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Friday, December 24, 1993

Counting Candy Corn



Students at Fork Lane School perfected their counting and estimating skills by participating in the PTA-sponsored "Count the Candy Corn" Contest. The winners in the contest each received a beach towel, a bag of candy corn and coupons for Burger King and McDonalds. The winning students, pictured with Fork Lane Principal Carol Bentzen are: Kindergarten - Steven Lutz; 1st grade - Emily Krecko; 2nd grade - Daniel Rosen; 3rd grade - Kelley Carbery; 4th grade - Bryan Alcantara; and 5th grade - Chris Pogen.

Parents As Actors



Parents at Fork Lane School recently made their acting debut as they made "Books Come Alive." The parents acted along with the school's teachers in a special production celebrating National Read Aloud Week. Pictured are parents actors, left to right, rear: Pat Arbore, John Beutelman, Ann Saczesniak, Cindy Vella and Debbie Beutelman. Left to right, front: Diane Riccio, Denise Nitrel, Mary Donovan and Tina Cohen.

Acting Debut!



Dustin Hildebrand, a first grader in Mr. Donohue's class at Dutch Lane, helps out actors during the PTA Holiday Assembly. A troupe of actors called "We Tell Stories" entertained all of the children with holiday stories from around the world.

Bd. Of Ed. Appoints New Member

At a special meeting on December 15, the Hicksville Public Schools Board of Education appointed Jay Schwartz to the seat vacated by the resignation of trustee David Staton. Mr. Schwartz, who took the oath of office at the special meeting, will serve as trustee of the Board of Education until the next regular school district election.

In announcing the appointment to the public, Board President Helen Lafferty stated that the Board was "...in agreement that a mid-year appointment required a person with past experience who had a background of knowledge as to the operation of the Board and could step in without having to have any additional training. By mutual agreement, we have decided to appoint Mr. Jay Schwartz."

Mr. Schwartz served as trustee of the Board of Education from 1981-1987. During his tenure on the Board, he held the office of President from 1983 through 1984. A resident of Hicksville for fourteen years, Mr. Schwartz resides with his wife Gail and sons, Jonathan, an eleventh grader at the High School, and Matthew, a seventh grader at the Middle School. A former English teacher, Mr. Schwartz is currently a Vice-Principal in Bayside High School, Queens. He holds a Bachelor's Degree in English, a Master's Degree in Guidance and Counseling, and an Advanced Diploma in School Administration and Supervision.

In accepting congratulations from the Board, Mr. Schwartz stated he is "very pleased to be a member of the Board of Education and very honored to have replaced Mr. Staton."

Earlier in the evening at the preceding meeting, members of the Board of Education thanked Mr. Staton for his service and wished him much success in his new job.

IRS Rep. To Speak

A tax expert from the Internal Revenue Service will speak at the Hicksville Public Library on Tuesday, February 1, at 7:30 p.m., and then take questions from the audience.

The Hicksville Public Library is located at 169 Jerusalem Avenue, in Hicksville. For further information, call 931-1417.



Hicksville Superintendent Salvatore Mugavero, left, and Board of Education President Helen Lafferty pictured with Jay Schwartz, newly-appointed Board Trustee. Mr. Schwartz, who will fill the vacancy created by trustee David Staton's resignation, is a former Board of Education President and trustee from 1981 - 1987. He will serve until the next election of the Board of Education.

Cameras Come To Middle School



NBC "Today Show" tapes at Hicksville Middle School. Pictured are "Today Show" reporter Lynn Polomczak, health teacher Ms. Elaine Milani, American Cancer Society spokesperson Mrs. Janet Sackman, and health teacher Mrs. Christine Samigala.

NBC "Working Woman" Show videotapes at Hicksville Middle School for profile on American Cancer Society spokesperson Janet Sackman.

Hicksville Middle School students shared the spotlight with American Cancer Society spokesperson Janet Sackman. Mrs. Sackman, a former Lucky Strike cigarette model and cancer victim, visits the Middle School health classes annually to discuss the hazards of smoking.

A nationally syndicated television magazine show recently affiliated with NBC entitled "Working Woman" will profile Mrs. Sackman (daughter of ABC "Prime Time Live" anchor Sam Donaldson) filmed her presentation in Mrs. Christine Samigala's and Ms. Elaine Milani's seventh grade health classes. Ms. Donaldson, remarking on the excellent questions the students asked Mrs. Sackman, said, "I wish I

had asked some of them myself." The show is expected to air some time in late January or early February. The district plans to announce when it will be aired as soon as they have been notified.

If one TV crew was not enough for the day, a second film crew arrived to videotape Mrs. Sackman's presentation to a second health class. The crew from NBC's "Today Show" aired a brief segment including Mrs. Sackman and the health class during their broadcast on December 9.

MERRY
CHRISTMAS

Holiday Menorah



Oyster Bay Town Councilman Leonard Kunsig (third from left) and Town Clerk Carl L. Marcellino (second from left) recently joined with Rabbi Seth Gordon, local residents and members of the Bethpage Jewish Community Center for a holiday Menorah lighting in Bethpage. Also on hand (left to right) were Bethpage Tribune Publisher Ed Mangano, Chamber of Commerce Vice President Gary Bretton, Temple President Boelee Radish and Chamber of Commerce President Dennis Brady. Oyster Bay Town officials took part in similar lighting ceremonies throughout the Town of Oyster Bay.

LEGAL NOTICE

NOTICE OF FORMATION OF MORGAN, L.P.

Under Section 121-210 of the Revised Limited Partnership Act. (1) The name of the limited partnership is Morgan, L.P. (2) The date of filing of the certificate of limited partnership with the Secretary of State is November 5, 1993. (3) The county within this state, in which the office of the limited partnership is located is Nassau County. (4) The secretary of state has been designated as agent of the limited partnership upon whom process against it may be served. The post office address within this date to which the secretary of state shall mail a copy of any process served against it served upon him or her is Morgan, L.P., 102 Sterling Court, Syosset, N.Y. 11791. (5) The names and business or residence street address of each general partner is available from the secretary of state. (6) The last date upon which the limited partnership is to dissolve is December 31, 2150. (7) The character or purpose of the business of such partnership is any lawful business.

Robert A. Froehlich

SY08732

6x12/17,24,31;1/7,14,21

Teachers Course At Gregory Museum

Dr. Charles Rockwell, Professor of Geology Nassau Community College Hofstra University Introduction to Physical Geology - Part II

Physical Geology is a large division of geology concerned with minerals and rocks, changes in the surface and interior of the earth, and the dynamic forces that cause those changes. The earth is a dynamic planet that has changed continuously during its 4.6 billion years of existence. The goal of this course is to provide a basic understanding of geology and its processes and, more importantly, with an understanding of how geology relates to the human experience.

Course offered Wednesdays 3:30 to 5 p.m. beginning January 26, 1994. Designated as a 15 hour In-Service Course. For registration call the Museum at 822-7505. Fee \$75.

Handwriting Analysis At Hicksville Library

You reveal something about who you are every time you put pen to paper, according to Monica Randall, who will elucidate this subject at 7:30 p.m. on Wednesday, January 26, at the Hicksville Public Library.

Financial Planner To Present Pointers

Martin Cowan, a personal financial planner, will talk about 1993 tax changes, retirement planning, estate planning and investment strategies on Wednesday, January 19, at 7:30 p.m., at the Hicksville Public Library.

Native American Life In Oyster Bay!



Pre-School students from the Hicksville Pre-School Learning Center located in Dutch Lane School learned about the life of Native Americans during their visit to the Theodore Roosevelt Sanctuary in Oyster Bay. They painted their faces, cooked cornbread over an open fire, visited an Indian hut, and had a wonderful time!

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Menorah Lighting



Oyster Bay Town Supervisor Lewis J. Yevoll (third from right) and Town Councilman Leonard B. Symons (second from left) recently joined with members of the Mid Island Y Jewish Community Center in Flahaview for the organization's Maccabiah run and holiday Menorah lighting ceremony. The torch used in the run was brought by Nurit Kaplan (third from left) from Israel. Also on hand (left to right) were Executive Director Steve Rosenberg, Asst. Executive Director Joyce Glick and President Mark Hankin.

Indian Costumes



The second graders at Saint Ignatius Loyola School made Indian and Pilgrim costumes while studying the first Thanksgiving. They are shown here learning to husk fresh corn.

Creating Favorite Animals



Lee Avenue fourth graders in Mrs. Kenah's class visited the Bronx Zoo to continue their study of animals. Upon returning to school, they created their own artistic interpretation of the animals. Pictured with their "wild" creations are: Mike Bernardo, Ben Bergen, Anna Balatawica, Zehra Rivzi, Andrea Duca, Patty Dilg, Jennifer Tynlon and Stephanie Palmer.

Lucky Top Fundraisers



Winning fundraisers in the PTA's annual fundraising contest are pictured with Lee Avenue Principal Geraldine Silver. Top winner Nicole Pastore received a \$75 gift check. Grade level winners each received a Sony Walkman. The lucky winners are: Denise Duffy, Thomas Pasquerale, Kralg Bennick, Tiffany Regan and Amanda Roche.

Lee Avenue School's New ESL Program

The Lee Avenue School ESL Family Program, funded by a New York State Education Dept. grant, held the first in a series of workshops aimed at helping parents of English as a Second Language children at Lee Ave. Sch. work with their children at home.

The program included a presentation by the program coordinator and ESL teacher, Mrs. Anne LaBarbera, which demonstrated the important role parents play in helping their child enjoy reading. Hicksville Public Library Director, Mrs. Celeste Watman and Assistant Director, Mrs. Marilyn Kappenberg, spoke to the families about the resources

available for their use at the public library.

The families enthusiastically responded to the opportunity to borrow tape cassette machines, copies of books with cassette tapes and bilingual picture dictionaries for use at home.

The second in the series of five workshops entitled "Parents and Children Learning Together," is scheduled for January 10, 1994, with Carmen Fernandez as the guest speaker. Ms. Fernandez, a professor at SUNY Old Westbury, is a consultant for BETAC, the Bilingual Education Technological Assistance Center.



Mrs. Anne LaBarbera, ESL teacher at Lee Ave. Sch., demonstrates the use of taped books to parents and children at the ESL Family Program at Lee Ave. Principal Geraldine Silver looks on with interest.

Bowling Brownies



Fork Lane Girl Scout Brownie Troop #3241 enjoy a fun afternoon of bowling. The girls are modeling hats they designed themselves. The troop leaders are Fran Colton, Myrtle Rosen-Wells and Susan Clinton.

Career Counselor At The Library

Professional career counseling is available free of charge at the Hicksville Public Library, by appointment Tuesdays from 4:30 to 8:30 p.m. and Saturdays from 9 a.m. to 1 p.m.

