entertains children in Mrs. Tillwits' second grade class with the telling of his story *Jack And The Sally Bally*. The children added to the excitement by creating special sound effects for the story.

Rabies Clinic



Oyster Bay Town officials recently presented citations to volunteer participants of a successful rabies clinic held at the Town's animal shelter in Syosset. The clinic, which was conducted in cooperation with the L.I. Veterinarian Medical Association (LIVMA), enabled veterinarians to donate a check, raised from public donations at the clinic, to the Pioneers for Animal Welfare Society (PAWS). On hand for the occasion, left to right, were Town Animal Shelter Director Charlie Yodice, Councilman Leonard B. Symons, Councilwoman Ann E. Ocker, Supervisor Lewis J. Yevoli, Town Clerk Carl L. Marcellino, Dr. Mark Beckerman, Dr. Surinder Wadyal, Councilman Leonard Kunsig, Margaret Evans, Councilman Thomas L. Clark, PAWS Executive Director Sybil Malsel and PAWS President Jackie Cooke.

Aerobics & Thanksgiving At North Shore

Excitement is running high at the Nursery School at North Shore Synagogue in Syosset. The children love the new Musical Aerobics Program being offered to all the 3 and 4 year olds.

Debbie, a recent addition to our staff, runs this joyful program with colorful props and music. The staff as well as the children are motivated by all the enthusiasm - and join in happily.

Thanksgiving has been celebrated by all the classes with stories, music, art, a program for the parents, and cooking activities.

The children of Mrs. Scher's Pre-K class celebrated the Thanksgiving holiday with a feast. The children baked cornbread and cupcakes. They ate turkey and corn, too. They acted out the story of the First Feast in the colorful hats they made.



Enjoying aerobics (front row, left to right) Heather Clifford, Jacquelyn Golub, Danielle Kelly. (Middle) Jonathan Bock. (Back) Brett Schulman, Meredith Nelson, Ethan Schulman, & Jeffrey Dorfman. (Far back) Zachary Schwartz.

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!

LEGAL NOTICE TO THE TAXPAYERS OF THE SYOSSET FIRE DISTRICT

NOTICE IS HEREBY GIVEN that a resolution was duly adopted by the Board of Fire Commissioners of the Syosset Fire District, Town of Oyster Bay, County of Nassau, State of New York, on the 22nd day of November, 1993, subject to permissive referendum as provided for by the General Municipal Law.

An extract of the resolution is as follows:

THE SYOSSET FIRE DISTRICT SHALL PURCHASE NECESSARY EQUIPMENT TO OPERATE THE NEW HEAVY DUTY RESCUE VEHICLE AT A COST NOT TO EXCEED SIXTY FIVE THOUSAND (\$65,000.00) DOLLARS. SAID MONIES ARE TO BE WITHDRAWN FROM THE RESERVE FOR FIREMATIC EQUIPMENT FUND B.

This resolution shall not take effect until thirty (30) days, unless in the meanwhile a permissive referendum as provided by General Municipal Law is required to be held.

Dated: November 22, 1993

**BOARD OF FIRE
COMMISSIONERS
SYOSSET FIRE
DISTRICT TOWN
OF OYSTER BAY**

ATTEST: Peter J. Morley
Secretary
SYO 8732
1x 12/3



"Jogging thru aerobics" (front, left to right) Ethan Schulman, Brett Schulman. (Middle) Danielle Kelly. (Back) Jaime Ziegler, Heather Clifford.



Enjoying their Thanksgiving Feast "around the table": Matthew Dreisiger, Halley Sprung, Amanda Fechter, Matthew Levy, Eric Spector, Amanda Pomerantz, Jonathan Anker, Alyssa Schwartz, Justin Beckerman, Scott Greenberg, Liron Ben-Moshe, and Alexandra Daly.

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Programs At Gregory Museum

Volcano - 1 Hour Video
Tuesday, Dec. 28, 11 a.m. & 2 p.m.

Go along with two intrepid volcanologists as they risk their lives to learn how volcanoes are made.

Museum Entrance Fee Only.

Admission:
Adults \$2.50
Children \$1.25
Sr. Citizens \$1.25
Family Maximum \$7.50
Free to Hicksville Residents and Museum Members

Reservations are required for all workshops. To register call 822-7505.

Wednesday, Dec. 29
"The Day of the Wind" - Rose Davis

Let's learn about Air, Wind and Weather all together. Explore, dance, sing, creating Science fun and an art activity Ages 4 to 8 - 1:30-3 p.m.

Parent may accompany child - Fee \$3 additional.

Reservation Information: 822-7505

Reservations are required for all workshops. Space is limited. Payment must be received within 5 days of reservation in order to guarantee your placement. Reservations are confirmed upon receipt of payment.

To register, stop at the Museum or call and mail check.

All workshops: Members \$6, Non-members \$8.

Thursday, Dec. 30

"Snowflakes & Ice Crystals - The Shape of Things"

Don Curran
(Video Plus Workshop)

Following a video presentation we will explore the many natural geometric patterns in snowflakes, in plants and in animals. This mini-workshop includes a small take home project. Class is limited to 20.

Ages 7 to 12 - 1:30-3 p.m.
Museum Admission plus \$2.50 Material Fee.

Reservation Information: 822-7505

Reservations are required for all workshops. Space is limited. Payment must be received within 5 days of reservation in order to guarantee your placement. Reservations are confirmed upon receipt of payment.

Admission:
Adults \$2.50
Children \$1.25
Sr. Citizens \$1.25
Family Maximum \$7.50
Free to Hicksville Residents and Museum Members

No Refunds for cancellation three days before workshop.

We are very sorry that we must insist upon advance payment before reservations are firm. We have been in the unfortunate position of having supplies purchased for workshops with a full registration and an anxious waiting list, then on the day of the workshop unpaid registrants do not show. Thus we have disappointed our waiting list and have lost income to the Museum.

Children's Programs At Bethpage Library

Holiday Gift Workshop
Design a Pretty Desk Mate with Laura Lorusso
Saturday, Dec. 11, at 2 p.m.

Make someone happy this holiday season with an attractive, practical holder for pens, pencils, desk supplies - or whatever one wishes. A wonderful gift for the holidays or any day! You bring: 1 bottle glue, 1 old pencil, 1 new pencil, scissors, some colored yard and/or rick-rack, few colored marking pens, some trims (sequins, buttons, old jewelry, small plastic flowers, if you have them). We'll supply the rest. Grades 1-5. Register from Nov. 17.

Comedy Magic Show with Sparky the Clown
Tuesday, Dec. 28, at 2 p.m.

Disappearing rabbits, candy spouting out of wands, dice floating through the air and magic money pouring out of children's ears! A colorful kaleidoscope of magical fun with loads of laughs, surprises, and audience participation too. School-age children. Register from Dec. 1.

Puppet Show Spectacular "Babes in Toyland" by the Gingerbread Puppets
Wednesday, Dec. 29, at 2 p.m.

Favorite story book characters leap magically to life in this lively and colorful version of an enchanting musical classic. Exciting puppet characters, non-stop action, dazzling staging, memorable music by Victor Herbert - children's puppet theater at its best. School age youngsters. Register from Dec. 1.

Holiday Film Classic "Heidi" (98 minutes)
Thursday, Dec. 30, at 2 p.m.

Relive the special magic of this timeless film classic that stars Shirley Temple at her best. Based on Johanna Spyri's novel and set in the Swiss Alps, here is the heart-catching story of the small orphan who brings hope and laughter to her embittered grandfather and a rich, crippled city girl. School-age children. Register from Dec. 1. And Save This Date! Monday, Jan. 17, at 2 p.m., "The Frog Prince" - a gala puppet show by The Gingerbread Puppets. And in January, look for our Winter Reading Club - "Knights and Castles" with easy-to-make paper play castles as prizes.

Trinity's Buddies In 5th Grade

Students in kindergarten and fifth grade at Trinity Lutheran School enjoy their "Buddy" program.

Each older student is paired with a kindergarten student as they share art projects, reading stories, birthdays, and holidays.

Younger students feel good about having a big "brother" or "sister" and the fifth graders begin to develop a sense of responsibility.

This week the kindergarten children shared cranberry bread they made with their "buddies" for Thanksgiving.

Jottings From Yesteryear

By Bill Clark

Mickey Mouse became 65 years old in November. Am I getting older or was he before my time?

I went to several church craft shows this past week, seeing many friends, all ages, plus buying assorted pieces of homemade cakes and cookies made by people, like years ago, all goodies looking good and tasting soooo good. But I missed licking the bowls as years ago.

Many of us enjoyed Thanksgiving weekend, but a friend of mine, Herman, passed away Thanksgiving Day. Unfortunately, like weddings, you see folks you haven't seen for a long time.

This weekend's wind and rain brought portion of my

neighbor's tree down, reminding me of the 1938 hurricane, when my folk's tree came down between the garage and Mother driving up the drive. Father was adding on our house, stopping a moment to ask me should we continue or wait to see if it holds up. Henry Gebhardt and Steinert were at the fire house. Roofs ripped off Keyston Glass on Duffy Ave., and the brick yard in Old Bethpage, September 21, 1938. The wind made umbrellas useless and skirts became mini-skirts. Of approximately 179 homes on shore, 135 were lost in the Hamptons. No lessons were learned, today houses still wash away.

Now rest up for the holiday shopping rush that they said years ago they would do earlier.



1958 - Broadway - 107 - Before railroad trestle and road widening by demolishing the west side of street.
Photo by F. Mallet



How Broadway looked at Christmas in the '60s, lights and stores lit for business each year by Chamber of Commerce and Merchants, 1939-1964.
Photo by Hicksville Gregory Museum

Menorah Plans



Oyster Bay Town Councilman Leonard B. Symons, second from left, recently visited with members of the Mid Island Y Jewish Community Center and discussed plans for the Center's Maccabiah Run and Menorah Lighting slated for the evening of December 8. Among those on hand, left to right, were Assistant Executive Director Joyce Glick, President Mark L. Hankin and Health Fitness Director JoyAnn Brand.

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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)

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A Fundraiser For Schuckmann



On November 20, more than 75 Committee Members and supporters of William Schuckmann met for a fundraiser and brunch for the Fire Commissioner. Left to right top: Gil Cusick, John Walker, William Dammes, Mark Herbst, Fire Commissioner William Schuckmann, Councilman Elect Angelo Delligatti, Chief of the Hicksville Fire Dept. Patrick Scanlon, Asst. Chief Al Merk and Nick Brigandi. 2nd row left to right: Robert Walker, Jason Dammes, Bruce Goldblatt. 3rd row, left to right: Mike Azcue, Chris Moakos and Asst. Chief Karl Schweitzer.

Woodland Bake Sale



On October 23 and 24, Sue DeFreitas volunteered her house to hold a garage sale for the Fifth Grade Committee at Woodland. Many parents donated items and baked cakes and breads to be sold. All monies received were put toward's Woodland's fifth grade trip to Greenkill. In photo, Crystal DeFreitas, Tara Goodwin, Dianne Marcin, Michele Monti, Michele Bruno, Mrs. Sue DeFreitas, Amy Yu, Kim Goodwin, Katrina Belner and Laura Balnia.

In Service

Air Force Airman Basic Keith H. Munroe has graduated from the financial management specialist course at Sheppard Air Force Base, Wichita Falls, Texas.

Students were taught principles of accounting, appropriation of funds, use of automated data processing equipment, and the general ledger system.

Munroe is the son of Stephanie B. Munroe of 51 Elmira Street, Hicksville.

Munroe is a 1992 graduate of Beacon High School, N.Y.

LEGAL NOTICE

Tor J. Worsos, CAI Auctioneer as Agent sells December 15, 1993, 3 PM, at 350 Glen Head Rd., Glen Head, NY, 1987 4DSD Range Rover S A L H V 1 1 4 2 HA282863 Re: Lorna M. Bewick, Mrs. Brown. MIT2756 2x11/26;12/3

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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 28th day of January, 1994.

SANTA C. ROZZI
Nassau County Treasurer

8P9013
2x11/25;12/3

**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 15, 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
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 further registration.

LEGAL NOTICE

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, 26, 12/10

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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.

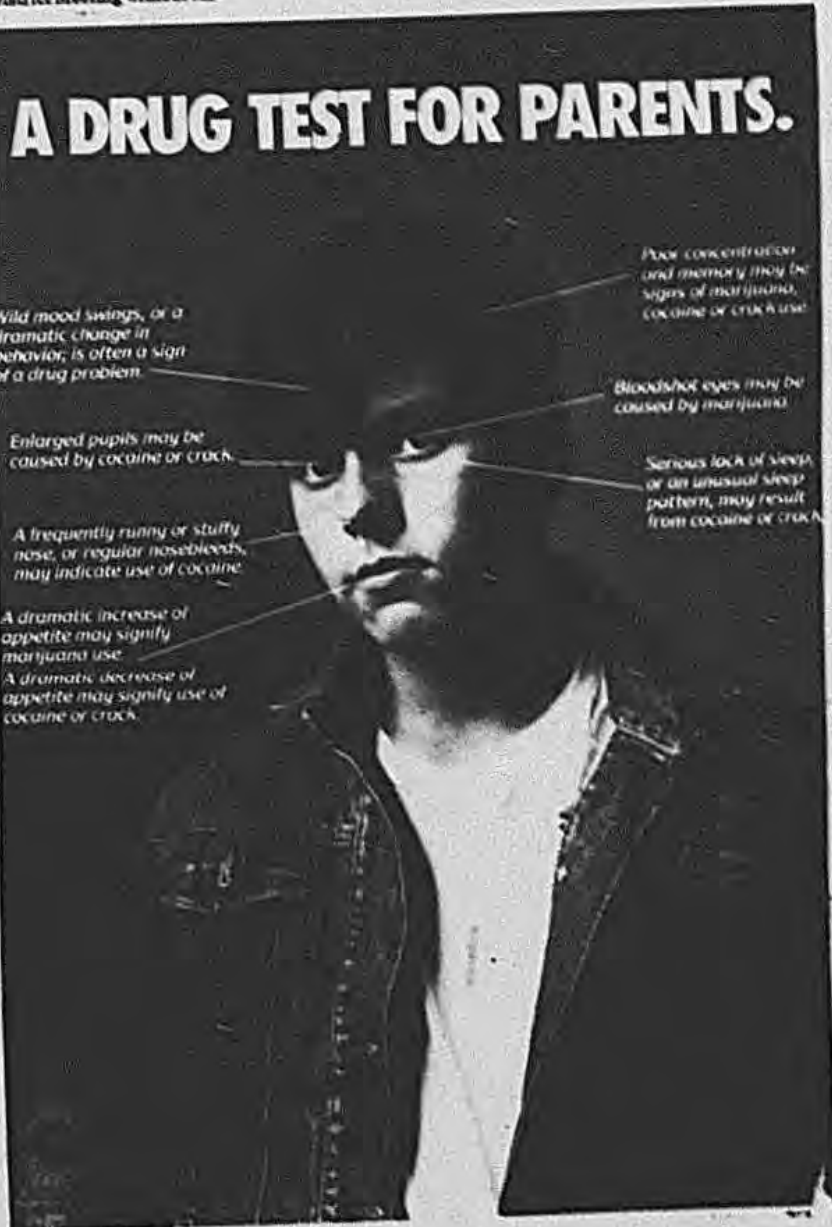


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Residents Receive Hospital Award

Several Hicksville residents recently received awards at Winthrop-University Hospital's Volunteer Service Awards Ceremony. Among those recognized for their contributions were Hicksville residents: Tricia Long and Colleen Sluder for 100 hours of service; Kathleen Arena for 300 hours; James Tietjen for 500 hours; and Mary Germain for 1,000 hours.

Approximately 180 volunteers attended the Senior Volunteer Awards Ceremony, a celebration of 96,000 hours of service, which provides the

Hospital with an opportunity to extend its admiration and appreciation to these hardworking individuals who are known as the "Heart of the Hospital."

Winthrop volunteers play an instrumental role in the hospital, enriching the lives of patients, families and visitors. Over the last year, the number of hours given by those volunteers increased by 9.4%. "Winthrop volunteers are committed and dedicated," says Carmela Anglim, Winthrop's Director of Volunteers. "They truly represent the 'Good Neighbor Spirit.'"

Anyone who would like more information about volunteering at Winthrop is asked to call 663-2391.

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!

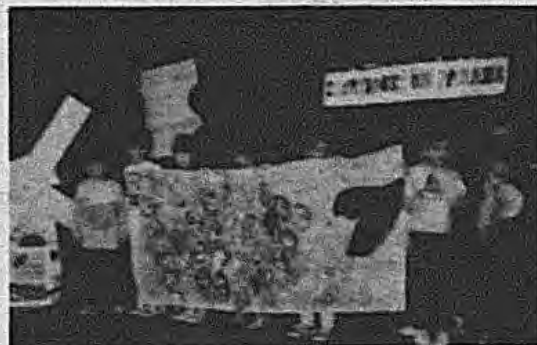
Storybook On Parade

In celebration of National Children's Book Week, the students at Dutch Lane School held a Storybooks On Parade Assembly. Under the guidance of Mrs. Betty Thoma, the librarian, each class drew a mural of a favorite storybook

and dressed in costumes as characters from the story. The parade was held in school in a celebration of the joy of reading literature. All of the classes participating in the festivities had a wonderful time!



Mr. Hilsky's fourth graders read *Charlotte's Web*.



Mrs. Saul's first graders read *Selma*.

DECEMBER

DECEMBER 1993 - BREAKFAST MENU MIDDLE SCHOOLS & SENIOR HIGH SCHOOLS					PRICES LIST Students \$1.00 Parents \$2.00	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
HAPPY HOLIDAYS TO ALL		Regal with Cream Cheese Chilled Fruit Chilled Milk	Hare & Egg on a Roll Cranberry Juice Chilled Milk	Pumpkin with Syrup Chilled Fruit Chilled Milk		
12/14 Sweet Brn. Whole Wheat Toast Apple Juice Chilled Milk	12/15 Cheddar Chutney on a Roll Chilled Fruit Chilled Milk	12/16 Cranberry Chutney on a Roll Chilled Fruit Chilled Milk	12/17 Fresh Toast with Smoked Sausage Chilled Fruit Chilled Milk	12/18 Trained English Muffin with Jelly Chilled Fruit & Fruit Chilled Milk		
12/19 Hot Corned Orange Juice Chilled Fruit Chilled Milk	12/20 Regal with Cream Cheese Chilled Fruit Chilled Milk	12/21 Cow Pudding Toast Cranberry Juice Chilled Milk	12/22 Scrambled Eggs Toast Chilled Fruit Chilled Milk	12/23 Cow Muffin Apple Juice Chilled Fruit Chilled Milk		
12/24 Belgian Waffle with Syrup Chilled Fruit Chilled Milk	12/25 Blueberry Muffin Orange Juice Chilled Fruit Chilled Milk	12/26 Rice Krapfen Toast Cranberry Juice Chilled Milk	12/27 SCHOOLS CLOSED	12/28 SCHOOLS CLOSED		
12/29 SCHOOLS CLOSED	12/30 SCHOOLS CLOSED	12/31 SCHOOLS CLOSED	12/32 SCHOOLS CLOSED	12/33 SCHOOLS CLOSED		

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LEGAL NOTICE NOTICE OF SALE SUPREME COURT: NASSAU COUNTY EMIGRANT SAVINGS BANK Plaintiff

vs
RAYMOND DIGUGLIELMO
Et Al Defendants
**ATTORNEY(S)
FOR PLAINTIFF:
JOSEPH SCHUMAN,
ESQ.
990 WESTBURY RD.
WESTBURY, N.Y. 11590**

Pursuant to judgment of foreclosure and sale, entered herein and dated Oct. 20, 1993, I will sell at Public Auction to the highest bidder, at the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y., on the 16th day of Dec., 1993, at 9:00 a.m., PREMISES in Woodbury, New York and Described as Follows:

BEGINNING at a point on the Southwesterly side of Wren Drive distant 351.27 feet Southeastly when measured along the said Southwesterly side of Wren Drive from the Southeastly end of a curve having a radius of 10 feet and a length of 15.71 feet, which curve connects the Southwesterly side of Wren Drive with the old Southeastly side of Woodbury Road;
RUNNING THENCE

LEGAL NOTICE

Southeasterly along the Southwesterly side of Wren Drive the following 2 courses and distances: (1) On a curve bearing to the left having a radius of 215.88 feet a distance of 37 feet;

(2) South 55 degrees 50 minutes 00 seconds East 43.49 feet;

THENCE South 34 degrees 04 minutes 00 seconds West 175.72 feet;

THENCE North 75 degrees 38 minutes 20 seconds West 15.09 feet to land now or formerly of Lebkuecher;

THENCE North 29 degrees 51 minutes 10 seconds West along the last mentioned land 100 feet;

RUNNING THENCE North 43 degrees 40 minutes 10 seconds East 142.03 feet to the Southwesterly side of Wren Drive at the point or place of BEGINNING.

PREMISES known as 10 Wren Drive, Woodbury, L.I., N.Y. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of Judgment - \$235,060.08, plus interest and costs.

