

In Two Sections - Thirty Six Pages

The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times

## & Levittown Times 35¢

Vol. 51 No. 50

USPS 346-760

Friday, December 10, 1993

### Little Indians



Lee Avenue's Little Indians bring music to Thanksgiving Feast! Lee Avenue School students in Ms. Karen Massaro's music class, Tommy Vlahoekitas, Keith Stabasefki, Heather Molin, Chris Haggerty, Kimberly Laudin, Danielle Moskos, Kelly O'Hara, Don Karita, Suzanne Noskewicz, Joseph Pistorino, Richard Shmidt, Sandy Galuzzi and Chris Miller, experiment with rhythm instruments in preparation for their Thanksgiving feast.

## Bethpage Board Covers Many School Subjects

In personnel actions, the Board accepted the resignation/retirement of Senior Clerk Ann Stachalek, and the resignation of Paul Feltman from the extra-curricular appointment as advisor to Student Government. Mary Mullaly was appointed as a part-time bus attendant, and Terri Sullivan was appointed as advisor to Student Government. William Ciaburri was appointed as part-time Recreation Aide, and Edward Catalano was placed on Civil Service Permanent status. Various extracurricular appointments were made, and several Special Education tuition contracts were approved as well.

The Board authorized final payment to ENCO Development Corporation, contractor for Charles Campagne School masonry restoration. The Board also approved the plan for the Compact for Learning, which will be sent on to the Commissioner for Education for approval. A summary of the Compact plan will appear in the January school bulletin.

- Mr. Nydick made the following announcements:
- Family Reading Night was held at Central Blvd. School. The program was organized by Reading Specialist Janet Valades. Families participated in activities led by Principal Brad Gaito, and the PTA provided refreshments, a pencil and pin, and gift certificates for books for families who participated.
  - Seven 1993 graduates of Bethpage High School have been honored by the College Board for their outstanding achievement on the Advanced Placement Exams which they took in their senior year. Subha Dhanaraj was named AP Scholar with Distinction; Gregory Garman, David Marcus, Lauren Moran and Robert Patel qualified as AP Scholars with Honor; and Robert Melman and Brian Frange earned the AP Scholar award.
  - High School students Allyson Franco, Stacy Cinto, Jennifer Femminella, Karin Meade, Fristin Swanson, Brett Greco, Bryan Kraser and Bryan Golden have been accepted into the All-County Chorus.
  - Robert Iernia was selected by the Nassau Tech Center as Student of the Month for Carpentry class.
  - Mr. Nydick then recapped the achievements of the Bethpage sports teams and congratulated them on a successful season.

Following the announcements, Mr. Albano read a statement

Continued On Page 12

### Fire Dist. Election Dec. 14

Two candidates have entered the race for Fire Commissioner in Hicksville. Incumbent commissioner Bill Schuckmann is running against Dale Schultz. Voting takes place at the Main Fire Headquarters on East Marie Street, Hicksville, on December 14. Polls will be open from 6 p.m. until 9 p.m.

### Breakfast Program Secondary Schools

The Hicksville Union Free School District, in an ongoing effort to improve students' health and increase student awareness of proper nutrition, is offering a breakfast program at both the Middle School and the High School. Research substantiates the fact that students who are well fed perform better in school. In keeping with this fact, the district encourages students to eat a nutritious breakfast each day either at home or in school.

Breakfast is served at the Middle School from 7 a.m. to 8 a.m. and at the High School from 7 a.m. until 10 a.m. Those students who qualify for the Free and Reduced Lunch Program also qualify for the Breakfast Program. The breakfast menu includes hot and cold cereal, bagels, pancakes, muffins, eggs, omelets, waffles and French toast.

### Firemen Escort Santa In Bethpage

On Sunday, December 19, the members of the Bethpage Fire Department will be escorting Santa Claus around our town on fire trucks. Santa hopes to visit most of our residential areas during the hours of 9:30 a.m. to 6:30 p.m.

At approximately 3 p.m., members of Engine Co. 4 will take Santa to the King Kullen Shopping Center on Stewart Ave. He is looking forward to seeing everyone and will be taking any last minute requests.

Bethpage firefighters have taken on this escort duty each year for as long as we can remember in spite of frigid temperature or snow. We wish a happy and healthy holiday to all our residents and their families!

### Fire Dept. History Nearly Ready

The Hicksville Volunteer Fire Department gives the following update on the Centennial Historical Journal.

The journal, which the committee had been researching since 1990, has finally been submitted for its final printing, some two months behind its announced schedule.

The reason for this delay is a pleasant one for those who have ordered copies, the journal has increased in size from its projected 200 pages to 258 pages and approximately 1000 photographs and 2 color sections bound in a leatherette hard cover. This historical account brings the reader from the early horse drawn days in 1868 all the way to the present day of 1993. There is a section on the community itself which leads you into the formation of fire protection in Hicksville.

This is by far the largest and most detailed account of the

Hicksville Volunteer Fire Department ever written.

The residents who pre-ordered journals received a bargain at \$48 plus delivery, as the book has jumped in cost to accommodate the increase in photos and pages. The journal however, can still be ordered at basement bargain price of \$55.50 plus \$4.50 shipping and handling by writing: Hicksville Volunteer F.D. Historical Journal Committee 20 E. Marie Street Hicksville, N.Y. 11801 Att: Asst. Chief Schweitzer or Firefighter Korona

You must act now, we only have a limited supply to order from and they will be going quickly. Orders must be received by January 15, 1994.

For details or other information regarding the journal, please contact Asst. Chief Karl Schweitzer at 933-6445 ext. 103.

### Parents As Partners



Old Country Road "Parents As Partners" Workshop teaches parents to promote creative expression. At their monthly meeting, Spanish-speaking parents at Old Country Road School worked on a hands-on demonstration presented by Mrs. Adele Fishman of BOCES. The presentation focused on how parents can help their children promote creative expression, while assisting the children in learning about colors, measurement and map locations. Formed last year, "Parents as Partners" has been meeting monthly at Old Country Road School with Principal Donato Guadagnoli, ESL Teacher Helene Stopak (pictured assisting parents), School Nurse Jeane Rende, and Social Worker Sue Simon. Selected speakers address the group each month on topics relevant to the parents. These informative meetings have also helped to make the parents feel welcome in the school community. As a result, parents are now participating in more schoolwide activities, as well as having representation at the Old Country Road PTA executive board meetings.

**Letters**

To The Editor:  
 Every December, my thoughts go back to a young Airman away from home for the first time during the Holiday Season with not enough money or leave time to make the trip home. I also remember, with great love, a family in Oklahoma who invited this young man to join with them in celebration. A home cooked meal around a table full of sons, daughters, grandchildren and grandmas, not to mention a present under the tree, made this Christmas away from home a loving event that will remain forever in my heart.

I ask your readers to take a moment from celebrating to remember our servicemen and women who, for one reason or another, cannot be home with family and loved ones. Also, remember those who made the supreme sacrifice so that we may enjoy our holidays in freedom.

But most importantly, we must not forget the 80,000 plus servicemen who are still listed as Prisoners of War or Missing in Action from WW II, Korea and Vietnam. Our thoughts and prayers are with them and their families.

A most joyous holiday season to all.

Matt Rufano  
 Member of the Board

**LEGAL NOTICE  
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 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

**LEGAL NOTICE**

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, 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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**Tot Shabbat At Reform Temple**

In an effort to create a more inviting atmosphere for young children, Community Reform Temple, 712 The Plain Road in Westbury, will hold its ever popular Tot Shabbat on Friday evening, Dec. 17, at 6:30 p.m.

This innovative service is designed for children, ages 2 to 4 years old and their families. It is especially geared to giving toddlers an opportunity to participate in the welcoming of Shabbat, with song and celebration, followed by a Kiddush and snacks.

Rabbi Judith Cohen-Rosenberg and Cantor Margot Bernas will lead the children in worship and song. The service is open to all area residents and snacks will be provided. It will certainly be fun! All are welcome; members and non-members alike. For more details, call the temple office at 333-1839.

Tentative Tot Shabbat dates for the 1993-94 Calendar Year: Jan. 21; Feb. 18; March 18; April 15; May 20; June 17.

**Reading Night At Central Blvd School**

Central Boulevard Elementary School in Bethpage celebrated its third annual Family Reading Night on Nov. 3. The program is sponsored by the Central Boulevard School PTA. Families with children in kindergarten through grade 5 participated.

Mrs. Janet Valadez, Central Boulevard School Reading Specialist, organized the program which is designed to encourage parent and children involvement with literature.

All families read the book *Johnny Applesed* by Steven Kellogg. They created Johnny Applesed dolls at home and brought them and their books to Family Reading Night. The kindergarten children dramatized the Johnny Applesed story, and, in costumes, formed a character parade.

The program for grades one through five included a reading/discussion group activity developed and led by Mrs. Valadez. After the book discussion, the families participated in "Apple Activities" led by Mr. Brad Gaito, Principal. Gift certificates for books donated by the Central Boulevard PTA, were given to six families whose names were randomly selected.

The children of the families receiving the gift certificates were: Jacqueline Marconi, Laura Poggio, Steven Smith, Kevin Bende, Jessica Berardo, and Andrew Cunneen. The PTA also provided refreshments and an apple pencil and a Family Reading Night Pin to each participating family.

**Jottings From Yesteryear**

By Bill Clark

I came across a ticket for the Alpha Society of Hicksville High School for the play "Hey Stranger" for the benefit of the Washington trip. The play was Nov. 27 & 28 but no year, as many people never put the year on their items. The admission was 60 cents including the six cents tax.

With the old photograph of Broadway decorated for the Holidays, I was pleased to see the present day, East Barclay St., eye catching decorations. Attending the Hicksville Historical Society meeting, open to all, last Tues. the guest speaker

was Joshua Soren, he gave an interesting slide presentation on the development of Leavitt houses from scratch to finish in many of the areas and towns. The houses built on Hicksville farms brought memories of years ago. Horses, cows and large farms and Sunday aviators landing on the farms possibly for Sunday dinner.

A 1914 paper clipping, reports a complaint to the owner of chickens that were running around the school grounds. Also a court case of someone stealing chickens & eggs in Jericho.



C. Reinhard Prop. Lincoln-Ford 1920-30's, later Kantor Bros. Tire Co, across from St. Ignatius Church.



Same area as Kantor's Tire Co. except further back due to Broadway widening.

Photo by Bill Clark

**Shabbat Dinner At Reform Temple**

A congregational family Shabbat dinner took place on Friday, December 3, at 6:45 p.m., followed by services at 8 p.m., at Community Reform Temple, 712 The Plain Road in Westbury.

In an effort to further the close knit atmosphere of Community Reform Temple's congregation as a "temple family," the Ritual Committee along with Rabbi Judith Cohen-Rosenberg decided to hold a family shabbat dinner for the entire congregation. The event was an extreme success with the participation of one hundred and twenty adults and children.

The dinner included the traditional lighting of the Sabbath candles, drinking of wine (grape juice for the children), and eating Challah - all with appropriate prayers.

Stephanie Freese, the Religious School Administrator was present as the religious school's third grade class led the recitation of the prayers. "I am always proud when one of our classes leads services with such excellence. The children work very hard during the year so that they are able to do just that. The warm feeling of all involved was overwhelming."

Rabbi Judith Cohen-Rosenberg admitted, "We were

not at all surprised by the overwhelming response because our congregation is very united. We definitely plan to do this again."

Services concluded and were followed by an Oneg Shabbat, a collation of coffee and cake.

Services take place every Friday evening at 8:30 p.m. except for the first Friday of every month, at which time services are held at 8 p.m. The entire community is welcome to join in worship.

**Antique Show A Success**

On Sunday, November 21, the Sixth Annual Antique Show was held at the Bethpage High School. This event was organized by the Rotary and the chairperson in charge was Rich Furey. Student Civic Association/Interact members worked hand-in-hand with 20 Rotarians organizing the show and collecting money at the door. This year 47 vendors were present selling antiques and collectibles. The purpose of the antique show was to raise funds to be used towards scholarships for Bethpage High School students. This year \$2,801.50 was raised. Congratulations for a job well done!

**Mid Island Times & Levittown Times**

Published every Friday at Litmore Publishing Corp.  
 Second Class Postage Paid at  
 Hicksville, NY 11801  
 Telephone 931-0012 - USPS 346-760  
 81 E. Barclay St., Hicksville, NY 11801  
 Postmaster: Send Address Change to  
 Mid Island & Levittown Times, 81 E. Barclay St.,  
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 Robert Morgan Publisher • Yearly Subscription \$8.50

## Burns St. School Thanksgiving

Kindergarten through third grade students at Burns Avenue School enjoyed a Thanksgiving Feast and play. The students, moms and teachers Mrs. Rosof, Mrs. Warren, Mrs. Ostahever, Mrs. Finck, Mrs. Mingin, Mrs. Milburn, Mrs. Sivertson and Mrs. Grumo all pitched in to make the celebration a success!

### Drop Off Point For Toys

The office of Philip Walters DDS will be a drop off point for the U.S. Marines Toys 4 Tots Program. The toys will be distributed to disadvantaged children during this holiday season. The office is located at 96 Grohman's Lane in Plainview. Please call for directions or office hours. The office phone number is 935-0642. Please help us to brighten the holidays for these needy children. Happy Holidays to all!!!

Marine Lance Cpl. Wesley R. Tietjen, whose wife, Dana, is the daughter of Allan and Marrie Munson of 212 Park Ave., Hicksville, recently reported for duty with Marine Wing Support Squadron 172, 1st Marine Aircraft Wing, Okinawa, Japan.

The 1988 graduate of Hicksville High School of Hicksville, joined the Marine Corps in June 1990.



Frank Adams and Robert Howard prepare apples for the Burns Avenue School's Thanksgiving celebration.



Jason Rankine and Luis Sanchez donned traditional Thanksgiving attire for their class presentation at the Burns Avenue School Thanksgiving celebration.



Dina Sacco, Kerri Miltenberg, Anthony Damiano and Kevin Halcott share their class recipe for homemade applesauce...they shared the applesauce at the Burns Avenue School Thanksgiving celebration.

### Schools Financial Aid Workshop

The Hicksville Public School District will sponsor a College Financial Aid Workshop for parents and High School students on December 14, at 7:30 p.m., in the Little Theatre at Hicksville High School, Division Avenue. Participants will have an opportunity to go through the maze of financial aid with an expert in the field,

Sherwood Johnson, Mr. Johnson, Director of the Office of Financial Aid at SUNY Stony Brook, will highlight financial aid opportunities for college and walk the parents through the intricacies of the Financial Aid Form. Participants are encouraged to bring questions, pencils and paper.

# JERICHO

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## Thanksgiving At Old Country Road

Children at Old Country Road School, cut, pasted, painted, glued, chopped, prepared and presented all in preparation for their school Thanksgiving celebration. The school orchestra entertained

the students as they enjoyed a traditional Thanksgiving feast. Many of the classes embraced

the historical spirit of the occasion by donning homemade Pilgrim and Indian costumes.

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

To Peter Dzenutis, issue of Ann Bartoszewicz, issue of Catherine Turonis, Peter Bartoszewicz, Andrew Bartoszewicz, Ann Bartoszewicz, Mary Bartoszewicz, and any and all unknown person whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said Catherine B. Purvey, deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

#### GREETINGS:

WHEREAS, Ellen Tretola who is domiciled at 27 Forest View Drive, Ashville, North Carolina 28804 has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 19th day of May, 1992 relating to both real and personal property duly proved as the Last Will and Testament of Catherine B. Purvey deceased who was at the time of her death domiciled at 6 Guthell Lane, Great Neck in said County of Nassau.

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 2nd day of February 1994 at 9:30 A.M. of that day why the said Will and Testament should not be admitted to probate as a Will of real and personal property.

#### IN TESTIMONY

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

WITNESS, HON. C. RAYMOND RADIGAN, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 30 day of Nov. 1993.

Albert W. Petraglia  
Clerk Of The  
Surrogate's Court

Kevin J. Harding, Esq.  
Harding and Harding  
1055 Franklin Avenue  
Garden City, NY 11530  
GNN 6204  
MIT 2764  
4x 12/10, 17, 24, 31



Old Country Road Kindergarten teacher Mrs. Tina Cottrell and her students practice singing drum songs for Thanksgiving celebration.



Brian Becker shares his Pollah Heritage with the third grades at Old Country Road School. The students researched their family heritage and shared it with classmates as part of their Thanksgiving celebration.



Evan Koegl admires Thanksgiving treats prepared by his mom, Carol and other mothers for the Old Country Road Thanksgiving celebration.



Mrs. Greene's first grade students enjoy a traditional Thanksgiving dinner as part of the Old Country Road School celebration.



Mrs. Lois Kent directs the Old Country Road fifth grade orchestra in playing Thanksgiving favorites for their feast.

### Fun At Farm



Fun at the farm! Dutch Lane School first graders enjoy a hayride with their teacher, Mrs. Sandra Saul, at Green Meadows Farms.

### First Thanksgiving



Lee Avenue Kindergarteners re-enact the First Thanksgiving! Christopher Mascla, Derek Lun, Rafal Bulatewicz, Daniela Bruzzi, Christopher Du, Nicole Pastore and Brian Hopkins re-enacted the First Thanksgiving in Mrs. Geandomenico's Kindergarten class.