Debra Tenenbaum, the library's career counselor, who holds an M.S. Ed. in Guidance and Counseling from Hunter College, has worked as a program coordinator/career counselor for BOCES 3.

Among the services offered to library patrons are assistance with choosing new careers, resume writing, interviewing techniques, researching careers, networking, accessing Civil Service job information and overall career planning.

For an appointment, call the reference dept. at 931-1417.

If you've enjoyed Estelle Cohen's beautiful, unique creations before, you'll fall in love with her delicate Spring Heart Wreath! Ms. Cohen will show you how to create this lovely wreath, on Wednesday, February 2, 1994, 1 p.m. Use it as a Valentine's Day wreath, or to adorn your door or home throughout the spring.

There is a small materials fee

of \$10, payable upon registration at the Reference Desk. Sign-up begins immediately, and space is limited, so don't delay! Patrons are requested to bring a scissors and glue gun.

Armchair Travel Through Holland

Imagine bicycling past fields and fields of tulips in full bloom - as far as the eye can see! Or cycling past dikes that hold back the North Sea - covered by a lush green carpet of grass that is home to thousands of sheep. This is Holland - a biker's paradise.

Come take this colorful journey with Melvin Brenner at the Bethpage Public Library on Thursday, January 6, 1994, 7:30 p.m. Mr. Brenner has completed six trips to this picturesque land, and will take you on a journey that is a feast for the eyes.

Don't miss this opportunity to see Holland - from its colorful fields of flowers to its Van Gogh Museum.

Admission Free, all welcome.

Hicksville's Endangered Species Stirs So. Elm St.

By Dick Evers

Shelly Oates and her mother Kay, were walking along Ransome Beach at Bayville this week, beachcombing leisurely when they came upon a real find, a stranded loggerhead sea turtle caught their eyes. The cold creature, eyes closed, flippers not moving, seemed dead, but who knows -- rigor mortis had not set in.

A call to a local vet produced an admission of his inexperience with marine creatures, but the doctor put the Oates ladies in touch with the Okeanos Marine Mammal & Sea Turtle Stranding Program in the Hamptons. Kim Durham, a stranding biologist, responded: "If it doesn't feel stiff, I'll be there shortly!" Of such urgency and vigorous response is Okeanos Ocean Research Foundation's efforts to protect endangered marine species, such as the turtles and loggerhead turtles. True to her promise, stranding biologist, Kim Durham, was at Hicksville's South Elm Street within the hour. The turtle's prospects did not look good. "We'll try and revive it, but it seems gone. It has a few blood scrapes, but it got those dragging itself on the bottom. It's cuts are not from a boat propeller. Loggerheads don't usually stay around here until December. The mild sea temperatures confuse it. Then a cold snap sets in and these warm water creatures chill, lose their ability to swim, and some drift shoreward. We'll put heat lamps on it and try and bring it around. You have to revive them gradually. Putting a stranded turtle into a tub of warm water will kill it. But, we'll try and wake this one up." Durham said as she hoisted it into a large tub in the back of her Okeanos truck.

Shelly and Kay Oates and their South Elm Street friends had a hunch their comatose turtle was too far gone for revival. But, at least, they knew they had been part of an endangered species rescue effort. Who knows, maybe another Bayville beach stroll would turn up a more "alive" loggerhead... P.S. Kim Durham called to tell the "rescuers" that the turtle "didn't make it."



Hicksville's Morgan Kelly tries to wake up a stranded Loggerhead Turtle found on Bayville Beach by her grandmother, Mrs. Kay Oates.



Shelly Oates and her niece, Morgan Kelly, wonder if the comatose loggerhead turtle she found in a stroll on a Bayville beach will wake up. Stranding Biologist, Kim Durham (left) drove in post haste from Hampton's Ocean Research Foundation to pick up and try to revive the endangered species creature which lingered too long in chilling Long Island waters.

Photos by Dick Evers Friend of the rescuers

American Legion Oratoricals



Hicksville's Holy Trinity High School orator, Dan Contrada of Malverne (center rear) was in good company for the semi-finals of the National American Legion Oratorical Competitions, last week. L-R: James Contrada, father of Dan, who was sponsored by Hicksville's Charles Wagner Post 481; Scott Chesin, Syosset H.S., the winner 2nd Place, Mary Kelly of St. Pius School, Wantagh; Dan Contrada and his cheering section, Post 481's Past Commander Arlene Howard, Shirley Graven, and Post Oratorical Chairman, Richard Evers.

Seniorobics Regis. At Hicksville Library

Registration for a new series of Seniorobics classes at the Hicksville Public Library will begin at 9 a.m. on Wednesday, January 5. The classes will meet on Thursdays at 2:30 p.m., from January 13 through March 10. The fee is \$10.

Men and women 60 and older who have had a physical examination within the past six months and are physically fit may join Ellen Coven in the library's Community Room for those classes.

Conversation Between the Sexes

Deborah Tannen's "You Just Don't Understand: Men and Women in Conversation" will be on the table on Wednesday, January 12, from 1 to 3 p.m. at the Hicksville Public Library. Edith Berg will lead the roundtable discussion, and all are welcome.

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 Guthrie 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

Assistance For Seniors

Senior Connections volunteers are at the ready at the Hicksville Public Library every Monday at 1:30 p.m., primed to help with advice and referrals. These volunteers are trained to answer Medicare and Medicaid questions, direct patrons to the resources they need and follow up queries seniors might ask.

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT NASSAU COUNTY

THE LONG ISLAND SAVINGS BANK OF CENTEREACH, FSB, Plaintiff, vs. MARTIN LEBEDIN a/k/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 Terlikosky;

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. 6690/93
GREGG N. SIDOTI
REFEREE

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

Workshop For Small Business

A workshop on "Business Strategies for the '90s," co-sponsored by the U.S. Small Business Administration and L & W Associates will be held at the Hicksville Public Library from 7:30 to 9 p.m. on Thursday, January 27.

Reducing group insurance costs, protecting assets and retirement plans will be on the agenda.

Three Named Top Of Month

Krist Kabashi, Richard McMahon and Gregg Tjeden, Hicksville H.S. School students, have been named Student of the Month in their respective classes at Nassau Technological Center. Each of the students surpassed their classmates in production, attitude, study and safety during the month of November.

Nassau Technological center Principal Gerard Schmidt told the parents of the young man "I am sure you are as proud of your son as we are. It is always nice to be the best, and during November we think your son was the best."

Krist was the best in general Aviation class, Richard in Carpentry, and Gregg in Construction Electricity class.

LEGAL NOTICE

NOTICE OF FORMATION OF OLD MORGAN, L.P.

Under Section 121-210 of the Revised Limited Partnership Act. (1) The name of the limited partnership is Old Morgan, L.P. (2) The date of filing of the certificate of limited partnership with the Secretary of State is November 15, 1993. (3) The county within this state, in which the office of the limited partnership is located is Nassau County. (4) The secretary of state has been designated as agent of the limited partnership upon whom process against it may be served. The post office address within this date to which the secretary of state shall mail a copy of any process served against it served upon him or her is Old Morgan, L.P., 102 Sterling Court, Syosset, N.Y. 11791. (5) The name and business or residence street address of each general partner is available from the secretary of state. (6) The last date upon which the limited partnership is to dissolve is December 31, 2150. (7) The character or purpose of the business of such partnership is any lawful business.

Robert A. Froehlich
SYO8733
6x12/17,24,31;17,14,31

Jottings From Yesteryear

By Bill Clark

Another year when school students look forward to the school Christmas & New Year closing. Do you remember, it was the same when we went to Nicholai St., East St. or St. Ignatius School and the holiday always went by too fast. You wondered where the gifts were hidden and you made sure no hole was in the stocking to lose any goodies. We always hung our stockings even after we were married, but I said no more to my wife when panty hose became popular. Too many gifts to fill them and no credit card.

How many people today know what coal looks like unless they were at the Hicksville Gregory Museum and saw the

display. And have you heard of Kopper's Koke, which was used in place of coal.

Someone once said "An hour lost is lost forever." I feel you should enjoy each day regardless of problems. I know of four seniors, who were grammar school girlfriends, they met for a luncheon and gab-fest only to hear two hours later that one of the ladies, soon after arriving home, suddenly died. Live each day.

One hundred fifty years ago, Charles Dickens wrote the "Christmas Carol." and we still look forward to it each year.

I am watching the Hollywood Parade on TV. Bob Hope has been saying "Have A Very Merry Christmas" more years than I have.



Broadway (Rt. 107) before 1960. Dark line shows approximation of buildings that are now the southbound lanes. The above cars are now northbound lanes.

Photo by Harold Kelly



Building demolished; southbound lanes established, balance of former buildings now empty areas. St. Ignatius and Trinity Lutheran Churches visible.

Photo by Bill Clark

Opening
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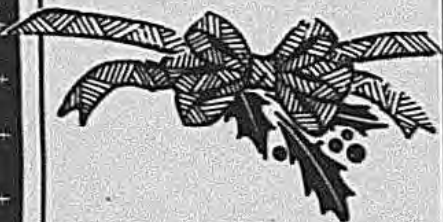

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LEGAL NOTICE

NOTICE TO TAXPAYERS

Re: 1994 GENERAL TAX

The undersigned Receiver of Taxes for the Town of Oyster Bay, county of Nassau, State of New York, hereby gives notice that he has received the General Tax Roll and Warrant attached thereto, and that he will be in attendance to receive taxes at: **TOWN HALL, Audrey Avenue, Oyster Bay, New York, 11771**, on January 1, 1994 and each weekday thereafter from 9:00 AM to 4:45 PM (Saturdays, Sundays and Holidays excepted). For: State Armory; Court expenses; County (Regular); College Portion of County; Town-General Purposes; Town Highway-Repairs & Improvement of Highway; Town of Oyster Bay Building & Zoning Departments; Memorial Day Assistance; Nassau County Police; Nassau County Sewer Taxes; Special District Taxes.

PENALTIES: The following scale of penalties is hereby prescribed for neglect to pay Armory & Court Expense, County, Town and Highway and Special District taxes after they become due and payable.

If the first half is not paid on or before February 10, 1994 penalty will be added at the rate of one per centum per month from January 1, 1994 calculated to the end of the month during which payment is made. Penalty on the second half will be added after August 10, 1994 at the rate of one per centum per month from July 1, 1994 calculated to the end of the month during which payment is made.

DISCOUNTS: If the full year's tax is paid on or before February 10, 1994 discount will be allowed on the second half of the tax at the rate of one per centum of the second half. No discount allowed on payments made after February 10 1994.

Taxes are payable by Cash, Certified Checks or Post Office Money Orders. Uncertified checks will be accepted subject to collection only. No cash payments will be accepted at either Town Hall Annex (Hicksville nor Massapequa).