**INDEX NO. 019902/03
DAVID H. LEDGIN,
REFEREE**

**SY08725
4/11/12,19,26,12/3**

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



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through input and special
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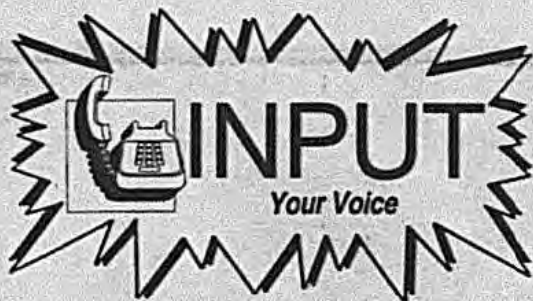


Friday, December 8, 1993

**Christmas In The
White House 1801-1993**



SEE PAGE 3



THE QUESTION OF THE WEEK

Should Community Service be a requirement for graduation from high school?



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

Input Callers Mixed Views On Gun Law

Callers to Input had a variety of answers on whether the Brady Bill will be worthwhile in answer to this question: "Do you think the Brady Bill and its waiting period will have any effect on crime?" Here are some of the answers:

AGAINST BRADY BILL

There are many citizens and law enforcement officials who mistakenly believe that strict gun control will lead to crime control, however, it has been proven that gun control laws, which are far more restrictive than the Brady Bill, like the laws in effect in New York City and Washington, just hinder law abiding citizens from purchasing guns to protect themselves against the growing number of violent criminals. It is pure folly to believe that the police alone can prevent crime. The criminals will always find ways to get guns just as drug addicts are always able to obtain illegal drugs. It will seem logical that Mexico will now become the main supplier of guns to criminals because of the passage of NAFTA. Guns will be sent in the same way as illegal drugs are smuggled into the U.S. with the assistance of corrupt Mexican officials. The proponents of the Brady Bill have made it known that this is the first step towards the confiscation of all guns and the abolishment of the Second Amendment (edited) U.K.

HELP SOMEWHAT

Gun control laws are not going to cut down the amount of crime in this country. But they will cut down the number of people who own guns because people who are not stable will not be allowed to buy licensed guns and many of them will be discouraged from getting them. It is true that guns can be obtained by criminals in the way that they have always been available on the street. What the Brady Bill does is to bring together a national law which will be the same in all states and at least give a uniform method to prosecute anyone with an unlicensed gun. I believe that less guns in the hands of people will cut down the number of accidents and suicides and as such the law is good. L.F.

CRIMINALS NOT CONCERNED

The criminals are not concerned with this law. It will have no effect on crime. It merely gives the politicians something to crow about while doing nothing at all effective. It is another case of political fakery. G.V.

STOLEN GUNS

I believe that Brady, whose name was given to the Bill, thinks that it will keep some person like him from being maimed for life. But the gun used on him was not licensed and the waiting period does not have anything to do with it. We do need to know who is buying guns, but the only way we can do that is to work through police channels in running down where guns come from. Unfortunately many are stolen and then sold and everything leads to a dead end. G.F.

IT CANT HURT

While the Second Amendment gives people the right to own guns it does not say that the government cannot regulate who buys them and for what use. The Brady Bill is a national law that will even the rules for owning guns in all of the States. As such it is a good law but may not turn things around as much as desired. It can't hurt though. B.J.

NOT FOR CRIMINALS

During the Los Angeles riots the citizens should not have been made to wait to buy a gun to defend their property but they were forced to do so or buy guns on the black market. The criminals never will have anything to do with the waiting period because they wouldn't pass the check anyhow so they buy a stolen gun. M.F.

WASTE OF TIME

The Brady Bill is a good step but it probably is a waste of time. If people can buy drugs when the drugs are illegal there isn't any hope that the Brady Bill will stop the sale of guns. F.V.

OUT OF STATE

This is in answer to legislators like Peter King and Alfonse D'Amato who voted against the Brady Bill claiming that the five day waiting period is unfair to the law abiding citizen while the criminal element simply obtain their handguns through the black market. But how do these handguns reach the black market? Very simple, just drive down to a State like Virginia, contact a friend of a friend who is a resident of that State and he will legally purchase for you any number of guns which you can pay for. Then bring these legally purchased guns up to our State and presto, there is your black market with a huge profit to be made. Obviously it takes a Federal Law like the Brady Bill to stop the flow of handguns from a lenient State to a strict State like New York. While this law in itself will not stop crime, it will also take a tightening of our justice system to turn the tide against the criminal. C.K.

Hopefully, the Brady Bill will indeed become law. To me the idea has always had considerable merit but difficult to understand the resistance to its passage. It's just ridiculous even to be asked to accept the "logic" for the continuance of the bill as a means of producing income regardless of the consequences. The present waiting period should make voters face up to the situation which obviously demands greater control over arms production. P.Q.S.

Discovery!

Christmas In The White House 1801-1993

By Marjorie Wolfe

Imagine spending Christmas '93 at 1600 Pennsylvania Avenue, Washington, D.C. with the Clinton family: Bill, Hillary, and Chelsea. Will the President read *Charles Dickens' Christmas Carol*? Will there be a special gift under the Christmas tree for "Socks," the family cat?

Shown below is a chronology of how our elected officials spent their Christmas holidays.

1801 Thomas Jefferson, third President of the U.S., had his six grandchildren invite their friends for a holiday party—and played his violin so they could dance, says Bill Allman of the White House Curator's Office.

1856 President Franklin Pierce, who came from a generously forested state—New Hampshire—was the first President to install a Christmas tree as part of the White House Christmas celebrations.

1891 President Benjamin Harrison found time to delight his grandchildren by dressing as Santa and frolicking around the White House Christmas tree.

1901-1909 Theodore Roosevelt, our 26th President, was a serious conservationist who barred the use of cut trees anywhere in the White House. The ban didn't sit well with sons, Archie and Quentin, who sneaked a tree into their room anyway. Theodore's cousin, Franklin, on the other hand, grew Norway spruces for commercial sales.

1903 Theodore Roosevelt hosted the grandfather of today's large White House children's parties—and got a bit more than he bargained for. On Dec. 26, 650 children—all under 12—swarmed into the East Room; mothers and nannies gathered elsewhere. The first hour—a sing-a-long—sipped past. Then Roosevelt invited the children to cookies and punch in the State Dining Room. "Chairs were overturned as the mob surged toward the hall," reports William Seale in *The President's House*.

1923 President Calvin Coolidge started the Christmas tradition of lighting a tree on the White House lawn.

1927 On Christmas Day, President Coolidge arose before 7 a.m. and greeted his pet racoon, who wore his gift, a gleaming collar that read, "Rebecca Raccoon of the White House." Returning indoors, the President examined the three Christmas trees in the Blue Room, decorated by Mrs. Coolidge and their son, John. Later the Presidential family gathered upstairs to open their presents. Among the gifts received by the President were innumerable turkeys; more than a dozen canes, which the President does not use; cigars by the hundreds, some of which he will smoke; and cigar holders.

On New Year's Day any inhabitant of the world could grasp the hand of the President of the U.S. 3,185 came to the White House between 1 and 3 p.m., noticed the mistletoe hung from the chandelier, proceeded to the Blue Room, and shook hands with President and Mrs. Coolidge.

1932 President and Mrs. Hoover frowned on costly gifts; they decided that all presents should be inexpensive. Three days before Christmas, Hoover and his sons and daughter-in-law went shopping for the children. They pushed their way like ordinary persons through the Washington store crowds. At a toy department, the

President picked out a gasoline filling station and a war tank. Mr. Hoover was fascinated with a miniature electric range, bought it and some toy cooking utensils. As usual, on Christmas morning, the President got down on the floor to play with his grandchildren's toys.

(Source: *Time Capsule/1932*)

1939 During the last week of December swarms of children visited Franklin Roosevelt at the White House. The office staff received, as a gift, paperweights with the Presidential seal.

Workmen lugged shiny green holly wreaths, one for each window of the White House. In the mailroom clerks handled the hundreds of thousands of cards and gifts—from fruitcake and ship models to buck deer. On Christmas Eve, after dinner, Franklin Roosevelt, a longtime lover of Tiny Tim, read aloud to his family *Charles Dickens' Christmas Carol*.

The pajama-clad small fry would whoop into "Grandpa's" bedroom, bounce on his bed, shout "Merry Christmas," and dive for the bulging red stockings.

1942 On Christmas Eve Winston Churchill stood bareheaded while Franklin Roosevelt, on the south portico of the White House, went through the annual ceremony of turning on the outdoor Christmas tree's lights. Then he joined the President in Broadcasting Christmas greetings to the nation. Said the Prime Minister, "I spend this anniversary and festival far from my family, and yet I cannot truthfully say that I feel far from home. In God's mercy, a happy Christmas to you all."



1944 President Franklin Roosevelt spent Christmas at Hyde Park. He had 14 grandchildren with him and seven who were on hand to spend Christmas with him made the 20 bric-a-brac-filled rooms of the Hyde Park mansion seem crowded. The President presided at gift-unwrapping in the library, carved the turkey at dinner and read aloud, as always, *Dickens' Christmas Carol*. Mrs. Roosevelt reported that "he cuts the whole story, of course, but he is so expert at reading it now, he can hold even the small children's attention for a long while."

1950 President Truman's message at Christmas was: "I am talking to you tonight about what our country is up against and what we are going to do about it." With these words, Truman proclaimed a state of national emergency. (On June 27, the U.S. sent forces to defend South Korea against Communist aggression.)

1958 President Eisenhower broadcast a Christmas message to the world from Atlas, America's first orbiting satellite, on Dec. 19. He said, "This is the President of the United States speaking. Through the marvels of scientific advance my voice is coming to you from a satellite circling in outer space. Through this unique means I convey to you and to all mankind America's wish for peace on earth and good will toward men everywhere."

1959 Mamie Eisenhower set a White House record when she filled her home with 26 Christmas trees.

1973 President Nixon asked people to curb their Christmas lights displays on account of the energy crisis. (This year a fuel shortage hit the nation. It led to reduced supplies of oil for home heating and industry and caused gasoline rationing in a number of states.)

1976 President Gerald R. Ford sent out 40,000 Christmas cards.

1978 President and Mrs. Reagan sent nearly 76,000 Christmas cards to old friends and new in the U.S. and abroad—up from 15,000 in 1977. On the cover of each was a watercolor, "Green Room at the White House," by Mark Hampton, an Indiana-born interior decorator then living in New York.

1979 Senator Robert Dole said that he "thinks the best thing to give (for Christmas) is money. People can get what they want."

1980 Former Vice-President, Walter Mondale, gave his wife, Joan, a handcrafted stoneware table service for 12.

1983 By December 16, President and Mrs. Reagan sent nearly 76,000 cards. On Dec. 20, Mrs. Reagan visited Ahn Sook and Lee Kil Woo at St. Francis Hospital in Roslyn and gives children, and 15 others, Cabbage Patch dolls, in short supply for the holiday season.

1985 President Reagan presented a 16-pound "well-mannered" year old Spaniel pup, Rex, to the First Lady, as an early Christmas present.

1988 President-elect and Barbara Bush sent out 90,000 Christmas cards, 20,000 to family and friends and 70,000 to people who gave to Bush's presidential campaign.

1989 A misspelling of "beacon" was in the holiday message handwritten by the vice-president's wife, Marilyn Quayle. It said, in part, "May our nation continue to be a beacon of hope to the world..."

1991 George Bush's Christmas presents included 4 pairs of "USA" sweatsocks @ \$3.75 a pair, a \$13 toddler's sweatshirt with the logo of the Houston Oilers. He paid cash! Barbara Bush purchased Puccini's "La Boheme."

Barbara Bush recycles some of her Christmas gifts. She said, "I mean, what am I going to do with 400 scarves? So I just rewrap them." (First Lady, Nancy Reagan, was also criticized for recycling some of her less-than-fabulous Christmas gifts. According to Kitty Kelley's best-selling biography, when Nancy Reagan's grandson, Cameron, forgot his teddy bear at the White House, he got it wrapped as a birthday present months later.)

1992 President Bush and his wife, Barbara, sent out 185,000 Hallmark Christmas cards.

1993 The First Family has notified Hallmark that it will buy its cards elsewhere this year. Although Hallmark has produced the White House card for 33 of the 40 years since the Eisenhower Administration commissioned the first official card in 1953, 1993 will be different. The Clintons have let American Greetings know they and the Vice President's family are shopping around. (American Greetings has provided cards for the Carter and Johnson administrations).

ABOUT THE AUTHOR

Marjorie Wolfe follows the (1952) advice of E.B. White and wishes a "Merry Christmas to our new leaders, Peace on earth, goodwill, and good management!"

DINING GUIDE

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COOKS' BOOKS

Many ways to approach yuletide season

By Charles Britton

"365 Ways to Prepare for Christmas" by David E. Monn (Harper-Collins, \$16.95).

"Baking for Gift-Giving" by Lisa Yockelson (HarperCollins, \$12.50).

The holidays are nigh upon us. Now, stop that! Denial will get you nowhere. You know it's true as well as I do, and it's high time you faced up to reality.

As I was saying, with the holidays bearing down on us, the need to prepare for their onslaught is here, and this book — part of a phenomenally successful spiral-bound series of cookbooks — might ease the way.

This edition differs from its shelf mates in that it's not exclusively recipes.

Other entries have given us 365 ways to cook this or that, hamburgers, chocolate, whatever. This one has the required number of items, but many are ideas rather than dishes.

For example, item No. 4 tells us, "Shopping for Christmas gifts throughout the year is a strategy that works."

So why not take advantage of January white sales and stash the stuff away until you need it 12 months later?

Well, because I'm not that organized, that's why. Similarly with idea No. 9: "No matter where in the world you go for your vacation, there are ample opportunities to shop, so be sure to have your Christmas gift list with you — even if you are vacationing in February."

Sure — I think Christmas shopping is a chore in December, so I'm going to devote time to it when I'm partying.

Things come back to Earth when Monn, who heads an interior design firm, makes some amusing gift suggestions: "For the sybarite on your list: a bath caddy, loofah, fragrant soaps and a bath towel embroidered with the word 'Mine.'" "A chili-pepper wreath extends a particularly warm welcome. Buy an 18-inch wreath form and use florist wire to attach dried red chili peppers. Hang it or give it as a gift accompanied by a book on Southwestern cookery."

The book has its share of recipes, too, such as this interesting accompaniment for turkey.

POLENTA WITH CRANBERRIES AND TANGERINES

- 2 medium tangerines, cut into 1-inch pieces, skin left on, seeded
 - 1 (12-ounce) bag cranberries, picked over and rinsed
 - 1/2 cup sugar
 - 4 cups water
 - 1/2 teaspoon salt
 - 1/2 cup instant polenta or yellow cornmeal
- Yields 4 servings.
- In food processor, coarsely chop tangerines. Add cranberries and

sugar and pulse until finely chopped but not mushy.

In medium saucepan, combine water and salt over high heat. When water boils, whisk in polenta in slow, steady stream.

Reduce heat to medium and cook, stirring, until polenta is the consistency of hot cereal, 5 to 10 minutes.

Stir in cranberry-tangerine mixture and serve immediately.

As part of her series on "American Baking Classics," food writer Lisa Yockelson has assembled a nice collection of recipes that can be given as gifts — meaning that they don't have to be eaten soon after they come out of the oven.

We have cookies, muffins and loaf cakes — many of which are attractive enough to tempt us to prepare them so we can eat them ourselves. For that matter, the book is modestly priced enough to make a nice pre-Christmas gift.

Maybe someone will give you a cookie jar filled with these.

TOFFEE CRUNCH COOKIES

- 2 1/4 cups unsifted all-purpose flour
- 1/2 cup unsifted cake flour
- 1 1/2 teaspoons salt
- 1/2 pound (3 sticks) unsalted butter, softened
- 1 1/2 cups granulated sugar
- 2 1/2 teaspoons vanilla
- 9 (1.4-ounce bars) of chocolate-covered almond toffee candy, cut into chunks
- 1 cup chopped almonds

Yields about 50 cookies.

Preheat oven to 350 F. Line 2

cookie sheets with parchment paper.

Sift together flours and salt. Cream butter in large bowl of electric mixer on low speed for 5 minutes. Add sugar in 2 additions, beating for 2 minutes on moderate speed after each. Blend in vanilla. On low speed, add sifted mixture and mix until particles of flour are absorbed. Stir in toffee and almonds.

For each batch, drop heaping teaspoon-size mounds onto lined cookie sheet, 2 inches apart. Bake 15 minutes or until golden. Cool for 1 minute before using a spatula to transfer them to racks.

Cool completely and store airtight.

Charles Britton is food editor of *The Daily Breeze* in Torrance, Calif.



DINING GUIDE

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By Carol Cutler

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Bet. Old County Road & Jericho Tpke.

We all entertain throughout the year, but not on the scale of holiday parties. They are invariably bigger, especially cocktail parties. Since we have less experience in planning such affairs, expert advice is helpful.

After conversations with caterers, party planners and experienced hostesses, I've gleaned some pointers to help draft a reliable strategy. The first warning is about waste. Overstocking, either food or drink, is extravagant and expensive. It is prudent to sit down with pencil and paper and do some firm calculating.

Obviously, the first figure you need is the number of guests. Everything hinges on that pivotal point. By telephoning the invitation you get an immediate idea of how many people to expect.

Written invitations should go out at least three weeks in advance with a telephone number for responding. But whatever your final count is, reduce it by about 10 percent. Generally there is that much last-minute attrition. Unforeseen problems do come up for all of us.

How many people to invite depends on how much space you have. No one likes to be crammed into a room where you can't move around. And how do you extricate yourself from a bore if you can't move? Better to have two lively, comfortable parties than one mob scene.

Cocktail vogues come and go, but there are a number of constants. White wine has long been the hands-down favorite. Within the last few years, guests also are asking for red wine, but white is still more popular.

Spirits, especially the whites (gin and vodka), are making a

strong comeback. Today it's about a 50-50 balance between wines and spirits. Nonalcoholic beverages, especially bottled waters, are now included on the bar as a matter of course.

At large parties figure on one and one-half to two drinks per person for the first hour; one drink per hour after that. A standard-size bottle of wine serves six. Count on 15 drinks from a bottle of spirits.

If 25 guests are coming, this is basically what you will need: five bottles of white wine, two bottles of red wine and one each of vodka, gin and scotch. For large-scale entertaining, count on 75 servings from a case of wine.

This last figure is one to keep in mind in case you decide to pour only champagne. Extravagant as it may seem, in the long run pouring only bubbly it is quite reasonable. You are not left with remainders of alcohols you don't particularly like, and it ensures a much smoother-running operation. Bottles of the sparkling wine can be placed in coolers in various spots around the partying space, and guests can help themselves. If bartenders are hired, fewer will be required since the mixing of drinks is eliminated.

Bourbon is not requested very often, but if you don't want to disappoint anyone, add a bottle to your order. Whether or not to offer beer depends on what the preferences are in your community, as well as what food is being placed on the buffet table. Some guests would prefer beer with spicy sausages or shrimp, or anything with Oriental flavorings.

The bar setup at parties usually holds a mere half-bottle of dry vermouth. That was fine when the merest whisper of vermouth was

needed for martinis. That may still be the case, but people are also sipping vermouth on the rocks, so provide a full bottle. Sherry is not a necessity but a nice addition to the selection. Whether to offer dry or sweet depends on your taste since there will no doubt be some left.

For the same 25 celebrants stock 2 quarts of fruit juice and 6 liters of mixers — tonic water, mineral water and seltzer. Seltzer is much preferred to club soda today because it has no sodium and more neutral flavor.

There are also a number of less-frequently demanded spirits, such as rum, tequila and Campari. They are not essential and, if you normally don't stock them, don't bother. Other choices abound.

The crucial consideration now is how high up the price scale to go. Fine champagne would not be properly appreciated in this convivial setting. Select a good sparkling wine from France, California, Italy, Spain or even Australia.

Top-of-the-line brands are not necessary, but neither should very cheap alcohols be served. Again, moderation is the best choice. Ask your merchant for advice. He knows his stock very well. Don't forget lime, lemons and plenty of cocktail napkins. Buy ice as close to party time as possible.

Whatever food is prepared or ordered from a caterer, the usual estimate is eight pieces of passed hors d'oeuvres per person over the course of a two-hour party. If a buffet is also provided, reduce the bite-size nibble to six per person.

The last question is how to bring the party to an end, subtly. Passing sweets is a good way of saying this is dessert time and the winding down of the party.

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KITCHEN KIDS

By Rena Coyle

Take advantage of harvest bounty

As the harvest of fall fruits return to market, it reminds us of many classic traditions. Many of which have become as much a part of our lives like the change of seasons.

This time of year, baking is the favorite tradition for the kids. There is so much happening right now that it is nice to bring your kids back into a warm kitchen and let them prepare a cake, cookie or pie with you. You don't have to wait for the pressure of the holidays to bake. It is the action of baking at home with the family that your child will remember as he or she grows up.

Kids love to get their hands into the action, so these three recipes make sure there is plenty of that.

The Classic Harvest Pie is full of peeling, chopping and tossing, making a perfect apple filling. All-age kids can easily prepare this pie. An adult should supervise as the children use a knife, but the tossing, filling and topping of the pie is all theirs. This particular recipe uses a prepared crust, cutting the preparation time down dramatically. The fresh flavor from the apples bursts through, making a delicious harvest classic.

Every child will enjoy preparing these Mini Pecan Treats. These individual pies are always a hit and are very simple to make. The tender crust combines cream cheese with butter for lots of flavor and easy preparation. The filling is even simpler. With a quick whisk and stir, the filling is poured into hand-pressed crusts and then baked. After these pies set, they are removed from the muffin tins and served warm or at room temperature.