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**ALL PERSONS WHO HAVE WORKED WITH OR AROUND ASBESTOS OR ASBESTOS-CONTAINING PRODUCTS (WHETHER OR NOT CURRENTLY SUFFERING FROM AN ASBESTOS-RELATED MEDICAL CONDITION)**

**their spouses, household and family members, and legal representatives**

## PRODUCTS AND OCCUPATIONS ASSOCIATED WITH ASBESTOS

Examples of the types of products which the 20 defendant companies manufactured or supplied (or for which they may otherwise bear legal liability), and which, at various times, contained (or may have contained) asbestos, include, but are not limited to, the following types of products:

acoustical products, including spray and tile; adhesives and cements; asbestos blankets; asbestos cloth or textiles; asbestos fiber or pellets (raw or processed); asbestos linings; asbestos paint; asbestos paper; asbestos protective clothing; asbestos rope, braided tubing and wick; asbestos-containing sprays; asbestos tape or thread; asphalt products, including tile and sundries; automotive, truck, off-highway vehicular, and marine products (brake linings, pads and shoes, brake blocks, clutch materials, transmission components, gasket materials, shock absorbers); ceiling panels, tiles, and related sundries; cement products (cement or mortar, board, flooring, panels, pipe, flat and corrugated sheet, siding, shingles, stucco); ceramic or paint fillers; commercial and industrial machines or components (brake linings, clutch facings, thermal insulation, transmission components, gaskets); detackifying/demolding agents; drywall joint treatment products (joint compound, joint cement, joint treatment, joint sealant, caulking compounds); fireproofing products; gaskets, sheet packing, and molded products; mastics, and coating and sealing products; millboard, rollboard, and mineral wool board; phenolic or plastic resins; plaster and plaster products; plumbing joint sealant; refractory products, such as clays, cements, shapes and block (used to build, insulate, or seal structures subjected to high heat such as boilers, furnaces and kilns); resilient floor covering products (tile, sheet, backing, and sundries); roofing products (cements, coatings, felts, deckings, flashings, paints, shingles); spackling compound; thermal insulation products (pipe insulation, pipe wrap, block insulation, cement, spray, and sundries).

Examples of occupations in which workers, at various times, potentially worked with or around the asbestos or asbestos-containing products listed above include, but are not limited to, the following occupations:

asbestos mine or mill worker; asbestos products plantworker; automotive, truck, off-highway vehicular, marine and industrial component worker (parts manufacturing and fabrication, mechanic, or installer); boiler maker; chemical, atomic, paint, or ceramic products worker; construction worker (including bricklayer, carpenter, drywall installer or tapper, flooring installer, electrician, laborer, painter, plasterer, plumber, roofer); construction demolition and waste worker; firefighter; HVAC (heating, ventilation, air conditioning) worker; insulator; iron, steel, or metal worker; longshoreman, seaman, or deck hand; machinist; maintenance, custodial, or janitorial worker; oil field worker; pipefitter; pipe layer; powerhouse worker; railroad worker; refinery worker; roofer; rubber or tire worker; sheetmetal worker; shipyard worker (all trades); smelter or foundry worker; steamfitter; warehouse worker.

**THESE LISTS PROVIDE EXAMPLES ONLY, AND MAY NOT LIST EVERY TYPE OF ASBESTOS-CONTAINING PRODUCT OR OCCUPATION INVOLVING POTENTIAL EXPOSURE TO ASBESTOS OR ASBESTOS-CONTAINING PRODUCTS MANUFACTURED OR SUPPLIED BY THE 20 DEFENDANT COMPANIES (OR FOR WHICH THEY MAY OTHERWISE BEAR LEGAL LIABILITY).**

**MOST EXPOSURES TO ASBESTOS, HOWEVER, OCCURRED MANY YEARS AGO.**

Your rights may be affected by the settlement of a class action lawsuit pending in the United States District Court for the Eastern District of Pennsylvania. PLEASE READ THIS NOTICE CAREFULLY AND CALL 1-800-847-2727 FOR MORE INFORMATION

### DESCRIPTION OF LAWSUIT AND SETTLEMENT

Certain individuals have brought a class action lawsuit entitled *Carlough v. Anchem Products Inc. et al.*, C.A. No. 93-CV-0215 (E.D. Pa.), seeking personal injury damages as a result of occupational exposure to asbestos against the following 20 defendant companies:

Anchem Products, Inc., A.P. Green Industries, Inc., Armstrong World Industries, Inc., CertainTeed Corp., C.E. Thurston and Sons, Incorporated, Dana Corp., Ferodo America, Inc., Flexitallic, Inc., GAF Corp., I.U. North America, Inc., Maremont Corp., Asbestos Claims Management Corporation (formerly known as National Gypsum Company), National Services Industries, Inc., Norroc Corp., Pfizer Inc., Quigley Company, Inc., Shook & Fletcher Insulation Co., T&N plc, Union Carbide Chemicals and Plastics Company Inc. (formerly known as Union Carbide Corporation), United States Gypsum Company.

The individuals bringing the lawsuit seek damages both for themselves and for a class of other similarly situated persons. The Court has conditionally certified that class solely for purposes of a possible settlement of the lawsuit. The counsel listed at the bottom of this Notice have been appointed as Class Counsel.

A proposed Settlement has been reached between the court-appointed representatives of the class and the 20 defendant companies.

The Settlement sets up a system to compensate class members who meet certain asbestos exposure requirements if and when they develop certain asbestos-related medical conditions. Compensation will also be available in death cases.

Compensation amounts reflect amounts paid by the 20 defendant companies to similar claimants whose cases have been settled.

A hearing will be held by the Court in Courtroom 11A, U.S. Courthouse, Philadelphia, Pennsylvania, on February 22, 1994, to determine whether the proposed Settlement should be approved by the Court as fair, reasonable, and adequate.

If the Settlement is approved by the Court, it will settle all claims for asbestos-related personal injury (including claims based on premises ownership or vicarious liability) against the 20 defendant companies by all members of the class who do not exclude themselves from the class. Claims settled will include 1) personal injury, damage or death and all forms of mental or emotional harm; 2) loss of support, services, consortium, companionship, society and other valuable services made by spouses, parents, children or other relatives (including wrongful death and survival actions); 3) punitive, aggravated, or exemplary damages of any sort.

### WHO IS A MEMBER OF THE CLASS?

1. All persons (or their legal representatives) who have been exposed occupationally, or through the occupational exposure of a spouse or household member, to asbestos or to asbestos-containing products for which one or more of the 20 defendant companies may bear legal liability, but who had not, as of January 15, 1993, filed a lawsuit for asbestos-related personal injuries against one or more of those companies. The occupational exposure to asbestos or asbestos-containing products must have taken place while the exposed worker was working in the United States or its territories, or while working on U.S. military, merchant or passenger ships. Class members must also have resided in the U.S. or its territories as of January 15, 1993.

2. Spouses, parents, children, or other relatives of the exposed worker (or their legal representatives) who had not, as of January 15, 1993, filed a personal injury lawsuit based on the exposed worker's asbestos exposure, are also class members.

"Occupational exposure" to asbestos generally means that an individual's job responsibility involved working with or around asbestos or asbestos-containing products. These exposures usually occurred in industrial settings or during construction activities. "Occupational exposure" to asbestos does not include "environmental exposure," such as that potentially experienced by office workers in buildings where asbestos-containing products were present.

If you are covered by this definition, you are a class member, whether or not you are presently suffering from an asbestos-related medical condition.

### CONSEQUENCES OF CLASS MEMBERSHIP

If you are a member of the class and wish to remain a class member, you need to do nothing further at this time. If you remain in the class and a Settlement is approved by the Court, you will get the benefit of that Settlement. By remaining in the class, you will have accepted these procedures as the only means of resolving claims based on asbestos-related personal injury or damage against the 20 defendant companies.

### REQUESTS FOR EXCLUSION

If you want to be excluded from the class, you must fill out an "Exclusion Request," and return it to the Court at the address listed in that form no later than January 24, 1994. (Directions for obtaining an "Exclusion Request" are outlined below). If you exclude yourself from the class, you will not get the benefit of a Settlement. You may, however, pursue any claims for asbestos-related personal injury or damage against the 20 defendant companies by filing your own lawsuit at your own expense through the usual court procedures.

### APPEARANCE BY COUNSEL

The Class Counsel identified below will act as your counsel in this class action at no expense to you; however, you may also have your own attorney appear in this action on your behalf and at your own expense.

### OBJECTIONS TO SETTLEMENT

Class members may object to the proposed Settlement, either on their own or through counsel. Written objections must be filed with the Clerk of the Court at the address listed below, and postmarked no later than February 8, 1994. Attendance at the hearing on the Settlement is not necessary, but any class member wishing to be heard orally at the hearing should notify the Clerk at the address below no later than February 8, 1994.

**THIS NOTICE IS A SUMMARY ONLY TO REQUEST A COMPLETE NOTICE PACKET ON THE CLASS ACTION AND SETTLEMENT AND/OR AN EXCLUSION REQUEST FORM, CALL 1-800-847-2727.**

Questions should be directed to Class Counsel:

Gene Locks, Esquire  
Greitzer and Locks  
1500 Walnut Street  
Philadelphia, PA 19102  
(215) 893-0100  
(215) 985-2960 (FAX)

Ronald L. Motley, Esquire  
and  
Joseph F. Rice, Esquire  
Ness, Motley, Loadholt,  
Richardson & Poole  
151 Meeting Street, Suite 600  
P.O. Box 1137  
Charleston, SC 29402  
(800) 666-7503  
(803) 577-7513 (FAX)

Dated: October 27, 1993  
Michael E. Kunz  
Clerk, United States District Court  
Eastern District of Pennsylvania  
U.S. Courthouse  
601 Market Street  
Philadelphia, PA 19106

## Dutch Lane Celebrates

Fourth graders in Miss Staab's class at Dutch Lane School teamed up with Mrs. Taylor's Pre-Kindergarten class at the Pre-School Learning Center. The two classes teamed up to make costumes, holiday decorations, learn poems and songs, and prepare foods for their feast. The youngsters celebrated sharing the spirit of Thanksgiving by giving gifts to each other. The fourth graders made finger puppets for the Pre-K class, and they in turn made placemats for the fourth graders. They celebrated their new friendships with homemade cornbread, applesauce, popcorn and turkey sandwiches.



Ms. Michelle Staab, Dutch Lane fourth grade teacher, assists Jenna Lariacchio during preparations for their Thanksgiving celebration.



Dutch Lane Principal Nancy Burke and District Special Education Director Rosemary Plans enjoy the fourth grade/Pre-K Thanksgiving celebration with students Shauna Farrell and Stephanie Hernandez.



Adam Hart, Dutch Lane fourth grader, shares an entertaining comment with his new Pre-K friend Matthew Scally during the classes' Thanksgiving celebration.

## CRT Celebrates Chanukah

The Community Reform Temple Pre-school, 712 The Plain Road, Westbury, will celebrate the festival of Chanukah with a special family party on Friday, December 10, at 11:30 a.m.

The purpose of this gathering is to learn about the "hows" and "whys" of the holiday. This will be done with food (latkes, which are potato pancakes, applesauce and donuts) games ("Spin the Dreidel"), music (family sing-a-longs) and crafts (a parent/child collaborative menorah making).

It will truly be a fun and educational activity, which is enjoyed annually by the participants.

The CRT Preschool caters to two through four year olds, and also offers a Mommy and Me Program and Kindergarten Enrichment Program.

Each class is supervised by a licensed teacher and an assistant. Two day, three day and five day programs are available; a summer program is also offered.

CRT Preschool Administrator, Stephanie Freese, is available to discuss enrollment or other questions, she can be reached at 333-4348 from 10:30 a.m. to 1 p.m. on Mondays, Tuesdays, Wednesdays and Fridays.

## HHS Graduate Wins Award

Hicksville High School graduate of the Class of 1990, Michelle Murtha, has recently won a \$1,000 scholarship award from the Linen Trade Association. Michelle is a Marketing Home Furnishings major at the Fashion Institute of Technology in New York. The award was granted based on Michelle's artwork and oral and written communication skills. Michelle explained to the judges the reasons she chose the home textiles area and what she hoped to contribute when she graduated.

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- Do you want a candidate who hasn't voted in the past 10 years Fire District Elections?
- Do you want a candidate who hasn't communicated with the Chief Executive Officers for a position he desires?
- Do you know that there is only 1 candidate that is presently a Hicksville Firefighter?
- Do you want a candidate who can't finish a job he begins?
- Do you want a candidate with less than 10 years of Volunteer Fire Service experience?
- Do you want a candidate who hasn't addressed any of the Hicksville Community Organizations?
- Do you want a candidate who has no community interest?

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- Bill Schuckmann - Has community interest & involvement!
- Bill Schuckmann - Communicates with the Hicksville organizational!
- Bill Schuckmann - Doesn't start a job he can't finish!



You know Bill's credentials, you've seen his hard work, you know what Bill has done for the Hicksville community, so why not continue to have Bill serve another 5 years? He has proven experience, dedication and the ability to get the job done right.....Vote Bill Schuckmann

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## Hicksville Artist In Americana Show



Charles Conover, Hicksville artist, and Mrs. Phyllis Krellman, Curator, Wisser Memorial Library, New York Institute of Technology at the reception opening Conover's "Americana" exhibit which will be displayed until Dec. 22.  
Photo by Edward Bady

A striking exhibit of modern American art is prominently on display at the Wisser Memorial Library of the New York Institute of Technology. The work of Charles Conover of Hicksville, the "Americana" consists of large acrylic paintings on canvas, in a graphic commentary on contemporary American values and culture.

The artist is a teacher of computerized graphic arts at the Pratt Institute of Art. He studied art at the New York Institute of Technology and pursues graduate studies at New York University.

Mr. Conover is a prolific, professional artist whose

previous, 1991 one-man show at New York Tech was seen by many viewers. The current Wisser Memorial Library exhibit will run through Wed., Dec. 22.

Conover is a graduate of the Hicksville High School. He is the son of Mrs. Val and Hugh Conover, past president, Hicksville Gregory Museum.

# LIFE GUARDS



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Enjoying the opening of Charles Conover's one-man modern art exhibit at New York Institute of Technology are the artist, (right rear) brother, Bevee (left) and his parents, Hugh and Val Conover. The graphic "Americana" exhibit reflects contemporary U.S. values, culture.  
Photo by Dick Evers

## Communications Center



Annette D'Agostino, left, a resident of Bethpage, recently attended the dedication ceremony at William Paterson College in Wayne, New Jersey that marked the re-opening of Hobart Hall, the college's newly renovated \$5 million communication building. D'Agostino, who earned a master's degree in communication from WPC in 1985 's talking with Bernice LaPorta, a WPC alumna. D'Agostino, a former adjunct professor of communication at WPC, is now a professor at Hofstra University and is writing a book.

**In Service**

Marine Lance Cpl. Keith N. Albert, son of David N. and Christina R. Albert of Ronnie Lane, Bethpage, recently reported for duty with Marine Wing Support Squadron 172, 1st Marine Aircraft Wing, Okinawa, Japan.

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

**LEGAL NOTICE  
NOTICE OF SALE**

INDEX NO. 8738/93  
**SUPREME COURT OF THE STATE OF NEW YORK: COUNTY OF NASSAU 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 & TULLIS, 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, Plt. vs. 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/s 5 A Moeller, St., Hicksville, NY s/k/s 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 25th, 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, Referee**

**RUBIN & ROTEMAN Attys. for Plt.,**

1787 Veterans Highway, Islandia, NY W867

MIT 2751  
4X 12/3, 10, 17, 24

**Joe Lamb K. of C. Christmas Parties**

The Joseph F. Lamb Council No. 5723, Knights of Columbus, will hold three separate Christmas parties in December. The council, whose members are from both Plainview and Hicksville, has always held these parties as an annual event.

On Sunday afternoon, Dec. 5, the council held the Christmas party for the Exceptional Children of Our Lady of Mercy in Hicksville. This party was held in the school basement and lasted from 1 p.m. to 4 p.m. A special Turkey dinner, with all the trimmings, was served by the memers of the Joe Lamb Council, to the Exceptional Children and their parents, in attendance. The festivities included singing of Christmas carols, cake and candy, and even Santa Claus made a special appearance. The chairman for this event was P.G.K., P.F.N., F.D.D. Peter Volpe. All the children enjoyed an outstanding day.

The adult Christmas party for all members of the Joe Lamb Council, as well as their wives, will take place on Thursday evening, Dec. 16, at 8:30 p.m., also at Our Lady of Mercy School basement. This event has always been very well attended in the past. Refreshments, beer, soda, and a special meal will be available to all. Christmas carols will be sung, led by P.G.K. Josef Ort, who will be accompanied by brother Knight Richard Layh, with his violin. The chairmen for this af-

fair are P.G.K. John Lombardi and P.G.K. Josef Ort. Our present Grand Knight Henry (Hank) Schettini urges all members of the Joe Lamb Council to partake in this evening of the true spirit of Christmas.

The Annual Children's Christmas Party will be held on Sunday afternoon, Dec. 19, also at Our Lady of Mercy School basement, in Hicksville. This party will start at 1 p.m. and will end at 4 p.m. This annual affair is held every year for the children and grandchildren of the members of Joe Lamb Council. Hot dogs, soda, candy, ice cream, cookies and other refreshments will be served to all those hungry children who will certainly attend. Santa Claus, will of course, make this one of his special stops and will say "Hello" to all the children and adults. All children, ages from infant to 8 year olds, will be given a special present. A roving photographer (yours truly), will be present to take a large score of pictures. Christmas carols will be sung, led by P.G.K. Josef Ort, who has shown much ability in this chore in the past. The chairman for this affair is P.G.K. Sam Repoli, assisted by Co-Chairman Brother Knight Frank Deturris. Many of the brother Knights of the Lamb Council will be on hand to assist with the activities. A wonderful time is expected for all.

**Funeral Services For Jim Cooley,**

American Legion memorial services were conducted at Hicksville's Dalton Funeral Home, on Sunday evening, for well-known and beloved WW-II Veteran, James "Jimmy" Cooley. He was a co-founder, charter member of the Robert O. Ulmer Post 44, American Veterans (AMVETS). Mr. Cooley was also well known as a poet, whose verses touched many hearts and minds of readers of the Mid-Island Times, over 30 years.

His memorial services were conducted by Commander Ernest Warnken and members of the American Legion Archie McCord Post of Bethpage, in which community the Hicksville native resided. Also present to honor Medical Corps service in WW-II, were past-commander Arlene Howard of the Hicksville Charles Wagner Post, with the recorded strains of "Taps," and Richard Evers, Past-Chaplain, Post 421, who delivered an eulogy for an admired long-acquaintance.

Mr. Cooley, a longtime Grumman employee, suffered from Alzheimer's disease and was a resident at the LI State Veterans Home, Stony Brook, at the time of his death. He was buried in Plain Lawn Cemetery, Hicksville. The Reverend, Father Kohli, Chaplain at the veterans home, conducted graveside services.

Surviving Mr. Cooley are his son, James Cooley, Jr., a career NCO in the U.S. Airforce;

grandchildren Racheal, Michelle and Jamie Cooley, a daughter, Mrs. Diane Pearson and her husband of Florida; neices Mrs. Elizabeth Stay of Hicksville and Mrs. Gloria McGee of Union, W. Virginia and their husbands.