When sending for tax bills, please state the School District location, Section, Block and Lot numbers in accordance with the Nassau County Tax Map. After November 30th, 1994 the 1994 tax roll will be turned over to the County Treasurer, Mineola, N.Y. and all payments after that date should be made at the Office of the County Treasurer.

Dated:
November 15, 1993
Oyster Bay, N. Y. 11771

JOHN J. O'LEARY
RECEIVER OF TAXES
MIT 2765
BETH 3178
SYO 8734
JER 8429
LX 12/24

Hicksville's Knights of Columbus Hall rang with revelry as American Legion Post 421 closed a memorable year with Christmas and holiday celebration. Chaired by Vice Commander Frank Ryback, the af-

fair featured a buffet supper and dancing 'til the wee hours by Joe Ratto. Commander Albert Cinotti, his comrades and their ladies are members of a war veterans group which continues to see steady growth in membership.



Commander Al and Mrs. Dorothy Cinotti enjoying his Post 421 American Legion Xmas Party.



Vice Commander Frank and Mrs. Mary Ann Ryback slow down for the cameraman.



Must be polka time. Steve and Helen Wladyka making merry.



An off-the-shoulder smile from dancers Fred and Mrs. Hoehing.



Neil McInnis and Laura reflecting on the holiday joy.



Past Commander Ray Gamble (right), Shirley Graven, Flo Ruhe, Cliff Doering, Veronica Spies (left) and friends at the American Legion Post 421 Christmas Party.



Past Commander Arlene Howard, John and Mrs. Kerrian (seated) and Past Commander Wesley Tietjen and daughter, as Post 421 Legion Xmas Party gets going.



'Tis the season to be jolly - Flo, Frances and Laura projects Xmas cheer.

Defensive Driving Courses

Registration will begin at 9 a.m. on Tuesday, January 4, for two six-hour Defensive Driving courses for licensed drivers, at the Hicksville Public Library.

The first course will be held on Monday, January 10, and Wednesday, January 12, from 8 to 9 p.m. The second, on Tuesday, February 22, and Wednes-

day, February 23, from 8 to 9 p.m. A \$35 check or money order made out to Driver Safety Program is payable at registration.

Those who complete one of these courses may save 10% on their automobile insurance and have four points removed from their records.

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NOTICE OF SALE**
INDEX NO. 8738/83
SUPREME COURT OF
THE STATE OF NEW
YORK; COUNTY OF NAS-
SAU NEW YORK
MORTGAGE SERVICING
CORP., PLAINTIFF,
-against- GEORGE
SMITH, BANK LEUMI
TRUST CO. OF NEW
YORK, CITIBANK, N.A.,
et al., DEFENDANTS.

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

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

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

**ANTHONY FERRARA,
Jr., ESQ.,**
Referee

Gary A. Friedman, Esq.
OXMAN GEIGER NATALE &

TULIS, P.C.

Attorney for Plaintiff
245 Saw Mill River Road
Hawthorne, New York 10532
(914) 741-6200
MIT 2762
4X 12/3, 10, 17, 24

LEGAL NOTICE

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

**JOHN LOGOSKIY, et al
Defts.**
Index #83-20521

Pursuant to judgment of foreclosure and sale dated Nov. 3, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Dec. 31, 1993 at 9:00 a.m. prem. k/a 5 A Moeller, St., Hicksville, NY a/k/a Lot Number 28 and 29 and part of Lot Number 37 on a certain map entitled, "Map of Willfred 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 & ROTHMAN
Attys. for Plif.,
1787 Veterans Highway,
Lanania, NY W867

MIT 2761
4X 12/3, 10, 17, 24

Continued From Last Week

ACADEMIC ACHIEVEMENT
1st Quarter - 1993/94
7th Grade

7-118
Teresa Bartolotta
Raul Banties
Paul Bouris
Heather Byrnes
Kim Cheung

7-120
Jana Cohen
Jared Cohen
David Cuomo
Roberto DellaValle
Rosanna DellaValle
Patricia Dellieri
Christine DeThomasia
James Feminella
Gina Florio

7-122
Benjamin Fu
Lisa Gangi
Stella Galanas
Joseph Giannotti
Brian Gilman
Joseph Granieri
Andrea Grtzer
Sean Hartofilis
Michael Hoffman
Heather Holeczek

7-207
Jerry Isernia
Kimberly Jansen
Marigrace Joannou
Eileen Kaily
Melissa Kirschenheiter
Philip Krizer
James Leahy
Evan Lison

7-218
Gregory Lowenthal
Lauren Lupario
Tara Maloney
Melissa Mankas
Amanda Menig
Jennifer Morea

7-219
Gina Orage
Anthony Parrinello
Marie Pascarella
Jill Prescott
Cynthia Prizzi
Kathryn Raia
Christopher Romano
Jill Russotto

7-221
Khaled Saeed
Ryan Satarian
Jeremy Salz
Danielle Santulli
Tejal Shah
Jennifer Sherry
Lyssa Sorkin
Eric Steiniger
Eric Tak
Donna Tattoli

7-228
Valerie Warmhold
Jennifer L. Watson
Meredith Wong
Nicholas Zafiroopoulos
Helen Zias

ACADEMIC ACHIEVEMENT
1st Quarter - 1993/94
8th Grade

8-124
Mary Achtziger
Christopher Anspach
Alicia Arnott
David Botocowsky
Matthew Brecher

8-128
Melissa Buonagura
Christine Catanzarri
Kelly Claus
Melissa Colleluori
Vicky Diamantis
Valerie Dierlam
Karin DiStefano

8-132
Emily Eglezos
Michael Filaski
Caltriona Fitzgerald
Michael Foppiano
Jason Fu
Christian Furey

8-208
Joanna Gerontakos
Christina Giandalivigni
Richard Goldman
Scott Goodside
Eric Greenberg
Leslie Greenberg
Daniel Greenblatt
Susan Haacke
Anna Haugen
Jesse Jansky
Christopher Jollon
Janelle Jones
Thomas Kalnic
Fanny Kletsidis

8-223
Kathy Kowalski
Patrick Kramer
Christina Masi
Melissa Moller
Katie Murphy

8-228
Jeanna Novelli
Heather O'Connell
Derrick Ong
Timothy Pagano
Petros Panagos
Jay Patel

8-227
Paul Roberts
Holly Romanowski
Michael Rubenstein
Kelly Russo
Lisa Sangiardi
Michele Sanna
Eric Schiameusa
Elizabeth Selter
Michelle Sidi
Jane Stuart

8-228
Hyejin Tak
Chris Vlasopoulos
Laurie Von Thaden
Jonathan Waxman
Lauren Wierzbicki
Sharon Yee
George Zafiroopoulos
Despina Zannikos

CITIZENSHIP ROLL
1st Quarter - 1993/94
8th Grade

8-107
Jason Morrison

8-108
Nicole Andrews
Kyle Carpenter
Lauren Curry

8-108
Ginetta Razov
Crystal Velez

8-110
Joshua Smith

8-282
Jacquelyn Chiddo
Christine Ho
Kristen Lamb

Dawn O'Connell
Allison Wurga
Crystal Zarcone

8-204
Lauren Bookman
Rashmi Dansinghani
Bettina Oyeda
Lauren Schuerlein
Nicholas Sikalias
Kyle Zuaro

8-208
Marrisa Festante
David Palilla
Justin Wallentin
Tiffany Wright

8-208
Jennifer Brooks
Margarita Diamantis
Nicole Mascoll

CITIZENSHIP ROLL
1st Quarter - 1993/94
7th Grade

7-122
Joseph Granieri

7-207
Melissa Kirschenheiter
James Leahy

7-221
Jennifer Sherry
Lyssa Sorkin

7-228
Valerie Warmhold
Jennifer L. Watson
Meredith Wong

CITIZENSHIP ROLL
1st Quarter - 1993/94
8th Grade

8-124
Mary Achtziger
Alicia Arnott

8-128
Karin DiStefano

8-208
Scott Goodside
Leslie Greenberg
Christopher Jollon
Janelle Jones

8-223
Kathy Kowalski
Hiroshi Kurciwa

8-225
Heather O'Connell

8-227
Jane Stuart

8-228
Hyejin Tak
Laurie Von Thaden
Jonathan Waxman
Sharon Yee
Despina Zannikos

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Kiwanis Club Honors VFW Winner

On December 15, the Kiwanis Club of Hicksville honored Jennifer Murphy, local post winner of the Veterans of Foreign Wars Voice of Democracy Contest. As a participant in this national contest, Ms. Murphy will progress to the next level where she will compete for scholarships. The Club was also pleased to have Joan Chwalisz, Chair of the VFW Voice of Democracy Contest; Vincent Ferrara, VFW Past Commander; Nancy Murphy

Peters, Jennifer's mother; and Marie Calder, Supv. of Liberal Arts for the Hicksville School District join us for the luncheon. The Kiwanis felt that in recognition of Bill of Rights Day, it was extra special to have Jennifer deliver her award winning speech at their luncheon.

The Kiwanis Club of Hicksville is proud to recognize Jennifer and her outstanding work in the VFW Voice of Democracy Contest.



Standing: Marc Herbst, Kiwanis Vice President; Donald Johnston, Kiwanis President; Jennifer Murphy, contest winner; Vincent Ferrara, VFW Past Commander; Joan Chwalisz, Chair of the VFW Voice of Democracy Contest; and Marie Calder, Supv. of Liberal Arts for the Hicksville School District.

Rock Collection



Students at Lee Avenue enthusiastically explore rocks and minerals in Mrs. Janet Kenah's fourth grade class. Pictured are Roberto Cabarcas, Patty Dilg and Jennifer Tynion with Mrs. Kenah.

LEGAL NOTICE NOTICE OF FORMATION OF OLD MORGAN, L.P.

Under Section 121-210 of the Revised Limited Partnership Act. (1) The name of the limited partnership is Old Morgan, L.P. (2) The date of filing of the certificate of limited partnership with the Secretary of State is November 15, 1993. (3) The county within this state, in which the office of the limited partnership is located is Nassau County. (4) The secretary of state has been designated as agent of the limited partnership upon whom process against it may be served. The post office address within this state to which the secretary of state shall mail a copy of any process served against it served upon him or her is Old Morgan, L.P., 102 Sterling Court, Syosset, N.Y. 11791. (5) The names and business or residence street address of each general partner is available from the secretary of state. (6) The last date upon which the limited partnership is to dissolve is December 31, 2150. (7) The character or purpose of the business of such partnership is any lawful business.

Robert A. Froehlich
SYO8783
6x12/17,24,31;17,14,21

LEGAL NOTICE NOTICE OF FORMATION OF MORGAN, L.P.