Cookie squares and warm fruit bars need no special season to shine. This recipe for Apple Oatmeal Squares combines two ingredients kids like most and turns them into this very special dessert. These squares sandwich fresh-cut apples between two layers of a crunchy oatmeal crust.

This is a perfect recipe for your youngest children to make since there are many steps that use your kids' hands. They will press the crust into the baking pan as well as spread the fruit unpeeled. These squares are delicious served warm with a spoonful of whipped cream or at room temperature.

CLASSIC HARVEST PIE

2 pounds apples (Delicious, Rome)

2 1/2 cup granulated sugar

2 tablespoons tapioca

1 teaspoon ground cinnamon

1 prepared double-crust pie crust

Vanilla ice cream (optional)

Yields 1 (9-inch) pie; 8 servings

Preparation time: 30 minutes

Baking time: 40 minutes

Utensils: cutting board, corer, vegetable peeler, knife, mixing bowl, measuring cups and spoons, mixing spoon, baking sheet, oven mitts

Preheat oven to 400 F.

Secure apples, one at a time, on cutting board and press corer through center. Twist out core. Scrape off skin using peeler and set apple aside. Once all apples are

peeled, secure them on cutting board and cut each one in half, then cut into 1/4-inch slices. Put apples in mixing bowl.

Add sugar, tapioca and cinnamon. Toss until blended. Place pie shell on baking sheet and fill with apple mixture. Lay top crust over apples and seal edges by pressing them together. Make several slits in top crust.

Put on oven mitts and carefully place pie into oven to bake for 40 minutes. When pie is baked, top will become golden brown and filling will be bubbling. Turn off heat and remove pie, setting it on heat-proof surface to cool. Cool for at least 20 minutes before cutting into 8 wedges and serving as is or with a scoop of vanilla ice cream.

MINI PECAN TREATS

Crust:

1 (3-ounce) package cream cheese

4 tablespoons butter

1 cup flour

Filling:

1 egg

2 1/2 cup brown sugar

1 tablespoon melted butter

1 teaspoon vanilla

1 cup pecan pieces

24 whole pecan halves

Yields 2 dozen

Preparation time: 30 minutes

Baking time: 25 minutes

Chilling time: 1 hour

Utensils: 2 mixing bowls, electric mixer, plastic wrap, measuring cups and spoons, 2 pans with 2 1/2-inch muffin cups, oven mitts, fork

Prepare crust by combining cream cheese and butter in mixing bowl. Beat on medium speed until blended. Add half the flour and continue blending, then add remaining flour and blend. Cover with plastic wrap and refrigerate for at least 1 hour.

Preheat oven to 350 F. Divide dough into 24 1-inch balls. Press dough around bottom and all the way up sides of each muffin cup. Set aside.

Prepare filling by combining egg with brown sugar, butter and vanilla. Stir in pecan pieces. Fill each muffin cup 3/4 full with mixture. Top each treat with a pecan half. Put on oven mitts and carefully place muffin tins in oven to bake for 30 minutes. Filling will bubble and crust will turn golden brown.

Turn off oven and, with mitts on, carefully remove tins from oven and allow treats to cool for at least 20 minutes before removing them from tins.

To remove treats, carefully slide tines of fork down sides of muffin cups and pull out treats.



KITCHEN KIDS

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DINING GUIDE

After Work Gourmet

DINING GUIDE

By Sharon Achatt

VEAL CHOPS PROVENÇAL

4 veal chops, each weighing about 8 ounces
Salt and black pepper, to taste
2 tablespoons butter
2 tablespoons olive oil
2 cloves garlic, minced
1 green pepper, seeded and cut into thin strips
1/4 cup white wine
1 (1-pound) can plum tomatoes and their juices
1 teaspoon rosemary
Chopped parsley, if desired
Yields 4 servings.
Preparation and cooking time: 35 minutes.

Sprinkle chops lightly with salt and pepper. Heat butter and oil in large non-reactive skillet. Sauté veal chops over medium-high heat until nicely browned, about 3 minutes per side. Remove chops to plate and spoon off all but 2 tablespoons of pan drippings, leaving behind browned bits in bottom of pan.

Reduce heat to medium and add garlic and green pepper to pan. Cook, stirring for 1 minute. Add wine and tomatoes, breaking up tomatoes as much as possible with side of spoon. Add rosemary and return chops and any accumulated juices to sauce. Spoon some of vegetables over meat, cover pan and simmer for 5 minutes. Uncover and simmer for 5 to 8 minutes longer, until sauce is slightly reduced and meat tests done. (Recipe may be made ahead to this point. Reheat over very low heat or in microwave before serving.)

Taste and season with salt and pepper, if necessary. Sprinkle with chopped parsley, if desired, before serving.

VEAL SCALLOPS MARSALA

1 pound veal scallops cut about 1/4-inch thick
1/4 cup flour
1/4 teaspoon salt
1/4 teaspoon pepper
4 tablespoons butter
2 tablespoons minced shallots
1 1/4 cups Marsala
2 teaspoons lemon juice
4 thin slices of lemon for garnish
Minced parsley

Yields 4 servings.
Preparation and cooking time: 30 minutes.

Place veal between 2 dampened sheets of plastic wrap and pound until flattened to about 1/4-inch thickness. (Or have butcher do this.)

Combine flour, salt and pepper on plate. Dredge meat in seasoned flour, shaking off all excess.

Melt half of butter in large skillet set over medium-high heat. When pan is hot and butter foam has subsided, arrange half of veal in pan, being careful not to crowd it. Cook until nicely browned, about 2 minutes per side, regulating heat so butter doesn't burn. Remove to plate and cover loosely with foil to keep warm. Add remaining 2 tablespoons butter to skillet and repeat with second batch of veal. Remove to plate, keeping drippings in skillet.

Reduce heat to medium, add shallots to pan drippings and cook for 1 minute. Add Marsala, stirring to scrape up browned bits from bottom of pan, and simmer for about 3 minutes until slightly reduced and thickened. Add lemon juice and return veal and any accumulated juices to sauce. Taste and season with additional salt and pepper, if necessary.



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EAT YOURSELF SLIM



By Shirley Bright Boody

I am stressed out!

Dear Shirley: I am stressed out! I have three children under 5 years old, a full-time, high-tension job and a sick husband at home who tries to take care of the kids.

I have heard about some kinds of vitamins that relieve stress, but I don't know what they are or where to get them. Can you tell me, please? Is there a diet or any foods that help people to relax?

I am becoming a nervous wreck, but I don't have the time or the money to go to the doctor. Do you know of anything that is cheap and easy that will help me? I am 34 years old. — Katie J.

Dear Katie: Stress is a hot and prevalent topic today and you sure have more than your share, my dear. You need specific good food, rest, exercise and relaxation techniques, not pills.

This will help you:

1. Your stress increases potassium needs, so eat more fruits, vegetables and extra fruit juices.

2. To protect yourself against muscle breakdown, eat high-quality protein — meats, fish, fowl, dairy products.

3. Drink plenty of fluids; don't become dehydrated.

4. Exercise helps reduce anxiety. Give yourself some time each day, even bending, stretching and walking will help.

5. Plan specific times for recreation.

6. Use meditation and other relaxation techniques to help overcome tension.

7. Enjoy any "comfort" foods you like (in moderation).

8. A glass or two of a favorite wine before dinner or before bed may help you relax.

The so-called "stress" vitamins promoted by some manufacturers as "stress relievers" were origi-

nally formulated for postoperative and severe trauma patients.

The stresses of surgical procedures and injuries do increase energy and nutrient needs. However, the psychological stresses of tension, fear, anxiety and anger are different and don't really require increased nutrients such as high doses of vitamin B6.

Recent research show neurologic damage to women who took high doses (of B6), presumably to relieve PMS (premenstrual syndrome).

Don't waste money on expensive, unnecessary pills. Take one inexpensive multivitamin, mineral supplement daily.

Dear Shirley: My husband and I are 72 years old and in pretty good health, but neither of us likes milk, so I guess we both need calcium, right?

We take a vitamin pill every day, but I don't know if that's enough, or what should we do? I sure would not want either of us to get any broken bones because of not getting enough calcium.

How much do we need? What do you recommend for us? — Elsie and Jim B.

Dear Elsie and Jim: You're right to be concerned. One vitamin pill is probably not big enough to include sufficient calcium.

You need between 400 and 800 milligrams of additional supplemental calcium daily, and there are many inexpensive ones on the market, such as Tums.

Canned salmon with the soft bones is an excellent source of calcium as well as green leafy vegetables, cheeses, yogurt and all dairy products.

Use skim or low-fat milk if you're watching fat and cholesterol.

KITCHEN HINTS

Monster muffins.

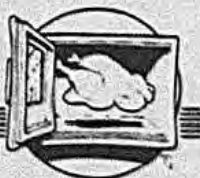
Any muffin recipe can be made into the giant variety favored as a breakfast treat.

1. Fill standard muffin cups to the top.
2. Grease surface as well as molds of muffin tin.
3. Test for doneness after 20 minutes, then every 10 minutes after that.
4. Freeze monster muffins that won't be eaten right away.



Source: "Cooking A to Z" (The Cole Group).

microwave magic



By Desiree Vivea

Shopping for the holidays is always fun — but frequently stressful, too. What to get for whom? It's easy to find gifts for some people, but what to buy for those who seem to have everything already?

And if your gift-giving budget is tight, it can be difficult to stay within your spending range and still cover everyone on your list.

One sensible solution to this holiday dilemma is to give gifts of food. An edible gift is something everyone will appreciate and use — even those who "have everything" already. No dealing with holiday crowds at the mall — a simple trip to the grocery store will suffice. And edible gifts are not expensive to give.

I buy an assortment of inexpensive baskets throughout the year whenever I see them reasonably priced. I also buy nonperishable specialty foods when I find them on sale — jars of wine jelly, herbed olives, bottles of champagne — and stash them away in storage with my holiday decorations. Then as the season approaches, I round up my goodies and make gift baskets for certain lucky ones on my list.

I like to include homemade treats in my gift baskets. And because, like everyone else, I'm always especially busy during the holidays, I appreciate the way my microwave makes preparing gifts of food so fast and easy.

An assortment of homemade cookies, candies, breads and cakes, sugared nuts, fancy dessert sauces, preserves, even flavored vinegars can be fun to make — and they're definitely a pleasure to receive. Include the kids in the kitchen and make a day of it. They'll feel included in the gift-giving process, and you'll get some extra help.

Wrap baked goods in colored cellophane, or package them in an airtight tin. Or present cookies or candies in a beribboned microwave-safe casserole for a gift other microwavers will surely appreciate.

Liquids like Orange and Coffee Liqueur or Jámocha Fudge Sauce can be presented in pretty bottles or apothecary jars (available at gourmet specialty shops or craft stores). Wrap in colored cellophane and tie with ribbons.

And remember that with homemade gifts of food it's always nice to include the recipe, printed on a holiday card.

QUICK ROCKY ROAD BITES

1 pound dark chocolate almond bark

1 cup miniature marshmallows

3 cups crispy rice cereal

1 cup Spanish peanuts

Yields about 5 dozen.

Preparation time: 15 to 20 minutes.

Cooking time: 3 to 4½ minutes.

Oven setting: MEDIUM-HIGH (70 percent power).

Break up almond bark and place in large microwave-safe mixing bowl. Microwave 3 to 4½ minutes,

stirring every minute, until chocolate is melted and can be stirred smooth.

Fold in all remaining ingredients, mixing well. Let stand a minute or so, until cool enough to handle, then shape into 1-inch balls. Arrange on wax paper and let stand until cool.

Store in airtight container and refrigerate.

ORANGE AND COFFEE LIQUEUR

2 cups granulated sugar

1½ cups orange juice

½ cup instant coffee granules

2 cups vodka

1 tablespoon vanilla extract

2 whole cloves

Yields about 2½ cups.

Preparation time: 10 to 15 minutes.

Cooking time: 14 to 17 minutes.

Oven setting: LOW/DEFROST (30 percent power).

Combine all ingredients in 2½-quart microwave-safe casserole and stir well to dissolve coffee granules and sugar. Microwave 14 to 17 minutes, stirring every 5 minutes. Remove cloves.

Cover and let stand 3 days. Strain through fine sieve lined with clean cheesecloth and pour into clean container.

JAMOCHA FUDGE SAUCE

2 cups light brown sugar, packed

¾ cup light corn syrup

½ cup unsweetened cocoa powder (not instant cocoa mix)

½ cup half-and-half OR heavy cream

½ cup coffee liqueur (or Orange and Coffee Liqueur, see above)

Yields about 2½ cups.

Preparation time: 10 minutes.

Cooking time: 5 to 7 minutes.

Oven setting: HIGH (100 percent power).

In 2-quart microwave-safe mixing bowl, combine brown sugar, corn syrup, cocoa and cream. Stir until smooth.

Microwave 5 to 7 minutes, stirring every 3 minutes, until sauce bubbles and thickens. (Sauce will continue to thicken as it cools.)

Stir in liqueur. Pour into containers and refrigerate. To serve, warm in microwave at MEDIUM (50 percent power) setting 1 to 2 minutes per ½ cup sauce. Serve warm over ice cream.

Recipes in this column are tested in 625- to 700-watt microwave ovens.

MICRO-TIP OF WEEK

For easy ironing of tablecloths, napkins and other holiday linens, sprinkle lightly with water, place in a plastic trash bag and twist opening to close (do not use metal twist-ties). Microwave at HIGH (100 percent power) about 1 minute, or until linens are warm. Iron immediately.

MICROWAVE MAGIC

FOR TEENS

By Willard Abraham, Ph.D.

No to med school

Dr. Abraham: I'm under a lot of pressure from my dad because I don't want to be a doctor like he is. He is a successful surgeon, and he says he doesn't care which medical field I enter, just so I'm a doctor. I know that gives me many possible choices, but I really don't want any of them.

It isn't that it would be hard for me to get into med school or anything like that. I'm a good student (almost straight A's) and do well in all my subjects. Now that I'm already a high school junior, I have the start of a good record toward getting me into some good colleges and universities.

It's just that I'd rather be interested in something else, like law or college teaching, maybe even one I haven't thought of yet. I just don't think I have to decide this early.

Is there any reason I have to make up my mind now? Do you think I should follow in my father's footsteps? I guess he has really had a good life and made a lot of money. He wants me to be happy. I know, but I wouldn't be in the field of medicine. — Non-medical Boy

Non-medical Boy: Because the first two years of college usually stress "general education" courses, they provide time for students to dip into many areas and broaden their horizons regarding careers as well as life as a whole.

If you tell your father that you haven't really made up your mind yet, want to leave your options open and would like the input of your high school counselor, perhaps he will hold down the pressure. In addition, you might mention that two-year period as well as the college counselor as a resource for you later on.

With the many thousands of occupations included in the U.S. Department of Labor's "Dictionary of Occupational Titles," it is kind of sad that so many competent teens tie themselves too soon to a career choice without realizing how many possibilities are available in this rapidly changing professional and business world of ours.

Dear Teens: Many people volunteer in ways that help others, and you teen readers are certainly high

on the list in your concern for those who may be in desperate need. Your letters clearly show your compassion for those who cry out for help because of poverty, health conditions, advanced age or early childhood problems, disabilities, hunger or homelessness. Some teens, of course, haven't become involved in such volunteering activities, not yet anyway.

Here are some of the rewards those volunteers recognize in their own lives:

- As a result of their involvement, nine out of 10 felt greater warmth and energy, as well as increased optimism and self-worth, all signs of reduced personal stress.

- Ninety-five percent of these helpers felt a physical "helper's high," similar to the "runner's high" reported after workouts. Most said the exhilaration kept returning when they remembered their helping act.

- People who help others weekly are 10 times more likely to report being in better health than those who say they help only once a year.

- This sharp health gain was traced to the strong feelings volunteers received from helping, which replaced their own tensions.

It probably has occurred to you that such rich returns require some effort. But you might be surprised at how limited the time demands are. Here are some examples:

- It requires personal contacts with the person being helped, far more important than gifts, money or other contributions that lack a personal involvement.

- An average of only two hours a week produced the best results.

- Helping strangers as well as family and friends is important.

- Doing volunteering that uses your skills or having something in common with the person being helped can increase your feel-good rewards.

- It may involve working through a volunteer organization which offers a way to help strangers regularly and perhaps to receive some training. Such organizations are available in most communities.

Cooking Corner



Holiday breads sweeten the spirit

By Charles Britton

Rush, rush, rush — no time to cook, no energy to bother. Can't we go out tonight? How about picking up something ready to eat from the deli counter?

These are the realities of civilization as we have come to know it, and even dedicated cooks take the easy way out of the kitchen grind. Still, there are times when that old culinary urge gets perking, and we want to mix our metaphors by rolling up our sleeves and sinking our teeth into a real kitchen project.

Often the weekend is the best time to do this. (Offstage chorus: "What do you mean best time? It's the only time!") And some more complex dishes have good keeping qualities so that your efforts can be enjoyed in the days and weeks to come.

Stollen is a case in point. This famed Christmas pastry from Germany, like many holiday cakes, benefits from being kept for a few days before slicing. A loaf makes a nice gift from your kitchen.

Basically, stollen is a yeast bread, enriched with butter, eggs, nuts and preserved fruit to turn a simple dough into a festive dish. Those who are familiar with yeast doughs should have little trouble with it; for neophytes, you have to start somewhere to gain experience.

You should allow about five hours from start to finish. Most of this time is devoted to waiting for the dough to rise, during which time you can do other things. But you shouldn't walk away and leave the project, for you need to keep a casual eye on it during these stages.

If you have to interrupt the process at any point, simply put the dough, well covered, in the refrigerator. Rising will slow down sharply, but the process will revive when the dough warms up. For instance, you can punch down the dough after its first full rise and refrigerate it.

Then, the next morning, knead in the nuts and fruit and form the loaves, and proceed with the last rising and baking. Rising will take longer as the dough emerges from the chill.

The other point about stollen is that tradition requires a particular shape, achieved by forming and folding the dough as specified. The result is supposed to suggest the infant Jesus in swaddling clothes.

When sliced, stollen is a somewhat dry, not-too-sweet cake, ideal with coffee.

I followed the recipe, with some modifications, to be found in "The German Cookbook" by Mimi Sheraton (Random House), still the best treatment of an admittedly unfashionable cuisine. The formula produced two large loaves.

Most recipes call for candied orange and/or lemon peel. You can substitute other candied fruit, such as cut-up pineapple or cherries, or a mixture of all. You shouldn't call the result a Dresdner Stollen, but who's counting?

The rising time reflects recent experience with this recipe; your time may vary, depending on the type of yeast used and the warmth of the rising area. Ideally, dough should rise at about 85 F; a good place is a gas oven with only the pilot light going. Newer ovens with automatic ignition or electric ovens will be cooler but still provide a safe environment.

DRESDNER STOLLEN (Stollen Dresden-Style)

- ¾ to 1 cup raisins (mixed golden and regular, if you like)
- 1 cup (8 ounces) candied peel
- ¼ cup rum
- 1 envelope dry yeast
- ¼ cup lukewarm water (110 F)
- 1 tablespoon sugar
- 1 tablespoon flour
- 1 cup milk
- ½ cup sugar
- Dash salt
- 1 stick (½ cup) butter
- Grated zest of 1 lemon
- 2 tablespoons rum (vanilla may be substituted)
- ¼ teaspoon almond extract (¼ teaspoon if you prefer a more pronounced almond taste)
- 1 cup flour
- 2 eggs, lightly beaten
- About 4 cups flour
- ¾ cup blanched almonds, chopped
- Melted butter
- Sugar
- Powdered sugar (vanilla flavored, if you have it; see note)

Yields 2 loaves.

Combine raisins, candied fruit and rum; stir well; allow to stand while proceeding with recipe.

In measuring cup, dissolve yeast in warm water; stir in tablespoons of sugar and flour. Mixture does not have to be smooth. After a few minutes, mixture will begin to foam, indicating that yeast is at

work.

If yeast does not foam, either it was too old to begin with (see expiration date on package) or water used for dissolving was too hot. Begin again, making appropriate change.

While yeast is going through this initial stage, heat together milk, ¼ cup of sugar, salt and butter until butter is melted. Add lemon zest, 2 tablespoons of rum, rum drained from fruit and almond extract.

In large bowl, beat this mixture with 1 cup of flour and yeast mixture; it does not have to be smooth, but it will be thin and soupy.

Cover bowl lightly with clean kitchen towel and place in warm, draft-free place. Mixture will soon begin to foam and rise again. It is ready when it has doubled in bulk, about 30 minutes.

To risen yeast mixture, add eggs and 3 cups of flour to make a smooth dough that becomes cohesive enough to turn onto board for kneading; scrape all residue from bowl. Knead about 5 minutes, adding more flour as required, until dough is smooth and elastic and cleans dough particles from hands.

Return dough to a clean bowl; cover lightly and place in warm place until dough doubles in bulk, about 1 hour.

In time for next step, butter a cookie sheet or jelly-roll pan. Punch down dough and turn onto board. Gradually knead in fruit and almonds, working dough until they are evenly distributed. Add a bit more flour if dough becomes sticky.

Divide dough in two. Roll or press dough into oval ¾-inch thick, about 11 inches long and 7 inches wide. I found that pressing with my knuckles and edge of my hand, karate-chop style, was most effective.

Leaving border of at least ¼ inch, paint about half of the oval lengthwise with butter; then sprinkle generously with sugar.