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

**THE LONG ISLAND SAVINGS BANK OF CENTERTOWN, FSB, Plaintiff, vs. MARTIN LEBEDIN a/w/a MARTIN S. LEBEDIN, et al Defendants.**

**ATTORNEY (S) FOR PLAINTIFF: MARGIOTTA & RICIGLIANO, CYNTHIA SENKO-ROSICKI, OF COUNSEL, 599 JERUSALEM AVENUE, UNIONDALE, N.Y. 11553.**

Pursuant to judgment of foreclosure and sale, entered herein and dated Oct. 12, 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 11th day of Jan., 1994, 1:30 p.m., PREMISES in Hicksville, New York and Described as Follows:

**BEGINNING** at a point on the Westerly side of Evers Street where the same is intersected by the Southerly end of the curve having a radius of 20 feet and a length of 31.42 feet which curve connects the Westerly side of Evers Street and the Southerly side of Chance Street and from said point of beginning;

**RUNNING THENCE** along the Westerly side of Evers Street South 11 degrees 29 minutes 00 seconds East 82.68 feet;

**RUNNING THENCE** South 78 degrees 31 minutes 00 seconds West 88.76 feet to land now or formerly of John Terlikoosky;

**RUNNING THENCE** along the last mentioned land North 3 degrees 25 minutes 22 seconds East 106.25 feet to the Southerly side of Chance Street;

**RUNNING THENCE** along the Southerly side of Chance Street, North 78 degrees 31 minutes 00 seconds East 41.42 feet to the Westerly end of a curve having a radius of 20 feet above mentioned;

**RUNNING THENCE** in a general Southeasterly direction along the arc of said curve a distance of 31.42 feet to the Westerly side of Evers Street at the point or place of BEGINNING.

**PREMISES** known as 21 Evers Street, Hicksville, New York. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of Judgment - \$161,803.89, plus interest and costs.

**INDEX NO. 6680/93  
GREGG N. SIDOTI  
REFEREE**

MIT 2763  
4x12/10, 17, 24, 31

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

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

**PROPOSITION  
RESOLVED:**

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

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

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

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

**PROPOSITION**

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

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

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

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

**LEGAL NOTICE**  
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.

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. 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 Trachtman  
District Clerk

SYO 8719  
4x11/12, 19, 26; 12/10



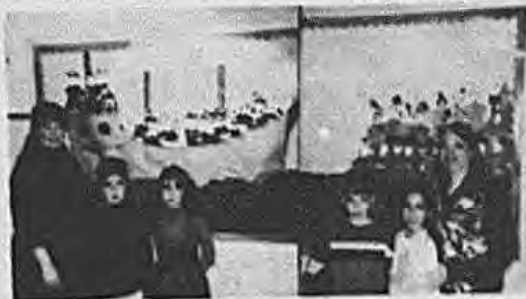
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746-0240  
294-8900**

**Students Celebrate Thanksgiving**



Children in grades kindergarten through two enjoy a feast at their school's annual Thanksgiving festival. As part of the festival, Mrs. Ullrich (pictured right) and her third graders invited everyone to feast their eyes on a beautiful mural depicting the Pilgrims' arrival at Plymouth Rock. The students were assisted by art teacher Mercedes Paulsen (pictured left), Jamie Groeschke, Deanna Monte, Nicolas Guzman and Christopher Strelau (L-R) pose proudly with their teachers and their artwork.

**Chorale Chanukah Service**

Community Reform Temple, 712 The Plain Road, Westbury, will be celebrating the holiday of Chanukah with a special choral Chanukah Service on Friday evening, Dec. 10, and the entire community is invited to attend.

Participating in the service will be the CRT Junior Choir, Samantha Persampiere, Molly Jackson, Diana Karp, Kim Robison, Suzanne Schwartz, Jamie Gelbien, Tara Corn, Melissa Meyer, Melissa Ras, Gabrielle Nazri, Tara N. Schwartz, Jessica Hertz, Rebecca Brody, Marc Nazri, Stephanie Lanare, Ashley Comiskey, Elisabeth Gelfand, Tracey Goldstein and Loren Kamen. Leading and organizing the Junior Choir will be Cantor Margot Bermas who has been Cantor of Community Reform Temple since August; congregant, Kenny Schwartz, will be playing guitar and has

also been an integral part of organizing the choir.

Chanukah, the festival of lights, celebrates a miracle of a small amount of oil, enough to light a menorah (an eight branched candelabrum) for only one day, lasting for eight full days; therefore, Chanukah is celebrated for eight days.

Chanukah celebrates that miracle and the Jewish people's defeat over the evil Syrian king, Antiochus. Antiochus did not want the Jewish people following their religion so he had their temple destroyed during a war between his soldiers and the Jewish soldiers. The Jewish soldiers, the Maccabees, were able to recapture the temple. It was there that the miracle of the oil occurred. Jews commemorate this victory over forced assimilation yearly at this time.

For more information about this event or any other, contact the temple office at 333-1839 Mon. through Fri., 8 a.m.-4 p.m.

**To Owners of Good Restaurants:**  
**This Is Your Chance To Join "Reader Ratings"**

**The Last Word In Restaurant Guides**

Where Our Readers Have The Last Word

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

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

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

**(Guide to Good Dining)**

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

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## Bethpage Board Covers Many School Subjects

Continued From Page 1

regarding an article which appeared in the PAL Soccer Newsletter. Mr. Albano indicated that many statements in the article were erroneous, and he wanted to set the record straight regarding the use of the athletic fields. The use of the fields is being reviewed and will be reported at the January meeting. The Board will make what they believe to be the most appropriate decisions possible.

The Board then responded to questions. Mr. Greenberg noted that the boys' varsity soccer team had been unable to play a playoff game on the High School field. However, it was noted that this was due to a scheduling conflict.

Mrs. Hurley asked about the C-track students who had been put into the B-track. Mr. Albano indicated that the students are being closely monitored, and that the Board is receiving information and recommendations. Mr. Nydick noted that the High School is working hard to make this work.

A parent had a question about the Special Education kindergarten at Central Blvd. She wished to know if a substitute is provided when the teacher aide is absent. Mr. Mann indicated that currently, no substitute is provided unless the aide has a prolonged absence. The parent was referred to Dr. Paul Cooper for further information.

There was a discussion regarding a change in the criteria for Challenger Class. The current criteria will remain in place. However, the procedure would be changed to allow a teacher to recommend a student for Challenger who did not qualify based on testing scores. The student would then be reviewed by the building Child Study Team. The Board noted that recommendations could come only from teachers, not from parents. The Board wished to allow more flexibility so that fully qualified students who should be in the program can be considered. There is no intent to reduce standards, but only an attempt to identify those who make the standards, even though they may have had some extenuating circumstance which caused a testing problem.

Mrs. DeLustro asked about the new computers. Mr. Nydick replied that the order is being put together and should arrive shortly. Mrs. Harrison asked if it were possible to allow High School seniors more opportunity to work with the computers. This will be looked into.

Mrs. Dubenaky asked if it were possible to offer more course choices at the High School, especially for seniors. There was a discussion regarding this. Mr. Mann explained that it is sometimes difficult to offer a variety of courses due to the smaller enrollment at the High School than in previous years. However, this will be looked into, and the District will see which courses the students wish to take and how they can be scheduled. A nine period day was discussed.

The next regular Board meeting will be held at 8 p.m. on December 14, in the Little Theater.

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

vs  
RAYMOND DIGUGLIEMO  
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;

**TENCE** South 34 degrees 04 minutes 00 seconds West 175.72 feet;

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

**TENCE** 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 - \$226,060.08, plus interest and costs.

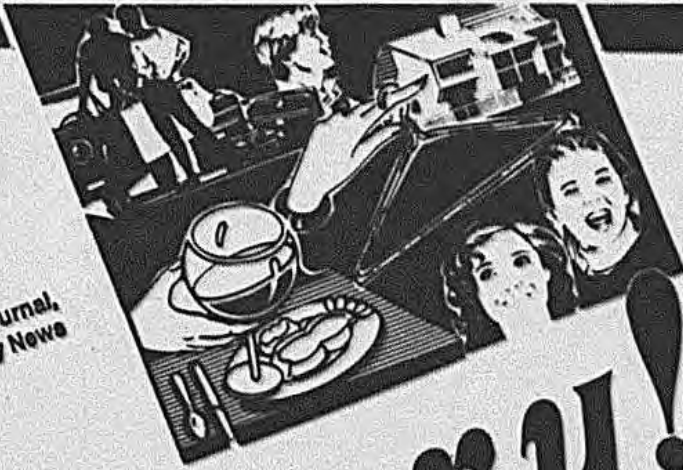
INDEX NO. 019922/93

DAVID H. LEDGIN,  
REFEREE

SY06725

4/11/12,19,26;12/3

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



# Discovery! Magazine

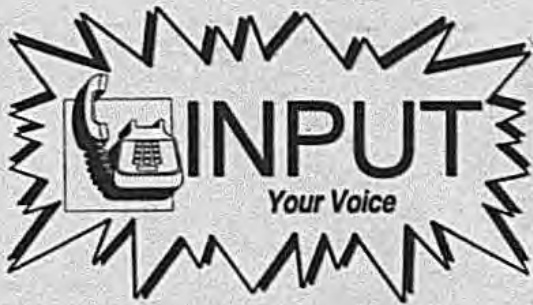
The newspaper edition that helps  
discover new writers, new ideas  
through input and special  
family features.



Friday, December 10, 1993



**STARDUST**



## THE QUESTION OF THE WEEK

In addition to a waiting period on gun purchases should there have to be mandatory training and licensing of gun owners?



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

## Most Callers Believe In Community Service

Most Input callers favor community service for high school students in answer to this question: "Should community service be a requirement for graduation from high school?" Here are some of the answers:

### FAVORS COMMUNITY SERVICE

I think community service would be a great idea for every student to participate in. Just going to school, sitting behind a desk and reading books does not prepare people for life or even to be a human being. Unfortunately in society there are so few volunteers and even rabbis and ministers and all clergy do very little to get people to volunteer. I can remember several years ago no one would help a homeless nun abandoned in the park. I was the only one who tried to help her and it eventually cost me over \$2,000. Luckily in the end a church in Levittown came through to help. Just going to church every week is not enough. It should be required that community service be performed by graduating high school students. **K.F.**

### SHOULD NOT BE REQUIRED

I believe that community service should not be a requirement for high school. This is another little ploy that the politically correct in this country want to enact on us. The values of high school are for one to learn how to read and write and become good productive citizens. Learning about condoms, multi culturism is not supposed to be learned as a major course in high school. Unfortunately in this country we have people who believe we should go back to a 60's socialism type of country. Fortunately for us most people do not believe that. Unfortunately there are those in politics and education who believe there are higher goals than literacy and being a productive citizen. We have to look at what is happening in America and that there are a lot of things that are wrong with many things proposed from our media and Washington D.C. Community service is another 60's type of social experiment and distraction for students. We should get back to the basics of what has made this country great. **T.F.**

### TEACHES COOPERATION

I believe community service should be a requirement because it teaches children how to cooperate with others which is important in their job and important during college. It would help them on how to get along on paying jobs. **V.S.**

### REQUIRE COMMUNITY SERVICE

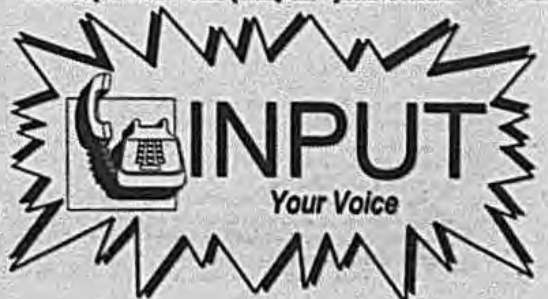
Although it is important for students to be proficient in necessary academic skills such as reading and writing, I think they should also be required to participate in community service before they graduate from High School. By taking part in these students can gain valuable experience which can help them decide what careers to have in the future. Helping others in the community is not only beneficial but can also be meaningful. Practical knowledge can be just as valuable as an education. **K.P.**

### GOOD THING

Community service for students could be a good thing, but it could also be another political endeavor spurred on by teachers who are committed to certain causes desiring to push the students they teach in a particular way. If community service is a requirement for graduation there should be certain guidelines made so that teachers could not steer the students into their method of thinking. Let them find original and meaningful projects that would come from a variety of sources. As with anything good there will always be those students who "golf" off on the projects and those teachers who misuse their power over students. In essence it is a good idea to promote community service and make it part of the school curriculum but I believe it still ought to remain optional with credits given for good work but not forced on students. **K.L.**

### BRIDGE THE GAP

I feel that something must be done to give continuity to students as a requirement for graduation from high school. As it is, so often I pass groups of students gossiping outside high school after having been dismissed at the close of the days work in the classroom. Somehow, I never seem to get the feeling that their discussion has any serious aspect involved bearing upon an advancement of their post-graduation affairs. I see groups of such youngsters congregating with some of them enjoying a smoke and this includes both the young men and the ladies. Somehow, I just don't feel that their current post-school interest has a serious connection with their careers in the years ahead. In my opinion, Community Service as a requirement for graduation from high school would bridge the gap between graduation and career and make it mandatory for serious consideration of the uses to which their education could be put looking forward not only to their personal fortunes but also the welfare of and their participation in public affairs. I believe that such a requirement would quickly show positive results. **P.G.S.**



# Discovery!

## STARDUST

By Paula Freda

With all the commercialization that surrounds Christmas present, here is a romantic fable that reminds us of the true meaning of the Christmas spirit



It's on Christmas Eve that I remember her most, Greta, a fragile old woman with silver hair and brows, and skin like delicately wrinkled chiffon.

I can still see her seated on the park bench, her thin figure prim and natty in a grey-fitted coat and old-fashioned pumps. I can hear the warble coo of the pigeons chattering about her as she fed them bits of bread and peanuts from a small paper bag. The sly squirrel sprinting down his tree in short sporadic leaps, his small eyes, two dark beads, and pointed ears, sensitive to the slightest fluttering of a branch, also was allowed to partake of the meal.

I was ten at the time and prone to believe what the other children said about her, that she was a strange one, because when she smiled at us in a tender sort of knowing way, she had the power to make us feel all soft and cozy inside.

I lived in the same six-family apartment building as Greta. I'd heard the adults talking. They said she was a bit touched, because whenever the evening sky was clear and the stars were out, she would sit by the window and stare at those stars, for hours on end, with the silliest look splayed across her old face.

I asked my mother about Greta. Mom set me straight about the lady in question.

As a girl, Greta was a wild spirited creature. She bubbled with life like clear sparkling wine. She was the sort who found it delightful to walk in the rain, who derived extreme pleasure from sitting inside the hollow at the base of a large tree and spinning tales for the young folks daring to enter the hollow with her. Of course, she never hurt anyone. She was strange, but always kind.

She almost married - old Mr. Spritz, young Mr. Spritz in those days; he ran the local grocery store. But then she met this other man, the one she claimed came from a distant world. "Course the older folks knew she meant some foreign port, but the young folks, they swore she had told them he hailed from the stars. "A matter of young people's exaggerated imagination," my mother concluded.

It was the day before Christmas, I remember that afternoon as though I were again a young child in a pea jacket, pleated skirt and gaulouches. It had snowed the night before. The old woman sat on the park bench, shelling peanuts from the paper bag in her lap, her dainty fingers grooved and polished with age, the grey of her wool coat blending with the silver of her hair. I was a young girl with a lively curiosity, so I determined to ask for myself her version of the story.

I drew near to the old woman. The smile she greeted me with was - graceful. She invited me to sit beside her and asked if I would like to help her feed the birds.

"What's your name, child?" she asked, placing some peanuts that needed to be shelled on my lap. A chestnut lock had blown across my brow. She lifted a fragile hand and pushed it aside. Tiny shreds of peanut shell hung to the crinkled skin on her fingers and bits of shell were wedged into the thin white borders of her hardened fingernails. I was not aware that my mouth hung open. "Are you afraid of me?" she asked. She did not sound old. Her voice was steady and strong.

She smiled again and I was taken back by the luminosity of that smile, by the paleness of her lips and the whiteness of the teeth showing between. There were wrinkles about her nose and at the corners of her mouth. But the ravishing beauty that must have been hers in youth, still lingered about her face like the scent of perfume that has lost its potency, yet lingers on pleasantly.

"Are you ready for Christmas?" she asked. And then with the dotage of old age, before I could answer, "I'm going to tell you a story," she said, "It's what you came to hear, isn't it?"

I nodded, too mesmerized to answer.

"You have a kind heart and an inquisitive mind," she said, "and one day you may even write the story I'm about to tell you." She paused as though gathering her strength, as though it hurt to remember.

"It all happened a long time ago," she began. I was twenty-one and the world was an exciting place for me. I wanted to travel, and see all there was to see, and know all there was to know, but my family was poor, and my education limited. Mama advised me to marry young Mr. Spritz, he was much taken with me. And perhaps I would have married him, if...." she stopped as she examined a memory.

"I was sitting right here, nigh on forty Christmas eves ago, when he strode past," she said, a huskiness thickening her voice. "He was as no man I had ever seen, tall, wide of shoulder, with a dark, sculptured face. He wore a grey felt hat, flat-brimmed and pinched at the crown, wore it tilted to the side so that the brim partially covered one thick dark eyebrow and made the shape of the other appear almost diagonal.

His grey tweed coat was double-breasted and collared in black velvet, and the foot or so of black perfectly creased trousers showing beneath the hem of his coat hid a goodly part of his cream-colored spats.

When he sat down beside me, his hands dropped firmly to his

idea, no fidgeting or hanging loosely, or clasping nervously. He had the self-assurance and self-possession of a man who knows his worth and is at peace with himself.

He caught me studying him. His eyes were a deep swirling green. He introduced himself. "My name is Jason." Methodically he added, "I have come from a distant world to research yours. I would be exceedingly grateful if you would help me."

As if it were all a matter of fact and there was no reason in the world why I should not believe him, he asked, "Will you help me?"

I had the uncanny feeling that he knew all there was to know about me and had decided I could be trusted and would serve appropriately.