Under Section 121-210 of the Revised Limited Partnership Act. (1) The name of the limited partnership is Morgan, L.P. (2) The date of filing of the certificate of limited partnership with the Secretary of State is November 5, 1993. (3) The county within this state, in which the office of the limited partnership is located is Nassau County. (4) The secretary of state has been designated as agent of the limited partnership upon whom process against it may be served. The post office address within this state to which the secretary of state shall mail a copy of any process served against it served upon him or her is Morgan, L.P., 102 Sterling Court, Syosset, N.Y. 11791. (5) The names and business or residence street address of each general partner is available from the secretary of state. (6) The last date upon which the limited partnership is to dissolve is December 31, 2150. (7) The character or purpose of the business of such partnership is any lawful business.

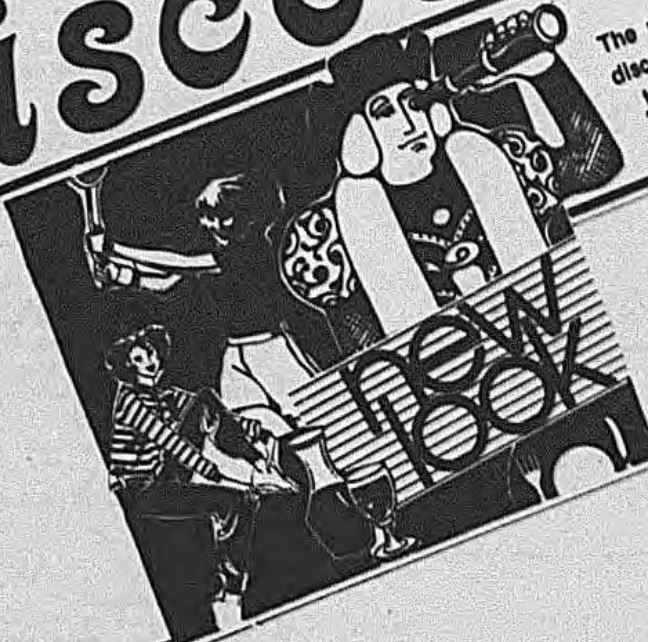
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Part Two of the Mid Island Times,
Syosset Advance, Williston Times,
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Great Neck News and The Garden City News



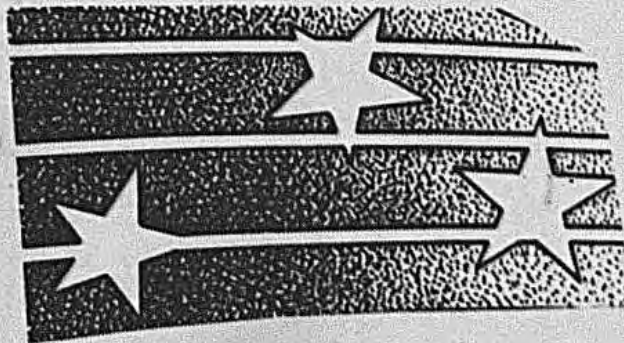
Discovery! Magazine

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



Friday, December 24, 1993

Stars In My Eyes



SEE PAGE 3

Input Callers Back Gulotta's Word Choice

Most callers to Input believe that County Executive Tom Gulotta was correct in his use of "animal" in the recent tragedy in answer to this question: "Do you think that Rev. Jesse Jackson's criticism of County Executive Tom Gulotta's use of the word animal describing the LIRR gunman was justified? Here are some of the answers: **SEEK HEALING**

County Executive Thomas Gulotta made a poor choice of words in referring to any person as an animal. However, the Rev. Jesse Jackson implying that Gulotta was a racist was improper and only further polarizes the racial issue. As a man of religion Jackson should seek healing with his words and not self aggrandisement. **WJB**

NO RACIAL INPUT

In my opinion the only people who couched this horrible deed by a gunman in racial terms was Colin Ferguson, the Rev. Orris Walker and the Rev. Jesse Jackson. Jackson took umbrage at the use of Gulotta's word "animal". In my opinion, to deflect the ob-

vious criticism of himself. For it is people like Rev. Jackson, Sharpton et al who are the spiritual fathers of these murders. They give the reason of these people to hate and rise up against what they see as injustice. Rev. Jackson's criticism was a clever ploy to deflect the criticism. Animal has no racial input whatsoever. **N.I.D.**

MENTALLY ILL

In any case the accused is innocent until proved guilty. In this case I think the man may have been mentally ill for committing this crime. **E.F.**

DONT BLAME COLOR

I truly believe Jesse Jackson is a racist who is so color blind he should not be allowed in a religious church. Tom Gulotta called Ferguson an animal not a black animal. He called him an animal because he acted like one. Just like "Son of Sam" is an animal. Just like Joel Rifkin is an animal. People like Rev. Jackson and Rev. Sharpton help keep the black people down by always making excuses for them. Like this animal on the 8:33 train killed all of those innocent people and wounded countless others. Why? Because there are some rich folks in Garden City? Come on give us a break Jesse. I suggest that at the next Presidential election we need some strong people in office that are not afraid of racists like Rev. Jackson and Rev. Sharpton. People who will protect us all no matter what color we are. No matter what church we attend. No matter what neighborhood we live in. There are a lot of places I cannot afford to live in. I blame that on myself. If I worked harder and went further in school maybe I would be living in a better neighborhood. Tom Gulotta for Vice Pres. Al D'Amato for President. **J.W.**

NOT JUSTIFIED

I do not believe that Jesse Jackson's criticism of Tom Gulotta was justified. The word "animal" just described the heinous crime that was committed. It doesn't matter whether the criminal was white or black. Nor should it matter to Jesse Jackson. It was a heinous crime and it was committed by an animal. Unfortunately if it had been a white gunman killing only blacks it would have been all over the place as a racial crime. The same should go for both sides. We are living in the age of Political Correctness" This kind of thing cannot be tolerated. **J.G.**

JACKSON WRONG

I think Rev. Jackson's remark was totally ridiculous. I believe Mr. Gulotta meant the killer is an animal because he does not live in a civilized society among other people. This certainly does describe Colin Ferguson. I still don't know what Rev. Jackson thought Mr. Gulotta meant by animal. Rev. Jackson's comments do nothing except increase the racial tension and take the focus off the tragedy of this crime. **T.I.**

REACTION CORRECT

Tom Gulotta's emotional outburst was as concerned husband and parent. Not a political statement. Conversely Jackson is making points with his followers by taking issue with Gulotta. If Jackson was milling about the Marillon Ave. station as I was he

would have heard a lot worse names than animal. And that was before the assassin was identified as black. The shooter can be any color in the rainbow Gulotta's gut reaction was correct. **T.L.**

ACCURATE REPORTING

Gulotta's characterization of Ferguson as an animal was right on target. Since Ferguson is obviously not an animal biologically his actions can be described as animalistic and those who resent the animal label are trying to downplay the savagery of the act. It is high time crimes be described accurately and not sugar coated with words that tend to soften the seriousness of the crime. Gulotta's description is accurate reporting. **A.B.**

JACKSON RACIST

Jesse Jackson proved once again that he is a racist and interested in a divisive policy. Just a little more subtle than Sharpton. County Executive Gulotta was correct in referring to Ferguson as an animal. This does not refer to color. Funk and Wagnall's dictionary defines the word as a debased and bestial human being. The description fits the act. Jesse Jackson should have been praying for the families who suffered and for the souls of the dead not encouraging more acts of brutality. He evidently doesn't care or know the difference. This is the man who wanted to be President and wanted the Rainbow Coalition to back him. **A.G.**

WRONG EMPHASIS

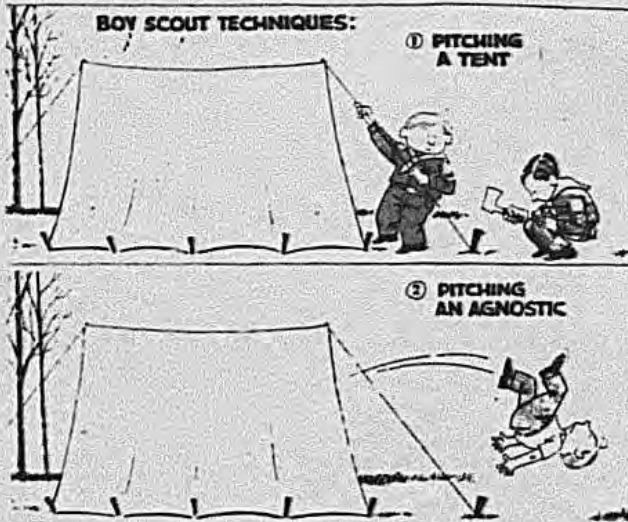
I believe the Rev. Jackson looks for things like this to justify his own existence. He came to Garden City to heal whom? We did not need healing of a racial nature. Nobody cared what color the gunman was. This was a terrible tragedy. Rev. Jackson should stay in his own community and heal them. **J.K.**

KNEW WHAT HE WAS DOING

I fully believe that County Executive Tom Gulotta's use of the word "animal" describing the LIRR gunman was completely justified. I haven't seen anything in print or heard a descriptive term to which I personally would object because I fully believe that that is the most descriptive term justified. I am quite satisfied that Colin Ferguson was completely in command of his senses and knew exactly what he was doing. The position he has taken subsequently about his legal defense shows too great an understanding of the pros and cons of the case as the real facts become known. In my opinion, I see no reason why the trial should not be held in Nassau County where the crime actually took place and where the victims and their families resided and suffered. At no point have I seen anything to indicate that Mr. Ferguson was actually bereft of his senses and this goes all the way back to his previous experiences at Adelphi and elsewhere. **P.G.S.**

THE QUESTION OF THE WEEK

Should the Boy Scouts alter their creed to allow agnostics to join?



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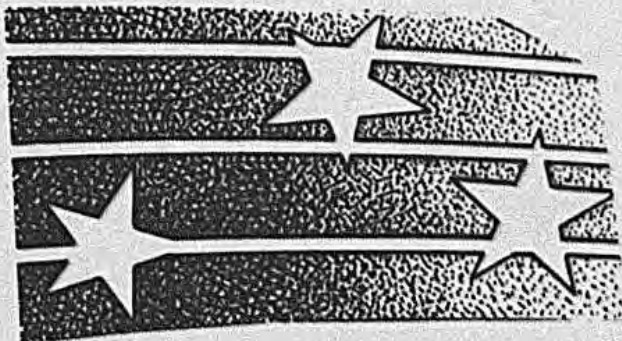
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Stars In My Eyes

By Herbert Goldstone

Fascinating and absorbing though it may be, I would not recommend getting involved with the study of astronomy to anyone with an easily bruised ego.

No physical science known to the human race can make you feel as small and insignificant as even a superficial look at the vast - I emphasize that word "vast" - and wondrous Universe around us.

We may be all-knowing and all-powerful here on Earth, this little chunk of rock we call home, but when you look at the planets and the stars out in that measureless void, a single human being is about as important and influential as one tiny grain of sand on Jones Beach.