With your fingertips, moisten the outer edge of dough oval. Fold oval not quite in half, lengthwise, so that the lower edge protrudes by about an inch. Press upper edge to seal with bottom layer. Place resulting loaf on cookie sheet and proceed with second half of dough. Leave plenty of space between loaves on cookie sheet.

Brush loaves with melted butter. Place in warm place to rise until about double in bulk, an hour or more.

Preheat oven to 425 F in time for the baking stage. Place loaves on their cookie sheet in middle of oven and bake 10 minutes; then reduce heat to 350 F and bake for about 40 minutes longer. The loaves are done when they are toasty brown and sound hollow when tapped on bottom. Cool on racks.

You can make smaller loaves, if you like. Ovals should be about half again as long as wide. If you maintain ¾-inch thickness of dough ovals, cooking time will be about the same.

To store, wrap loaves airtight and store at room temperature. They are best after they mature a few days.

Stollen will keep for a few weeks, well wrapped. To serve, sprinkle generously with powdered

sugar.

Here are some variations:

Marrzipanstollen (Almond Stollen): Instead of spreading dough with butter and sugar before folding, use a thin layer of marzipan or almond paste. Or mill almonds in food processor until they begin to turn oily; mix with sugar to about half the volume of the nuts.

Sachsischer Stollen (Saxon Stollen): Omit candied peel; increase raisins to 1½ cups.

Note: German and Austrian cooks make frequent use of vanilla sugar. It is available in some delis and supermarkets. To make your own, bury 1 or 2 vanilla beans in a jar of sugar, powdered or granulated as desired; it takes several days for vanilla flavor to permeate sugar. Keeps indefinitely if tightly closed.

And now for something less authentic but quicker. This quick version of stollen makes use of holiday eggnog and packaged roll mix.

EGGNOG-NUT STOLLEN

- 1 (16-ounce) package hot roll mix
- ¼ teaspoon ground mace
- 1 cup dairy eggnog
- 1 cup pecans, toasted and ground
- 3 tablespoons apricot preserves
- 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 2 teaspoons margarine or butter, melted
- 1 cup sifted powdered sugar
- 1 to 2 tablespoons eggnog
- Pecan halves (optional)

Yields 2 loaves.

Stir together hot roll mix, yeast packet and mace. Heat 1 cup eggnog to 120 F to 130 F. Prepare hot roll mix according to package directions, except substitute warm eggnog for water. Knead and let rest as directed.

For filling, combine nuts, preserves, brown sugar, cinnamon and melted margarine or butter.

To shape, divide dough in half. On lightly floured surface, roll one portion of dough to 9x7-inch oval. Spread half of the filling lengthwise on half of dough to within 1 inch of edge. Fold plain half over filling; moisten edges to seal. Transfer to greased baking sheet. Repeat with remaining oval and filling.

Cover; let rise in warm place about 30 minutes or until nearly double.

Preheat oven to 350 F; bake about 20 minutes or until golden. Cool on wire rack.

In small mixing bowl, stir together powdered sugar and enough eggnog to make of drizzling consistency; drizzle over loaves. Top with pecan halves, if desired.



COOKING CORNER

Garden Talk

By C.Z. Guest

Diseases, insects and weeds are the major problems found in the home vegetable garden. Insects are part of any garden; many are beneficial. It is important to distinguish the beneficial insects from the destructive ones.

Diseases may or may not be a problem in the garden, depending on weather, variety or cultural practices. Plants weakened by drought, starvation, competition and mechanical or insect damage are more susceptible to infection by disease-causing agents. Prevent disease because infected plants seldom are brought back to good, healthy, productive growth.

Weeds compete with garden plants for moisture and nutrients and also may serve as alternate hosts for insect and disease problems. The use of mulch will suppress weed growth and conserve moisture.

There are a number of tips to reduce pests in the garden.

- **Sanitation:** Maintain a "cleanliness" program in the garden. Remove and destroy all badly diseased plants, trash, weeds and dying plant parts. Many insects overwinter in weeds and debris. Spade them under as soon as harvest is completed.

- **Incorporate compost.** Look under mulch material regularly for a buildup of slugs, snails and millipedes. Check transplants before buying or planting. Do not use infected plants. Rototill garden debris in the fall and again in spring.

- **Rotation:** Do not grow the

same crop in the same patch consecutive seasons. This helps to reduce the buildup of soil insects and soilborne diseases.

- **Resistance:** Select healthy, vigorous varieties that are insect and disease resistant and adapted to growing in your area.

- **Cultural:** Healthy, vigorous plants can tolerate some pest damage. Therefore, provide the best possible growing conditions: pH 6.5, well-drained fertile soil, full sun, 1 inch of water per week and mulch, mulch, mulch!

- **Physical barriers:** Use collars — 4-inch, upright cylinders of roofing paper, plastic or metal inserted 2 inches below the soil surface — to prevent insects, such as cutworms, from reaching and damaging stems of plants.

- **Commercial spun-bonded row covers or cheesecloth** can be used to exclude cabbage maggots and onion maggots, leaf miners, aphids, beetles and squash vine borers.

- **Traps and lures:** Traps may attract insects by visual or chemical cues. Visual traps such as yellow, sticky boards are generally used to monitor insect populations.

- **Management:** Good cultural practices will help to reduce or prevent many pest problems in the garden. However, when a control treatment is warranted, choose the least toxic material, such as a biological agent.

GARDEN TALK

GARDEN TIPS

The pest-free vegetable garden

- Remove and destroy diseased plants, trash and weeds. Check under mulch material regularly for a buildup of snails, slugs and millipedes. Use chemicals as a last resort.
- Rototill garden debris every spring and fall.
- Rotate crops.
- Cultivate plants in well-drained, fertile soil.

Millipede

Our Children

By Willard Abraham



Showing affection in front of the kids

Q. My husband and I are affectionate with each other and think that is OK in front of our kids. All we do is hug and have an occasional kiss, but they think that's wrong.

A. We would like them to feel that showing affection, especially within our family, is normal and desirable.

Q. How can we change their attitude? They are 7 and 9 years old, both girls.

A. Are they ever involved directly in a hugging or kissing situation with you parents? If not, they may feel left out and therefore have a negative attitude. If they have been involved and perhaps rejected this issue, it may be worth pointing out to them that within families and close friends such shows of affection are acceptable and can be enjoyable.

Another reason for their present attitude, although perhaps rare, is that someone might have given them the idea that hugging and kissing relate to sex, and sex is "bad." If some cautious questioning indicates that may be the case, a calm, nonthreatening discussion with them about that factor could be a worthwhile step to take.

Q. I thought that finally it is firm in parents' minds that left-handedness is all right for their kids. That is the way I feel about our 6-year-

old, who definitely prefers his left hand when he eats, draws and almost everything else.

My husband and his mother are back in the Dark Ages on this subject. They get very upset with me, wanting me to be as firm as they are in getting him to use his right hand. I hate to tell you what they want to do with him. It is really gross, and I'm sure it is all wrong.

I told them I'm going to write and ask for your opinion, and they said they might consider it. But they expect you to support their point of view.

Please tell me truthfully how you feel on this subject.

A. Although you might encourage (to a very limited extent) use of a child's right hand, a strong left-handed preference should generally be accepted.

Parents can offer items to children close to their right rather than left hands, but that is about as far as their persuasion should go.

This isn't a new attitude. Parental acceptance regarding left-handedness has been around for many years.

To pressure a child to change may be upsetting for the youngster, perhaps creating emotional problems and even stuttering in some children.

THE CROW'S CHOKLE



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Fitness Forum

By Charles Britton

Today's nutrition quiz: From a health standpoint, which statement is correct?

A. Margarine is better for you than butter.

B. No, recent research shows that butter is better.

C. They're both about the same.

D. Who cares? This whole nutrition business is getting so confusing and contradictory that we may as well eat what we want and forget about it.

For a public buffeted by studies that seemingly prove first one thing and then its opposite, answers B and D reflect widespread attitudes.

From a scientific position, though, the answer is probably either A or C, depending on the direction from which you approach the question. Recent research has made "trans-fatty acids," found in margarine, into a scare term, but the product is marginally preferable to what its manufacturers like to call the "high-priced spread."

On the other hand, the choice is overwhelmed by the need to reduce total intake of fat from whatever source, whether supposedly "healthy" or not.

The American public seems to have used recent revelations about margarine as an excuse to satisfy its craving for butter. Sales were up 9.1 percent in the first six months of the year, said Adri G. Boudewyn, spokesman for the California Milk Advisory Board.

The major factor, he believes, is adverse publicity about the hydrogenation process that turns vegetable fats into margarine and produces a quotient of trans-fatty acids. Butter now is perceived as a "natural product that can be consumed in moderation." (This is true, but the public's idea of moderation may be much more generous than that of dietary experts.)

Margarine sales, in contrast, dropped 7 percent in a 12-week period earlier this year, when publicity on the issue was at its height.

Because margarine had long been promoted as the healthier of the two spreads, this reversal of fortune has encouraged further cynicism in a public pushed to and fro by a seemingly incessant stream of contradictory advice about diet.

Part of the problem is that all scientific findings are essentially provisional, the more so when we consider limited studies that become the basis of dramatic headlines. Everything is subject to possible revision, even outright refutation, by deeper understanding based on research that is more shrewdly crafted.

After all, there used to be a scientific consensus in favor of plenty of meat and whole milk in the diet; now, in the heyday of whole grains and veggies, such notions seem like quaint theories about the Earth being flat.

In recent years, doctors have advised patients at risk of heart disease to shift from butter to margarine.

The reason: Like all animal-based fats, butter is highly saturated, and the human liver has a habit of turning saturated fat consumed in the diet into cholesterol that clogs arteries and leads to heart attacks.

Margarine, in contrast, is made from vegetable fats that are much lower in saturated components.

Without getting too technical, fat molecules are made of chains of carbon atoms with hydrogen atoms attached. If all possible positions are occupied by hydrogen, the fat is said to be saturated. If one position remains open, it is monounsaturated; two or more make it polyunsaturated.

An easy way to spot a saturated fat is to note that it holds a solid shape at room temperatures, illustrated by the cases of butter and lard. Left to themselves, mono- and polyunsaturated fats are oils.

Western culture is habituated to solid forms of fat. We spread them on bread and we beat them into a cream as an essential step in the preparation of many baked goods, in which liquid fats won't work. Traditionally, we regard butter as a premium product, almost in the luxury class, and its flavor is a touchstone of excellence.

A demand for a cheaper substitute for butter eventuated in a process for creating oleomargarine, to use its full name. In the United States today, producers employ a technique called partial hydrogenation, in which hydrogen atoms are forced into the carbon chain of an unsaturated fat.

The process makes a spreadable product that has come to outsell butter by a large margin, but it also creates trans-fatty acids that, it appears, the human body treats just like saturated fats. The most dramatic finding was a Harvard University study, published early this year, in which women who consumed a good deal of margarine ran a much higher than average risk of heart disease. Other studies point in the same direction.

QUESTION OF PRIORITY

Fat in general is implicated in a number of health problems, not least, obesity because it is the richest source of calories in the diet. Thus "butter vs. margarine" probably poses the wrong issue. The more important question is: How much fat should we eat? In this, such groups as the Center for Science in the Public Interest clearly agree.

Nowadays, mainstream science advises that Americans cut their fat consumption to 30 percent of calories.

Ashley is not the first to observe that this number is arbitrary; it was chosen because getting the average person down to this level would be a major accomplishment, not because there is anything magical about 30 percent.

"Fat is fat, and in general, it's bad for you," Ashley said.

THE HEALTHY GOURMET

By Kit Suedaker

Stash away leftovers for next-day treats

Sometimes I think the best part of a holiday meal is the leftovers. If you think I'm wrong about this, how come everyone starts swinging on the refrigerator door just three or four hours after a big feed?

I'll tell you why. They want the leftovers. They are looking for the nibbles of dark meat, the juicy slivers of white meat, the crumbles of stuffing, a fingerful of cranberry sauce.

Everyone wants to just pick at the remains, the little surprises left behind during the big scene at the table. Any cook who expects to get a couple of good meals out of one holiday menu had better move fast.

TURKEY AND WILD RICE SALAD

- 2 tablespoons olive oil
- 4 tablespoons fresh orange juice
- 1 tablespoon white wine vinegar
- 2 tablespoons minced fresh mint
- 1/4 teaspoon freshly ground pepper
- Grated zest of 1 orange

- 1/4 cup cooked wild rice
- 1/4 cup cooked brown rice
- 2 tablespoons finely chopped dried apricots
- 8 ounces frozen French-style green beans, defrosted
- 8 ounces turkey breast, cooked and thinly sliced
- 4 fresh apricots, pitted and cut into thin wedges (optional)

Yields about 4 servings.
Each serving has 300 calories, 12 grams fat, 42 milligrams cholesterol and 150 milligrams sodium.
Combine olive oil, orange juice, vinegar, mint, pepper and orange zest in small bowl and whisk together.

In another bowl combine wild and brown rice and dried apricots, and toss.

Pour dressing over rice, saving 1 tablespoonful, and toss well. In small bowl combine beans and remaining tablespoon of dressing and toss to coat evenly. On large platter, mound rice and arrange beans, sliced turkey and sliced apricots around.

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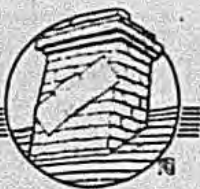
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Here's How

By Gene Gary



Q. We are preparing to repaint the interior of our home. We are not novices in painting, but we are somewhat stymied when it comes to our textured ceilings. Instead of having these ceilings redone by a professional, is it possible for us to paint them?

Any advice you can give us would be appreciated.

A. The trick to painting these porous surfaces successfully is the application of a good sealer prior to applying the finish coat. Without a good sealer, ordinary interior paints tend to cover unevenly leaving a finish that shows brushstrokes, roller lap marks and varied shades of coloring.

Prevent this with a base coat of an alkyd (oil) sealer, applied with a

long-nap roller. The long nap reaches into the valleys in the textured pattern and ensures complete coverage.

When working overhead, it is best to work with a roller that has an extension handle.

This helps prevent back and neck strain, which can impair your progress.

Be sure to apply the sealer generously. Check the coverage carefully from all angles to make sure you don't miss any spots. When the sealer has thoroughly dried, follow with the finish coat, using the same painting techniques, i.e., a long-nap roller with an extension.

Q. We recently moved into a house where the previous owner

had allowed the bathrooms, particularly the tubs, to become encrusted with black mildew.

With lots of elbow grease and several cleaning products, including household bleach, we were able to restore the tile and fixtures. However, the caulking between the tub and tile remains dingy and ugly. Nothing I have tried will make it whiter.

Do you have any cleaning recommendations?

A. Old caulking will often become permanently discolored and stained.

The mildew has just aggravated the problem. Your best bet is probably to remove the old substance and recaulk.

Traditionally, this has been a messy, troublesome task requiring a putty knife, mineral spirits and plenty of elbow grease. Fortunately, 3M has introduced a caulk remover that makes the task much easier.

The caulk remover can be used on acrylic, silicone or butyl caulking. It is an easy-to-use cream dispensed from a plastic bottle with a flip-top cap. The remover swells

and loosens old caulk in two to seven hours, allowing it to be pulled away from the surface. Water is used for any necessary cleanup.

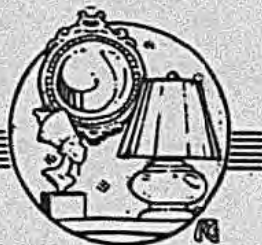
This caulk remover can be used on fiberglass, but is not recommended for use on plastic tiles or bathroom fixtures that have been refinished. Use of this caulk remover is not limited to interior installations. It also can be used to remove old caulk around exterior doors and windows.

Once you have removed the old caulking, you might consider recaulking with a caulking that is mildew resistant. Polyseamseal Tub & Tile Caulk, for use in sealing around tubs, showers and sinks, as well as kitchen and bath fixtures, is guaranteed mildew-proof by the manufacturer, Darworth. It comes in white, clear and bone/almond. Check with hardware stores and home centers for both of these products.

Or, contact the manufacturers: 3M Do-It-Yourself Division, 3M Center, 515-3N-02, St. Paul, MN 55144; Polyseamseal Brand Products, Darworth Co.

Decor Score

By Rose Bennett Gilbert



Big style in small dining room

Q. Even though our dining room is quite small, we like to have people in for dinner. I'm writing in hopes that you can give me some ideas on what to do so the room has some style despite its size (we have a drop-leaf table, eight chairs and a Parsons table we use as a buffet). — S.R.

A. Hear my mantra: "Limited space doesn't have to limit style." One day I'll have that embroidered across a T-shirt so I can literally wear my design creed on my sleeve!

There are certainly no limits on designer Mark Hampton's style, as you can see from the photo we show here (from the book "Manhattan Style" (Little, Brown and Co.). This is Hampton's own dining room in New York, a city renowned for putting serious squeeze on living space.

The designer and his wife are celebrated hosts, so you be sure some of the world's chicest guests have gathered in this room, where Hampton has evoked an elegance that far outstrips its actual floor space.

Some ideas here you may be able to borrow:

• Deep rich color. The walls are painted an enveloping red, and windows are draped in matching velvet to create the kind of inti-

mate, warm atmosphere in which dinner guests love to linger.

• Sparkle and shine. The Venetian glass mirror and silver-leafed moldings catch the candlelight's glow and radiate it romantically around the room.

• Contrast. The white side table, boldly dotted rug and architectural prints, all framed alike and hung in columns, are invigorating bright spots in the darkness.



ARTFUL DINING — Warming up his own New York dining room, designer Mark Hampton scales down the furniture and plays up the art.



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NEWBORN CARE - LIVE OUT M/F, F/T (10 1/2 hrs/day). Own transportation. (1 block from RR) English speaking, non-smoker, w/experience plus references. Must be energetic and loving. Great Neck. 829-5368. Leave message describing self and experience. hD4

TAX PREPARER: EXPERIENCED only. January to May. Individual returns done manually. New Hyde Park office. Call Mr. Dolan. 488-7500. gcD2

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. Returnees welcome. 354-1350 wd1

CHILD CARE FOR 2 children (12 & 14), 3 days a week. 2:30-7:30 p.m. Non-smoking. References & car required. Call after 7:30 p.m. 747-7468. gcD4

BABYSITTER - FOR 3 Mos. old infant. Mon., Wed., Fri., 10 to 2 pm in my Westbury home. Own car. Good references. Non-smoker. Likes cats. 338-0210. wd4

CHILD CARE NEEDED IN my Garden City home. F/T. Must have car, good references, experience and be non-smoker. Call evenings 248-2893. gcD4

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 - 5 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 3 days per week. Babysit for my 6 month old from 8 a.m.-6:15 p.m. Experienced, non-smoker, own transportation. English speaking. Call 741-0748. gcD2

CHILD CARE/LIVE IN for 2 children in Garden City home. English speaking, non-smoker, clean driver's license. References required. 294-5149. gcD4

WRITER NEEDED SECRETARY with writing experience, P/T, flexible hours. 486-4587. Ask for Dio. gcD4

CHILD CARE WANTED Loving person needed to care for six month old baby in my home. Two-three days, English speaking, experienced, good references, own car. Garden City area. 481-7621. gcD4

HERRICKS PUBLIC SCHOOLS, Coordinator of Sr. Citizens services, Nutrition Program & Local senior activities Program. 3 (possibly) 4 days. Experience and training in Human Services preferred. Submit letter and resume to: Michael Klopfer, Herricks Community Center, 999 Herricks Rd., New Hyde Park, N.Y. 11040-1355. (EOE) wd1

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

JOB AVAILABLE (\$10-\$15) for household chores (cleaning, laundry, ironing, errands, shopping, etc and office cleaning) within Nassau County. Must speak English and have own transportation. call 741-6616. Leave name, address and phone number. Information will be sent or someone will call you ASAP. wd1

Situation Wanted

POLISH WOMAN HAS A car, hardworking, would like to take care of elderly person part time, full time or at night. Call (718) 680-2332. 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

DEAR SIR/MADAM: I'M an honest and reliable lady looking for a job as a companion. My number is 1-718-399-0256. Good references. Live-in or out. Thanking you. hD3

HOUSECLEANING AVAILABLE for house, apartment and office. Good references. Own transportation. Trustworthy. Call 747-7988. gcD3

HOUSECLEANING AVAILABLE Excellent reference, experienced and own transportation. English speaking. 565-3678. gcD3

HOUSECLEANING LADY - WILLING to clean your house, reasonable rates, with experience and references. Call 5:30 p.m.-7:30 p.m. 485-7986. gcD4

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) 327-4614. 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

I AM LOOKING FOR housecleaning job. Tues., Thurs. and Sat. Call 768-7727. My name is Isabel Mena. gcD2

HOUSECLEANER AVAILABLE. GOOD references. Available Monday - Saturday. Clean offices, apartments, houses. Call 377-9814 or 868-4917. gcD1

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. 739-3349. Available immediately. gcD2

Situation Wanted

MAN WITH VAN SEEKS delivery & light moving jobs. Please call 718-217-8778, leave message. wd2

HOUSECLEANER AVAILABLE. Have car, experience & references. Please call Hilda. 294-4341. wd4

ENGLISH SPEAKING WOMAN AVAILABLE for household chores (cleaning, laundry, ironing etc.) Mon., Tues., & Thurs. mornings. Garden City references. Own transportation. Call Janice 741-6618. Leave message. wd4

CHILD CARE AVAILABLE in my New Hyde Park home. All ages, flexible hours. Reasonable rates. Part time or full time or even overnight. Weekends as well. Very loving & caring women in middle 30's. Sue 354-8158. hD4

LOOKING FOR A nice Garden City family to work for. I am trustworthy, honest, a good worker and likeable. Available only on Saturdays. Own transportation. Call (718) 525-1217. gcD4

ENERGETIC, YOUNG LADY available to clean your house, do errands, grocery shopping, take you to the doctor. Experienced with references & own transportation. Reliable. Also available as a travel companion. (718) 592-9183. gcD4

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

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 485-2073. gcD2

POLISH WOMAN IS looking for cleaning job 5 days a week. Experienced, own transportation. Call from 7 a.m.-11 p.m. 516-328-6739 or 718-383-6802 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. 565-1453. 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

HONEST, RELIABLE, CERTIFIED hard working, middle-aged Home Health Aide seeks position to care for sick or elderly. References. Call 355-0553. Leave message. gD2

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. gD4

HOUSECLEANER FOR OFFICE or house available Tues. & Thurs. Own transportation. Call 565-0854. For any information please call at 5 p.m. any day. gD2

GOOD HOUSECLEANER WITH many years experience. Good references & own transportation. 481-1459. gD1

SEEKING HOUSECLEANING JOB. Have good references, own transportation & experiences. 766-2521. gD1

CERTIFIED IRISH AIDE available for days, evenings, nights and weekends. Own transportation. 742-7526. gD1

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. gD2

POLISH WOMAN, EXPERIENCED. References. Housecleaning. 292-8116 gD1

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. gD1

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. gD2

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

Real Estate for Sale

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. gD2

N.Y.C. 1BR APARTMENT Kips Bay, \$300/month, maintenance. Doorman. Estate Sale 747-3814. gD4

SOUTHOLD, IMMACULATE COUNTRY home, very private setting features 3 BRS, 1 1/2 Bths. 2 Fpls., Greenhouse. Walk to sandy beach. \$395,000. Southold Mint Young 2 story home on private lane. LR/Fpl, Cathedral Ceiling, 3 BRS, 2 1/2 Bths., Loft, CAC, Professionally landscaped \$319,000.