When I did not answer, his forehead creased and his dark eyebrows drew together, and I heard myself thinking - *mistrust!* What a repulsive response, but it was not I thinking. I must be a victim of hypnosis, I thought, beginning to rise, ready to flee. A million pinpricks of varied intensity pressed into the soft flesh on the inner side of my wrist when the stranger's hand closed about mine. His gaze captured mine. The pupils of his eyes seemed to enlarge until they filled both eye cavities, and enlarging still, merged into each other. The circles grew, and it was as if a door were being presented for my entry. Jason was there beside me, holding my hand. He led and I followed. I did not feel coerced, it was right I should enter the circular opening with him.

We climbed a rainbow and passed through the stratosphere. Walked in black velvet the universe was an electrified hallway, the planets ornaments suspended in orbit. My skirt swirled about my ankles, and its yellow color caught the reflection of a solar flare. My flesh above the neck of my wool coat tingled with stardust.

We rode the milky way on the head of a comet, past the constellations Perseus, Cassiopeia, and Cepheus, and ducked under a shower of meteors. We entered Scorpio and emerged through Sagittarius. Andromeda was before us and suddenly behind us. Eternity stretched ahead of us.

We came to rest on a hill on a large planet. Streaks of russet and fuchsia ran the length of the hill's slope. The sky was a dark green, speckled with tiny white stars and lit by three moons. The air felt cool and smelled neither pungent nor bland, yet it possessed a definite odor - an alien metallic odor. In the distance, geometrically shaped towers rose up from a ground charcoal grey in color and iron-particle-like in appearance.

Jason was transformed. From neck to toe he was attired in a seamless body suit that shimmered like the tiny white stars above us. He was clean-shaven and his hair, raven-black, was cut close to his scalp.

"Come," he urged, "and I will show you a world where the serpent's temptation was ignored, where loyalty to the Creator and the human spirit makes impossible an act of violence. Where love and the pursuit of knowledge are the ultimate goals, the fiercest emotions, and the most powerful forces in all of existence."

He nudged at my fingers and it was then I noticed I was transformed as well, my body clothed in a similar suit, and that I shimmered and tingled.

As we moved down the slope, our suits emulated the streaks of russet and fuchsia beneath our feet. I looked closely at the ground and discovered the streaks of color were in reality thousands of miniature blossoms.

No walls surrounded the city. There were no doors on the buildings. The windows were simple wide oval openings. The streets were paved with something strongly resembling grey satin. There were no lights, nothing that hinted at anything electrical. Yet the grey satintlike pavements reflected brightly the metallic buildings.

We entered the vestibule of a building and passed into a shaft located in its center. We rose upward propelled by the power of Jason's will. Somewhere in the middle, we stopped and passed into a corridor. Again, there were no doors, only doorways. People similarly clad as us, though the colors varied, went about their business.

In one dwelling children clustered about their mother as she read from a luminous book. With each page she turned, moving pictures flickered on the wall behind her. Even as I looked, a living map of the universe displayed itself.

In another dwelling an elderly couple, their hair the color of slate, sat quietly hand-in-hand, as though waiting for someone. Their faces, delicately lined, held no pain, no disillusionment, no weariness - only peace - a very ancient peace.

Perhaps because I was attuned to Jason's thoughts, I knew the old couple were waiting for the One Who Ordains to release their spirits.

"There is no separation in this world," I said, speaking for Jason. "No real pain of loss, no emptiness or loneliness. There is love without sorrow, laughter without tears, ambition without greed, knowledge without criticism. There is curiosity without the need to disassemble and destroy. There is achievement without the resulting boredom. There is justice and no crime. There is life ever fulfilling."

We entered a dwelling and I knew it was Jason's. We sat on a sofa that had neither shape nor texture, yet comforted and soothed.

We communed, as countless others had done before us, and we were one, physically, intellectually and spiritually.

Fear disintegrated. Love and knowledge - impenetrable shields - enveloped me. Nothing could hurt me.

So much he imparted to me during those moments I spent on his world and as much I gave to him.

He brought me back and left me here, seated on this bench, a changed being.

I had glimpsed perfection. I had not wanted to return, but I could never survive on his world because of the difference of my metabolism and my mind. I was as alien and incongruous to his world as he was to mine, yet I had seen and experienced perfection."

Continued On Page 20A

# DINING GUIDE

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## COOKS' BOOKS

### Book takes a bite at snack-style food

By Charles Britton

"Italy in Small Bites" by Carol Field (Morrow, \$23).

Italy retains its hold on the American culinary imagination, to the point that cookbook authors and publishers have to find a niche in which to tuck their latest offering.

Carol Field, author of the well-received "The Italian Baker" and "Celebrating Italy," would have us discover *merende*, a category that comprises, roughly, snacks. (It also means "picnic," but that doesn't count here.)

This is "Italy's best-kept secret," according to the publicity for "Italy in Small Bites." Well, yes and no. *Merende* as a topic does count as something new, but it turns out that the recipes included under this heading cover familiar ground: appetizers, bruchetta, pizza, pasta, cookies.

Paging through this attractively designed book, I often was hard pressed to differentiate it from those I already have in my library. But I might well keep it anyway. After all, this is a major offering by a leading practitioner, and in fact the recipes often are most attractive.

I must say I didn't think much of Polenta Toscana, which amounts to nothing more than rosemary and chopped walnuts being folded into cornmeal mush.

It would be OK as a side dish, but I really don't see it as either an antipasto or main course, as mentioned here.

Field is on stronger ground with a dish like the following crostini, which lives up to its name.

**CROSTINI PICCANTI**  
 (Irresistible Spicy Crostini)

1 loaf good-quality baguette-style loaf, cut into 1/2-inch diagonal slices, or other Italian-style loaf, similarly cut

Olive oil

2 large slices country-style bread, 1 inch thick, crusts removed

3 tablespoons red-wine vinegar

6 fillets of anchovy in oil

3 tablespoons flat-leaf parsley

3 cloves garlic, chopped

3/4 cup plus 1 tablespoon shelled pine nuts

4 teaspoons capers, drained and rinsed

4 1/2 hard-cooked egg yolks

12 large green Mediterranean-style olives, pitted

1/2 cup olive oil

Salt, pepper to taste

Yields about 25 slices.

Preheat oven to 400 F. Brush slices of bread with olive oil; set them on baking pan and bake until lightly browned on both sides, turning once, about 8 to 10 minutes. (Alternatively, brown them under a broiler or on a grill.)

Place the 2 slices of crustless bread on plate and drizzle with vinegar.

Let stand 10 minutes. Then squeeze bread with your hands to remove any excess liquid.

In food processor, process squeezed bread, anchovies, parsley, garlic, pine nuts, capers, yolks, olives and olive oil to fine paste. Add salt and pepper. Spread over toasted bread and serve.

...  
 A section on *bocconcini* turns out to be about, well, what's the translation? "Nibbles," probably. One entry is as simple as cubes of mozzarella, marinated in a herbal vinaigrette and wrapped with slices of prosciutto. Or take the same mozzarella and toss it with sliced celery and toasted walnuts.

Then there's this curious preparation. Field doesn't say so, but it probably goes back to Roman times.

**SALAME DEI FICHI**  
 (Fig Salame)

8 1/2 ounces dried figs, preferably Calmyrna

2 1/2 teaspoons Sapa (you don't have it; see note) or currant jelly reduced to thick syrup

1 to 1 1/4 teaspoons Mistra liqueur (you don't have that, either) or Sambuca

2 tablespoons walnut pieces in large chunks

1/4 teaspoon anise seeds

Yields 4 servings.

Chop figs into very small pieces by hand; do not use food processor even though the idea is tempting. Field doesn't say why, but you can use a processor in the next step. I would remove the tough ends of the stems.

Into food processor or mixer, place figs, reduced currant jelly, liqueur, walnuts and anise seeds. Process only until ingredients begin to clump together.

Set on piece of aluminum foil and form into shape of sausage. Let stand, uncovered, at room temperature for 3 or 4 days, until skin has formed. Then wrap and refrigerate.

In Italy, they roll the sausage in fig leaves, tie with string and age in a wood cask for a month.

Serve sliced as a sweetmeat or with shards of Romano cheese.

Note: Sapa is grape juice cooked down with spices. Red currant jelly, reduced to a thick syrup in a small saucepan, is an acceptable substitute.





# DINING GUIDE

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**31** **31**

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# KITCHEN KIDS



By Rena Coyle

## Quick after-school soups

You might not think about having your kids make a soup after school, but in fact not all soups require hours of simmering before infusing their flavors.

Leek and Potato Soup is just one of these quick and easy soups your kids can make to help your family out with dinner. The longest step required in making this soup is actually peeling the potatoes. The rest is easy. Once peeled, the potatoes are simmered in broth along with some seasonings and leeks.

It is up to your family as to whether your kids serve this soup chunky or pureed. We happen to like our soup chunky, but if your family likes it pureed, then an adult should help pour the soup in a food processor.

Another simple soup that your child can prepare after school and have ready by dinner is the Hearty Vegetable Soup.

This recipe does require some chopping and slicing. If your child is going to be home alone while preparing this soup, then help prepare and chop the vegetables the night before.

Then, after school, all your child has to do is combine the ingredients and let it simmer on the back of the stove until you are ready to serve dinner.

### LEEK AND POTATO SOUP

- 3 large potatoes
- 4 cups chicken broth
- 2 leeks
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons fresh dill

Yields 4 servings.

Preparation time: 20 minutes.

Cooking time: 45 minutes.

Utensils: vegetable peeler, cutting board and knife, 4-quart saucepan, measuring cups and spoons, bowl, mixing spoon, food processor (optional), scissors.

Using vegetable peeler, scrape peel off potatoes. Secure potatoes, one at a time, on cutting board and cut each one into 4 pieces. Put them in saucepan along with broth.

Cut off root end of leeks, then cut in half lengthwise. Slice white and light-green part of leeks into thin strips. Put them in bowl and cover with cool water. Let leeks sit for 2 to 3 minutes. Remove leeks from bowl and add them to saucepan. If your leeks were very dirty, repeat rinsing them in water one more time.

Turn heat to high and bring broth to a boil. Reduce heat and let the soup simmer for 40 minutes.

Using mixing spoon, break potatoes into small pieces. Add milk, salt and pepper. Simmer for another 5 minutes.

If your family prefers a pureed soup, have an adult assist by pureeing it in small batches using food processor.

Before serving, add fresh dill, snipped into tiny bits with kitchen scissors.

Serve with salad and hearty bread.

### HEARTY VEGETABLE SOUP

- 1 medium onion

- 2 carrots, washed
- 2 stalks celery, washed
- 2 tablespoons oil
- 1 (16-ounce) can crushed tomatoes
- 1 (16-ounce) can white kidney beans, drained
- 1 (10-ounce) box frozen mixed vegetables
- 1/4 teaspoon crushed rosemary leaves
- 6 cups vegetable juice
- 1 smoked ham bone
- 3 tablespoons grated Parmesan cheese

Yields 8 servings.

Preparation time: 30 minutes.

Cooking time: 50 minutes.

Utensils: cutting board, knife, vegetable peeler, measuring cups and spoons, 6-quart saucepan, slotted spoon.

Secure onion on cutting board. Trim off ends and peel off skin. Cut onion in half and place flat side down on cutting board. Cut onion into thin slices, then cut across slices, making rough cut. Set aside.

With peeler, scrape peel off carrots. Secure them on cutting board and trim off root end. Cut them into 1/4-inch pieces and set aside.

Set celery on cutting board, cut into thin slices and set aside.

Heat oil in saucepan over medium-high heat. Add onion and cook for 2 minutes. Add carrots and celery and cook for 3 minutes. Add tomatoes, kidney beans, mixed vegetables, rosemary, vegetable juice and ham bone. Bring soup to a boil, then turn down heat and simmer for 45 minutes.

To serve, remove bone with slotted spoon. Serve soup in bowls with spoonful of grated Parmesan cheese on top.

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

### HOMEMADE PEANUT BUTTER

- 1 cup shelled peanuts
- 1 1/4 tablespoons vegetable oil
- 1/2 teaspoon salt

Yields 1 cup.

Preparation time: 15 minutes.

Utensils: Food processor, rubber scraper and container with lid.

Rub off reddish-brown skin from outside of peanuts. Put peanuts in food processor. Add oil and salt, secure lid.

Process nuts into puree. Stop once during processing to scrape down sides of processor bowl, then continue.

Once nuts are creamy and smooth, transfer peanut butter into container, cover and refrigerate.



KITCHEN KIDS

# DINING GUIDE

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## After Work Gourmet

By Sharon Achatz

# DINING GUIDE

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**CHICKEN POTPIE ON A PLATE**

2 tablespoons flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup half-and-half  
1 1/4 cups chicken broth  
1 tablespoon margarine  
1 onion, chopped  
4 boneless, skinless chicken breast halves, cut into thin strips  
1 yam, peeled and cut into 3/4-inch cubes  
1 (10-ounce) package frozen mixed vegetables

Yields 4 servings.  
Preparation time: 30 minutes.

In small bowl, mix flour, salt and pepper. Gradually whisk in half-and-half until smooth, set aside.

In large skillet, start heating broth to boil over medium heat. Meanwhile, in another large skillet, melt margarine and saute onion 4 minutes over medium-high heat. Add chicken, saute 3 minutes, or until just cooked. Remove from heat.

Add yam to boiling broth. Cover, simmer 4 minutes. Add mixed vegetables; return to boil. Cover, simmer 6 minutes more or until yam is tender. Uncover; stir in chicken and half-and-half mixture and cook, stirring, 1 minute or until slightly thickened.

To serve, divide among dinner plates; top with herbed biscuits.

**HERBED BISCUITS**

2 cups buttermilk baking mix  
1/4 teaspoon dried thyme  
1/4 teaspoon dried rosemary, crushed  
1/4 teaspoon dried sage  
1/4 cup milk

Yields 8 biscuits.  
Preparation time: 15 to 20 minutes.

Preheat oven to 450 F. Grease baking sheet.

In medium bowl, combine mix and herbs. Stir in milk, adding additional milk by tablespoons if necessary, until soft dough forms. Drop dough onto prepared baking sheet, forming 8 biscuits.

Bake 10 minutes, or until lightly browned.

**CHERRIES JUBILEE**

1 1/4 cups milk  
1/4 teaspoon almond extract  
1 (3-ounce) package vanilla-flavor instant pudding mix  
1 cup frozen whipped topping, thawed  
2 tablespoons sliced almonds (divided use)  
1 (20-ounce) can cherry pie filling

Yields 8 servings.  
Preparation time: 10 minutes.

Pour milk and extract into large bowl; add pudding mix. Beat with whisk 2 minutes or until well blended. Gently stir in whipped topping and 1 tablespoon almonds.

Into parfait glasses, alternately spoon pudding mixture and cherries. Refrigerate until ready to serve. Garnish with remaining almonds just prior to serving.

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By Desiree Viveca

The holidays are a time for intimate, homey gatherings, for getting together with the people we love.

During this season, most of us do more entertaining at home than at any other time of year. If you enjoy cooking for family and friends, the season provides plenty of opportunities for exercising your culinary creativity.

Your special holiday meals deserve special desserts. Today's recipes are ideal for a holiday gathering as they all serve eight or more. So there will be plenty to go around, whether you've got a houseful of relatives or a group of friends in for the evening.

Chocolate Holiday Souffle is guaranteed to please all the chocolate lovers at the table. This dessert is very rich, so a little goes a long way. Serve with tiny cups of hot, dark espresso for a sophisticated and elegant ending to your meal.

Delicious Yuletide Bundt Cake combines the interesting flavors of orange, almond, rum and nutmeg. And it serves 12, so it's an ideal dessert when you've got a crowd in the house. This cake also makes an attractive gift when presented on a holiday plate, and it takes only 15 minutes to microwave. A great idea when you need a gift in a hurry!

If Christmas just wouldn't be Christmas for you without a steamed pudding, Three Kings Pudding should really get you into the holiday spirit. This traditional dessert is packed with fruit and nuts and spiced with cinnamon, nutmeg and cloves. And since the recipe is modernized for the microwave, it's extra easy to prepare. I like to serve it warm with vanilla ice cream or whipped cream, topped with a light dusting of grated nutmeg. Add a cup of hot spiced tea, and you've got the perfect dessert for a chilly winter's evening.

### YULETIDE BUNDT CAKE

2 cups sifted all-purpose flour  
 1/2 teaspoon baking powder  
 1/4 teaspoon ground nutmeg  
 1 cup butter, softened  
 1 cup light brown sugar, packed  
 2 tablespoons grated orange peel  
 1 teaspoon almond extract  
 4 eggs  
 2 tablespoons rum  
 1/4 cup powdered sugar  
 Yields 1 (8-inch) cake.

Preparation time: 15 to 20 minutes.

Cooking time: 13 to 15 minutes, plus 10 minutes standing time.

Oven setting: LOW/DEFROST (30 percent power); MEDIUM (50 percent power); HIGH (100 percent power).

Sift together flour, baking powder and nutmeg. Set aside.

To soften butter, place in large microwave-safe mixing bowl and microwave at LOW/DEFROST setting about 1 minute. Cream until light, then beat in brown sugar, orange zest and almond extract,

beating until fluffy.

Beat in eggs, 1 at a time, then add sifted dry ingredients, beating just until smooth.

Turn batter into buttered 8-cup microwave-safe Bundt pan. Rap pan sharply on counter top several times to expel air bubbles.

Elevate pan on an inverted microwave-safe saucer and microwave at MEDIUM setting 10 minutes, rotating 1/4 turn every 4 minutes, if necessary.

Microwave at HIGH setting 2 to 4 minutes longer, or until toothpick inserted in center comes out clean. Cake will appear moist on surface, but will dry with standing time.

Let cake stand 10 minutes before loosening and inverting onto serving plate. Drizzle warm cake with rum and let stand until cool. Sift powdered sugar over top before serving.

### CHOCOLATE HOLIDAY SOUFFLE

3 (1-ounce) squares unsweetened baking chocolate  
 1/2 cup granulated sugar  
 1 envelope unflavored gelatin  
 3 eggs, separated  
 1 cup milk  
 1/4 cup granulated sugar  
 1 cup whipping cream, whipped  
 Additional whipping cream, for garnish  
 Chocolate or red and green sugar sprinkles

Yields 3 servings.

Preparation time: 10 minutes (plus chilling time).

Cooking time: 8 1/2 to 11 1/2 minutes.