Or, to put it more in scale with those mind-boggling astronomical dimensions, as one tiny grain of sand in the Sahara, Gobi and Mojave Deserts put together.

For the moment, let's forget about that huge starry emptiness we can see above us on a clear night and stay close to home.

We occupy a comparatively small planet, with a diameter of 2,160 miles, that's part of the Solar System, a family of nine planets... a word meaning "wanderers"... Circling our own private star, the Sun, at various speeds and distances.

Mercury is closest to the Sun, then comes Venus, then us. The Sun, that blazing hot ball in the sky, may not look so big to the naked eye, but remember it's 93 million miles away.

How big and far away is the Sun? One astronomer put it this way. If the Sun were a 25-foot ball in Los Angeles, the Earth would be a little green pea in Times Square.

The planetary "neighbor" furthest away from us in the Solar System is Pluto, 3,675 million miles from the Sun. The planets in between are Mars, a little smaller than we are, the two giants, Jupiter and Saturn with those spectacular ice rings, then Uranus and Neptune.

There's talk about a manned flight to Mars some day if the space program gets into full gear again. That would not be a mere weekend jaunt. Mars is 141.5 million miles from the Sun, or 48.5 million miles from us.

If it took our astronauts more than two days to reach the Moon, which is "only" 239,000 miles from Earth, just imagine how long that Mars trip would take. Would you believe more than a year, one way?

It's actually more complicated than that. The planets are never in a straight line from the Sun but scattered around in different parts of their individual orbits, so they figure distance when two planets are closest to each other.

Let me throw a few more numbers at you about the Solar System. The biggest of the nine planets, Jupiter, is a very unbelievable 483.3 million miles from Old Sol. How big is Jupiter. Try this on for size - a diameter of 86,700 miles.

Astronomers put Jupiter's mass at 317 times what our little Earth weighs. It's not a very friendly place either, with an atmosphere of things like methane gas.

Are you beginning to get an idea of just how vast the Universe is? That one tiny grain of sand is getting smaller and smaller.

Remember, the Sun and the planets of the Solar System are the pieces of the Universe "closest" to us. Out there, so far out that the human mind finds it hard to grasp the distances, are the stars, billions upon billions of them, some no bigger than our Sun, others many times larger and hotter.

Some are old and dying out, some middle-aged like our

Sun, some are just being born, blazing up in a monstrous ball of fire. They call that kind a super nova. It's been speculated that the Star of Bethlehem that marked the birth of Christ was a super nova somewhere in the heavens.

The nearest star to Earth is Alpha Centauri, in the skies of the southern hemisphere.

You can't measure stellar distances by miles. You use light years. Scientists found that light travels 186,000 miles a second, not exactly dawdling along, and that it's impossible for anything to go faster than light.

A light year is the distance light travels at that speed in one year. Alpha Centauri is four and a half light years from us. So, if we ever designed a space ship able to travel at the speed of light and it just turned around and came back again, a round trip to Alpha Centauri would take nine years. The experts tell us that no human will ever be able to travel at more than a tiny fraction of that speed, so the trip will be a lot longer. We won't be visiting Alpha Centauri any time soon, if ever.

As for going to stars any further away, with all due respect to the space meandering of television's fictional Star Trek superliner, Enterprise, forget it.

Astronomers, using a super telescope, photographed a huge star cluster known as Pegasus far out on the edges of the visible Universe. They say... talk about mind-bending concepts... that Pegasus is so far away from the Earth that the light from the star images in the photograph, traveling at 186,000 miles a second across the void, took 22 million years to reach Earth. In other words, what we see in the photograph may not even exist now.

Statistically, there must be millions of other stars with planets like ours and, since everything in the Universe is made of the same basic material, astronomers believe that somewhere there must be other planets with living things, maybe intelligent beings very much like us.

Maybe somebody out there is wondering, just as we do, whether they're alone in all Creation.

There's one other little quirk of space travel worth mentioning. Albert Einstein, as part of his relativity theory, reasoned that a human traveling away from Earth at some speed approaching the speed of light, would age slower, relatively speaking, than friends left on Earth. His theory is that someone traveling at "only" 167 miles per second for 10 years would actually be only five years older than when he started the trip.

I don't pretend to grasp that completely, but it's fun to think about. Maybe space travel should be part of our health care program.

A few years ago, my son and daughter-in-law gave me a marvelous birthday present, a piece of choice real estate I'll never be able to visit.

They contacted the International Star Registry and had a star called Serpens RD, located on a star map at 15H 41M 1ED, 1 degree 32 minutes, renamed for me and registered in my name. I have a framed certificate to prove it. It's in their records in a Swiss vault and also filed in the Library of Congress in Washington.

I look into the night sky once in a while and wonder which twinkling spot of light up there is me.

About The Author

Herb Goldstone lives in Woodbury. He has written professionally for a number of newspapers. He is a frequent contributor to Discovery.

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COOKS' BOOKS

Boxed cookbooks make natural gifts

By Charles Britton

"Country Baker," a four-volume set by the editors of *Country Life* (Morrow, \$35).

Just imagine. If I lived in the country, I would have plenty of time to bake — and a beautiful, rustic kitchen to do it in. I would serve piping-hot this and that to my family at every meal, and I wouldn't think it was drudgery, no, not at all.

I wouldn't miss the bright lights and variety of the city and the challenges of a career, not for a minute.

And if you believe that, let me interest you in this attractive set of volumes, designed to fuel just such fantasies.

Although not cheap, "Country Baker" just begs to be a gift. Four slim volumes of uniform design come in a heavy slipcase. As a package, it looks like a million.

Put together, the volumes add up to just about one regular cookbook. The various elements cover "Cakes and Cupcakes," "Breads and Muffins," "Cookies and Crackers" and "Pies and Tarts."

The recipes appear to be well prepared, and they certainly are presented with as much style as you could want. This sample comes from the cake volume. It recalls, as the editors note, the "dump cake" craze of several years back.

DAD'S WACKY CAKE

- 1½ cups flour
- 1 cup sugar
- 3 tablespoons cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 5 tablespoons butter, melted
- 1 tablespoon white vinegar
- 1 teaspoon vanilla
- 1 cup cold water
- 1 cup semisweet chocolate minichips

Vanilla ice cream (optional)

Yields 6 servings.

Preheat oven to 350 F. Sift together flour, sugar, cocoa, baking powder, baking soda and salt into baking pan 10 by 7 inches, 8-inch square or 9-inch square.

With your index finger (not any other finger) make 3 holes in flour mixture. Pour butter in 1 hole, vinegar into another and vanilla into third. (No, I am not making this up.) Pour water over all. Stir mixture until well combined.

Bake 25 to 35 minutes or until cake tests done. Immediately top cake with chocolate chips. Bake cake 2 or 3 minutes longer, until chips melt.

With spatula, spread softened chocolate over surface of cake. Cool cake completely before cutting into squares. Serve with vanilla ice cream, if desired.

"The Goodness of Nuts and Seeds" and "The Goodness of Pep-

pers" by John Midgley (Random House, \$12 each).

My goodness! John Midgley, a British food writer, has got himself a gig writing a series of books in which he gives some pages to a general discussion of the food involved, its history, variety, lore and all like that. That's where the goodness comes from, I suppose.

Besides the two books reviewed here, other volumes are on beans, peas and lentils, on potatoes and root vegetables, on olive oil and on garlic.

These are stylish little volumes, although to me they seem to offer marginal value. For example, I don't see much use in a two-page listing of various types of "capsicum," from "aji pepper" to "Tabasco sauce," just like that, with no comment or explanation. Actually, *aji* is the South American term for hot peppers in general. And *capsicum* is the British word for all peppers, from sweet to hot.

The recipes in these volumes have their share of Britishisms, too. The following will give you a taste; it's from the nuts and seeds volume.

STIR-FRIED ASPARAGUS WITH CASHEWS

450 grams/1 pound thin asparagus

4 tablespoons groundnut oil (see note)

4 cloves garlic, minced

225 grams/8 ounces crisp button mushrooms, sliced (see note)

2 tablespoons Shaohsing wine (that is, Chinese rice wine)

2 tablespoons oyster sauce or soy sauce

50 grams/2 ounces roasted cashews

Yields 4 servings.

Snap off pale, woody base of asparagus. Cut asparagus into sections 2 centimeters/1 inch long, reserving tips. Heat oil in wok until it smokes.

Add garlic, stir and add asparagus and mushrooms. Stir-fry 2 minutes, then add wine, oyster sauce, asparagus tips and cashews. Mix well and stir-fry 2 minutes more. Serve immediately.

Note: Groundnuts are what the Brits call peanuts. I interpret the recipe to mean small fresh mushrooms.



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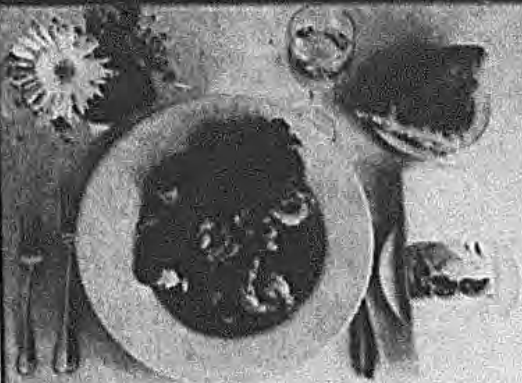
MAGIC

HOLIDAY FONDUE

1/4 cup apple juice
1 cup shredded mozzarella cheese
1 cup shredded provolone cheese
2 tablespoons flour
1/4 teaspoon garlic powder
2 tablespoons chopped green onion
Crusty French bread cubes
Fresh vegetable sticks
Yields about 1 cup fondue.
Preparation time: 10 minutes.
Cooking time: 4 to 6 1/2 minutes.
Oven setting: HIGH (100 percent power); MEDIUM-HIGH (70 percent power).
Measure apple juice into 1-cup glass measure. Microwave at HIGH setting 1 to 1 1/4 minutes, or just until boiling.

Combine shredded cheeses, flour and garlic powder in medium microwave-safe mixing bowl. Stir in hot apple juice, then stir in onion. Microwave at MEDIUM-HIGH setting 3 to 4 minutes, stirring every 2 minutes, until mixture is smooth. Serve warm with bread cubes and vegetable sticks.

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KITCHEN KIDS



By Rena Coyle

Fantastic finger foods

Refrigerated biscuit doughs are a boon to anyone who cooks with kids:

Available from most any market, the cans of biscuits are easy to stash in the refrigerator for spur-of-the-moment baking some cold winter's day. They also are easy to work with and quick-cooking. Not only does this provide speedy satisfaction for impatient chefs, but it also can provide a nearly instantaneous reward for cleaning up the kitchen — the finished product is ready just about the time kids finish clean-up detail.