Mattituck County Ranch home in prime location. LR/Fpl, FDR, EIK, Master BR & Bth., plus 2 additional BRS & Bth., Sunroom, new OHW Heat, 2 Car Garage. \$169,900.

Southold Waterfront Custom home features 4 BRS, 2 1/2 Bths, LR, FDR, EIK, Lg. Fm. Rm/Fpl, & Cathedral Ceiling, Den, Fin. Bsm., Pool, Dock, extensive decking. Walk to bay beach. \$349,000. Lewis Realty 298-4600, 765-5810, 734-5533. gD1

CUTCHOGUE, ATTRACTIVE 4 BR, 2Bth., Contemp. Ranch w/OHW heat, FDR, Fm. Rm/Wood Stove on nicely landscaped lot with IGP. Walk to town &/or private beach. asking \$199,000.

Pecanic Witer Waterview. 3 BRS Ranch w/FPL, enclosed breezeway in quiet neighborhood. Just reduced to \$159,000. Cutchogue - Early 1900's Cedar Shake 4 BR Colonial completely redone with spacious floor plan. Professionally landscaped with IGP. Convenient location & priced to sell at \$249,000.

Southold Perfect Privacy! Excellent Ranch on 1.3 acres of mature plantings. 3 BRS, 2 1/2 Bths, LR/Fpl, FDR, New Deck, OHW Heat & CAC plus Walk to beautiful bay beach. Just reduced to \$220,000.

Cutchogue - Young & Spacious 3 BR, 2 Bth., Fm. Ranch with Bsm. Apt., Garage & Oil Heat on 1 plus acre. Short walk to sandy beach. End of year special at \$269,000.

Mattituck Farm View. New prestigious community. 1 Acre lots available at \$65,000. For further information please call Marion King Realty. 734-5657. Please call for our new fall brochure. gD1

CUTCHOGUE EXCLUSIVE - OPEN, airy Contemp. featuring LR/Fpl, EIK, 3 BRS, 2 Bths., lots of decking. \$269,000. Marilyn Lang Realty. 734-472, 734-6690. gD1

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. 745-5883 gD3

Real Estate for Sale

GARDEN CITY, OXFORD BLVD. Colonial 5 BRS, 4 1/2 Bths. LR/Fpl, FDR, Den, Huge Mod EIK, Full Bsm., Attch. garage, 1/2 acre. Asking \$795,000. Flexible owner Fin. to fit your needs. 248-2450. gD2

GARDEN CITY SOUTH. Our exclusive. New CH Colonial, brick & siding, bordering Garden City Estates, 4 BRS, 2 1/2 Bths., EIK, Fm. Rm/Fpl, attached garage. \$325,000. Vera Atamian. 354-1994. gD1

GARDEN CITY MAGNIFICENT Tudor, fabulous interior with Edwardian details, winding staircase, stained etched & leaded glass windows, wonderful moldings, marvelous kitchen with breakfast room. 8 BRS, 4 1/2 Bths., Fm. Rm., Party Bsm., 3 car, 1 acre. A Home to be seen. \$900's.

Our Exclusive. Spacious Contemp. 150' deep property, LR/Fpl., DR, modern EIK/Skylights, 4 BRS, 2 1/2 Bths., Office, Rec. Rm., CAC, 2 Car. \$400's. Vera Atamian. 354-1994. gD1

GARDEN CITY SPACIOUS, sprawling Ranch. Perfect for professional. Private, close to nature, country atmosphere. 4 BRS, Country Kitchen, 4 Bths., Formal LR/DR, huge Den, Patio, 2 Fpls. \$540,000. Principals only. 747-7328. gD4

GREAT NECK BIG HOUSE, Allenwood area, low taxes, 3 BRS, LR, DR, EIK, Fm. Rm., Florida Rm., Garage, full attic, full bsm. Price \$334,000. Call owner for appt. 482-5203. No brokers please. gD2

CUTCHOGUE - NASSAU POINT area, 4 BRS, 2 1/2 baths, EIK, heated 40 x 20 pool, cabanas w/shower, sauna, steam room, huge jacuzzi, deck, brick BBQ, incredible amenities. 1 acre plus. \$289,000. Bill Kavan 294-0220 or Michael Sweeney 328-8325 gD3

EAST HAMPTON NORTH-WEST 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. gD1

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. gD1

GARDEN CITY ALL BRICK, Prime Estates. 3/4 BRS, EIK, 2 1/2 Bths., LR, DR, Den, huge Fm. Rm., 2 Fpls., CAC, Gas Heat, Underground Sprinklers. New landscaping, new brick patio, slate roof. Principals only. \$495,000. 741-0421. Leave Message. gD4

Real Estate for Sale

MATTITUCK - ELEVATED SECLUSION. Privacy plus is yours in this rustic 6 room home nestled on wooded, hilltop acre near L.I. Sound. Great room, Family style Kitchen, 3 big BDRS, 2 tile Bths., All in excellent condition. Gas heat, fully insulated, FPL, enclosed porch, deck, all appliances. Exclusive. Asking \$159,000. Open To Offer!

Pecanic, \$1,000,000 reduction to \$650,000 TERMS!! 50 acres rich, level land. Development Rights Intact. Located in "Grape Country." Farmhouse, 1700' road front, barn, deep well. Ideal grapes, horses or investment. SEE SOON!! Book-miller Real Estate 722-4423. gD1

CUTCHOGUE - WATERFRONT BUILDER'S almost brand new Victorian on wide creek with dock & great views. Fm. Rm. w/Fpl, master Suite, CAC, in-ground sprinklers, 4 zone OHW Heat. No details missed. \$450,000.

Cutchogue - Nassau Point. Bayfront, spectacular views of Robins Island from this 5 BR, 2 Bth., home on 1 acre. Potential plus no bluff location. Make this "The Buy" on N.P. Asks \$535,000.

Southold (Pecanic) Exclusive Waterfront. Perfect retreat for the boater or nature lover on over 2 acres of seclusion. Tranquil views from wrap around decks. Separate guest quarters. 3 BRS, 2 Bths. \$425,000.

Southold Exclusive Waterfront. Immaculate 3/4 BR, Cape on beautiful 1 acre lot w/splkrs, Deck & beautiful New England views. Sitting rooms off bedrooms, LR/Fpl, FDR & 2 Car Garage. \$375,000. Century 21 Al-bertson Realty. 765-3800. gD1

Co-Op For Sale

FLORAL PARK - LEGAL 2 Family for sale. Attractive 3 room Apt. over spacious 4 room Apt. Full Bsm., garage. New electric service. Walk all. \$195,000. Owner 488-4583. gD2

CHERRY VALLEY, 1 BR first floor, new kitchen, updated bath, hardwood floors, extra closet space, partially furnished \$65,000 by owner 294-2638. gD1

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

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

GARDEN CITY, CHERRY VALLEY, 1BR, first floor. Mint condition. Newly decorated, new appliances. Maintenance 74% deductible. Mid \$60's. 488-5718. gD3

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 even. 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)407-2226 days, 742-6843 even. gD4

Co-Op For Rent

GARDEN CITY VICINITY, second floor Studio. Cable hook-up, walk to RR/Shops. Laundry Room. Garage. \$600/month, negotiable. \$38K Sell, negotiable. By owner. 473-5809. gD1

Real Estate For Rent

NEW EXCLUSIVE MINT RANCH 3 BRS, 3 Bths., EIK, Rec. Rm. Great property. 1/4 acre. \$2,200. Vera Atamian. 354-1994. gD1

MINEOLA. LARGE ROOM FOR RENT. Share bath, private entrance. Near all transportation. Available starting this week. 248-0596, leave message. wD4

MINEOLA/WESTBURY/HEMPSTEAD. Beautiful apartments for rent:
Jr. 1BR. \$598 a month
Lrg. 1 BR. Prestige Apt. House. \$795 a month.
2BR. Apt. On Willis Ave. Only \$604 a month
Royal - 742-3355 wD1

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

Real Estate For Rent

MINEOLA, GARDEN CITY Border, near everything. Large newly decorated Co-Op. King Sized BR, A/C, Carpeted, Dishwasher. Fully Furnished / Unfurnished. Large Walk-in-closets. Vacant. \$975. Call 746-5703. gcd4

ALBERTSON HOUSE, 2 BR, LR, DR, Kitchen, Bsm., Garage, Backyard. Herricks School District. Couple preferred. \$1300 plus utilities. 747-6962. Leave message. Available Jan. 1, 1996. hd4

FLORAL PARK VILLAGE brand new deluxe apartment. EIK, LR/Fpl, FDR, 2 BRS, Wall to wall, A/C, Patio, Yard, Storage Space. \$1,200 per month. Also 3 deluxe rooms \$850. Owner 488-2314. gcd4

NORTH FLORAL PARK, EIK, LR, 2 BRS. Looking for professional, non-smoking couple. 326-1103. gcd4

GREAT NECK PRIVATE Garage for rent, 3 blocks north of the railroad. \$95 monthly. 487-8242. hd4

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. Non-smoker. Woman preferred. Security and references. 775-4245. gcd3

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. gcd3

BEAUTY SHOP HAS CHAIRS for rent or rooms for rent for nails, jewelry or facials, etc. (516) 354-7028. gcd3

BELLEROSE VICINITY, 2BRS, LR, DR, EIK, Full Bath. Private 2 family house. Security, references. \$900/month. Principals only (718) 217-7279. gcd4

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. gcd3

GARDEN CITY SOUTH, 3 BRS, 1,100 sq. ft. convenient parking, shopping. LIRR & Adelphi within walking distance. Looking to rent 2 rear BRS, total rent \$800 plus utilities (split 3 ways) 483-2707 gcd2

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. gcd3

4 ROOM APARTMENT, EIK, Dining Room, Living Room, and 2 bedrooms. Private entrance. Prefer working couple. References a must. 679-2808. hd1

Real Estate For Rent

BELLEROSE, 1BR APART- MENT LR, EIK, w/w carpet, newly painted, full bath. Near RR, bus & stores. \$600 per month. 292-0302. (718) 347-4000. gcd2

WEST BABYLON, 1 BR, Kitchen/LR combo, wall to wall carpeting, includes cable. \$625 plus electric, 321-8925. gcd1

WILLISTON PARK / MINEOLA Schools - 3 huge BRs, LR, FDR, EIK, 1 1/2 baths, half fin. bsm. 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. gcd1

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) 538-5846. gcd2

GARDEN CITY FUR- NISHED room for rent. Female only, preferably student, non-smoker. 741-4865. gcd2

ALL RENTALS GARDEN City & surrounding area. \$600 to \$1,000+ Call Anne Hagen RE Broker (516) 741-1754. If not in, please leave message. gcd1

GARDEN CITY 3 BR Colonial, FDR, 1 1/2 baths, \$1,400 per month. Joe 248-0424, Ann 292-3758 (eves). gcd2

GREAT NECK HOUSE to share. Separate bedroom & bath. Share kitchen & washing facilities. Close to RR & shopping. Rent \$500. (516) 482-3203 gcd2

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) 326-0753. gcd2

FLORAL PARK, 60 Plainfield Ave. (cor. King St.) renovated 1 BR apartment available immediately. No parking provided \$750. No fee. Call owner (516) 538-0757 gcd2

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. gcd2

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. gcd2

Real Estate For Rent

GARDEN CITY OFFICE for rent. Great location & great parking. All services included. Rent negotiable. By owner. Call 747-0365. gcd2

WILLISTON PARK, One bedroom apt., excellent location. Full bath and kitchen. Overnight parking. 294-8897. wd2

Vacation Rental

MT. SNOW/HAYSTACK, large fully equipped 4 BRS, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or week-end. Call 466-6120 gcd3

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. gcd1

SKI WINDHAM - EFFICIEN- CY Unit. Sleeps four, fully equipped. TV, full bath, four miles to slopes, total privacy. Rent by month or season, January to March 1996. REasonable rates. 921-5210. gcd1

SKI WINDHAM, SLOPE- SIDE Condo. 3 BR, 2 baths, sauna, fireplace, washer/dryer. Immaculate. Available weekends, weekdays. 536-2688. gcd2

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) 546-2968 days. gcd4

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. gcd3

STRATTON, VERMONT, 3BR & large loft on access road. Available from Thanksgiving on 873-6210, days. gcd3

SANIBEL ISLAND, FLORIDA, Tropical Gulf Paradise. Sundial Beach & Tennis Resorts. 2,000 foot beach, 8 pools, jacuzzi, soft tennis courts, golf, fishing, boat/bike rentals, bike/jogging paths, supervised children's activities available, gourmet restaurants, superb shopping, world famous shelling, 35 min. to Ft. Myers Jetport. 1,2,3 BR with full Kitchens. Rent daily, weekly, etc. 746-2211. gcd3

SKI, STRATTON, BROM- LEY, Okemo, 4BR, 3B, fully equipped home. Week/Weekend rentals. 248-1254. hd4

NAPLES, FL. GOLF, 2 BRS, 2 Bths., on golf course, tennis, pool, club house. Seasonal rental (813) 566-7791. gcd4

Real Estate Wanted

HOUSE SITTER AVAIL- ABLE 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 gcd1

YOUNG FAMILY SEEKS Ranch home with basement, in Great Neck. No Brokers. Please call 468-4358. gcd1

GARDEN CITY - PRIN- CIPALS only. Garden City family seeks min. 4BR home. Low \$400's. 742-2302. gcd1

GARDEN CITY FAMILY of 15 years looking to rent your Garden City home. 4BRs. No Brokers please. 248-8797. gcd1

GARDEN CITY FAMILY JUST SOLD home, seeks home in Estates section, only. No Splits. Flexible closing. Please call 326-6944. wd4

YOUNG GARDEN CITY Businessman looking for 1 BR Apt. in Garden City, Mineola area. 6 months guaranteed, after that monthly. Call Ken eves. at 674-8101. gcd4

GARDEN CITY COUPLE just sold home, seeks 3 BR, 2 Bth., Ranch in Estates or Western Section. Principals only. 741-7427. gcd4

For Sale

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

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

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

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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

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BEDROOM SET - THOMAS- VILLE white French Provincial, six pieces. Excellent condition. \$500. 294-6008. wd4

For Sale

VIOLIN MAKER HAS instruments for sale. 3 violins, 1 viola and 1 cello. 516-487-4216. Call afternoons or evenings. hd1

3 OAK WALL UNITS with lights & desk, sofa bed, 3 cushion couch, new 3 horse power snowblower, never used. All reasonable. 747-1645. gcd3

2 ELECTRIC OVENS, horizontal side by side \$100, electric 4 burner and griddle 45" stove top, \$50. 294-0381. gcd3

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HAMMOND 2 MANUAL ORGAN, walnut finish with bench Model 123, \$700. 483-6615. gcd3

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42" ROUND OLD Pine table \$60, pine rocker \$25, 2 armchairs, wicker seats \$70 the pair, 1 no back chair \$30. 741-5840. gcd1

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

CHAMBERS STOVE, white, good condition. Best offer. 741-0435. gcd4

TWO TEN SPEED Bicycles, excellent condition. \$80 each. Nintendo games plus power pad. 746-5606. gcd4

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BEAUTIFUL BRAND NEW sleep sofa, navy with bright flowers. \$400 or best offer. 352-7487. gcd4

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1990 ACURA INTEGRA GS, 31,000 miles, ABS, A/C, extended warranty. Excellent condition. \$10,900. 248-3048. gD2

'86 BUICK LE SABRE Station Wagon, 9 passenger, loaded. Excellent condition. Well maintained, original owner. Records. \$4,500. 294-9359. gD1

HONDA '90 ACCORD EX. Original owner. Loaded, 43K miles, silver, auto. Service by Honda. Must see. \$10,450. 742-8686. gcd3

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

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'79 MERCURY, needs some work, clean, good running condition. \$500 negotiable. 486-4587. gD4

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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 Fortunoff's. Licensed bonded dealers. 742-4500. gcl

CORG OIW professional keyboard, used, for a serious music student Christmas present. 742-5149. gD4

SELLING YOUR CAR? Any year, make, model. Cash today. Call 377-9595. hF4

OLD TOYS WANTED - old toy soldiers, lead figures, toy cars and trucks, comic character, tin wind-ups, G.I. Joe and Star Wars items wanted. Highest cash paid. Call 484-9514, any time. gD4

ANTIQUES TAKEN ON Consignment at Peggy's Pastime, 155 Hillside Ave., Williston Park. Please call 873-0229 days; 741-6948 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, Sable, 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

OLD GUNS, SWORDS, binoculars, old knives, hunting knives and pocket knives. Jewelers lathes. Call 825-0979 or 354-1943. gD3

CASH PAID FOR OLD original American flags. Box # 174, Corinth, N.Y. 12822. gcd2

NOTICE

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

We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

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

Wanted

TRADITIONAL STYLE POOL table in good condition. 747-2140. gD2

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

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. goJ3

Pets for Adoption

FRENCH POODLE, 12 years old, blind, needs loving home. 741-8830. wd1

Lost and Found

BOY'S SMALL 2-WHEEL Bike found in Williston Park. Please call 742-6675 for information. wN4

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DESIGNER-SEAMSTRESS will make professional dresses for every occasion, including bridal & party's, plus alterations. Special rates. Sr. Citizen 10% discount. Service for Boutiques. Free pick up. Call 488-3055. Hostess for children's clothes - good commission. wd1

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J & S SPORTCARDS, BASEBALL, BASKETBALL, football & hockey sets, packs boxes, rookie & star cards. Great Holiday prices & stocking stuffers. Please call John at 741-5288. Keep this number for all your sports card needs. wd1

Bazaar

BAZAAR & FLEA MARKET on Saturday, December 4, from 8 p.m. to 11 p.m. and Sunday, December 5, from Noon to 6 p.m. at Temple Judea of Manhasset, 333 Seaview Road, Manhasset (100 yard north of L.I. Expressway, opposite Christopher Morely Park). ***Extra - Bazaar only also on Monday, December 6, 10 a.m. to 2 p.m. wd1

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ELMONT, N.Y. MODEL Train, Toy & Doll Show. Miniatures and craft extravaganza. Baseball memorabilia. Sunday, December 5. Free parking. St. Vincent De Paul Auditorium. 2 floors of fun and bargains. 1510 De Paul St., 10 a.m.-4 p.m. Buy, sell, trade. Breakfast, Lunch. Admission \$5. Sr. Citizens \$3. Early admission (9 a.m.) \$6 per person. Children under 12 free with parents. 200 dealers. For information call 352-2127 or 486-6658. gcd1

Garage/Tag Sale

MOVING SALE - RAIN or Shine, no previews. Sat., Dec. 4 at 174 Brixton Rd. Garden City, 9-2. Furniture, pictures, drum set. Lots of goodies. gcd1

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, 621-1907. wn4



Novenas

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

This prayer must be published after the favor is granted. A.I. gcd1

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance, help me in my present and urgent petition. In

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

SATURDAY, DEC. 4, 9 a.m. - 3 p.m. No previews, cash and carry. Girl's bedroom set, Lenox stemware, books, records, lamps, curio cabinet, etc. Rain date Dec. 11. 121 Tullamore Road, Garden City. gcd1

GARAGE SALE - MULTI-FAMILY Sat., Sun., November 20, 21, (10 to 4). 12 East Street, New Hyde Park/Herricks, off Shelter Rock Road. Children/adult clothes, shoes, drapes, curtains, lamps, books, records. Stereo speakers, portable TVs, Commodore 64 equipment, skates, baskets, pinecones for crafts, Christmas decorations, dolls, pine dining room table/chairs. Rain or shine. wn3

return I promise to make your name known and cause you to be invoked St. Jude, Pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. E.B.