Oven setting: MEDIUM-HIGH (70 percent power); LOW/DEFROST (30 percent power).

Place chocolate squares in small microwave-safe bowl; microwave at MEDIUM-HIGH setting 3 to 4 minutes, or until chocolate is melted and can be stirred smooth.

Combine granulated sugar and gelatin in 2-quart microwave-safe mixing bowl; stir. Add egg yolks and milk and beat well. Microwave at LOW/DEFROST setting 5 1/2 to 7 1/2 minutes, or until mixture is hot and thickened, stirring every minute.

Add melted chocolate and beat well with wire whisk.

Cover bowl with plastic wrap and refrigerate until mixture is cooled and thickened.

Fit small souffle dish with paper collar that rises 2 inches above top of dish.

Beat egg whites in clean 2-quart mixing bowl until soft peaks form. Add 1/4 granulated sugar and continue beating until stiff peaks form.

Fold beaten egg whites into chocolate mixture, then fold in whipped cream.

Turn mixture into prepared souffle dish and refrigerate 4 to 5 hours, or until souffle is chilled and firm.

To serve, gently remove paper collar and garnish with additional whipped cream. Top with chocolate or red and green sugar sprinkles.

## FOR TEENS

By Willard Abraham, Ph.D.

### 'Disgusted' with 'Frustrated'

Dr. Abraham: This is in response to "Frustrated's" letter concerning the expensive shoes he wanted so that he wouldn't "look like a poor kid."

Well, I have a question.

What is wrong with this kid? If this is all he has to worry about, then he has some serious maturing to do.

With all the problems in this world, like murder, rape, theft, prejudice, and the destruction of our planet, wildlife, and each other, I find it hard to believe this kid is sitting in his room worried about his friends making fun of his shoes.

Why does he think adults treat us with a condescending attitude? If we act ignorant and oblivious to what is happening in the world around us, then how can we expect anyone to take us seriously?

My only hope is that there are many more teen-agers like myself (I am 15) and not as many as dense as "Frustrated" obviously is. — Disgusted

Disgusted: There, I guess you told him.

But maybe we should know more about him before coming at him so hard. Maybe he has other problems that are more serious.

How about you other teens — any comments on this issue?

Dr. Abraham: I am switching colleges for what I think is a very good reason. I'm not going to generalize about the college kids I've known at this school, but I am fed up with the drinking and smoking ones.

Even though I have tried to get involved with different groups, it doesn't take me long to find out that most of them drink or smoke or both, and I'm going to be through with guys and girls who think that's smart. Actually it is smart-alecky.

They miss classes, a few have gotten away with molesting some of the girls and even throwing up in class (not sick, just high on alcohol), and some sneak liquor and smokes into dorms that try to ban it.

The teachers are pretty good, but I'll bet I can transfer to another college where I'll meet kids more on my wavelength. It would be such a pleasure to be with those who put first what they are supposed to be there for.

Maybe I just expect more from those I go to college with. Am I too hard on them? What do you think? Am I wrong? — No Name

No Name: It should be the responsibility of each college or university student to identify his or her academic and other priorities and to seek compatible friends.

If those goals can't be met after they are given a reasonable chance, consider the kind of move that may offer the possibility of being acceptable. You might try to

involve a competent counselor in your concerns and thoughts, and your parents may also be helpful.

Please write again and tell me what you decided to do, and how things are working out for you.

Dr. Abraham: I'm a guy who has my first car, and I don't want to run into the kind of car problems that three buddies of mine did. It cost each of them a fortune because they chose the wrong mechanics and made other mistakes, too.

I am starting college, and I don't have much money. I need to use whatever I have for tuition, food, room and a few other necessities, no frills. I hope you can give me some idea of what to do to avoid large car expenses if possible. — Car Worrier

Car Worrier: You are so wise to think about having a preventative plan, and here are some ways to handle it. (These sensible ideas are largely from the Summer 1993 issue of *Under 25*, a magazine published by United Services Automobile Association.)

USAA suggests that you "choose before you lose, that is, select the right mechanic before you have an emergency.

A sharp friend or relative can perhaps steer you toward one who is dependable, based on a strong track record.

Other suggestions include these ideas:

- Control your need for expensive repairs. Preventative maintenance can be acquired by checking the owner's manual and, as a kind of tryout, getting a routine tune-up or minor repair from a possible choice of a mechanic.

- Check it out personally. Visit the shop, garage or dealership. Talk to employees, and ask questions. Consider how their mechanics treat you.

- Understand the costs. Get a written (binding) estimate of repairs, ask mechanics about additional needed work (if necessary), provide an approval (if you agree) before added repairs are begun, obtain a written guarantee on parts and labor (see your old parts) and, for large jobs, get two or three cost and time estimates.

- Call ahead for an appointment. Avoid the busiest times, describe the problem by phone (if difficult, request that a mechanic test drive with you), and inquire about a loaner or low-cost rental.

- Take some time when you pick up your car.

- Get an itemized bill and receipt, and if something puzzles you, take note how the car performs when you drive away, and return to the shop as soon as possible if not satisfied.

- Establish an ongoing relationship if the service pleases you.

## Cooking Corner



### Celebrating La Noche Buena

Noche Buena is an imported beer. It's the Spanish word for poinsettia. It's also a merry and deeply moving Mexican-style Christmas Eve. The happy gathering of friends and family is characterized by brilliant decorations, special holiday foods and an exchange of gifts.

Trace the roots of Noche Buena back more than 400 years, when the Spanish and Portuguese brought both their foods and their religion to the land just south of the New World.

Catholicism combined with Indian superstition and ritual to produce the colorful hybrid events so ubiquitous throughout Mexico during December. The markets are full of bright pinatas, holy figures, flowers, toys and holiday foods. Many towns put aside special districts for vendors this time of year.

The holidays in Mexico begin in earnest Dec. 16, when Nativity scenes called *nacimientos* are set up in every home and in the plazas. Candlelit processions are held every night amid religious banners, images of saints, bunches of balloons, singing and comic theatricals. These *posadas*, as the processions are called, re-enact Joseph and Mary's search for lodgings and their journey to Bethlehem.

The last and most impressive *posada* is on Christmas Eve. It is on this night that the children in the processional are actually let into a private home. They place a figure of the Christ child in his crib in the household *nacimiento*. Following this are dancing, sweets and presents all around. Everyone then adjourns to midnight Mass, called the *Misa de Gallo*, or Mass of the Cock.

Following the mass, guests settle in for the real meal of the evening, an extravagant late-night feast of turkey and other favorites. As is customary of these substantial Mexican *comidas*, there are six courses including a soup or *sopa*, a poultry or fish dish, a salad and a meat dish followed by dessert.

If you are planning a Noche Buena evening in your home, ponder for a moment those distinctive flavors we now identify with Mexican *cocina*. They are the hybrid of pre-conquest Aztec cooking and Spanish influence. The Spaniards brought livestock, onions, garlic, cinnamon and rice to augment Indian dishes. Spanish foods cooked by Indian methods produced wheat-flour tortillas, fried meats and rice infused with tomatoes and chili peppers, hitherto unknown to

the Old World. Avocado is another Mexican favorite, which may be native or it may have been cultivated in Peru several thousand years ago.

After the conquest of the Aztecs, convents became not only bastions of devotion, but also of gourmet eating. Convent kitchens set a standard of beauty and convenience as well as innovation. Most of the dishes we now associate with Mexico were honed in religious institutions over the last few centuries.

However, *mole poblano*, the thick brown sauce often used on Noche Buena, was probably not a brainstorm of Spanish nuns. It contains typically Aztec ingredients. In the old school preparation, *mole poblano* takes three days to prepare. There is much chopping, grinding, frying, simmering and blending of innumerable ingredients, including coriander, cinnamon, chilies and chocolate.

Without modern conveniences, the time-consuming dish required a *molcajete*. This heavy three-legged mortar and pestle is also called the "Mexican Cuisinart." Fortunately, packaged moles now make the process a snap.

Don't foray into Mexican cooking without proper respect for hot chilies. Though related to the milder bell peppers, they may require "the rubber glove treatment." Their flesh and seeds are filled with volatile oils that can burn your skin and eyes.

To prepare chilies, work under cold running water. Pull out the stem of each chili and break or cut the chilies in half. Brush out the seeds with your fingers. Cut out the fleshy inside ribs, too. Do not use hot water. It will make fumes rise from the chilies and diminish their flavor. Soaking chilies in salted water will remove some of their heat. However, this may be considered a travesty by inured palates.

Dried chilies should be torn into small pieces, covered with boiling water and soaked for at least 30 minutes. Canned chilies should always be rinsed in cold water.

When putting together a Noche Buena for your own family and friends, spare no amount of spangle in decorating your house and table.

Shops throughout the Southwestern United States sell the holy figures and pinatas associated with Mexican religious holidays. Sometimes you can find these figures in museum stores or specialty shops in other parts of the country. Or you can use your own Nativity

scenes and make pinatas with papier-mache and colored tissue paper. The more Christmas fanfare and lights, the better.

\*\*\*

This satiny, slightly spicy soup has a creamy golden broth decorated by a confetti of multicolored diced vegetables.

#### CHILI AND CHEESE SOUP

4 tablespoons unsalted butter  
1 large yellow onion, minced fine  
1 small clove garlic, minced  
1 large carrot, peeled and cut in 1/4-inch dice  
1 1/2 cups semimild thin-skinned chili (such as Anaheim, guero or New Mexico mild), seeded and cut in 1/4-inch dice (about 1/2 cup) (see note)  
1 small bell pepper (preferably red or yellow), seeded and cut in 1/4-inch dice  
3 fresh jalapeno chilies, seeded and minced fine (see note)  
4 tablespoons flour  
3 cups chicken stock  
1 cup whole milk  
1 cup whipping cream  
1 cup grated Monterey Jack cheese (about 3 ounces)  
1 cup grated longhorn Cheddar cheese (about 3 ounces)  
Salt and white pepper, to taste  
Paprika, for garnish  
Yields 8 servings.

In heavy 2 1/2-quart saucepan over medium heat, melt butter. Add onion, garlic, carrot, semimild chili and pepper. Lower heat and simmer until vegetables are crisp-tender (about 10 minutes). Stir in jalapenos.

Sprinkle flour over vegetables and cook over very low heat, stirring, about 3 minutes, to toast flour slightly.

Mix stock and milk; pour into pan in thin stream, stirring constantly to blend smoothly. Increase heat to high and bring mixture to a boil, continuing to stir constantly. Lower heat and simmer until mixture is slightly thickened, stirring occasionally (about 10 minutes).

Stir in cream, then cheeses, and continue stirring over very low heat until cheeses have melted. Add salt and pepper to taste.

Soup may be covered and set aside for several hours or refrigerated for up to a week. To serve, reheat gently over low heat, stirring frequently (do not boil). When soup is hot, sprinkle surface with paprika and serve.

Note: If fresh, semimild chilies are unavailable, use 1/2 cup canned diced chilies, adding them to pan along with jalapenos. If a milder soup is desired, use only one jalapeno.

\*\*\*

This festive dish is a North American adaptation of the famous Mexican specialty, *mole poblano de guajolote* (turkey in chocolate sauce), with a rich, savory base of bitter chocolate and exotic spices (it is not at all sweet).

Here, a simplified version of mole (pronounced MO-lay) sauce moistens the nut-studded stuffing. The roasting is completed by the old-fashioned brown-bag method, which requires minimal attention from the cook and will roast turkeys up to 21 pounds in precisely 3 hours.

#### GUAJOLOTE RELLENO

#### (Turkey With Mole-Style Corn Bread and Chorizo Stuffing)

1 cup shelled pine nuts OR chopped almonds  
1 recipe Southern Corn Bread (recipe follows)  
2 chorizos (about 1/4 pound total)  
1/4 pound lean pork, finely diced (meat from 1 loin pork chop)  
1 small semimild, thin-skinned chili (Anaheim, guero or New Mexico mild) OR bell pepper, diced  
2 cups seedless golden raisins  
1/4 teaspoon salt  
2 teaspoons coriander seed, crushed or ground just before using  
1 teaspoon cinnamon  
1/4 teaspoon ground cloves  
2 (1-ounce) squares bitter chocolate  
1 cup chicken stock  
1 (12-pound) turkey  
1/4 cup butter, at room temperature  
Scatter pine nuts or almonds on baking sheet or pie pan. While corn bread bakes, place pan in oven and toast until nuts are lightly browned (about 10 minutes), shaking every few minutes to turn nuts. Remove when done, cool and turn off oven to cool. Coarsely crumble cooled corn bread and place in mixing bowl or pot with 6-quart capacity. Add cooled nuts.

Strip chorizo out of casing and place sausage in large skillet with pork. Fry chorizo and pork over medium heat until browned through, stirring frequently and breaking up clumps with fork. Add chili and turn for a few seconds in hot oil rendered by meats.

Add chorizo mixture to corn bread. Stir in raisins, salt, coriander, cinnamon and cloves.

Break chocolate into small pieces, place in small, heavy pot and add chicken stock. Stir over low heat until chocolate melts. Pour chocolate mixture over corn bread mixture and toss to blend all ingredients.

When it is cool enough to handle, stuff neck cavity and body cavity of turkey and truss tightly. (If using trussing pins, push baker's string through holes of pins, crisscross string between pins, and tie ends together so that string is taut and turkey is held together compactly.) If there is extra stuffing, bake it in covered casserole after turkey is done.

Lay large, heavy-duty, brown-paper grocery bag on flat surface, opening facing you. Smear about half of the butter all over bottom of inside of bag (reserving remaining butter).

Turn bag over and place it on rack of large roasting pan so that buttered side of inside is on top. Place sheet of aluminum foil inside bag, covering the bottom. Slide turkey into bag, breast side down, on top of the aluminum foil. Strain and reserve.

When turkey has completed roasting, melt butter in medium-size heavy pan. Add flour and stir over low heat until flour begins to turn golden (about 2 minutes). Pour in 1 1/4 cups broth and reserved drippings, stirring strongly until smooth. Stirring constantly, bring to a boil. Lower heat and simmer about 5 minutes longer to thicken, stirring occasionally. Season with salt, white pepper and nutmeg.

# Garden Talk

By C.Z. Guest

You can enjoy fresh herbs in your kitchen all year round. A moss basket will provide the perfect place to grow and display them. You need a sunny kitchen window. Of course, it would be ideal to have one over the sink because the basket will probably drip when you water it.

The materials you need are the following:

- A wire basket (10, 8 or 12 inches in diameter).
- Hardware for hanging (with swivel hook).
- Sphagnum sheet moss (you might need two packages).
- Potting mix (lightweight).
- Herb seedlings (eight to 10).

When selecting plants, begin by thinking about the herbs you like to cook with. For instance, if you prepare many Italian dishes, you would include oregano and basil in your basket. Sage, thyme and rosemary go well with poultry. You can really jazz up a salad with nasturtium flowers, mint or chives.

Consider the size and type of plant. Bay, the source of bay leaves, is an evergreen, woody shrub and would obviously be an impractical selection for a hanging basket. Look for smaller plants or dwarf varieties.

Select prostrate rosemary instead of the standard variety. This low-growing, trailing variety looks great in a hanging basket. Golden thyme or variegated sage makes interesting substitutions for the all-green varieties.

The following plants are great choices:

- Culinary herbs.
- Chives.
- Mint-spearmint, applemint, peppermint.
- Sage — variegated, golden.
- Thyme — silver, lemon, golden.
- Parsley — curly.
- Nasturtium (dwarf variety).
- Basil — fine green (dwarf variety), lemon.
- Chervil.
- Cumin.
- Dill (must be pulled and reseeded regularly).
- Herbs for fragrance (nonedible).
- Lavender.
- Lemon balm.
- Catnip (*Nepeta mussini*).

Once you have purchased your supplies, you are ready to begin. This can be messy, so plant the basket outside or in an area that is easily cleaned up. Soak the moss in lukewarm water for about 15 minutes.

Take a sheet about 6 inches square and squeeze most of the water out. Fold in half with mossy side out and slide it in between the top two horizontal wires of the basket by pressing the moss together. Wrap the folded edge around the top horizontal wire toward the inside of the basket. When you let go, the natural springiness of the moss will hold it in place.

## GARDEN TALK

## GARDEN TIPS

### Moss herb basket

- Sandwich sheets of soaked sphagnum sheet moss between layers of a wire basket.
- Place 2 inches of pre-moistened potting mix in bottom of basket.
- Insert herb seedlings through moss, into soil, so leaves grow outside the basket.
- Harvest plants regularly to encourage full growth.



# Our Children

By Willard Abraham



## Defining labels for learning disabilities

Q. Two labels have been used by teachers for to our 8-year-old son. One is that he is "learning disabled." The other is "slow learner." They sometimes mention other fancier ones, too.

A few of the teachers have indicated that such labels really mean the same thing, but one teacher says they are totally different. I can't make any sense out of their explanations. I know they mean well, but I just can't figure out what the differences are.

So I have two questions. Do they mean the same thing? If not, how do they differ?

We want to do the best we can for our boy, but we have to know what he is, if you see what I mean.

A. According to experts in the field of special education (the area that deals with children who have special educational needs), they are not the same.

Learning-disabled children have difficulties learning in specific subjects, like reading, spelling, handwriting, arithmetic or others. By definition, these children are all within the average intellectual level (around 90 to 110 IQ) or above. They are not slow learners or retarded.

Slow learners are in the IQ range of about 70 to 90, or performing at that level for reasons relating to health, emotional problems

or other factors that may limit them but might be correctable.

If IQ numbers are given to you, please realize that they are not rigid, and children may actually be somewhat above or below the ones provided. So 90-110 for "average" and 70-90 for "slow learners" may really range in a limited way somewhat higher or lower, based on the tests used and how they are interpreted.

Dear Parents: Two items in a news release from the reputable American Academy of Pediatrics could be of interest to you parents of babies.