While their prepackaged convenience minimizes some of the fun that comes for kids who love to mix and measure, there's something exciting in peeling back the paper wrap on a tube of biscuit dough, searching for that crease in the cardboard can, and then pressing it until the tube "magically" pops open.

Both of the recipes that follow focus on kid-chef fun that comes from cutting, dipping and shaping the dough — and consuming the finished product as a finger food — while still allowing for a bit of measuring and mixing along the way.

In *Monkey Bread*, for example, kids measure out sugar and cinnamon and combine them to become the sweet mixture that flavors this favored-for-breakfast, pull-apart loaf. This recipe offers the added attraction of extensive knife work — cutting each biscuit from the tube into quarters. The parental plus of this step is that the dough can be cut with a butter knife. For kids who prefer, the dough can be cut into quarters with kitchen shears instead.

MONKEY BREAD

1 (8-ounce) can refrigerated buttermilk biscuits
3 tablespoons margarine

½ cup sugar
¼ teaspoon cinnamon
Yields 1 (9-inch) loaf, or 6 to 8 servings.

Preparation time: 20 minutes.
Cooking time: 16½ minutes.
Turn on oven to 425 F. Put 5x9-inch loaf pan on counter.

Open can of biscuit dough; separate into 10 biscuit rounds. Using knife or scissors, cut each circle in half and then each half in half so that you have four triangular pieces of dough from each biscuit. Set aside.

Cut margarine into small chunks; place in medium microwave-safe bowl. Microwave at HIGH 1½ minutes or until melted, stirring every 45 seconds. Be sure to remove spoon from microwave after stirring each time.

Wearing oven mitts, remove bowl from microwave and set on counter next to biscuit pieces.

In second medium bowl, stir together sugar and cinnamon until well blended. Set on counter and line up all ingredients and utensils in this order: biscuit pieces, margarine bowl, cinnamon-sugar bowl, loaf pan.

Pick up about 10 biscuit-dough pieces at a time and drop into melted margarine. Gently turn with fingers or stir with spoon to coat. Remove pieces from margarine and drop into cinnamon sugar. Gently turn or stir to coat all sides, then remove from bowl and drop into loaf pan, distributing and layering pieces as evenly as possible in pan.

Wearing oven mitts, place pan in center of oven. Bake 15 minutes.

Set large serving plate on counter. Turn oven off. Wearing oven mitts, remove pan from oven and carefully turn pan upside down on plate. Let cool several minutes before lifting pan off *Monkey Bread*.

To eat, pull apart warm bread into bite-size bits.

DINING GUIDE

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Cooking Corner



Brazilian dish ensures good luck in new year

By Charles Britton

If you ever get a chance to visit Brazil, you may notice that restaurants display signs advertising a weekly special: *Feijoada aos Sábados*, meaning that they have *Feijoada* every Saturday.

We're going to propose a slight change on this long-standing Brazilian tradition: *Feijoada* for New Year's. It's a big, festive, happy dish, perfect for a group of convivial friends. And it contains a lot of legumes, which many consider the obligatory New Year's food to ensure luck for the coming 12 months.

That brings us to the question of just what *Feijoada* might be. The short answer is that it is Brazil's national dish — no, more than that, not just a dish but a meal. The full name is *Feijoada Completa*, which translates as something like "complete bean feed." Basically, it's a variation on the satisfying and, it turns out, quite healthful theme of beans and rice, garnished with various meats.

In addition, the recipe calls for a seemingly odd combination of ingredients, including oranges, red peppers, kale and hearts of palm.

These elements go into the side dishes, without which *Feijoada* wouldn't be *Completa*. Those oranges, for example, are simply peeled, sliced and served as a refreshing garnish.

It's a colorful presentation that Craig Claiborne, doyen of American food writers, once called "one of the most festive dishes known to man... and also one of the most sensual."

And if that weren't enough, it's inexpensive, easy to make and a great way to feed a horde coming over for an afternoon of bowl games on New Year's Day. In fact, it's rather hard to make a little *Feijoada Completa*.

Something fizzy goes well with *Feijoada*: beer, inexpensive sparkling wine, mineral water.

For dessert, Brazilians might serve one of their intensely sweet pastries, but we might like something lighter, say, a fruit salad made of cut-up pineapple and seedless grapes pulled from their stems, flavored with sugar and a dash of rum, plus sliced bananas added at the last minute. Some crisp cookies would go well, and don't forget plenty of strong black coffee.

For our *Feijoada*, we suggest ingredients that cooks will be able to find readily and that guests will think congenial to the American

palate.

Further, we demonstrate a way to prepare the beans and pork with much less fat than usual.

To be strictly authentic, however, *Feijoada Completa* should contain two ingredients that are common provender in Brazil: *farofa*, a granular starch made from manioc root, and *tasajo* or *carne seca*, beef that has been salted and dried.

Our recipes don't demand either, but we include directions for those who would like to try them. Your biggest difficulty will be finding these products. The best bet would be at markets with a large Latin-American clientele.

How much and what kinds of meats you use is pretty much up to you. One recipe we consulted called for the following: *carne seca*, pig feet (both salted and fresh), pig tails (ditto), pig ears, salted spareribs, ham hocks, smoked fat back, smoked beef tongue, a chunk of fresh beef chuck and two kinds of Portuguese sausages, *linguica* and *pao*.

Yes, certainly, on New Year's Eve we're going out shopping for salted pig tails.

Instead, we suggest the following:

- Two large smoked ham hocks.
- 2 pounds ham in a single piece
- Three, four or more sausages: *Linguica*, a peppery, garlicky link, is available at many Asian markets. Other choices would be fresh Italian sausages, spicy or otherwise, or kielbasa. It's a nice touch to use more than one kind.

PREPARING THE MEAT

Although you can simply cook the meat along with the beans, pre-cooking them in the following way allows you to rid them of most of their fat.

In a large soup pot, place the hocks with plenty of water to cover. Bring to a boil and simmer about 1 hour, or until the hock is tender. About halfway through this period, add the sausages, having first pricked the casings so that they do not explode.

Simmer gently until cooked through. Reserve hocks and sausages. Reserve cooking liquid. Skim off the fat, or, if you have time, chill it and simply lift off the fat.

If you like, you can brown the sausages before adding them to the bean pot, as directed below. Let the sausages cool off and then saute in a pan with a little oil.

NOTES ON BEANS

It's best to buy a fresh batch of beans for this dish. Recently we prepared some dried beans that had been sitting on our kitchen shelf for heaven knows how long. They had become excessively desiccated and never cooked up truly tender.

In practice, you can substitute other beans, such as pintos or kidney beans, for the black beans called for here; such a shift would taste about the same, but the look wouldn't be authentic.

We advocate the accelerated boil-and-soak method of initially rehydrating the beans. You can, however, use the more traditional method of soaking them overnight in cold water to cover.

Although you rarely see this mentioned, soaked but uncooked beans should not be eaten in any quantity; they will make you sick.

Beans do tend to produce intestinal gas, more with some people than others. This can be minimized by discarding the soaking water as directed here.

FELJOADA

1 pound black beans (sometimes called turtle beans) (see variations)

Meats you have chosen (see previous discussion)

1 onion, chopped

2 or 3 cloves garlic, chopped (or more)

½ cup parsley

2 tomatoes, peeled, seeded and chopped (optional)

1 bell pepper, cored, seeded and chopped (optional; see note)

Yields 6 servings.

Pick over beans, discarding any debris. Rinse them in cold water, drain them and put them in large saucepan or casserole with cold water to cover by generous 2 inches. Bring to a vigorous boil and cook for 2 minutes. Turn off heat, cover pan and let stand 1 hour.

At end of soaking period, drain beans, discarding liquid. Return beans to pan. Add ham, if you are using it, well trimmed of fat. Pour on liquid reserved from advance simmering of meats. Add enough water to cover beans by about 1 inch. Add onion, garlic, parsley, tomatoes and bell pepper. Bring to a boil; then reduce heat and simmer until beans are very tender, 1½ hours or so.

Cooking time can be unpredictable; the best course is to allow yourself a good hour more than you think you will need. Beans reheat well. If meats become done before beans, simply fish them out and set aside; reheat with beans later.

Toward end of this period, add sausages. Pick over ham hocks, removing meat. Add this meat to beans.

Do not add salt until very end of cooking; salt added earlier makes beans tough.

To serve *Feijoada Completa*, place large bowl of beans on table. Slice meats and serve on platter. Arrange rice and the other accompaniments that follow in separate dishes. Guests serve themselves.

Note: Using bell pepper is not authentic, but it adds a nice flavor. I like to add herbs: thyme, basil, rosemary, bay, oregano. They're not authentic, either, but ditto.

Using *carne seca*: Dried beef has

been prepared by salting. It has to be soaked. The day before you plan to cook *Feijoada*, cut piece of meat in half, if it is large, and place pieces in bowl with water to cover. Refrigerate overnight, changing water 2 or 3 times, if you can.

Rinse meat well and place in pot with water to cover; bring to a boil and simmer 2 hours. Remove meat and rinse. Add to beans for about an hour of their cooking time. Meat is done when it presents little resistance to point of knife but is not falling apart.

•••

Although you could serve plain white rice, Brazilians would prefer this:

ARROZ BRASILEIRO

(Brazilian Rice)

3 tablespoons oil

1 small onion, finely chopped

1 clove garlic, minced

2 cups long-grain rice

1 large tomato, peeled, seeded and chopped

Salt to taste

3 cups water

Yields 12 to 16 servings.

Heat oil in heavy casserole or saucepan with lid. Add onion and garlic; saute until vegetables are tender but not brown. Add rice; stir into oil, allowing grains to saute. When they become milky-looking, add tomato, salt and water. Bring to a boil, cover and lower heat to low simmer. Cook 20 minutes.

•••

The greens for a proper *Feijoada* would be *Couve à Mineira*, kale (or the closely related collards) prepared in the style of the state of *Minas Gerais* that is, cooked in pork fat. We prefer this version.

KALE OR COLLARDS

WITH GARLIC AND LEMON

3 large bunches kale or collards (about 3 pounds)

Olive oil

2 or 3 large cloves garlic, chopped

Juice of 1 lemon

Yields 12 to 16 servings.

Rinse greens. Trim off tough stems and let them drain. Shred leaves.

In very large skillet, heat olive oil. When very hot, let garlic sizzle for a few seconds. Then add leaves, a handful at a time; stir, allowing leaves to cook down. Eventually, you should be able to get all the leaves in pan. Continue to cook over moderately high heat, stirring and tossing, until tender to taste; some people like them on the crunchy side. Make sure any liquid boils away. Squeeze on lemon juice. Toast.