O GLORIOUS SAINT THERESA, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "prodigy of Miracles... the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen.

My Novena Rose Prayer: O Little Theresa of the Child Jesus, please pick me a rose from the heavenly gardens and send it to me as a message of Love. O Little Flower of Jesus ask God today to grant the favors I now place with confidence in your hands (mention specific requests). St. Theresa, help me to always believe as you did, in God's great love for me, so that I might imitate your "Little Way" each day. Amen. Thank you for answering my prayers. E.B.

Fire alarm for seniors is warning about smoke

By Leonard J. Hansen

Mature adults who smoke at home die from fires at a rate three to five times that of younger age groups and from double to triple the national average.

Forty percent of the fire deaths for people ages 50 to 74 are caused by smoking materials, according to a new five-year study released by the nonprofit National Fire Protection Association (NFPA). This figure compares with 25 percent of fire deaths from lighted tobacco products as the national average.

Fire deaths directly attributable to smoking materials cause an average for all ages of 4.8 deaths per million people each year, reports NFPA. For mature adults, the mortality rates are much higher:

- For people ages 50 to 64, fires caused by lighted tobacco products caused 39.3 percent of all deaths by fire.

- Between ages 65 and 74, fires caused by smoking materials claimed 10.2 lives per million population, 39.7 percent of all deaths by fire in the age group.

- From 75 to 84, deaths from smoking materials escalate to 14.8 per million people, 32.1 percent of deaths from fires within the 10-year age span.

- At ages 85 and over, 16.2 people per million die in fires caused by burning cigarettes, 23.2 percent of all deaths by fire for this age group.

In 1991, the latest year for which statistics are available, there were 187,100 fires caused by lighted tobacco products, resulting in 951 civilian (nonfirefighter) fatalities and 3,381 civilian injuries.

"The U.S. Smoking-Material Fire Problem Through 1991" report shows that three-quarters of the residential smoking-material fires and 63 percent of the deaths were caused by careless disposal of lighted tobacco products.

"The items most commonly ignited in smoking-material structure fires are mattresses and bedding, and upholstered furniture," said Alison L. Miller, NFPA fire analysis specialist and author of the report.

Mature adults who are taking one or more prescription drugs may be particularly at risk when the medications cause drowsiness. NFPA warns older Americans against smoking in bed and advises the use of deep, sturdy ashtrays set on solid surfaces — not on the arms of upholstered chairs. Empty the ashtrays often, dousing the ashes under water each time.

Check in and around upholstery cushions for smoldering butts before leaving home or going to sleep. Install smoke detectors on each level of the home, testing the battery once each month and changing those critical power supplies at least once each year.

"If you have difficulty reaching the smoke alarm, try using a broom handle to push the test but-

ton on the unit or call your local fire department to check your home and alarms periodically," advises NFPA spokeswoman Julie Reynolds.

Smoking materials can be a danger at any time but are proven deadly to mature adults in the home.

FRAUD PROTECTION

A \$1 purchase may help you avoid losing thousands of dollars to con artists.

Mature adults are targeted and swindled by hucksters more than any other age group in America, with losses in each case ranging from a few dollars to hundreds of thousands.

The \$1 purchase is for two booklets available now from the federal Consumer Information Center. Learn more about protecting yourself from phone scams with "Swindlers Are Calling" (Item 4612, 50 cents), prepared by the Commodity Futures Trading Commission, Federal Trade Commission and the Alliance Against Fraud in Telemarketing.

Learn how to avoid "Fraud by Phone" (Item 4532, 50 cents) in a publication by that name, published by the Federal Trade Commission.

Also, request a free copy of "Investment Swindles: How They Work and How to Avoid Them" (Item 5732) from the Commodity Futures Trading Commission and the National Futures Association.

All three are important reading for mature adults and provide the information you need to avoid becoming a victim of a costly scam.

Request these three publications by title and item number, enclosing your check or money order for \$1, sent to: R. Woods, Consumer Information Center, Pueblo, CO 81009.

PRESCRIPTION DRUG OFFER

Two of the most-prescribed pharmaceutical drugs taken by mature adults may be available free of charge to low-income people through a program by Burroughs Wellcome Co., headquartered in Research Triangle Park, N.C.

Zovirax brand acyclovir, for the treatment of shingles, and Lanoxin brand digoxin, which is prescribed for congestive heart failure, are offered to financially disadvantaged U.S. citizens who have applied and are awaiting reply from other prescription sources or do not qualify for private or government assistance.

The Patient Assistance Program (PAP) has operated since 1987, covers all marketed Burroughs Wellcome prescription products, and is designed to speed access to therapy until the patient can secure medication assistance from private or public sources.

Vegetarian View



By Charles Britton

Corn bread is a staple of autumn menus

There's no better or easier accompaniment for the soups and stews of autumn than all-American corn bread. Even the bare-basics version of cornmeal — flour, eggs and water or milk — is satisfying and nutritious.

But regional versions, and those being adapted by today's young American chefs, give new personality to the pale-gold staple.

"I love the bite of jalapeno and the moisture that comes from a bit of cheese," said Lon Walters, owner of a bakery. "And corn bread with fruits and berries is quite a dandy mix. The contrast of the coarse-texture cornmeal and the soft, sweet fruit is very interesting."

Corn bread can be made of white, yellow or blue cornmeal. The blue, popularized in New Mexico, is available in many specialty food shops.

Different types of cornmeal produce breads with different textures. Coarse cornmeal gives a gritty texture, while finely ground yellow meal yields a softer, more tender bread.

There are two basic techniques for making corn bread. The most popular is to add cool liquid ingredients such as oil, eggs, butter, milk, sour cream or creamed corn to the dry ingredients. The other, adding boiling water to the cornmeal, results in a more custardlike bread that should be eaten as soon as it is removed from the oven.

For a lighter, more elegant bread or muffin, some cooks beat the egg whites separately and fold them into the batter just before baking. Corn bread can be baked in loaf pans, roasting pans, muffin tins or, for a dark, crispy crust, in a preheated, greased cast-iron skillet.

Unlike most yeast breads that rely on exact measurements, versatile corn bread lends itself to many snappy variations. Texans fashion crunchy corn bread sticks spiked with chilies and Cheddar cheese. In the Southeast, the staple gets a shot of buttermilk.

Pastry chef Steven Froman, formerly with Campton Place restaurant in San Francisco, is well known for his double-corn corn sticks made with sweet butter and fresh corn.

The following recipes show the versatility of corn bread. Most are easy enough for school-age children to make with minimum adult assistance.

CAMPTON PLACE'S DOUBLE-CORN CORN STICKS

- 1/2 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 2 tablespoons sugar
- 1 1/4 teaspoons baking powder

- 1/4 teaspoon salt
- 1 cup heavy OR whipping cream
- 1 egg yolk
- 3 tablespoons unsalted butter
- 1/2 cup fresh corn kernels (from 1 large ear)
- 2 egg whites

Yields 22 small corn sticks. Preheat oven to 425 F. Lightly grease corn stick mold.

Combine cornmeal with flour, sugar, baking powder and salt in large bowl. Stir in cream and egg yolk. Set batter aside.

Melt butter in medium-size saucepan over medium-low heat. Stir in corn kernels, and toss to warm through. Stir corn into batter. Beat egg whites until stiff. Fold them into batter.

Spoon batter evenly into prepared mold. Bake until firm and golden, 15 to 20 minutes. Serve hot.

CORN MUFFINS WITH CHEESE AND CHILIES

- Butter for molds
- 1 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 2 tablespoons sugar
- 1 1/4 teaspoons salt
- 1 1/4 teaspoons baking powder
- 2 eggs, separated
- 1/4 cup vegetable shortening, melted
- 2 cups heavy cream
- 4 ounces Monterey Jack or jalapeno cheese, grated (about 1 cup)
- 1/2 cup corn kernels, drained
- 1/2 cup diced red bell pepper
- 1/4 cup diced fresh jalapeno or mild green chilies

Yields 12 to 14 muffins. Preheat oven to 425 F. Generously butter molds and place them on top of stove to warm them and melt butter.

Combine cornmeal, flour, sugar, salt, baking powder, egg yolks, melted shortening and cream in mixing bowl. Stir in cheese, corn, bell pepper and chilies. Beat egg whites in separate bowl until stiff. Fold whites into batter.

Spoon into buttered molds. Bake the muffins for 12 to 15 minutes. Watch closely and do not allow muffins to get too brown. Edges should be golden. Cool 5 minutes, then run a knife around edges to loosen muffins. Unmold on wire racks.

Note: If using jalapeno cheese, omit jalapenos or green chilies.



After Work Gourmet

By Sharon Achata



Make the most of winter squash season

It's winter squash season, a time of year when you can serve squash for days on end — as early American settlers did — and never become tired of it.

The key is to take advantage of the many varieties of squash available. While there are differences in flavor and texture among the squashes, the flavor of all is mild — and they therefore are mostly interchangeable in recipes. You can bake them, stuff them, puree them, grate them, saute them or simmer them. This versatility and mild flavor also mean that squash can be used in a wide range of dishes — from soups to desserts.

With its compact size and moist, firm flesh, Acorn squash is a perfect variety for stuffing and baking. Acorn Squash With Wild-Rice Stuffing is a favorite recipe that requires about 40 minutes of squash baking time, during which the apple, pecan and rice stuffing is prepared in a skillet.

While it often takes up to an hour and a half to bake other varieties of squash, that cooking time can be reduced by selecting small squashes or by first cutting the squash into individual serving-size portions or cubes — or grating it for use in dishes such as Curry Chicken and Squash.

For the hurry-up chef, however, it also makes sense to take the time to bake a whole large squash so its leftovers can be used in a speedy dish later that week or month — perhaps as a puree for quick bread such as Squash Apple Nut Bread or as cubes for use in a speedy chowder such as Winter Squash Chowder. If using fresh cubed squash, the cooking time for this chowder will increase by about 15 minutes.

A good variety for producing leftovers is Hubbard. These extra-large squashes — often weighing as much as 15 pounds — have a dry flesh good for baking, and leftovers can easily be pureed or cubed and frozen for later use.

Another favorite winter variety is the Butternut, whose moist flesh makes it good for cooking and baking. The thin skin of Butternuts makes them the most easily peeled for use in dishes calling for peeled, cubed squash.

You can tell a squash is mature when it is the proper color for its variety and when it feels slightly heavy. Also, check to ensure that you can't break the skin easily by pressing the rind with your fingernail. If you break the skin with this test, the squash must be used soon. Otherwise, squash should be stored in a cool, dry place.

For recipe preparation, 1 pound

of fresh squash generally yields about 4 cups cubed, 6 cups grated or 2 cups cooked and pureed.

ACORN SQUASH WITH WILD-RICE STUFFING

- 3 acorn squash, cut in half and seeded
- Salt and pepper to taste
- 3 tablespoons melted margarine (divided use)
- 1/4 teaspoon cayenne pepper
- 1 1/4 tablespoons minced fresh parsley (divided use)
- 1 shallot, minced
- 1/4 cup pecans, chopped
- 2 1/4 cups cooked wild rice
- 1/4 cup minced unpeeled apple

Yields 6 servings. Preparation time: 45 to 50 minutes.

Preheat oven to 375 F. Slice thin portion from bottom of each squash half so it will stand. Put squash in greased baking pan and sprinkle to taste with salt and pepper. Combine 3 tablespoons melted margarine with cayenne pepper and 1 tablespoon parsley. Brush on each squash. Cover with foil and bake until tender when pierced with fork, about 35 to 40 minutes.

Meanwhile, heat remaining margarine in medium skillet. Add shallot and pecans and saute until shallots are soft and translucent, about 3 minutes. Add rice, apple and remaining parsley and heat to warm, about 4 minutes. Spoon into squash and serve warm.

CURRY CHICKEN AND SQUASH

- 2 tablespoons vegetable oil
- 1 cup diced onion
- 2 teaspoons minced garlic
- 3 cups shredded cooked chicken
- 4 cups tomato puree
- 1 teaspoon curry powder
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 4 cups grated raw winter squash
- 1/4 cup raisins
- 1/4 cup dry red wine
- Salt and pepper to taste

Yields 6 servings. Preparation time: 40 to 45 minutes.

In large skillet, heat oil and saute onion and garlic until onions are translucent, about 3 minutes. Add chicken, tomato puree, spices, squash, raisins and wine.

Simmer uncovered, until squash is tender and sauce has thickened, about 25 minutes. Add salt and pepper to taste and serve warm.



Kids Home Newspaper

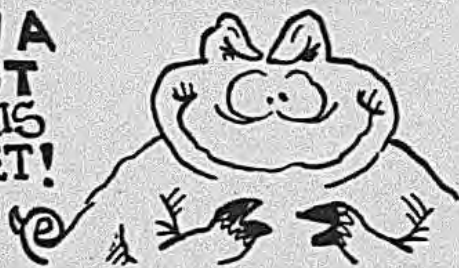


Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

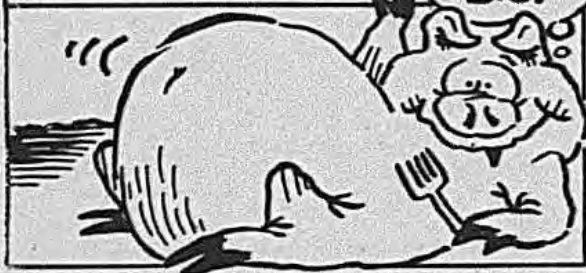
DRAW IT!

**DRAW A
SNOUT
ON THIS
PIGLET!**



**LIST 5 WORDS THAT RHYME
WITH PIG!**

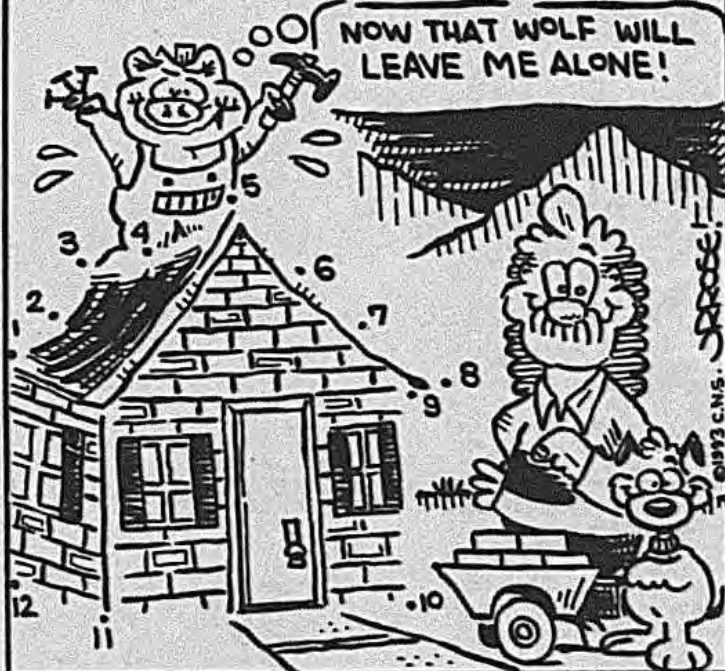
HOW ABOUT
BIG!



**PIG STARTS WITH 'P'. FIND
5 OTHER THINGS THAT
START WITH 'P'.**



**THIS PIG IS PINK AND FULL OF LARD,
BUT HE'S BEEN WORKING VERY HARD.
JUST JOIN THE DOTS AND YOU WILL SEE
WHY HE'S AS PROUD AS HE CAN BE!**



NOW THAT WOLF WILL
LEAVE ME ALONE!



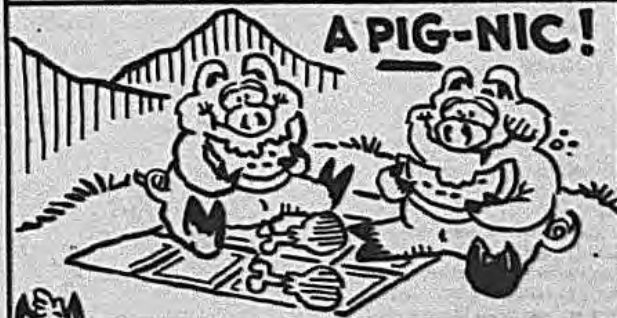
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ANTIQUE OR JUNQUE

By Anne McCallam

Lenox porcelain

Q. Enclosed is a picture of a porcelain coffee pot and teapot that I received from my grandmother. They are decorated with silver overlay and are in excellent condition.

The bottom of each piece is marked with an "L" in a wreath and the word "Lenox" under that. I would appreciate any information you may have on these.



A. Your coffee pot and teapot with silver overlay were made by Lenox Inc.

The company was founded by Walter Lenox in Trenton, N.J., in 1906 and still operates today.

These two pieces were made in the early 1900s. The value would probably be about \$150 to \$200 for each piece.

Q. This mark is on the bottom of a porcelain bowl that I purchased 40 years ago at an auction.

It is decorated with a colorful border of pink roses and baskets of fruit. The depth is about 5 inches and it is 9 inches across.

What can you tell me about its vintage and value?



A. Your bowl was made by C.M. Hutschenreuther Porcelain Factory in Hohenberg, Bavaria, Germany.

The firm began operation in 1814 and continues to flourish today.

The Black Knight mark was used from 1925 to 1941. The value of your porcelain bowl would probably be about \$75 to \$85 in good condition.

Q. I inherited an autograph book that belonged to my cousin. During World War II she attended many USO shows and collected the entertainers' autographs.

Jack Benny, Red Skelton, Mickey Rooney, Glenn Miller, Frank Sinatra are just a few of the celeb-

rities that signed her book.

Are these autographs of any value?

A. It is important to know that the condition of an autograph is a factor in deciding value.

Also, a signed letter or document is worth more than just a signature.

According to one expert, there is increased interest in the field of autograph collecting. A current price guide lists the value of your autographs as follows:

- Jack Benny - \$55.
- Red Skelton - \$15.
- Mickey Rooney - \$10.
- Frank Sinatra - \$70.
- Glenn Miller - \$200.

Q. I have a 1973 edition of a Shirley Temple doll. It is still in the original carton and has never been played with, so it is in perfect condition.

Could you tell me what this doll would be worth?

A. The value depends on the manufacturer, size, condition, composition and outfit.

Without these facts and a picture, it is difficult to place a realistic value on your doll.

However, "Shroeder's Antiques Price Guide" lists a 1973 Shirley Temple doll, 16 inches high, vinyl, with a Stand Up and Cheer dress, mint condition and in the original box for \$200.

BOOK REVIEW

"Maloney's Antiques and Collectibles Resource Directory 1994-1995" is published by Wallace-Homestead Book Co., an imprint of Chilton Book Co.

David Maloney's new edition of his resource directory is updated and expanded.

It is a bonanza of information that can help when gathering information needed to authenticate and evaluate your antiques and collectibles.

Listings of buyers, dealers, museums, appraisers, auctioneers, experts and periodicals are at your fingertips in this impressive volume.

Maloney's easy-to-use directory is unequalled in its organized compilation of facts and information.

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Points on Pets

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

Q. Is it possible that my son obtained a skin rash from our dog? Our dog and son sleep together and spend a lot of time together. The dog has really been good for our son. However, our dog has some scabby places on her body and rubs herself on the floor frequently. Our son has had a mild rash for several days. Is it possible that the two conditions are associated?

A. It is impossible to state whether your son's rash and your dog's rubbing are associated without seeing either of them. However, it is possible that the two are connected. The problems could be due to the sarcoptic mange mite.

The adult sarcoptic mange mite forms a burrow in the outer layer of the skin of the dog. This burrowing causes intense itching. The infested animal usually scratches and rubs persistently. After a short period of time the skin becomes dry, thickened and wrinkled. Following this, crusts form on the skin.

The most common locations for sores due to sarcoptes mites are the head, ears, elbows and lower parts of the body. However, the whole body may be involved. Sarcoptic mange is a highly contagious disease among dogs. Al-

though it is usually diagnosed in young dogs, it can affect dogs of all ages. All of the dogs within a household or kennel usually become infected within a few days to several weeks after contact with an infected animal.

Humans can become infected with sarcoptic mange mites. However, the sarcoptes mite does not form tunnels and lay eggs on humans as it does on dogs. Therefore, the disease is usually self-limiting in humans. Humans do frequently experience mild rashlike symptoms. A physician should be consulted if these signs develop following exposure to an infected animal.

The diagnosis of sarcoptic mange in dogs is based on identifying the mites in deep skin scrapings of infested areas. The mites are microscopic in size. Therefore, the scrapings must be properly prepared and examined by a knowledgeable individual with a microscope. Usually, the procedure of obtaining the scrapings is only mildly irritating for the dog.

Treatment of sarcoptic mange usually involves both local treatment of the infected areas and medication to reduce the risk of secondary infections and to relieve the intense itching.

JUNIOR EDITION

CONTEST ENTRY

DRAW IN OUR HAIR AND COLOR THIS PICTURE.



Aunt Tilly's Corner

Last weekend we had a surprise visit from our English cousins. As I mentioned to you before, we are the only country that celebrates Thanksgiving. Our cousins who live in England decided they would like to find out what they have been missing all these years.