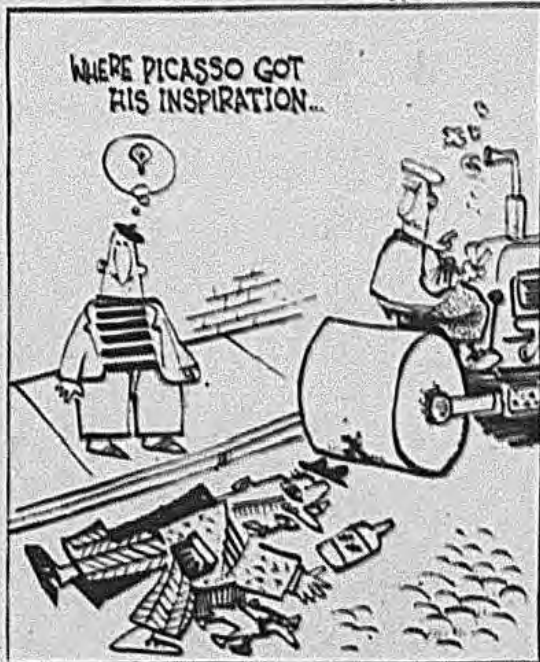
They relate to the possibility of overdressing them and the best cure for colic situations.

When a newborn baby feels warm, does that mean he or she has a fever? According to a recent study, wrapping several blankets around a new baby, when the environment is warm anyway, can cause what seems like a fever. Room temperature and the number and heaviness of blankets should be considered.

"A good rule of thumb," the study states, "is to dress a newborn in one more layer of clothing than you are wearing to be comfortable in the same environment."

## COOKING CORNER

### THE CROW'S CHRONICLE



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## Fitness Forum

For more than a decade, researchers have debated a possible connection between Alzheimer's disease and aluminum.

The controversy dates from the early 1980s, when researchers found traces of aluminum in the brains of Alzheimer's victims.

Since then, the question of whether dietary aluminum might be related to the fatal disease has continued to provoke discussion and research.

For consumers, the debate has led to fears over using aluminum cookware, foil and containers, as well as antacids, which commonly contain aluminum.

But an overview of findings presented at the recent American Dietetic Association meeting in Anaheim, Calif., indicates that exposure to aluminum is not a factor in developing Alzheimer's disease.

Three speakers — from the Food and Drug Administration, the Environmental Protection Agency and the National Institute on Aging — sought to quell fears.

"Dietary exposure to aluminum certainly doesn't appear to be a public health problem," said Dr. Jean Pennington of the FDA's Center for Food Safety and Applied Nutrition.

### IN MANY FOODS

Pennington, whose agency is responsible for monitoring the safety of the U.S. food supply, said relatively high levels of aluminum occur naturally in several foods, including spinach and potatoes. Aluminum also is a common ingredient in baking powder, aspirin and over-the-counter antacids.

However, she added, aluminum is not absorbed well by the body, and any aluminum that might be absorbed is excreted quickly through the urine.

Pennington also said FDA studies have shown that aluminum utensils, foil and cans do not contaminate food.

Neither the FDA nor the EPA

has issued health warnings regarding aluminum, nor have health organizations.

### HIGH DOSES

The only caveat regarding aluminum is that it is a neurotoxin, which means extremely high levels of exposure can cause brain and nerve damage. However, the panelists agreed that most people never would be exposed to sufficient levels to cause harm.

The exception would be a person undergoing kidney dialysis (the fluid used contains aluminum) or a worker who inhaled industrial aluminum dust. In these cases, the symptoms of exposure would be noticeable and would differ radically from symptoms of Alzheimer's.

As research continues, more and more scientists are discounting links between aluminum and Alzheimer's disease, which primarily attacks those older than 65.

The disease usually progresses over a period of eight to 20 years, eroding a person's ability to remember, think and speak.

During the dietetic association meeting, Dr. Carl Banner of the National Institute on Aging cited mounting evidence that the disease may be linked to genetics rather than to environmental factors.

Researchers at Duke University recently discovered a gene whose presence dramatically increases the incidence of Alzheimer's disease.

Banner also said the studies that found traces of aluminum in the brains of Alzheimer's victims may have been flawed in that the stain used with the microscopic slides contained aluminum.

Recent studies using unstained sections of brain found no aluminum, he said.

Pennington of the FDA emphasized there is no scientific basis for consumer concern.

"We have barriers to prevent aluminum absorption," she said. "It is not a physiological problem."

## THE HEALTHY GOURMET



By Kit Snedaker

## Cookies for Christmas

Fruitcake may not be in everyone's future at the end of the year, but cookies, one way or another, certainly are. I wait for a package from my brother and sister-in-law, not for the present, but for her homemade cookies, each kind individually wrapped. I have been known to hint openly for my favorites, starting with phone calls around Halloween. I eat them all, every single one, the day I get the package. Even if the calendar says November.

### OATMEAL BROWNIES

2½ cups quick-cooking or regular oats  
¾ cup all-purpose flour  
¾ cup brown sugar, packed  
¼ teaspoon baking soda  
¾ cup (1½ sticks) margarine or butter, melted  
4 ounces unsweetened chocolate  
¾ cup shortening  
2 cups granulated sugar  
4 eggs  
1 teaspoon vanilla  
1½ cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon salt  
Yields about 48 brownies.  
Each has 150 calories, 8 grams fat, 20 milligrams cholesterol and

100 milligrams sodium.

Heat oven to 350 F. Grease rectangular 13x9x2-inch pan. Mix oats, ¼ cup flour, brown sugar and baking soda in medium bowl. Stir in margarine. Reserve ¼ cup of oat mixture. Press remaining oat mixture in pan. Bake 10 minutes and cool 5 minutes.

Heat chocolate and shortening in 3-quart saucepan over low heat, stirring frequently, until melted; remove from heat. Stir in granulated sugar, eggs and vanilla. Mix in remaining ingredients. Spread batter over baked layer. Sprinkle with reserved oat mixture. Bake about 30 minutes or until brownies begin to pull away from sides of pan. Cool and cut into 1½-inch squares.

### DECORATOR'S FROSTING

1 cup powdered sugar  
¼ teaspoon vanilla  
About 1 tablespoon water or 1 to 2 tablespoons half-and-half  
Food color, if desired.  
Yields enough frosting for 60 cookies.  
Beat powdered sugar, vanilla and water until smooth and spreading consistency. Tint with food color if desired.

## Lower Your Cholesterol in Just 10 Minutes a Day Without Drugs!

### Healing the HEART Without Drugs

Not a diet, not a drug, but a simple, proven effective, medically supervised program that can lower your cholesterol up to 30%.

Fast, easy, and effective... takes just 10 minutes a day — and you can still eat your favorite foods.

Call for details: 516-487-0077. Seating is limited.

**FREE!** Cholesterol Seminar  
Cholesterol Screening  
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516-487-0077

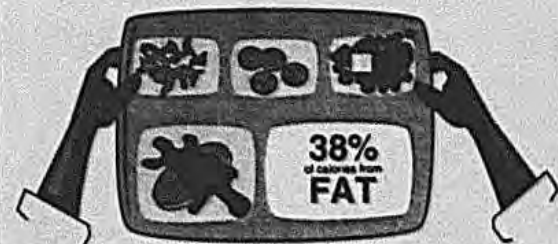
### REMEMBER...

Lower your cholesterol by 30% and you'll reduce your risk of heart attack by 60%.

## HEALTH WATCH

### Back-to-school nutrition

• A USDA survey of 60 average school lunches found that most meals derive 38 percent of calories from fat. That's 8 percent more than the current recommended dietary guidelines.



SOURCE: Gail Becker Associates Inc.

### AN IMPORTANT ANNOUNCEMENT

## "WALK-IN" MEDICAL CENTER OPENS

On-the-Spot Quality Care is Now Available Nearby!

Hillside Medical Associates, at 915 Hillside Avenue in New Hyde Park, has opened a Walk-In Division to provide urgent adult medical care for Long Island and Queens.

HMA is staffed by an expert team of board-certified internists, a cardiologist and a gastroenterologist and an able support team.

• HMA, you'll find an uncommon mix of state-of-the-art medical equipment and caring physicians who believe in the importance of the patient-doctor relationship.  
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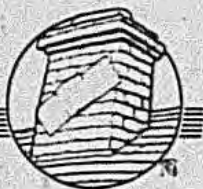
• Open 8 days a week!  
• No appointment necessary!  
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New Hyde Park, NY  
11040

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• Ask About FREE Follow-up Walk-ins

## Here's How



By Gene Gary

**Q.** I have a fireplace that is used brick. It is 22 years old, and has darkened around the opening from smoke. What can I use, short of sandblasting, to clean the brick? — M.M.

**A.** Do not consider sandblasting. This process tends to do more damage than good, often causing the brick to crumble and deteriorate.

There are special cleaners on the market, such as Sure Clean Smoke Remover, from the Proscos Co. (P.O. Box 171677, Kansas City, KA 66117), manufactured specifically to remove smoke from bricks.

This is a liquid cleaner, diluted with water, applied to a prewet brick surface with a sponge or soft

bristle brush.

You allow the cleaner to sit for several minutes, reapply more solution and scrub, and then sponge with clear water. It is important to follow the manufacturer's directions carefully.

Cleaners need adequate time to be effective. More than one application is often necessary. Wear eye goggles and rubber gloves for protection. Make sure the room is well ventilated.

There are other brick cleaners, including homemade solutions, as well as commercial products. Often a thorough scrubbing with scouring powder containing bleach, using a stiff brush, will do the job. Another method is to use a paste of powdered pumice and con-

centrated ammonia. Apply this poultice to the smoke-stained area with a brush and let set for two hours, then scrub with hot water and soap and rinse with clear water.

For more stubborn stains, a poultice using trichloroethylene will pull the stain from the pores. Precaution should be taken to ventilate a closed space in which trichloroethylene is used, as the fumes are harmful.

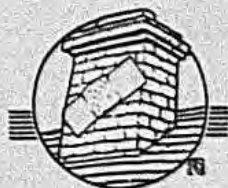
Strong chemical solutions are also available commercially, not from retail stores, but through a masonry dealer or janitorial supply house. Choosing the right one depends on whether the brick is glazed or unglazed. Avoid acid cleaners on glazed brick and light-colored brick.

On glazed brick, use a non-acid degreaser.

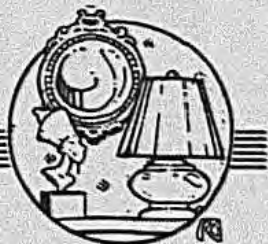
You'll probably have to use a stiff brush on the grout to remove all carbon traces. For non-glazed and darker-colored brick, use a cleaner with an inhibited muriatic or hydrofluoric acid formula. Test these solutions in an inconspicuous area first, since minerals found in

brick vary from area to area, and some cleaners can react with them in unexpected ways.

For example, an acid used on bricks with high copper content could turn them green. Another option is having your brick cleaned by a professional — a masonry contractor who has special equipment, expertise and products to deal with your specific cleaning problem.



## Decor Score



By Rose Bennett Gilbert

### Grown-up look for bachelor bedroom

**Q.** My girlfriend keeps telling me that I've outgrown the "dormitory look" in my apartment, especially in the bedroom. (I guess she has something against the futon on the floor and brick-and-board bookcases I brought home from graduate school). OK, I will give in if you can give me a few ideas to get me (I really mean her) started — L.W.

**A.** What better advice could I give than to keep it simple, especially since this is a bedroom we're redecorating? The simpler you keep it, the better, which translates:

- Set a color scheme based on neutrals. Most men enjoy what are now called "earth-related" colors: beiges, browns, mushroom, taupe. Besides, about the only mistake you can make is forgetting to allow enough different textures: slick, rough, dull, shiny — you need the variety in your visual diet, especially with an uncolor scheme.

- Buy only the basics: a bed, night table, dresser or armoire (in which you'll probably hide the TV). I don't usually recommend one-stop shopping, but it can simplify your project. For example, everything in the room we show here comes from Ethan Allen (which has stores located all across the country).

- Be sure to include a rug. I know, I know, bare wood floors are in. But stepping onto one out of bed is not my idea of luxury.

- Leave room for personality. Even if your girlfriend takes the hint and handles your rehab, a few of your own individual ideas are in

order.

Not that there's moral deficiency in futons or brick-and-board bookcases. But it sounds like the time has come indeed to put away sophomore things and fashion a grown-up environment for yourself.



**BACHELOR BEDROOM** — A wall-hung "leadboard" holds a revolving display of artworks in a forthright bedroom for a bachelor.



## LOCAL READER

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

#### Help Wanted

**PIANO PLAYER AND SERVER** for Christmas Eve. Service 6pm-12pm, Piano 7pm-11 p.m. 536-2668. gcD3

**TELEPHONE SOLICITOR** To work at home. Permanent assignment contacting potential subscribers. Good leads provided. Perfect for mothers, retirees. Sales exp. helpful but not necessary. Call 931-0012. htfh

**BABYSITTER NEEDED** Mon.-Thurs., 2 p.m. - 5 p.m. Clean driver's license, experience needed, references required, non-smoking in my home. (516) 292-2112. gcD4

**GARDEN CITY, BUSY Pediatric Office**, experienced preferred, detail oriented, returnees welcome. Tues & Fri, 1-6 p.m., Sat. 9 a.m. - 3 p.m. 745-5621. Call Mon. - Fri. gcD2

**CHILD CARE WANTED F/T** for 3 year old in my Garden City home. Non-smoker, English speaking, own transportation, excellent references. Leave message (718) 343-8538. gcD5

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

**BABYSITTER NEEDED** in my Garden City home for occasional evenings and weekends. Garden City or vicinity resident preferred. Call 741-0748. gcD5

**EXPERIENCED BABYSITTER NEEDED** for 2 children in my home, non-smoker, 10 a.m. - 5 p.m. Flexible days. Betty after 5 p.m. 248-8563. gcD5

#### Help Wanted

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

**P/T LEGAL SECRETARY** - Three (3) full days a week, 2 secretary office. Some stenography, dictaphone typing. Will train and salary open. 741-0333. wd2

**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. hdd4

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

**FULL TIME EXPERIENCED** receptionist to handle phone for busy Garden City medical practice. Competitive salary and benefits. Evenings 775-4724. gcD3

**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

**P/T MANAGER FOR aerobic & fitness center.** 20 to 25 hours week. Saturday & some Sundays. Flexible week day. Williston Park area. Call for details, ask for Karen. 518-739-8010. Free use of facility! Work experience not necessary. WD2

**INTERNATIONAL AIRLINE HAS** openings in New York City for P/T Reservation Sales Agents. Candidates must successfully complete free three week training. Apply in writing only to Aer Lingus, Personnel Dept., 122 East 42nd St., New York City, N.Y. 10168 WD2

**LEGAL SECRETARY Nassau County** litigation firm seeks secretary P/T, flexible hours, negligence experience preferred, please call Lynn at 481-7800 gcD5

**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. 488-4587. 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 Senior 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, 992 Herricks Rd., New Hyde Park, N.Y. 11040-1355. (EOE) wd2

**JOB AVAILABLE (\$10-\$12/HR)** for household chores (cleaning, laundry, ironing, errands, shopping, etc. and office cleaning) within Nassau County. Must speak English and have own transportation. Call 741-8618. Leave name, address and phone number. Information will be sent or someone will call you ASAP. wd4

**CHILD CARE NEEDED.** I am looking for a mature woman to help take care of my 7 month old twin girls. Hours are 11 a.m. - 6 p.m. Tues. & Thurs., and 11 a.m. - 3 p.m., Mon., Wed., Fri. Must have references, own transportation & infant care experience. If interested, call 248-3615 after 4 p.m. gcD5

#### 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

**DEAR SIR/MADAM:** I'm an honest and reliable lady looking for a job as a companion. My number is 1-718-399-0266. 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. 565-3878. gcD3

**HOUSECLEANING LADY - WILLING** to clean your house, reasonable rates, with experience and references. Call 5:30 p.m.-7:30 p.m. 485-7956. 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) 327-4814. gcD2

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

**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. 739-3348. Available immediately. gcD2

**I AM LOOKING FOR** housecleaning job. Tues., Thurs. and Sat. Call 766-7727. My name is Isabel Mena. gcD2

**MATURE, CERTIFIED IRISH** woman available to take care of your sick, bedridden or elderly. 741-8619 WD5

**IRISH AMERICAN CERTIFIED** nurse's aide - 14 years experience, excellent references. Will work any hour & weekends. 746-4745 anytime, 746-0948 after 6. WD5

#### Situation Wanted

**MAN WITH VAN SEEKS** delivery & light moving job. 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 741-8618. Leave message. wd4

**I AM A NURSE'S AIDE,** and I take care of the elderly in the comfort and privacy of their own home. If you need a hard working, caring aide, please call Amanda at (718) 337-2501. All references available upon request. gcD5

**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, HOUSE-KEEPER AVAILABLE,** Mon-Fri. Good references, experience. Call any time 747-5950. gcD2

**EXPERIENCED, CARING NURSE'S AIDE** and home health seeks position to take care of the sick. Reasonable rate and good recent references. Call Sonia at 486-2073. gcD2

**POLISH WOMAN IS** looking for cleaning job 5 days a week. Experienced, own transportation. Call from 7 a.m.-11 p.m. 516-326-8739 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. 665-1453. gcD2

**Situation Wanted**

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

**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

**CERTIFIED NURSE'S AIDE** looking for work as aide or companion in non-smoking home. 10 years experience. Excellent references, own transportation. Call Maria (516)481-3984. gD5

**EXPERIENCED WOMAN SEEKING** baby sitting job. Live in or out. References available. (516)379-4677 after 4 P.M. Ask for Blossom. gD5

**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

**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. gF1

**CERTIFIED NURSES AIDE.** Looking for work as Aide or Companion to elderly. Offer Tender Loving Care. Available full time. Live out. Own transportation. References. 516-466-3410 hD5

**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

**WESTERN COLONIAL** WITH 4 lg. bdrms & 2 full baths on the 2nd floor. Warmth & old world charm has been expertly maintained during renovation & expansion of this older Colonial. Special features include: 30' LR with fireplace, Formal DR: first flr. laundry, 27x13.5' kitchen/family room. The perfect family home in a perfect location with low, low taxes. Light, bright, new & clean. Walk to all. Available now. Asking \$440,000. Eve & weekend appts. available. Give Yourself "A Lot" For Christmas: Garden City building lot for sale. 1/2 acre. Buy now. Build in the Spring. Call Anne Hagan Real Estate Broker (516)741-1754. If not in, please leave message. I am an independent Broker offering personalized & professional service. gD2