•••

Oranges: Preparing the oranges (say, 3 or 4 medium) is simplicity itself. Just peel them and slice. Do this only a short time before serving lest the oranges take on a stale taste. Allow a slice or two per serving.

The following salad adds a note of crispness. Heart of palm (taken from a low-growing palm tree or palmetto) used to be very expensive and therefore the epitome of luxury; in recent years, the price has fallen markedly.

The hearts have a mild flavor and a crunchy texture. They are always sold canned.

By C.Z. Guest

Creating a miniature Christmas tree

People living in apartments, small houses and mobile homes often have little space to set up large Christmas trees for the holiday season. Although table-size trees may solve the dilemma, they may be too expensive.

Of course, one answer to this predicament would be an artificial tree, but they lack the fragrance and natural beauty of the real thing. Sound hopeless? Not quite. The solution is to create a small Christmas tree with all the trimmings of evergreen trees and shrubs.

A Christmas tree about a foot tall can be easily constructed at home. One item needed as the trunk of a Christmas tree in the project is a block of "oasis," a material used by florists in making flower arrangements. The block can be set on end in a plastic holder, also available at garden shops.

The top end of the block should be trimmed to about 1 1/2 inches in diameter with any excess cut off with a sharp knife. Form the block so that it resembles a cone, and be sure to do this before wetting the block.

Trimnings from fragrant white cedar, Douglas fir and balsam fir are best. Boxwood, juniper and Japanese yew are good, too. Hemlock and spruce shed needles quickly when dry, but the moist oasis that forms the trunk of the tree supplies moisture to the trim-

ming, thus allowing them to hold their needles longer.

Most important for success, before putting together a tree, is to soak the oasis in water for several minutes. It absorbs a large amount of water, thus providing moisture to the greens for about a week. In a warm room, the oasis may need watering twice a week or more often, so just pour water into the holder, and the oasis will pick it up.

The next step is the construction of the tree itself. Insert the evergreen trimmings from the bottom up, using the longest pieces (6 to 8 inches) first to make a bottom circle of greens.

Using progressively shorter pieces, build circles of trimmings toward the top, tilting them slightly. The pieces near the top should be almost vertical!

Now the fun begins: Decorating your little tree. Let your imagination go wild, by using all sorts of tiny tree lights and miniature ornaments and anything else that strikes your fancy!

PRESERVE HOLIDAY GREENERY

To better preserve holiday foliage and prevent it from losing its luster, I recommend spraying trees and other greenery with Safer's ForEverGreen. Because the product is nontoxic, and nonflammable, it's safe to use around children, pets and holiday lights.

GARDEN TIPS

Yuletide mulch

- Use old wreaths as mulch-retaining rings around acid-loving plants.
- Use old Christmas trees as bird shelters.
- Use old holiday greenery as covering for perennial beds.
- String cranberries and peanut-butter-smeared pine cones to create bird feeders.

Pinecone bird feeders

- Use large pinecones and tie them securely. Use ribbon or string.



- Stuff the cone with pieces of bread or moist crackers, intermix seeds or dry crumbs.
- Roll in honey or molasses.
- Do not paint or use glitter or glue.

Our Children

By Willard Abraham



Q. I have three questions for you:

• Isn't it a problem when a second-grade kid has so much homework to do that he cries every night before he finishes it?

• How can a child learn to like school when he starts out that way?

His teacher says it should be "done in an hour," but my wife or I are at it with him for longer than that, and he still doesn't finish it.

• Don't you think there is something wrong with all this?

A. My answers to your three questions are, "Yes, it is a problem," "He may not be able to like school when the start is rough on him," and "Yes, there seems to be something wrong."

If there are other parents who agree with you that something is wrong, you might want to get a group of them together and select a few in the group to meet with the teacher to talk about this issue.

Because there could be some misunderstanding involved, a discussion of this matter might be worthwhile.

Second grade can be one of the most enjoyable times in a child's life, so this situation should probably be discussed as soon as possible.

Dear Parents: Surveys of children's attitudes are usually of interest to you, and to me, too.

Here is one that may appeal to you from *Weekly Reader*, the national student newspaper published by the Weekly Reader Corp. It is a what-do-kids-think? survey.

Included are opinions about how they spend their time and money,

the chores they do, their main source of news and their favorite movie or video, singer or musical group, magazine and place to visit.

The results obtained represent 45,000 first to sixth grade students. It could be interesting to compare some of their survey results with how your own youngsters might respond.

• Their grandparents' house as a place to visit tied with Disneyworld, and Florida in general came in third.

• They prefer playing a sport with friends or spending time with family rather than watching television, playing video games or reading or listening to music alone.

• When asked what they would do with \$10 if they had it, the favorite response was that they would save it.

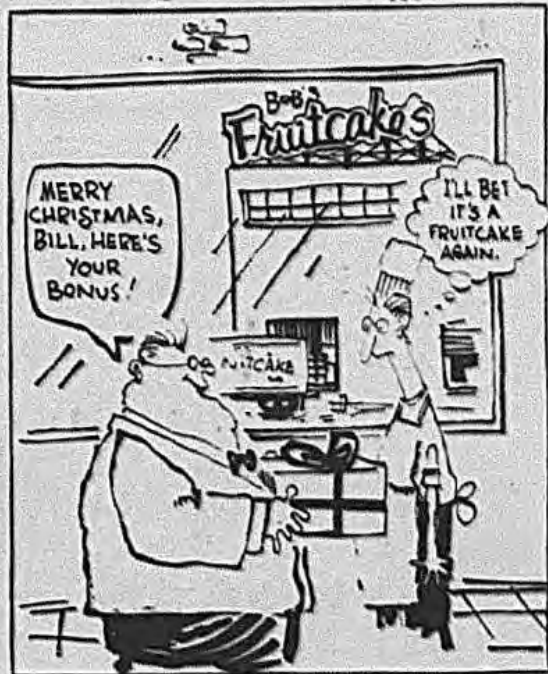
• Most said they do chores at home, like helping clean house and care for pets. Few mentioned doing laundry or cooking.

• Television was far in the lead as their main source of news.

• Among their top choices were "Home Alone" as their favorite movie or video, Garth Brooks as a musical favorite and *Sports Illustrated for Kids* as their magazine choice.

• You might be surprised at their responses to "What They Know." How about the word "cowabunga" recognized by 22 percent of first to third graders, and that Bart Simpson's sister is Lisa (84 percent)? Only 58 percent know that Canada is our neighbor to the north and 47.5 know that Al Gore is our vice president.

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Fitness Forum

By Harlene Ellis

It's the morning after the biggest party night of the year.

The University of Illinois Marching Band performs the "Hawaiian War Chant" in your head. There's a fur ball in your stomach, and the military could use your breath in chemical warfare.

Don't bother looking for tea and sympathy, because tea won't help and sympathy probably is the last thing you'll find. Practically guaranteed, even your own mother won't feel sorry for you.

After all, who told you — an otherwise sober, level-headed adult — to down that fifth glass of champagne?

The French call it *gueule de bois*, or "mouth of wood." The Germans, *Katerstimmung*, or "the wailing of the cats." And the Norwegians, *jag her tommermann*, or "I have carpenters in my head."

In America there's one name for this dreaded — and incurable — condition. We call it a hangover.

"It can mean a lot of different things to different people," but generally a hangover is a collection of symptoms that follow a drinking bout, says Dr. David Griffen, medical director of Memorial Medical Center's emergency department in Springfield, Ill.

No precise medical definition for this malady exists, but common hangover symptoms include headache, nausea, heartburn, thirst, fatigue, depression and/or irritability.

That painful, throbbing headache likely occurs because the alcohol or its metabolites (the by-product of alcohol metabolism) swell the brain's blood vessels, Griffen says.

Some studies have shown that alcohol "literally swells the brain itself," says Dr. David Spencer, a professor in the family practice department at Southern Illinois University School of Medicine.

Drinking stimulates urination. If fluids are not replenished, the body becomes dehydrated. This also accounts for those adult-size, bang-a-roo headaches — and accompanying thirst and dizziness, doctors say.

Alcohol can irritate and inflame the stomach, and its metabolites can trigger the brain's "nausea center," thus offering a twofold explanation for the queasies.

Although overindulgers often experience symptoms the morning after, hangover aches and pains actually may begin the night before.

With alcohol "being an anesthetic, you don't feel some of the pain when you're acutely intoxicated," Griffen says.

OK, so abstinence is the universally accepted way to prevent a hangover. However, throughout history many have found it difficult to "just say no" to wine, beer and other feel-good concoctions.

To ward off hangovers, ancient Assyrians drank ground swallow

beaks and bitter myrrh, according to the "Hangover Handbook and Boozer's Bible" (National Book Network). The ancient Greeks put amethyst stones in their drinking goblets. And the Romans drank sea water to induce vomiting, so they could start partying all over again.

Few people today would suggest drinking bird beaks or sipping sea water, but many preventive theories still exist.

Some, for example, say the darker the drink — such as red wine, brandy or sherry — the more likely a hangover. Conversely, white wines and clear spirits presumably cause fewer problems.

Some red wines do contain congeners (additives and/or impurities) that adversely affect certain individuals, but "aside from that, there's really no difference" between light and dark alcoholic beverages, Spencer says.

He and Griffen also dispute the theory that sparkling wines and carbonated mixers increase the chance of a hangover by hurling alcohol through the system at a quicker rate.

Some recommend eating high-protein and fatty foods to slow alcohol absorption. Although drinking on a full stomach "may smooth out" alcohol absorption and somewhat decrease the risk of becoming drunk (and ultimately hung over), "if you take enough on a full stomach, you'll get intoxicated," Griffen says.

"I don't want people to get a false sense of security."

Perhaps, the best preventive measures outside of abstinence are pacing and limiting, Spencer says. Through experience, people generally learn how much alcohol and time it takes to get drunk.

Admittedly, each individual is different and no guarantees exist, but "most people can handle a drink an hour over a three-hour period" without feeling too many ill effects the next day, Spencer says.

However, Griffen puts less faith in pacing.

"Although it may help, most people are going to have difficulty calculating it out and timing it just right," he says.

Physicians strongly warn against "hair-of-the-dog" or alcoholic remedies such as Bloody Marys or Irish coffees.

"It's a mistake," Griffen says. "You're just prolonging the inevitable."

(Craving a morning-after drink also is a sign of alcoholism, he notes.)

The "Hangover Handbook" says Russians drink heavily salted cucumber juice, and Puerto Ricans place lemon halves under their drinking arms to cure hangovers. But experts agree that once a hangover occurs, folk remedies such as breathing pure oxygen or ingesting megadoses of vitamins won't help.

THE HEALTHY GOURMET



By Kit Snedaker

Tasty, nutritious foods also bring good luck

Over the years certain food has been declared lucky. It's eaten on special days like the first day of the new year to bring good luck for the next 355 days.