We had lots of fun comparing traditions, imitating their British accent and listening to stories of the Queen and the royal family. They teased us about coming to collect the taxes that were owed them way back in history when our country was starting.

After a big turkey dinner, they claimed to have gained many stones. I thought this a rather peculiar expression, and found out that it meant they had gained weight from overeating! One stone equals about 14 pounds. So be careful how many stones you gain.

Your friend,
Aunt Tilly

RULES BOYS AND GIRLS

Here is your chance to win One Dollar (\$1.00) - to spend or to save.

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1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, December 10, 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
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YOUR SOCIAL SECURITY

Notify Social Security of any change of address

By William M. Acosta

Q. My Social Security check is deposited in my bank account. If my mailing address changes, is it necessary to contact Social Security? — L.T.

A. Yes.

You must notify Social Security of any change of address whether or not you have direct deposit. When necessary, Social Security sends you notices and other information by mail. They also may need to contact you to make sure you continue to be eligible for benefits.

If you cannot be located, Social Security may stop your benefits until they can find you.

Q. What does the letter(s) that appear(s) after my health insurance claim number on my Medicare card mean? — N.E.

A. It is a code used by the Social Security Administration to indicate the type of benefits you are receiving.

There also may be another number after the letter. Your full claim number must always be included on all Medicare claims correspondence.

Q. I receive Supplemental Security Income (SSI) payments and plan to move to another state soon.

Will I have to apply for SSI all over again? — Y.E.

A. No, but be sure to tell Social Security when you move so your checks can be sent to your new address.

Also, the amount of your check may change since some states add money to the federal payment.

Q. My Social Security check almost always gets here by the third of the month. Today is the fifth and my check still hasn't come. It has never been this late.

What should I do? — S.S.

A. Although it doesn't happen often, once in awhile checks are late. If your check isn't delivered by the sixth of each month, call the toll-free number, (800) 772-1213, weekdays between 7 a.m. and 7 p.m.

The representatives will help you find out what happened, and see that you get your money as soon as possible.

YOUR SOCIAL SECURITY

Most Beautiful Grandchild



This is Christopher Robert Bovis, our first grandchild. Christopher was born on December 5, 1992 and is the son of our daughter Karen and her husband Robert Bovis. They live in Chatilly, Virginia. Unfortunately, Christopher is a Redskins fan, not a Giants. Too bad!

John and Jane Zerrenner
Garden City



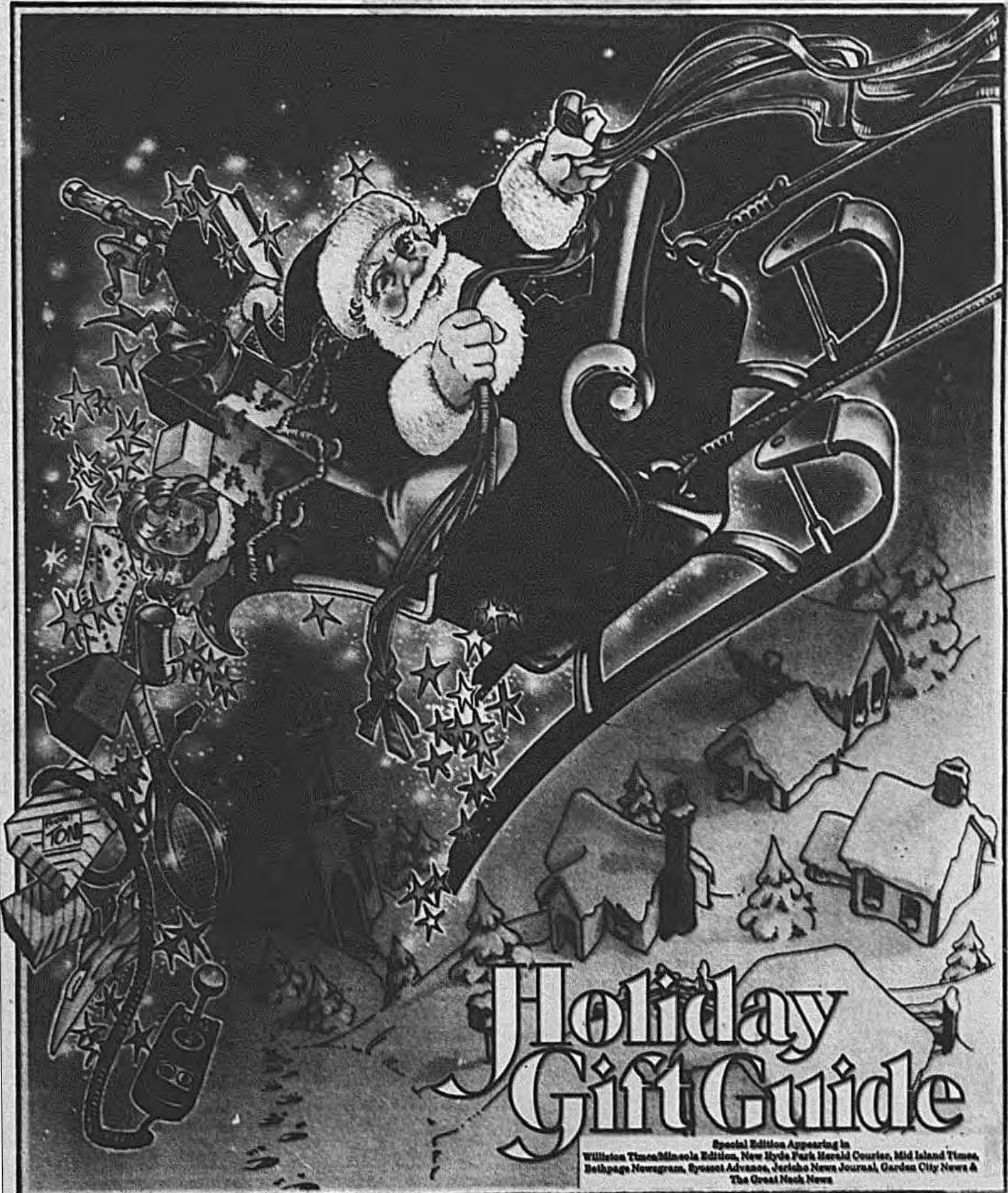
My five grandchildren all live in Great Neck. They are, right to left, Rebecca Shore (age 4), Deborah Katz (3), Samuel Katz (2), Abraham Katz (5), and Matthew Shore (1).

Helga and Werner Stejn
Great Neck



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TIME-HONORED TRADITIONS How the world celebrates the holidays

By Priscilla Lister

December is a time for celebration all over the world.

While Christians celebrate the birth of Christ on Dec. 25 in many lands, Jews mark their ancestors' first great victory for religious freedom with an eight-day Hanukkah festival; Swedes mark the darkest day of winter, Dec. 13, as Santa Lucia Day, the harbinger of spring to come; and Greeks honor St. Nicholas Day on Dec. 6.

Northern Europeans continue festivities through the New Year to Jan. 6, when Epiphany, or Twelfth Night, pays tribute to the day the Three Wise Men came to Bethlehem to see the newborn Christ.

The melting pot that is America continues many of these traditions, as families pay tribute to their heritages with ceremonies and customs that span generations. Some of those customs might inspire some new traditions in your family.

CHRISTMAS IN MANY LANDS

Feasting and gift-giving mark nearly all holiday celebrations. But here are a handful of traditions — some very old — specific to various countries.

In the Philippines, children wear wreaths and chains made of colorful tropical flowers and they burn a candle in a window all night long on Christmas Eve.

In Bulgaria, the father brings in the yule log for the breakfast fire on Christmas Day while other members of the family sprinkle him with corn which signifies health to all and a bountiful crop next year; corn kernels are also sprinkled on the doorstep.

In Denmark, the birds are remembered with sheaves of grain saved from the harvest, placed on every gable, gateway and barn door for their own Christmas dinner.

In England, a huge yule log is brought inside on Christmas Eve; each person in the family must sit on it and salute it before it's lighted to bring good luck to the household in the new year.

In Mexico, which celebrates Christmas from Dec. 16 to Christmas Eve, candlelit processions enact the story of Mary's and Joseph's search for lodging. When the paraders are admitted to a home, they rejoice with dancing, singing, feasting and the breaking of the swinging pinata — the decorated papier-mache vessel shaped like a donkey, pig or anything, filled with candies.

In Colombia, everyone disguises themselves on Christmas Eve and takes to the streets. When one guesses another's identity, the guesser claims an *aguinaldo*, a gift from the one he recognizes.

MORE CUSTOMS WORLDWIDE

In Germany, considered the birthplace of the Christmas tree, where Martin Luther, a religious leader there, also began in 1530 the custom of decorating them, the Advent Wreath is a charming custom. Advent begins the first Sunday in

December and lasts until Christmas. These weeks have traditionally been spent fasting and praying, awaiting the celebration of the birth of Christ.

A German Advent Wreath is made of evergreen boughs with four red candles encircled in it, each representing a different Sunday of Advent. A candle is burned on each successive Sunday evening until all four candles are alight on Christmas Eve.

The Advent Calendar is another German tradition. A Christmas scene contains 24 numbered doors, windows, roofs, trees and boxes scattered about. From Dec. 1 to Dec. 24, the properly numbered door is opened each day to reveal tiny surprises, whether sweets or keepsakes or more treasured scenes.

In England, the mistletoe or Kissing Ball is a delightful tradition. All sorts of evergreens are gathered in a loose ball with a sprig of mistletoe hanging from the bottom. Or American descendants now place mistletoe inside an open, globe-shaped frame made of yarn wrapped around embroidery hoops, hung from the ceiling with red ribbon. All who pass under the mistletoe must kiss.

In France, Twelfth Night, the final night of celebration, is marked with the Twelfth Night Cake, a sweet of puff pastry and almond paste wherein a bean or coin is hidden. Gold paper crowns are given the one who finds the bean or coin and to the partner he or she picks. This king and queen rule over the rest of the evening, and sometimes give a party the next week.

In Holland on St. Nicholas Eve, Dutch children place a wooden shoe filled with straw on their windowsill for St. Nick's white horse. In the morning, the straw is gone and the shoe contains sweets and tiny gifts. Italian children also put out shoes, this time on Epiphany Eve, when Befana, an old lady who's Italy's version of Santa Claus, puts gifts inside them.

And in Spain, children leave their shoes out on Epiphany Eve and fill them with straw and carrots for the Wise Men's horses; Wise Man Balthazar leaves gifts and candies.

In Poland, Christmas dinner consists of 12 courses, one for each Apostle, and one empty seat is always kept free at the table in case an unknown traveler should arrive.

OTHER CELEBRATIONS

Santa Lucia Day in Sweden is celebrated with the family's oldest daughter playing the part, dressed in white as the queen of lights. She wears a red sash around her waist and a crown of pine boughs lighted with seven candles. Early in the morning of Dec. 13, with her siblings she awakens her parents with the song, "Santa Lucia."

The next oldest daughter wears tinsel in her hair and a white robe and carries a candle. The oldest boy also wears a white robe and a high-pointed cap adorned with silver stars. Lucia carries a tray of coffee and special buns made from saffron dough and raisins.



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DECK THE HALLS

By Priscilla Lister

There's no place like home for the holidays. And there's no more popular time to deck our halls with signs of the season than in December, when we ward off the winter outside with extra warmth inside, beckoning family and friends to join together.

The holidays celebrate traditions, as we pull out the boxes of decorations past and recall the child in us all. Even though that age-old fuzzy snowman may be falling apart, it still holds a special place at the table because it evokes a sense of continuity — the security that is family.

But as you dig out your decorations from the attic, or if you're starting that new family, you may want to start some new traditions.

LIGHTING THE WAY

Many major American cities have neighborhoods that become an attraction in December when front lawns come alive with Santa Clauses, Rudolphs, Frosty the Snowmen and angels. But what really entices the extra visitors are the lights — miniature white ones, colored ones, blinking ones and big ones outlining homes, trees, chimneys and bushes.

For your holiday party, light your guests' way with tiny white lights winding through the trees that line your path, or set out luminarias along the path or on the patio. Make the luminarias simply by placing votive candles in sand inside paper bags, or put the can-

Festive decor is sign of season

dies in strawberry pots for a special lighting effect.

Those lights come indoors in a big way during the holidays, too. String strands of them on your Christmas tree, or down your banister through boughs of evergreen, or weave them along your mantle with sprigs of red-berried holly. Outline living room windows to enjoy them inside and outside. Or decorate your piano with strings of lights that might enliven those caroling sing-alongs.

And you don't have to settle for plain miniature white or colored bulbs. Today you can find strings of lights that are covered with tiny plastic red chili peppers, tropical fish, cowboy boots and hats, farm animals and fruits — just about anything that might mean something special to your family.

Candles are another special holiday reminder indoors. Bring them out in numbers by using all those candlesticks or menorahs you received for wedding presents, or by placing armies of votives around the buffet or by starting a collection of antique lanterns for a nostalgic warmth. One special idea for votive candles: core out shiny red apples to serve as holders.

BRING IN THE FOLIAGE

Nothing evokes the holiday season as much as the reds and greens of pine boughs, holly berries and poinsettia plants. Sprinkle them around your home liberally.

But don't stop with those traditional. Consider the possibilities



DECK THE HALLS — Sprigs of holly, an evergreen bough, pine cones and your favorite figurines create a holiday tableau atop a mantelpiece. Shown here: Swarovski's crystal polar bear, penguin and walrus.

that your region may suggest, whether it's bright red apples from the Northwest, cranberries from the Northeast, pomegranates from the West or snow-white Magnolias from the South.

Herald the season at your front door with a wreath of these materials you can make yourself, or embellish store-bought ones with extra touches. You can buy straw wreath forms, or make one yourself with pliable twigs you've gathered from your garden.

Martha Stewart, who's written several books on the subject, offers suggestions that go beyond the red and green themes. In her "Christmas" book, she tells how to make a

wreath with noble fir, dried blue hydrangeas and teal blue ribbon bows, another of dampened sheet moss is punctuated with dried roses and rosebuds arranged in clusters, and yet another uses, appropriately, ice-gray reindeer moss studded with pine cones.

In Colonial Williamsburg, the historic buildings are decked each December with elaborate wreaths in various shapes made from such greenery and fruits as evergreen boughs, magnolia leaves, red apples, pomegranates, berries, bright yellow lemons, shells, feathers, pinecones, pods and even that traditional symbol of welcome, the pineapple.



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TOY PARADE

Cuddly critters and toys for the holidays

By Sharon Williams

This holiday season, children and grown-ups alike will hardly be able to stroll past a toy store without at least a quick look at all the playthings. Today's vast and impressive collection of toys and stuffed animals for children both young and young at heart is virtually irresistible.

High-tech toys with their blinking lights and moving parts, toys that are soft, cuddly and comforting, toys that foster learning and creativity and toys that are nostalgic blasts from the past are just some of the enticements that invite you to come on over and check them out.

Other most-requested toys for Christmas, Hanukkah and other winter holidays include those that speak of Earth and the environment, and toys that are inspired by favorite big-screen and television characters.

So go ahead — march right in and see what toys Santa has in store for the names on his list. Following are a few of the playful picks sure to catch your attention.

STUFFED SHIRTS

Teddy bears always will reign

supreme in the world of stuffed animals. But there's a literal menagerie of other lovable creatures on the shelf worth a cuddle or two, as well.

All creatures great and small range from classic Steiff bears to stuffed animals on the endangered-species list — such as the white tiger. Some stuffed critters are designed for hours of play, while others make surprising sounds.

When you pick up and cuddle the Kitty Kitty Kittens (Tyco), for example, the plush felines purr just like their real-life counterparts. The Bow Wow Boutique (Galoob) comes with a plush puppy, two removable fur coats, a pair of scissors, brush, barrettes and ribbon — so kids can groom their new pets.

The Puppy Surprise with Playful Babies (Hasbro) features a mamma dog with her litter of pups. In every litter is at least one gifted little hound that can either bark or wag its tail.

DINO DYNASTY

Thanks to Public Television's "Barney and Friends" series and the motion picture "Jurassic Park," dinosaurs are roaming

Earth again in the 1990s. Or at least the toy departments.

The country's favorite purple dinosaur is available in many shapes and forms — stuffed Barney's, Barney play sets and miniature Barney's to name a few. Playskool's Barney line includes a Talking Barney, an Animal Keyboard, a Talking Phone and Spin Around Train — all, of course, featuring the exuberant T-Rex himself.

The Daria' Dinos (Meritus) offer another toy twist on the dinosaur theme. These friendly girl dinosaurs have long, curly hair to comb and style, and come in miniature, dress-up, dancing, talking and soft versions.

HIGH-TECH PLAYTHINGS

Many of today's toys bleep, blip and even talk back — much to the delight of their young owners.

The robot Megatron is an example of an interactive toy with a bit of an attitude. Presiding over the Pinball Warrior machine (Toy Biz), he moves, turns, interacts with and responds to game play.

Then there's Toby Terrier (Tiger Electronics), an interactive plush dog that — when positioned in front of the television watching

one of his specially produced videos — magically responds both physically and audibly to the on-screen action.

The Talking Family Doll House (Tyco) features a family whose members can actually converse with hundreds of different phrases — thanks to speech discs. The dialogue that develops between the characters is designed to create a play pattern between members of the doll house and the child playing with it.

MOVIE AND TELEVISION-INSPIRED TOYS

Children who fall in love with television or movie characters can find hundreds of playthings inspired by their favorite fictional friends.

Some examples: The Shining Time Station Magic Speller (VTech) offers 12 different built-in activities that teach vocabulary, spelling, letter matching, math, counting, shapes, music and more, while the Screaming Backpack (Tiger) is fashioned after the ever-present backpack Kevin wears in "Home Alone" and "Home Alone 2."

Aladdin's Magic Flying Carpet (Just Toys) floats like a real hydrofoil over any hard surface on an actual pillow of air generated by the tiny fan inside.

LET'S PRETEND

When it comes to toys for play and pretend, no situation or scenario has been left untuned. Realistic equipment is at the ready — pretend kitchen sets, baby buggies, playhouses, lawn mowers — you name it.

With the Barbie Star Rapper Echo-Microphone System (KID Designs), for instance, little girls can make believe they're a star. As they rap or sing, they can either activate the echo control to simulate a live performance, or project their voices through their radio or stereo.

Elmo is the chef with the Sesame Street Activity Kitchen (Tyco) that lets preschoolers play out their favorite culinary activities.

And with the Stanley Real Sound Engine (Tyco), a child can do pretend repairs on a chunky, brightly colored take-apart engine featuring moving pieces and five electronic sounds resembling those of a real motor.

There also are miniature play sets based on places such as schools, airports and houses that come with all the necessary figures and equipment.

Playmobil's ski hill setup includes skiers, sleds, snow boards, a sleigh, wild deer and a snow cat.

TOYS THAT TRAVEL

This holiday season, toys that can really move include miniature versions of planes, trains and automobiles, tractors, construction vehicles and toys to ride.

Tonka (Hasbro) has rolled out soft vehicles for toddlers, a furniture-friendly line for preschoolers and a complete line of basic steel trucks and promotional vehicles with electronic and mechanical features.

The Harley-Davidson Stunt Action Bikes (Tyco) fly over jumps, land in wheelies and spins, and can right themselves after a wipeout. Micromachines' Rip-Cord Racers Super Stunt Challenge (Galoob) uses a cord to send cars ripping down the racetrack and zooming through the loop for a jump.

GOLDEN OLDIES

Matchbox Cars and View-Master (Tyco) and Mr. Potato Head and Tinkertoys (Playskool) are just a few of beloved toys from the past making big splashes again this season.

Updates for the 1990s include new and improved Lincoln Logs (Playskool) with pieces that are lighter and stained in a more contemporary finish. Sparkling Play-Doh (Playskool) shines in six jewel tones.

CREATIVE URGE

Play sets and kits are designed to nurture and encourage fledgling talent in a most delightful way.

The Fantastic Blossoms 'n' Bow Making Set (Hasbro), for instance, includes everything kids need to make beautiful, scented flower blossoms and bows in three different sizes, while the Fashion Designer Lite Desk (Crayola) helps them to draw hundreds of fashion designs.

The Mickey Mouse Video Painter (VTech) features an electronic drawing pad with a 12-color palette and stylus. Connect the pad to any color TV and VCR with the enclosed video coaxial cable, and the drawing fun can begin.

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Clever gift wrapping

By Elizabeth Scheibner

Want to turn your ordinary packages into something spectacular this season? With a little imagination, you can create packages that will dazzle even the Grinch.

Whether you want to go all out and create your own wrapping paper and decorations or rely on commercially made products, there are more options than ever before when it comes to holiday gift wrapping.

Beginning as early as October, gift stores, craft stores and department stores begin stocking up on gift-wrap, tissue paper, cards, bows, ribbons and decorations — virtually everything you need to wrap your gifts.

And each year there seems to be a greater selection. Hallmark alone offers more than 500 holiday gift-wrap designs, including coordinating bags, wraps and trims.

Designs range from traditional holiday themes to whimsical motifs featuring Disney and other popular cartoon characters. You can buy pre-matched ensembles that include wrapping paper, card and bow, or create your own custom-made packages. Many craft stores now offer classes on gift wrapping.