**HOME FOR THE HOLIDAYS.** Garden City center hall stone Colonial. Circular driveway, 2 car. Professional suite (separate entrance) 120x180 property. Central section. Walk to everything. 4 Brs, 3 1/2 baths, 2 fpl, jalousie porch, walk up attic, fin. bsmt, extras. \$400's. Call for appt. 746-8673. WDS

**GARDEN CITY ESTATES** Section, 2,800 sq. foot Tudor Colonial. 4 BRS, 3 1/2 baths, new kitchen, windows, electric plumbing etc. Apartment above 2 car garage. 1/2 acre corner property. \$510,000 Principals only. Call during day (718)270-3715 gD6

**GARDEN CITY, BEST BUY!** Motivated owner! Central section, gracious Contemp, 3 BRS, 3 1/2 baths, large EIK, family room, 2 car, CAC, over 1/2 acre \$300's

**New Listing. Bright & modern** Ranch centrally located. 4 BRS, 3 baths, fantastic modern EIK, new family room, CAC, 2 car \$600's

**Tudor Village - Old World Charm.** Winding staircase, beautiful moldings, stained glass windows. 5 BRS, 4 1/2 baths, large EIK, family room, 2 car, 1/2 acre. \$800's

**\*\*\*Exclusive - Garden City South - New! New! New!** Center hall brick Colonial. 4 BRS, 2 1/2 baths, Jacuzzi, EIK, family room. Low \$300's

**GARDEN CITY MOTT** Colonial. Maintenance free, brick/vinyl, slate roof, brick drive & patio. 3+ BRS, 2 1/2 new baths, LR/FPL, FDR, family room, large gourmet kitchen/skylights. Fabulous Master BR suite, greenhouse room. New windows, gas heat, sprinklers, low taxes. Mint. \$449,900. 746-5883 gD3

**Real Estate for Sale**

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

**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, Fam. Rm., Florida Rm., Garage, full attic, full Bamt. 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 328-8326 gD3

**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

**NORTH FORK, LOTS - Lots,** lots - We have Lots of Lots...Southold \$35,000 - wooded 1/3 acre, walk to LIS beach (a steal) Baiting Hollow \$38,000. 1/2 acre new development, roads, underground utilities in, all permits. Aquebogue - \$42,500 - 1/2 acre bldg. plot near beach and boating - ready for your new home. Mattituck - \$55,000 - \$65,000. Beautiful 1 acre bldg. plot, roads & underground utilities in, surrounded by vineyards and farms. Jamesport - Waterview 3/4 acre in top beachfront community. Walk to 200' deeded, sandy beach/boating/marina. Price slashed to \$78,500. Call now for appointment or for New Free List of lots at discount prices, some waterfront, some water-view. Bookmiller Real Estate 722-4423. gD2

**SOUTHOLD COUNTRY HOME** in tranquil setting features, 6 BRS, 2 1/2 baths, LR/fpl, FDR, family room, master BR/fpl, 2 car garage \$197,500. Nassau Point Waterfront - 1930's cottage on scenic 3/4 acre LR/stone fpl, FDR, 3 BRS, screened porch, oil heat, panoramic views \$270,000. Laurel Bayfront Charming older home features LR/fpl, DR/fpl, family room, 3 BRS, 2 baths, forever views. \$349,900. Southold Waterfront Expansive custom home. LR/fpl, family room, large country kitchen/fpl, Master BR & bath plus 2 BRS, 1 1/2 baths, CAC, deep water docking. Steps to beach. Wide open bay views. \$375,000. Lewis Realty 734-5533, 298-4600, 765-5810. gD2

**Real Estate for Sale**

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

**SOUTHOLD SOUNDFRONT EXCLUSIVE,** 3 BR, 2 Bath brick home on majestic landscaped 2 acres with 200 feet of beach. Panoramic views. A Must See. Only \$497,500. Southold Bayfront Beauty - 200 feet of gorgeous beach, bulkheaded Elegant home on well over a landscaped acre. 5 BRS, 4 1/2 baths, incredible views! Our exclusive \$995,000. Southold Exclusive 4 BR Dutch Colonial. EIK, family room/fpl, FDR, LR/fpl, 2 1/2 baths, 2 car garage, IGP, professionally landscaped. Walk to beach. \$349,900. Cutchogue, Nassau Point Exclusive. 5 BR Contemp. cedar Cape with cathedral ceiling, large deck, skylights on treed 1/2 acre. Mint condition. \$329,000. Marion King 734-5657. gD2

**MINEOLA, NEW HI RANCH** 10 rooms, 3 baths, Wheatley schools. Ideal for large family. Convenient to shopping and RR. Builder anxious. Good area. \$299,999. Broker (516)741-6365. gD2

**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. gD5

**NASSAU POINT - BRAND** new Victorian on wooded 2/3 acre. Vaulted ceilings, CAC, Walk to beach. 4 BR, 2 1/2 baths. Ready for your finishing touches. Asks \$307,000. Southold - Anxious owner just reduced price on this 3 BR vacation home with private beach and boating rights. Very motivated seller \$129,000. Nassau Point - Waterfront Exclusive - Spectacular views from this 3 BR hide-a-way on secluded property. Sunsets and sandy beach. Great location. \$497,500. Century 21 Albertson Realty 765-3800. gD2

**Co-Op For Sale**

**GARDEN CITY-STEWART/FRANKLIN** Building. Top floor, spacious 3 BR, LR/Fpl, EIK, A/C. Maintenance \$734 a month, 70% deductible. Apartment vacant. Make offers. \$124,000. 294-5696. 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 evas. gD4

**GARDEN CITY, CHERRY VALLEY,** 1BR, 2nd floor, immaculate. Renovated Kitchen/Bath, A/C, huge storage. Walk all. \$69,000 neg. By owner. 248-5347. Make offer. gD3

**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, 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

**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 gD2

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**FEMALE TO SHARE 2 BR** apartment in Garden City vicinity, cable & utilities included \$400 a month. Available Jan. 1, 1994. (516)877-1940. Leave message. gD5

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**MINEOLA - RM FOR RENT:** Large 3 Br, 1 mile from LIRR. Washer/dryer, female, non-smoker preferred. Rent \$350 a month. Call 877-2404 WDS

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**MINEOLA, GARDEN CITY** Border, near everything. Lrg. newly decorated Co-Op. King Sized BR, A/C, Carpeted, Dishwasher. Fully Furnished / Unfurnished. Large Walk-in-closets. Vacant. \$975. Call 747-5703. gcd5

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**'79 MERCURY,** needs some work, clean, good running condition. \$500 negotiable. 488-4587. gcd4

**HONDA '90 ACCORD LX,** Original owner. Loaded. 43K miles, silver, auto. Serviced by Honda. Must see. \$10,480. 742-8686. gcd3

**Car For Sale**

**CLASSIC 1966 MUSTANG** convertible. Mint Condition, all original, automatic, 6 cylinder, navy blue/white top. Asking \$10,000. 354-9135. gcD5

**'88 HONDA CIVIC DX**, hatch back, 5 speed, brown, 33,000 miles. \$5,000. 481-5445. gcD5

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## WINE TALK

# A Merlot shopping list

By Richard Nalley

Velvety, juicy, supple, with a perfume of ripe cherries and black plums — how's that for a dinner beverage? These qualities are making American Merlots the hottest wines in the package store. Sometimes the description even fits.

Merlot is gaining ground on Cabernet Sauvignon — the other rich, Bordeaux-bred grape with which it is usually blended — thanks to its reputation for being softer (less tannic), fruitier and more generously flavored when young.

All Merlots are not created identically, however. My recent comprehensive tastings of more than 50 currently available wines points out the broad diversity of flavors and textures grouped under the Merlot banner.

As in its Bordeaux homeland, young Merlot can be very tannic, high in alcohol and sometimes all but indistinguishable from Cabernet Sauvignon, particularly because in the United States up to 25 percent Cabernet (or other grapes) may be blended in. It has taken more than 20 years of bear-down work for wineries in California and Washington — our two most impressive red wine producers — to develop consistent and distinctive styles of Cabernet Sauvignon. And the work with Merlot, heretofore viewed as little more than Cabernet's amiable sidekick, is just beginning.

There are some beautiful-American Merlots out there now, however, that show why this wine is gaining so rapidly in popularity and in planting acreage.

Here are some suggestions for Merlot shopping:

**Top 10 American Merlots/all prices:** (1) Chateau Ste. Michelle 1991 Merlot, Indian Wells Vineyard, Columbia Valley (Wash.), (2) Newton 1991 Merlot, Napa Valley, (3) Matanzas Creek 1990 Merlot,

Sonoma Valley, (4) Beringer 1990 Merlot, Bancroft Ranch, Howell Mountain, (5) Woodward Canyon 1991 Merlot, Columbia Valley, (Wash.), (6) Robert Mondavi 1990 Merlot, Napa Valley, (7) Duckhorn 1989 Merlot, Three Palms Vineyard, Napa Valley, (8) Stag's Leap Wine Cellars 1991 Merlot, Napa Valley, (9) Silverado Vineyards 1990 Merlot, Napa Valley, (10) Shafer 1991 Merlot, Napa Valley.

**Top five Merlots \$18-\$25:** (1) Chateau Ste. Michelle 1991, Indian Wells Vineyard, Columbia Valley (Wash.), (2) Newton 1991, Napa Valley, (3) Robert Mondavi 1990, Napa Valley, (4) Stag's Leap Wine Cellars 1991, Napa Valley, (5) Silverado Vineyards 1990, Napa Valley.

**Highly recommended Merlots \$18-\$25:** Shafer 1991, Napa Valley, Ferrari-Carano 1990, Sonoma County; Cuvaison 1990, Napa Valley; Hogue Cellars 1989 Reserve, Columbia Valley (Wash.).

**Top five Merlots \$13-\$17:** (1) Chateau Ste. Michelle 1990, Columbia Valley, (2) Dry Creek Vineyards 1991, Dry Creek Valley, (3) Rombauer 1990, Napa Valley, (4) Franciscan 1990, Napa Valley, (5) St. Francis 1990, Sonoma County.

## PICK OF THE WEEK

Chateau Ste. Michelle 1990 Merlot, Columbia Valley, Washington (\$14). Chateau Ste. Michelle is knocking the ball out of the park with its new Merlot releases. The 1990 Columbia Valley Merlot is a sure-handed demonstration of Washington state's potential for making rich but balanced red wines with exciting flavors. A supple, aromatic, deeply extracted wine with flavors reminiscent of cocoa, allspice and berry, this is the kind of wine that turns people into Merlot fans.

## WINE TALK

## Reversing frailty, reducing falls

By Leonard J. Hansen

Exercise, activity and better nutrition may reverse frailty in senior citizens, including those over the age of 85. In a new publication, "Physical Frailty: A Treatable Cause of Dependence in Old Age," published by the Gerontological Society of America, 27 medical experts and researchers report on impairment in mobility, balance, strength and endurance, and the prospects of and corrections for frailty.

According to Jack M. Guralnik and Eleanor M. Simonsick of the National Institute on Aging (NIA), 22 percent of women and 15 percent of men age 65 and older need help to live at home or reside in an institution. After age 85, those needing help at home or living in a nursing home increase to 62 percent of women and 46 percent of men.

The researchers recommend that geriatricians and other doctors need to understand the processes "leading to disability, so they can develop steps to prevent or postpone disability in the older population."

Fear of falling has been identified as a major reason many older adults reduce their exercise and activity, escalating individual weakness and instability. Physical frailty is preventable and treatable through exercise, activity and better nutrition, according to researchers from NIA and the University of Wisconsin.

"Exercise programs utilizing aerobic exercise activities do not lead to an increase in muscle function, whereas programs designed specifically for muscle can increase and, presumably, reduce the risk of falls and injuries," report David R. Pendergast, Nadine M. Fisher and Evan Calkins of the State University of New York at Buffalo.

"Diminished muscle strength in the elderly is linked to frailty, functional decline, immobility, falls and injuries. The decrease in muscle strength can be partially attributed to biological changes, diseases, the assumption of a sedentary lifestyle and nutritional inadequacies. Inactivity and under-nutrition are potentially, at least partially, reversible," allowing mature adults to continue independent living longer, according to Tufts University experts Maria A. Fiatarone and William J. Evans.

Research at the Tufts University center on aging and nutrition has shown that adults in their 80s and 90s can recover strength, bone mass, motion and agility through exercise, better diet and activity.

The new reports show that "taking it easy" may be a contributing, or even significant, cause of increased disability or other limitation in some senior citizens. Falls and other accidents may actually result when a mature adult reduces activity in order to avoid falls and accidents.

Research into frailty will contin-

ue, particularly in seeking ways to prevent or postpone the condition earlier assumed to be an inevitable part of the aging process. Geriatric physicians and other specialists may have a new prescription for exercise, for frail older adults.

### LIFTING SAFELY

Mature adults may choose not to move heavy furniture or boxes, but without warning may injure their backs when serving as a caregiver to a spouse, relative or friend who is disabled or confined to bed.

You are at greatest risk for back injury or pain when pulling a person who is reclining in bed into a sitting position, transferring a person from a bed to a chair, or leaning over a person for long periods of time.

There are ways to provide such assistance without injury to yourself by following recommendations made by the American Academy of Orthopaedic Surgeons.

Adapting techniques proven safe for general lifting, such as for boxes, furniture or other large or heavy objects, experts from the professional organization recommend this procedure: Separate your feet to shoulder width apart to give you a solid base of support. Lift with your legs and not your back by bending the knees. Tighten stomach muscles, position the person close to your body before lifting, avoid twisting your body (instead, point your toes in the direction you want to move and pivot in that direction), maintain the natural curve of your spine, and do not bend at the waist.

By knowing how to lift or assist disabled people, the back you save may be your own.

Further recommendations are available in a cost-free "Lift It Safe" brochure, requested by a toll-free telephone call to (800) 824-2663. Or send a self-addressed and stamped (29 cents), business size (No. 10) return envelope with your request to: Lift It Safe, American Academy of Orthopaedic Surgeons, P.O. Box 1998, Des Plaines, IL 60017.

### PROSTATE RADIATION THERAPY

Radiation therapy is proven effective in curing prostate cancer patients, according to the results of a 10-year study presented at the annual meeting of the American Society for Therapeutic Radiology and Oncology (ASTRO) in New Orleans.

Dr. Gerald Hanks, a radiation oncologist at Fox Chase Cancer Center in Philadelphia, reported that 88 percent of the patients had normal prostate specific antigens (PSA) readings after the 10 years. In addition, imaging tests and physical examinations showed no return of prostate cancer.

MAINLY FOR SENIORS

Continued From Page 3 A

## STARDUST

She grew silent and a sadness shadowed her face and all at once she looked old and weary. "I wait for the One Who Ordains to release my spirit," she whispered, turning away to stare down at the shelled peanuts in her old hands.

"Will Jason never come back?" I asked.

She shook her head. The sunlight picked out the silver strands on her head and cast them in gold leaf. "He promised to come back," she sighed. "He said as he faded from view that I was the first and the last and there would be no other. But he has never come back and I am old now, my life span nearly over, whereas he will go on for millenniums."

I wondered then, if perhaps she was a little daft. She looked at me, and seemed to sense my doubts, or perhaps she read my mind. "I've told you this story, as I've told others, because Christmas today is abused. Its meaning is diluted and swallowed in greed, and in years to come it may be totally obliterated. She smiled at me, and the weariness dropped from her features like the snow that had begun to fall again. "One day, child, when you are grown, you will remember my story and understand."

\*\*\*\*\*

I had not been to the park for years, what with growing up and establishing myself. I was married, with children. It was Christmas eve, and I was returning from work to begin my cooking for the holiday. The story Greta had told me had colored my whole life, my values, my perception of the world. In a manner, I too, had glimpsed perfection through her eyes and at times experienced utter desolation at the imperfections of my world.

I was mulling over these very imperfections as I walked to my door, when a thought reached out and touched me. I knew without a doubt where I must go.

I did not really expect to see Greta, she must be long dead and buried. Yet there she was, very old, and sitting on the same bench that was now dried and cracked and splintered.

I started toward her. I wanted to speak to her, to comfort her. She was so alone. And suddenly she was no longer alone. There was a man standing before her. A man, young, yet with a face that said, I know many things, I have lived many years.

He was suited in a seamless white outfit that shimmered and glowed.

Neither Greta nor the stranger moved their lips and yet I heard them speaking as one; they were addressing me, the man and the old woman who was transformed, no longer old, but young and dark-haired and clothed like the man.

"I wanted you to know," the voices said, "He could not come while I lived. But the One Who Ordains heard our prayers. All that is me is reborn, untainted and unblemished, reborn to Jason's world. I am joined with my love and my love is one with me. I will bear his children and live in his life and its span until the One Who Ordains comes to free our spirits."

The image melted from view as snowflakes melt with the coming of the sun. The old woman sat there. Her eyes were filled with tears; her pale lips were set in a smile. With in-drawn breath I realized she was dead.

I dialed 911 and waited for the police, and later the ambulance, and watched as the attendants placed the wizened form on the stretcher and carried it into the ambulance.

I mourned her. There was no one else to mourn her. I saw to it she was properly buried and her gravesite marked and adorned with wreaths of white roses. I stood before her grave and as the sunlight glinted against the metal plaque on the marker, I felt a warmth fill my chest as when the old woman had smiled at me.

I closed my eyes and I seemed to see them, the man and the girl suited in seamless white outfits that shimmered and glowed. They were standing hand-in-hand on a hill that was streaked in russet and fuchsia under a sky that was bright green in color and lit by a red sun. A cool, soft breeze that smelled neither pungent nor bland, but alien and metallic, danced about them and through them.

\*\*\*\*\*

### CHRISTMAS

C is for Carton - I must remember to get a box of chocolates for my husband.

H is for Holly - The discount shop is having a sale on Christmas ornaments.

R is for Ribbons - I'll need ribbons to tie the presents with.

I is for Incense - We like to burn sweet smelling candles on Christmas eve.

S is for Stamps - I think it's cheaper to call.

T is for Temperature - I hope the weather stays warm and it doesn't snow.

M is for Mistletoe - Must remember to buy some to hang over my door.

A is for Angel - Need a new one; the old one fell off and broke.

OH MY!

S is for Savior - I almost forgot, it's His Birthday.

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### ABOUT THE AUTHOR

Paula Freda is a Hicksville resident and housewife. She is a free-lance writer, publishes a small press and coordinates a writers' club in the Hicksville Public Library.