When it comes to wrapping gifts, it's easy to get carried away and spend almost as much on the decorations as on the gift itself. Store-bought decorations aren't cheap and can start to add up when you buy in quantity. To save money, make your own package decorations using lace, paper doilies, miniature ornaments, candy, decorated cookies, glitter, stickers and

cutouts from old greeting cards.

In today's environmentally conscious world, more and more people are thinking of creative ways to decorate their packages using recyclable materials. Designer Raymond Waites, in his book "Small Pleasures: A Treasury of Design Ideas for Your Home" (Bullfinch Press), offers several unique ideas for wrapping presents.

Waites suggests using old newspapers to wrap gifts. Select a section from the newspaper that appeals to the recipient, such as the sports, business or real estate section. Or use the classified ad section as the background to create your own design using felt pens or paints. For children's gifts, use the comic strips from the Sunday paper.

Rather than using store-bought decorations, use natural decorations such as pine cones, dried flowers or fresh foliage. Not only are these easier on your pocketbook (and Earth), but they give your presents a special look.

Perhaps you want to be a little more elaborate. Make a gift bag using velvet, brocade or other fabric. Cut out an 18-inch square of fabric, stuff with tissue or newspaper and tie with a gold ribbon. The bags can be used year after year. For a country look, hand-paint a burlap sack or wrap gifts in brightly colored scarfs, tablecloths or dish towels.

For those who don't have the time to create their own gift wrap, there are environmentally friendly wrappings that are commercially available. Look for gift wrap and



PRETTY PRESENTS — Elegant greeting cards are always welcome gifts of goodwill. Shown here: Sales taxon from Carter's Holiday Card Collection.

gift bags made from recycled paper. Some have a natural brown-paper look while others resemble ordinary wrapping paper.

Another idea you may want to try is "wrapping" your gifts in unusual containers, such as antique glass jars, laundry bags, pinatas or hat boxes. For smaller items, consider using baskets, cookie tins, jewelry boxes and travel cases. The wonderful thing about using containers to wrap your gifts is that the recipient can use them for other things. And, of course, containers are a great way to disguise odd-shaped gifts.

Tired of the using conventional name tags for your gifts? Consider making your own gift tags this year. You don't have to be an artist to create eye-catching gift tags. Use holiday stickers or a rubber stamp, or cut up old greeting cards

and create a montage. Make personalized gingerbread cookies or bookmarks. Or if you're really ambitious, cross-stitch an ornament with the recipient's name.

If you've got the time, you may want to consider making your own greeting cards this season. Everyone appreciates a handmade card, no matter how simple or elaborate it is.

Designing your own cards allows you to convey your own personal sentiment about the holidays.

For the computer literate, EPYX Inc. has come up with "Studio of Greetings", a desktop program that helps you create and design your own greeting cards. The program includes more than 800 graphics and more than 700 sample cards for virtually every holiday, occasion and event.

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Action figures

By Sharon Williams

The wide, oftentimes wild world of action figures gives children plenty of opportunities for adventure and excitement. The fun, in fact, is limited only by the imagination — and the size of one's collection.

Each action series usually offers a background story, names and biographies of each character. Kids can pick up where the story leaves off, creating and playing out endless scenarios of good vs. evil alone or with their friends.

And since each series is, in fact, a collection, new figures and accessories can be added down the road for expanded and more elaborate story lines.

Following are some of today's hottest action figures.

• **The X-Men (Toy Biz).** Straight from the pages of Marvel Comics

and a new animated series, the X-Men are a group of mutants born with superhuman abilities. They are outcasts from society, but their ally and mentor, Professor X, helps them protect the world from evil mutants who abuse their powers.

• **G.I. Joe (Hasbro).** The granddaddy of all action series marches into the holiday season with some exciting spinoffs, such as Street Fighter II, Star Brigade and Hall of Fame.

• **Battles Trolls (Hasbro).** Not to be confused with their cuter, more lovable cousins, these trolls are big-haired dudes with bad attitudes. Each comes with an action weapon or unique feature.

• **Jurassic Park (Kenner).** Characters from the book and movie come accompanied by a baby dinosaur and limited edition movie collector card. Larger dinosaurs, of course, also are part of the series.



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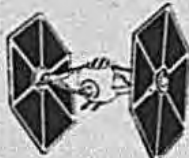
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Sugarplum fairies bring books and videos

By Jason Zappe

Shopping for holiday gifts can turn even the kindest person into a raving, shove-you-out-of-the-way consumer bent on getting just the right gift for the right person.

It doesn't have to be that way.

Almost everyone loves a good book, calendar, movie or TV program. So why not pick up a box set of their favorite TV show, or the latest release from their adored writer?

Following is some elvish advice for finding something among the throngs of books, videos and calendars and to help you avoid the holiday shopping quagmire.

CALENDARS

If you want to give the gift that keeps on giving, choose a calendar of your recipient's favorite whatever and for the rest of the year you know your gift will be used.

Calendars have gone beyond the simple notation of days in a month and months in a year. Today's calendars range from the erotic to the exotic. You can keep track of the days with puppies, pin-up girls, dinosaurs and even your favorite recipes.

From Chronicle Books you can find wall calendars such as "Embracing Earth: New Views of Our Changing Planet" and "Arts & Crafts of Mexico. Always a gem is "Frida Kahlo." The 4th edition has all new images.

For fans of the movie "Aladdin" might want to get the calendar "Aladdin" from Day Dream Publishing. The calendar includes illustrations from the movie. Another calendar/movie tie-in offered is "Jurassic Park." Day Dream also has calendars of Kathy Ireland, Michael Jordan and Marcus, the Calvin Klein pin-up for women.

Macmillan Calendars offer sophistication in their Audubon series that includes "Nature," "Wild Animal," "Wild Bird" and "Save the Planet." All contain beautiful full-color pictures to help you appreciate life.

If you know someone who's a big fan of Mike Peters' "Grimmy" in his daily cartoon strip, there's "The Year of the Dog" from Antioch press.

Other cartoon lovers can fun all year-round with Random House's "Life in Hell" and "The Simpsons."

Art lovers will be impressed by Universe Calendars' "Impressionism," with panels from the Museum of Fine Arts in Boston.

Landmark Calendars offers the widest array of visuals to chronicle your yearly existence.

For animal lovers, selections include "Zoo Life," "Animals Animals," "Baby Animals," "Pandas," "Hummingbirds" and "Majestic Eagles."

For sports enthusiasts, look for "Run Log," "Golf - Beautiful Courses of the World," "Best of the NFL" and "Sailing."

Another good thing about calendars - before you wrap it, write a note on your birthday so you'll be sure to get a present.

BOOKS

Any bibliophile will tell you that if you're buying books for presents, it doesn't make any difference what the subject is, just as long as it is a book. That may work for the hardcore, but when giving a book, it's best to choose one that the recipient enjoys. Following are a few that will get you on the ladder and zooming past the shelves.

For fiction fans there's Tom Clancy's return to Vietnam "Without Remorse" (Putnam). For a more easy-going read there's Robert James Waller's "The Bridges of Madison County" (Warner). Tony Hillerman's latest is out, "Sacred Clowns" (HarperCollins). Nick Bantock concludes his "Griffin & Sabine" trilogy with "The Golden Mean" (Chronicle).

For bilingual readers, why not pick up Laura Esquivel's very hot "Like Water for Chocolate" (Doubleday) in Spanish?

Anyone familiar - and those not - with Maya Angelou will be sad if they miss her "Wouldn't Take Nothing for My Journey Now" (Random House). This collection of essays is personal, emotional and heart-warming. If more on the meaning of life is what your receiver wants, try hit comedian Jerry Seinfeld's "Seinlanguage" (Bantam).

Dog owners and lovers won't want to miss "The Hidden Life of Dogs" by Elizabeth Marshall Thomas (Davison/Houghton Mifflin). Women of all ages will be clamoring for Betty Friedan's "Fountain of Age" (Simon & Schuster). Some more humor comes down the road from Erma Bombeck in "A Marriage Made in Heaven" (HarperCollins).

And all Mick Jagger fans, whether they will believe it or not, won't want to pass up "Jagger: Unauthorized" by Christopher Andersen (Delacorte Press).

Another special gift might be "Let's Do It" by Cole Porter and illustrated by Ward Schumacher (Chronicle Books). This enduring and popular song combines with colorful, loving illustrations to make for the perfect I-knew-you-cared gift this season.

VIDEOS

If visual entertainment is your escapism preference, think about box set video collections this year.

Box sets have always been popular for CDs. Why not get wrap up a favorite few shows from someone's favorite show for change of pace?

CBS Video is expanding its Classic TV Collections series. This year, new episodes of three of the most popular shows ever will be available. Fans will get new volumes of "I Love Lucy," "The Beverly Hillsbillies" and "The Twilight Zone."

To ring in the holiday season, The Nashville Network offers the "Twelve Videos of Christmas." TNN veejays will be broadcasting the best Country Music videos with Christmas themes around Christmastime.

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TECH TOYS High-tech, sports and fitness gifts

By William S. DeBelle

The saying "the person who has everything" is quickly becoming as obsolete as the eight-track tape. Anybody who thinks they have everything is either demented or Bill Gates.

Each year the amount of technological gadgetry available to the average consumer increases exponentially, a fact that is particularly apparent when shopping for high-tech, sports or fitness oriented gifts for the holiday season.

HIGH-TECH GOODIES

The undisputed stars of this holiday season are the hand-held message pad-computers, called PDAs (personal digital assistants).

The Newton by Apple and The Expert Pad from Sharp (available at computer and electronics stores) convert your handwriting into text and will even perform a few receiving, sending and storing tasks, but are practically useless if you have messy handwriting.

PDAs can actually slow down the note-taking process because character recognition can be wildly inaccurate. In spite of the shortcomings, PDA technology is very,

very impressive.

Another personal item that has been around for a couple of years but is just now becoming a good value, is the Data Discman from Sony.

The Discman is a hand-held unit that displays text and graphics using minidisks, which can each hold up to 100,000 (not a typo) pages of text.

There are very few disc-books currently available, but a single disc could keep you busy for a while. The "Library of the Future Volume 1" contains 150 literary works including all of Sherlock Holmes, the complete works of Shakespeare and, oh, by the way, "War and Peace."

If price is no object, you must consider the Panasonic Shiatsu Massage lounger (available at Brookstone and other specialty outlets). Unlike previous massage chairs that were limited to single movements, this chair duplicates a professional Shiatsu massage with three preprogrammed courses.

BEAM ME UP SCOTTY

Computer screen savers, such as After Dark from Berkeley Systems, are highly recommended

gifts for computer owners.

These programs keep any PC or Macintosh from burning in screen images by replacing inactive screens with a variety of moving images that have astounding detail and depth. The "Star Trek" version has modules where your computer becomes the bridge view screen, a miniature Spock roams the screen, as well as a myriad of other options, all accompanied by digital sounds.

The latest version from Berkeley is called the Disney Collection, which features modules based on "Beauty and the Beast" and "The Little Mermaid" in addition to all the classic Disney characters.

Computers can be terrific gifts, but Macintosh buyers beware — in early 1994 Apple will introduce Power PCs which will combine Macintosh and PC technology, running two to three times faster than current Macintosh models.

State of the art software can also be a fun gift for the computer owner. For less than \$200 you can turn a hero into a villain with Morph software, which creates special effects similar to those seen in "Terminator 2."

There are plenty of high-tech, business-oriented gifts.

Rolodex makes an electronic deck that can be hooked up to a phone to dial any entry. A gift that adds pizzazz to presentations is the Laser Pointer from Alpec, which projects a red laser dot and has a range of 300 feet.

PASS THE POPCORN

In the field of home entertainment, one of the most revolutionary products is the wide-screen television (Pioneer and JVC each have models) that enable the viewer to watch letter-boxed movies just as they would in the theater, without black bars across the top and bottom of the screen.

Watching the entire frame as the director intended is terrific, especially for movie buffs, but these sets are almost twice the cost of conventional big screens, and don't make much sense unless you already have a laser disc player since letter-boxed versions of movies are common on laser disc, but rare on VHS.

For the high-end shopper, surround sound systems can dramatically improve your enjoyment of movies and everyday programming by bringing out all the sounds that post-production editors spend weeks mixing.

For the musically inclined, there are home karaoke machines that

play CD plus graphics discs that superimpose lyrics over the music.

The latest in portable sound is the Sony Mini Disc player that further miniaturize the playback process, while home CD recording devices, while not cheap, are available.

LIVE LONGER

If you want to buy a piece of home exercise equipment as a gift, chances are you won't have to add to the trade deficit.

The consensus opinion among health professionals is that American companies design and manufacture the world's best fitness products.

Home gyms are rising in popularity, ranging in cost from \$300 to \$1,000 and requiring as little as 35 square feet.

A great new way to get aerobic exercise is the recumbent exercise bike, which offers better comfort and actually burn more calories than conventional upright bikes.

Step machines provide simple and affordable aerobic exercise, while all-body climbing machines are only recommended for the very fit.

A treadmill is a terrific gift that tends to result in more consistent use than bikes or steppers because running and walking are the most familiar forms of exercise.

Fitness clothing and accessories such as unitards, fanny packs or jump ropes are good low-budget gifts.

The newest rage in athletic footwear is the strap-up support sandal (various makes), while the safest fitness gift you can get is a gym bag — look for the bags with outside mesh sleeves to keep wet clothes separated from the rest of your gear.

HOLY WRISTWATCH, BATMAN!

Remember when you strapped something to your wrist that just told the time? Now you can put on a Casio digital compass and a Alpine Vertech altimeter (outdoor stores) and practically fly a plane with the instrumentation on your wrist.

The altimeter watch is designed for hikers, giving ascent rates and distance broken down by day, week and year. Oh, by the way, it's also a barometer.

Another gift idea for the wrist is a heart rate monitor. Polar makes a two-piece monitor (available at health equipment outlets) that straps on your wrist and chest.

SPORTS STUFF

There is memorabilia galore for the hard-core sports fan.

In addition to card shops, now there are national franchise outlets such as Field of Dreams sell a wide selection of autographed and mounted photos, plaques and jerseys.

A more functional gift is the "USA Today Sports Atlas" (Prentice Hall) that contains complete nationwide listings of college and pro stadiums and arenas.

The hoop junkie will love "The Back-In-Your-Face Basketball Book" (Dodd-Mead), which is an informative and humorous guide to basketball courts across the country.

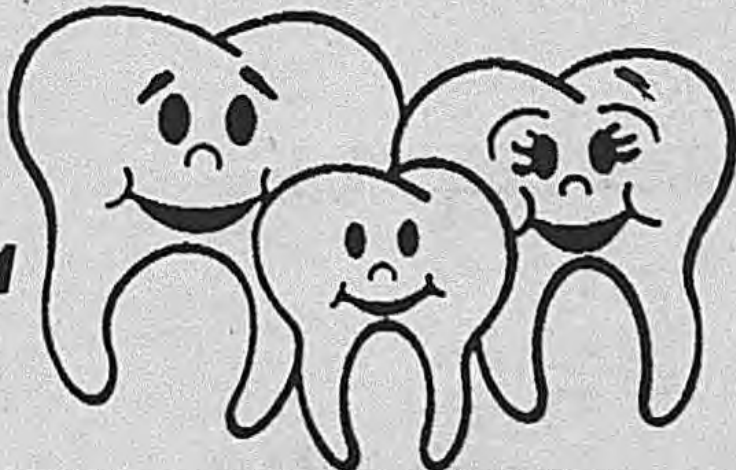
"Legends of the Field — The Classic Sports Photography of Ozzie Sweet" (Penguin) is perhaps the most impressive sports book available. Sweet's incomparable stylized portraits of athletes, which have been featured in Sports Illustrated Classic editions, are unforgettable.

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Safe toys



By Sharon Williams

Sometimes toys are no fun at all. Too many parts. Too much noise. Too many confusing instructions.

Some just aren't safe, some fall apart, some fail to capture young minds for very long and some sit unused for days because Mom forgot the batteries.

Others seem to bring out the beast in a child — frustrating him or her instead of promoting relaxed, creative play.

And some toys frustrate parents — especially when they can't find what they need in time for the holidays.

Here are some hints to help you pick out the best toys for your little one this season.

• **Shop early.** Many popular toys sell out quickly, so don't wait until Christmas Eve to purchase those you want for your child.

• **Read labels.** When buying a toy for a child, check the manufacturer's recommended ages. Check the outer box for warning labels, and inspect the toy for loose parts that can poke, scratch or be swallowed. Verify that any paint or coating is nontoxic.

• **Plan ahead.** If a toy requires batteries or light bulbs, be sure to

include them with the gift since a child will be disappointed if he can't play with a toy upon opening. Also, be sure to save assembly instructions, warranties and parts order forms.

• **Consider the "obnoxious" factor.** Some toys are sure to drive the family batty, so think twice about purchasing something that booms too loudly, blinks too much or moves too haphazardly. Or accompany such a toy with a set of rules about when and where it can be used.

• **Don't forget the basics.** Dolls, clay, balls, building blocks, miniature human and animal figures, board games and art projects all spark creative and imagination in children, according to child psychologist Eric DiIugokinaki of the University of Oklahoma Health Sciences Center.

• **You can't buy everything.** Parents who can't afford or don't want to buy a particular toy for their child shouldn't feel guilty about it, says DiIugokinaki. Instead, they should realize that they have a right — and sometimes a responsibility — to say "no."



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STOCKING STUFFERS

By Sharon Williams

In the most perfect of holiday seasons, every gift would be worth a million bucks.

The reality? By the time you buy the major presents for every deserving friend and relative on your list, there usually isn't much left in the piggy bank for those little holiday extras destined for the stocking.

Yet everyone knows the best things often come in the smallest — and most inexpensive — packages.

And, this year, a little small change truly can buy a lot in terms of holiday trinkets.

You needn't spend more than \$10 or \$15, and you needn't feel like a cheapskate, either. The long list of options includes gifts that are practical, useful, entertaining, environmentally smart and just plain fun.

Following is a list of a few smart ideas for stocking stuffers, Hanukkah gifts and other small holiday offerings.

CHARGE IT

Rechargeable batteries and chargers are perfect for gadget lovers, penny pinchers, portable stereo enthusiasts, families with children (and their battery-powered toys) or, even the environmentally aware names on your Christmas list.

Some options? Millennium offers a portable model that can be tucked into a purse or briefcase and a charger that can fire up several batteries at a time.

COFFEE KLATCH

Catch up with today's coffee craze and give those on your gift list a reason to take a truly great break with java-inspired stocking stuffers.

Mugs, packets of gourmet coffees, coffee beans, coffee candies or chocolate-covered espresso beans are a few of the brewing — and inexpensive — options.

IN A SNAP

Tuck a single-use camera in a stocking or gift box and the recipient will be sure to capture all the great moments that follow on film.

There are many models, including those with flash, those designed for portraits and waterproof models that can be used on the ski slopes.

Children will especially love Kodak's new Aladdin Fun Saver 35, which features a still photo from the movie pre-exposed on the first frame.

ART BOX

Picassos of all ages will be inspired by a gift of crayons or markers — and today's art box holds more colorful possibilities than ever before.

Crayola, for example, now offers washable crayons and markers, markers tinted in multicultural hues, glitter crayons that combine two popular mediums in one, color-over-color markers, chalk for sidewalks and crayons for clothing.

And on the more traditional side,

there's the company's 90th anniversary tin containing 64 crayons with eight new hues and eight retired colors.

NATURE'S NOTIONS

Polished rocks, mobiles of dinosaurs, fish and planets, miniature replicas of endangered species and stickers, stamps, stencils, pencils and note pads decorated with all creatures great and small are just a few of the great and inexpensive holiday gift items inspired by Mother Nature and Earth itself.

Sources range from specialty shops such as the Nature Co. to teaching supply emporiums and stationers.

From Plexiglas and wood to faux silver and brass, inexpensive frames can turn a simple snapshot into an important photograph worthy of attention.

A wide range of materials, sizes and shapes means today's offerings not only display, but also decorate. Another possibility lies in trimming your own frames with objects such as tiny pine cones, seashells, buttons or pearls.

SPORTS STUFF

While there's no fitting a pair of cross-country skis or a stair-stepper inside the stocking, you can find some great sporting gear that's small in terms of both size and price.

Possibilities include eyeglass leashes; fanny packs; lip balm and sunscreen; a lock to secure a gym locker, skis or bike; tennis or golf balls; golf tees; sweat bands; baseball caps or visors; and the quintes-

sential pair of sports socks — something every athlete seems to always need.

GARDEN SPOT

December's chill will soon give in to spring's blossoms, blooms and sprouts. Give your favorite gardener a head start with bulbs, plant identification markers, seed packets, a hand tool or two, tiny clay pots or a gardener's notebook.

HOLIDAY GLOW

With a gift of candles, you'll ensure that the festive holiday glow won't flicker out after New Year's Day.

Options begin with tall, elegant tapers and end with elegantly flattened floating candles. Scented versions come in sumptuous fragrances such as vanilla bean, pine, gingerbread and cinnamon. And a cluster of votives might prove almost as romantic as a roaring fire.

PERSONAL PURSUITS

Some of the most pampering stocking stuffers are those with the tiny price tags.

Bath gels and bubbles, nail files, clippers and polish, after-bath splashes, small bottles of cologne or after-shave and trial-size facial scrubs, masks, moisturizers, lotions, body powders and soaps can easily be slipped into a stocking.

Another idea? Get more for your holiday dollar by checking your favorite department's store's cosmetic counters for gift-with-purchase options or special holiday packages.



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