# Vegetarian View



By Maureen Clancy

## Vegetables get top billing on mainstream menus

Chef Sylvan Portay made a few last-minute cast changes one night at Le Cirque, New York City's famed temple of *haute cuisine*.

On a dare by a food writer, Portay and his sous-chef, Sothia Khunn, crafted a seven-course meal of vegetables. In starring roles were a fragile napoleon of crispy potato slices, roasted tomato and baby artichoke; ricotta cheese gnocchi with arugula and black truffle juice; and a cassoulet of tiny peas, onions and baby carrots — each dish picture-perfect, innovative and spectacularly flavorful.

"It's a new thing," said Khunn. "People want to eat light and simple. And with fresh vegetables, prepared correctly, you can get very rich flavor and very exciting combinations."

From Manhattan to Maui, on Formica counters and fine china plates, veggies have bumped the big, meaty superstars right out of their complacent center-stage roles.

This summer, Hubert Keller, a San Francisco chef, wowed a White House audience with a four-course vegetable feast that included lentil, celery and ginger salad; a ragout of wild mushrooms in a crispy potato shell; and ratatouille wrapped in phyllo dough and flavored with tomato consommé.

At Charlie Trotter's in Chicago, a five-course vegetable-tasting menu fetches \$55 per person and has been gushed over by *USA Today* and *Vegetarian Times* magazine alike.

And it's farewell forever to the prosaic steamed-vegetable plate, shoveled up for decades to accommodate vegetarians in a meat-crazed society. Tom Dowling of the Rancho Bernardo Inn, north of San Diego, offers vivid mosaics of eggplant, summer squash, multicolored bell peppers, fennel and more, all drizzled with infused oils or innovative pestos.

Indeed, America's diet is changing dramatically. And vegetables, both familiar and exotic, are the latest heartthrobs.

### VERSATILE VEGETABLES

With his pricey all-vegetable extravaganza, Trotter tops the growing list of American chefs who are elevating veggies from side dish to entree status.

"Basically, I just love vegetables and came up with the tasting menu out of a personal desire to explore the possibilities of vegetable cooking," he said.

The feast, ordered by 20 percent to 30 percent of the diners each evening, changes according to the season. There might be a torte of wild mushrooms and braised en-

dive served with red bell pepper juice; a ragout of sweet potato cubes, black beans and sweet corn; or one single ravishing raviolo stuffed with braised artichoke hearts, herbs and a bit of crumbled goat cheese.

Trotter takes the all-vegetable concept a step further with his occasional potato and tomato "studles." These are multicourse menus created to show off a single vegetable. His best-known potato dish is a pave (a square, layered cake) made with spuds, caramelized onions and a ginger-soy sauce. One of his favorite tomato treats is risotto made with sun-dried tomatoes and tomato broth.

"It's very intense, but very delicate at the same time," he says.

Pacifica Del Mar in Del Mar, Calif., specializes in seafood. Nevertheless, said Chef Jackie Sloane-Donaldson, one of the best-selling dishes is a vegetable-based pasta dish.

"We call it 'Oprah's Marathon Training Meal' on the menu because Oprah had it the night before she ran in the race (America's Finest City Half-Marathon)," Sloane-Donaldson said.

The basil-flavored pappardelle (wide, flat noodles) are first tossed with sauteed artichokes, asparagus, mushrooms and baby bok choy, then sauced with a robust porcini mushroom broth.

"People want to eat vegetables, but they also want lots of taste," said the chef. "The porcini mushrooms give this dish great flavor."

In the El Bixcocho room of the Rancho Bernardo Inn, Dowling headlines his list of entrees with a homey polenta pancake topped with sauteed raw artichoke bottoms, fresh tomatoes and basil.

"One of our two best sellers is a warm salad of greens, grilled vegetables and just a bit of roasted, marinated shrimp or scallops," Dowling said. "We can sell 60 orders of that in an evening."

Other popular items include a napoleon made with wild mushrooms and a fettuccine dish with wild mushrooms, roasted bell peppers and rich walnut sauce. In addition to the regular menu, there's a changing menu of vegetable appetizers and entrees offered daily.

Satisfying guests who dine in a hotel restaurant several days in a row is a concern of Chef Stephen Marshall of the Ritz-Carlton, San Francisco. Marshall typically pairs a potato, leek and saffron tart with pan-roasted salmon.

"But about 10 percent or 15 percent of people want just the potatoes and vegetables, so I give them a plate with those and a bit of tabbouleh, or maybe some lentils and a couple of little salads," Mar-

shall said. "I've really seen a big increase in people ordering like this in the last year. And I'm glad, because vegetables are the things that give a plate life, color, texture and pizzazz."

At the trendsetting Baby Ruth in Dallas, Chef Kevin Rathbun features savory sweet-corn cakes with a bit of blue crab and Thai curry-coconut rice and a superb fontina-crust eggplant torts with ratatouille as entrees.

At the 18th-century Clifton Country Inn in Charlottesville, Va., Culinary Institute of America-trained Chef Craig Hartman whips up an elegant salmon coulibiac without the salmon.

"We just use extra vegetables and it's light and wonderful," Hartman said.

Patina in Los Angeles draws a sophisticated clientele with a \$45 vegetable tasting menu that features ravioli of tomatoes in olive oil basil juice with roasted garlic.

### EGGPLANT AND RED PEPPER TERRINE

- 1 cup extra-virgin olive oil
- 16 anchovies, minced
- 8 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- 1/2 cup prepared tapenade (olive spread), available at gourmet markets
- 5 large eggplants (1 pound each), peeled
- 16 red bell peppers
- 1/4 cup shredded mozzarella cheese (optional)

Yields 12 to 16 servings.  
Place olive oil, anchovies, garlic and red pepper flakes in small, thick-bottomed saucepan. Place on lowest heat and stir in tapenade. Heat through and set aside.

Cut eggplants lengthwise into 1/4-inch-thick slices. Lightly salt and drain in colander for 30 minutes. Dry eggplant.

Roast peppers under broiler or over open flame of gas stove until charred. Let cool in paper bag, then peel peppers and reserve.

Brush eggplant with olive oil mixture and cook over medium heat in skillet until golden on both sides. Do not saturate eggplant with oil.

To assemble terrine: Brush sliced cooked eggplant and roasted peppers with olive oil mixture. Preheat oven to 350 F.

Lightly oil 12x3x3-inch loaf or terrine pan. Line bottom and sides of pan with a layer of eggplant slices, slightly overlapping. Then layer red peppers in single layer over eggplant. Repeat process, alternating eggplant and pepper layers, until terrine is full, ending with eggplant layer.

Bake terrine for 30 minutes. Cool, then cover with plastic wrap, weight top with plastic-wrapped brick (or another loaf pan weighted down with baking weights or stones), and refrigerate for 1 day.

To serve: Unmold terrine and slice to desired thickness. Serve with mixed greens and shredded mozzarella cheese, if desired. Drizzle with additional olive oil mixture.

From the Ritz-Carlton, San Francisco.

### FETTUCINE WITH WILD MUSHROOMS, ROASTED PEPPERS AND WALNUTS

- 1/4 cup butter
- 2 tablespoons shallots, chopped
- 4 cloves garlic, peeled and sliced
- 2 cups oyster mushrooms, julienned
- 2 cups shiitake mushrooms, julienned
- 1 cup roasted red peppers, peeled and julienned
- 8 cups fettuccine, cooked *al dente*
- 2 cups heavy cream
- Salt and pepper to taste
- 1 cup Parmesan cheese, grated
- Pesto
- 1/2 cup walnut oil
- 1/2 cup walnuts, ground
- 8 rosemary sprigs, leaves reserved, stems discarded
- 1 bunch basil
- 1 bunch Italian parsley
- 1 cup olive oil
- Yields 8 servings.

- Saute butter, shallots, garlic and mushrooms together. Add red peppers, pesto, fettuccine and heavy cream. Heat through. Season with salt and pepper. Serve in warm bowls, sprinkled with Parmesan cheese.
- To prepare pesto: Heat oil in heavy saucepan. Add walnuts. Sauté until light brown, but do not let burn. Combine with herbs in food processor. Add olive oil in slow trickle while pulsing.
- Recipe from *El Biscocho, Rancho Bernardo, Calif.*

### SAVORY BREAD PUDDING

- 1 tablespoon butter
- 1 medium yellow onion, diced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 cup white wine or water
- 1 tablespoon olive oil
- 8 ounces mushrooms, wiped clean and sliced irregularly
- Salt to taste
- Pepper to taste
- 2 cups milk
- 3 eggs, beaten
- 2 tablespoons chives or green onions, chopped
- 6 to 8 slices bread
- 2 cups mixed grated cheeses, provolone, smoked, Jack, Swiss, etc.
- Yields 4 to 6 servings.

Warm butter in large skillet over medium heat and begin cooking onion. Crumble dried herbs between your fingers onto onion, and cook until onion is soft, about 10 to 15 minutes, stirring occasionally.

Add a little white wine or water when pan gets dry.

Add olive oil, raise heat, and add mushrooms; stir until they are coated with oil. Cook them for 3 to 4 minutes, stirring frequently. Remove from heat. Season with salt and freshly ground black pepper.

Whisk milk into beaten eggs and season with 1/2 teaspoon salt and chives or green onions.

Trim crusts from bread, and slice pieces in half. Butter oblong baking dish, deep-dish pie plate or individual ramekins, and arrange half the bread over bottom, trimming bread to fit empty spaces. Spoon mushroom mixture over bread, then half the cheese. Follow this with rest of bread and remaining cheese.

Preheat the oven to 375 F. Pour egg mixture over top. Cover and bake for 20 minutes.

Then remove cover and continue baking until custard is set, about another 10 to 15 minutes.

From *Greens Restaurant, San Francisco.*

# Kids Home Newspaper



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

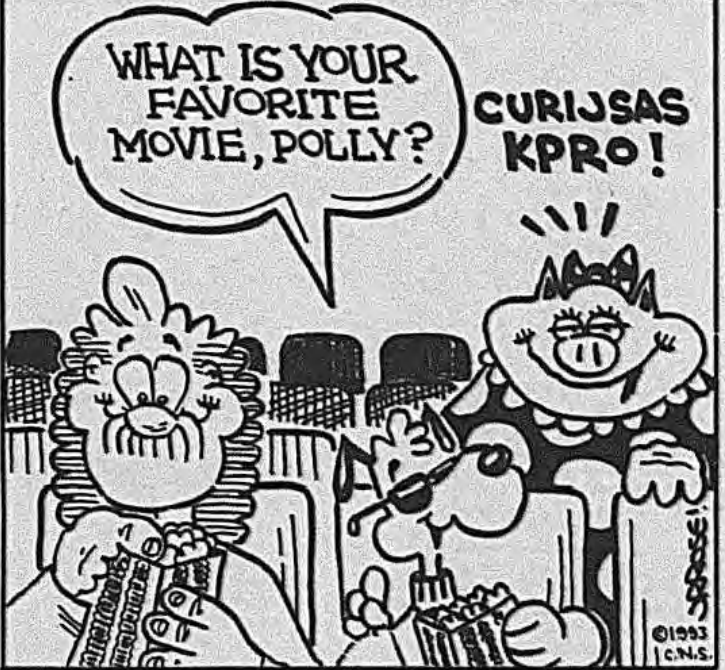
By J.R. Rose -

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**WHO IS THE ALL-TIME FAVORITE ACTRESS AMONG ALL LIZARDS?**



# ANTIQU OR JUNQUE



By Anne McCallam

## Colonial Revival desk

**Q.** I would appreciate any information you can provide about my slant-front mahogany desk. It is 32 inches wide and 42 inches high.

The section with the pigeonholes and drawers slides out and has two secret drawers. It was recently refinished and is in perfect shape.



**A.** This desk is an example of the Colonial Revival furniture of the 1920s and 1930s. The slant front, paw feet and fitted interior suggest that this desk is in the Chippendale style.

Your desk would probably be worth about \$400 to \$425.

**Q.** On the bottom of my stein is the attached mark. The stein is decorated with a Prussian black eagle. Its wings are spread and there is a crest on its chest.

The ceramic lid is rimmed in pewter and the size is a 1/2 liter. The decorations are in color and in relief.

Could you please identify and evaluate my stein?



**A.** This mark was used by Villeroy & Boch in Mettlach, Germany, from the late 1800s to the early 1900s. Ges-gesch means it is patented. 0/0 is the inspection mark, and II indicates the size. No. 2204 is the stock number used for the Blue Max stein.

It would probably be worth about \$550 to \$600.

**Q.** I have an old cash register and am curious about when it was used and if it has any value. It is marked "St. Louis — MFD. By St. Louis Cash Register Co., St. Louis, U.S.A."

**U.S.A.**

It is made of wood and still works perfectly. It is unique in that it only registers up to \$1.95. Is this machine so old that nothing cost more than \$1.95 when it was used?

What can you tell me about it?

**A.** The cash register was invented in 1884. Your cash register was probably used in a specialty store that didn't sell anything for more than \$1.95, such as a dime store. It was made around 1900.

The value would be around \$145 to \$165 in good condition.

**Q.** I have a tapestry that has been in my father's family for over 50 years. It is 76 inches by 54 inches, and it is stamped on the back "Made in France." The words "d'apres Rubens" are woven into the fabric. The colors are still vibrant and it is in good condition.

Anything you can tell me about my tapestry and its worth would be greatly appreciated.

**A.** Your tapestry was factory made in the early 20th century. The words "d'apres Rubens" mean that it was copied from a painting by Peter Paul Rubens. It would probably be worth \$800 to \$900.

**Q.** What can you tell me about a small plate I have?

It is 6 inches in diameter and is decorated with blue flowers. On the back is a crown and a shield with the words "Royal Bonn — Germany — Chrysanthemum."

**A.** This mark was used by the Franz Anton Mehlem Earthenware Factory, Bonn, Germany, in the early 1900s. "Chrysanthemum" is the name of the pattern.

Your Royal Bonn plate would be worth about \$35 to \$45.

**Q.** My great-aunt gave me an unmarked opalescent bowl. It is green, footed, has a ruffled rim and is approximately 8 inches in diameter.

I would appreciate any information you can give me.

**A.** Opalescent glass is clear or translucent and usually has milky-white decorations. When held to the light it has the fiery tones of an opal.

Your opalescent bowl (maker unknown) was made in the early 1900s.

It would probably be valued about \$40 to \$50.



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## Points on Pets

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

**Q.** Our male cat frequently sprays urine on the walls and furniture of our new house. Will having our cat castrated stop this very annoying behavior? We are not interested in having him father any kittens.

**A.** Urine spraying is the most common serious behavioral problem encountered in domestic cats. Although spraying is most common in intact male cats, it is also occasionally seen in castrated males and spayed and intact female cats. In the wild, urine spraying is a form of territorial marking engaged in by male cats after they reach sexual maturity. Cats apparently feel more comfortable and confident in the presence of the smell of their own urine.

Cats tend to increase their spraying activity if they are anxious or nervous. Therefore, spraying often occurs on the edge of the yard where the cat first encounters competitors, such as other cats. Changing a cat's environment or living conditions often intensifies urine spraying. During breeding season, the frequency of urine spraying increases. Urine spraying apparently attracts receptive female cats to the area.

If a sexually mature intact male cat starts spraying there is a good chance that the habit will be reduced or completely eliminated by castration. It has been reported that castration is effective in 90 percent of adult cats with spraying problems.

In most cats the spraying problem is eliminated very soon following castration. However, in some cats the reduction in frequency of spraying is more gradual, taking two to three months. A small number of cats never quit spraying following castration. Your veterinarian can advise you regarding the best method of controlling spraying by your cat.



## JUNIOR EDITION



### Aunt Tilly's Corner

As I ride home at night from work I've begun to notice more and more holiday decorations adorning our community. Homeowners are decorating their windows, lawns, shrubs and rooftops in the advent of the holidays.

I especially enjoy riding around the area with my family just to admire the lovely Christmas lights and peaceful candles in the windows. Some homes put on such elaborate displays that people come from miles around just to look.

It is an exciting time of year. I hope you get a chance to notice all the decorations. Perhaps you are decorating at your home.

Your friend  
Aunt Tilly

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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:  
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Williston Park, N.Y. 11596

## YOUR SOCIAL SECURITY

### Are food stamps considered income?

By William M. Acosta

**Q.** I am going to apply for Supplemental Security Income (SSI). I know my income must be low, but I was wondering if my food stamps and assistance from a federal housing program count as part of my income? — L.W.

**A.** Food stamps and assistance from most federal housing programs are not considered income. Check with your local Social Security office for additional information.

**Q.** What is the difference between a reconsideration and a hearing in an appeals case? — L.F.

**A.** A reconsideration is the first step in the appeals process. In a reconsideration, all the evidence on record, plus any new evidence obtained since the original decision, is re-examined by someone other than the individual who made the first decision.

If you disagree with this decision, you may request a hearing, the second stage in the appeals process, which is a formal review before an administrative law judge.

**Q.** I am a recent widow, age 64. The Social Security benefit I receive on my husband's record is very small.

**A.** Am I eligible for benefits on my first husband's record as well? — L.T.

**A.** You may be eligible on your first husband's record if you were married for at least 10 years and your marriage ended in divorce; or you were married at least nine months and your first marriage ended in death. Check with the toll-free number, (800) 772-1213, weekdays from 7 a.m. to 7 p.m.

**Q.** I started cutting hair in my spare time to help pay my college tuition, and business is getting pretty good. I know I have to report the income for tax purposes, but what about Social Security credit? — L.R.

**A.** When self-employed people report their income on their tax return, a part of the return is used to give Social Security credit. If you earn \$400 in self-employment, you must file a federal income tax return and pay federal taxes due, plus the Social Security tax.

The tax is reported on Schedule C (Profit or Loss from Business or Profession) and Schedule SE (Computation of Social Security Self-Employment Tax).

YOUR SOCIAL SECURITY

### Most Beautiful Grandchild



Pictured are my two granddaughters who I think are the "World's Most Beautiful Grandchildren!"

Alicia Erica Stein is 5 years old and her sister Lindsay Paige is 3 months old. Their parents are Dr. and Mrs. Steven Stein of Wantagh. Proud grandparents are Elaine and Richard Stein of Woodbury and Cynthia Kotler of North Bellmore.

Elaine Stein  
Woodbury