Mostly lucky foods are peasant stuff because these were the folks who needed luck in the coming year. Possibly these also were the folks with the most sense about what was lucky and what was not.

One thing is for sure. Peasants knew what tasted good, was easy to fix, was filling and didn't blow the whole year's food budget. We should be so lucky!

RED BEANS AND RICE

- 12 ounces dried red beans soaked in water overnight
- 6 cups chicken broth
- 1 ham bone or ham hock (about 1 1/2 pounds) (for less salt, use a smoked fish of any kind, about 1 pound)
- 2 cups finely chopped onion
- 2 cups finely chopped celery
- 1 cup finely chopped green bell pepper
- 1 1/2 tablespoons finely minced garlic

- 1 bay leaf
- 1/4 teaspoon dried thyme
- 1/4 teaspoon cayenne
- 1/4 teaspoon freshly ground white pepper
- 1 tablespoon finely diced sun-dried tomatoes
- 1 1/4 cups converted rice
- Yields about 12 servings.

Each serving has some 200 calories, 6 grams fat, 0 cholesterol and 400 milligrams sodium.

Drain and rinse beans and put them in large soup pot with chicken broth, ham bone or smoked fish, onion, celery, green pepper, garlic, bay leaf, thyme, cayenne, white pepper and sun-dried tomatoes.

Bring to a boil, cover, lower the heat and simmer for 1 1/2 to 1 3/4 hours until beans are tender. Add rice and cook for 25 minutes more. Taste and correct seasoning. Ladle into bowls and serve immediately.

Kit Snedaker is author of "The Great Convertibles." Her food stories have appeared in *Bon Appetit* and *Harper's Bazaar*.

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Here's How

By Gene Gary



Q. My husband was given a glass bottle with a glass stopper that we cannot remove. I'm sure you've written about this problem before, with directions on how to unstick the stopper. Could you repeat this information?

A. This is a frequent question. If there is glue present, you can try a mild heat source to soften the glue, such as a hair dryer or running warm tap water over the bottle top.

If that doesn't work, try this: Use a piece of string similar to fishing cord of yesteryear. Have a friend give you an assist. Loop the cord one time around the neck of the bottle. While one person holds the bottle, have the second person pull the cord rapidly back and forth for

at least three minutes. The neck of the bottle will heat up and swell. The glass stopper will not.

If at first you don't succeed, try again. This method works almost every time, and you don't need to force the stopper. (moisture) and is excellent for medium to heavy traffic areas.

In choosing carpeting you might consider one of the newer commercial grades that come in an array of attractive styles and colors and offer the maximum in durability and stain resistance.

Some carpeting, usually the less expensive type, is glued to the floor. But I don't recommend this because it won't give you the insulation from dampness and cold that you might need. It also is diffi-

cult to remove if you wish to have it replaced.

Q. I need some information on how and when to clean wall-to-wall carpeting. I am hesitant to have our carpeting cleaned because I have heard that once cleaned it will attract and absorb dirt more and will be more susceptible to staining. Is this true?

A. Usually not, especially with better-grade carpeting. Some shampoos contain oil that can contribute to resoiling; however, most do not.

Walking on a carpet that is not completely dry will cause faster resoiling.

Most carpet is treated during manufacturing with a soil retardant. Although shampooing and extraction do not remove this retardant, foot traffic will. Therefore, a soil retardant applied immediately after shampooing or extraction is wise.

Professional cleaning of wall-to-wall carpeting is best to remove accumulations of embedded grease and dirt. Hire a skilled professional who knows the best methods to use on different fibers and

constructions and has special equipment to remove embedded grease and dirt.

Check references. If you do decide to tackle the problem yourself, the three types of home-cleaning methods for carpeting are shampoo, foam spray and powder.

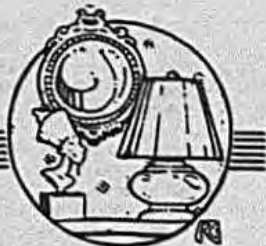
Shampoo can be applied with a hand applicator or with purchased or rented equipment. It is important not to use too much shampoo. Dry the carpeting as quickly as possible after shampooing. A fan or a vacuum cleaner blowing attachment will help. In mild weather, open the windows.

Foam spray is applied in a thin layer, rubbed in with a sponge mop, dried and removed with a vacuum cleaner. Do one area at a time. Foam cleaner can streak if allowed to dry before mopping or if used in a heavily soiled area.

When cleaning with a powder, be sure and vacuum the carpet thoroughly before using. Then sprinkle the powder, brush it into the pile, follow directions for drying time, and vacuum again.

Decor Score

By Rose Bennett Gilbert



Unobstructed view

Q. I need help with my sun porch. It has windows all around three sides that overlook the backyard. My problem is with the light: There's too much of it. I'm afraid the furniture and new rugs will fade. What can I do that will protect them but won't block the view? — A.McJ.

A. In these days of quantum-leap advances in technology, I'd advise a long talk with your nearest window-dressing store. Among the innovations that might solve your problem are light-filtering films you can apply to the window glass itself and semitransparent shades that block only the ultraviolet rays. You still get the light and the view.

Another good answer is yours to steal from the photo we show here. Faced with a sun porch that must be similar to yours, Decorating Den designer Terri Ervin uses a triple helping of window dressings. A scalloped valance that runs wall to wall is anchored by drapery panels stationed in the corners. Unseen under the valance are ordinary roller shades that can be pulled down against the sunlight or at night, when you might need the privacy.

While you're perusing her room, don't overlook other nice ideas the designer has incorporated such as the ottoman cocktail table ruffled

to match the draperies and the ivy motif she's stolen from the fabric and stenciled into the peak of the vaulted ceiling. Not only does it add visual interest above eye level, it helps relieve the monotonous horizontal march of the wall-to-wall windows.



ROOM WITH A VIEW — A ruffled valance dresses the windows that wrap this family room but doesn't spoil the outlook.



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Help Wanted

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

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. hdd

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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 741-6616. Leave name, address and phone number. Information will be sent or someone will call you ASAP. wd4

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PART TIME BABYSITTER needed for Wed., Thurs, Fri. afternoon, 2:30-5:30 p.m. for two girls, ages 7 and 8 in my Garden City home. Non-smoker, own transportation and references required. Call 326-3737. gcD3

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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. gcP1

HOUSECLEANER AVAILABLE. 5 years of experience. Excellent references. Please contact Christina at 292-3384 or 565-1329 (Cesilia). gcJ2

CHILD CARE OR Babysitting in my Garden City home. Flexible hours. Prefer Eastern Section. References available. Call after 7 p.m. 741-3158. gcJ2

HOUSECLEANING LADY - WILLING to clean your house, reasonable rates, with experience and references. Call 5:30 p.m.-7:30 p.m. 485-7988. gcD4

RESPONSIBLE, EXPERIENCED, Certified home health aide seeks position with sick or elderly. Call Paty 355-0553. gcJ1

SEEKING HOUSECLEANING JOB. Good experience, good references, own transportation. Call 358-8617. 9 A.M.-2 P.M. gcJ1

Situation Wanted

MATURE, CERTIFIED IRISH woman available to take care of your sick, bedridden or elderly. 741-8819. WD5

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

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 741-6016. 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) 397-2501. All references available upon request. gcD5

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POLISH WOMAN, HAS A car, speaks English, looking for a cleaning job. (516) 536-4578. gcJ1

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HOUSECLEANER, GOOD REFERENCES, experienced, available weekdays. Own transportation, English speaking. Call 489-1933. gcJ1

HOME HEALTH AIDE and companion, experienced with references, seeks position for evening or night. Own transportation. 565-4088. gcJ1

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

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. gcD5

EXPERIENCED WOMAN SEEKING baby sitting job. Live in or out. References available. (516) 378-4077 after 4 P.M. Ask for Blossom. gcD5

CERTIFIED NURSES AIDE. Looking for work as Aide or Companion to elderly. Offer Tender Loving Care. Available full time. Live out. Own transportation. References. 819-466-3410. hD5

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Real Estate For Rent

W. HEMPSTEAD/GARDEN
city - Large furnished room. Private bath and entrance. Clean, quiet neighborhood. Better suited for a non-smoking professional or retiree. Single. Security and references required. \$550/month includes all utilities except for summer "air". 489-5941. gcd5

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

GARDEN CITY - STEWART
Manor area. Furnished room with refrigerator, microwave, color TV. Utilities included - \$265/month. Share bath. Near bus and RR station. Parking facilities. Non-smoker. Woman preferred. Security and references. 775-4245. gcd3

CATHEDRAL GARDENS,
LARGE 1 BR Co-op. LR, dining area, wall to wall. Available Feb. 1, \$850 neg. 775-5022. gcd5

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

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

MANHATTAN, 324 EAST
50TH St. (Between 1st & 2nd). Great location, second floor of converted Brownstones. 3 1/2 windowed rooms, garden view. Available Dec. 1. \$1,200 a month. 747-0018. gcd3

ALL RENTALS - Garden City
and surrounding area. 1 bdrms \$685 to \$900; 2 bdrms \$1,000 to \$1,800+. Call Anne Hagen RE Broker (516) 741-1754. If not in, please leave message. gcd3

MINEOLA, OFFICE SPACE
for rent. 2 Room Suite, second floor. Use of law library, conference and reception rooms. Near courts. \$975 per month. Available Jan. 1. 248-2110. gcd3

MINEOLA, LARGE ROOM
FOR RENT. Share bath, private entrance. Near all transportation. Available starting this week. 248-0596, leave message. wd4

OFFICE SPACE FOR rent.
Ideal location, Garden City South. Beautiful office suites. Professional building, 175 square feet up to 2,500 square feet. Must see to appreciate. Owner (516) 538-7476. gcF4

UNIONDALE ROOM FOR
Rent with EIK, share bath, \$450 monthly. Prefer professional male. References and security required. Please call 489-9357. gcj1

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

Real Estate For Rent

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

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

ALBERTSON HOUSE, 2 BR,
LR, DR, Kitchen, Bsmt., Garage, Backyard. Herricks School District. Couple preferred. \$1300 plus utilities. 747-6962. Leave message. Available Jan. 1, 1994. hd4

GARDEN CITY SOUTH, 6
Room Apartment, 3BRs, LR, EIK, TV room, Bath & Terrace. Shopping, walk to LIRR & Adelphi. Perfect for students. \$1,000 per month plus utilities. Owner/Broker. No fee, 488-1668, 248-0753. gcj1

WEST HEMPSTEAD
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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. gcd5

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

WILLISTON PARK: 3 1/2
ROOMS excellent & conveniently located. Updated kitchens with appliances included. Heat, hot water, A/C. No fees. Price \$875. 792-3358. wth

CATHEDRAL GARDENS/GARDEN CITY
border: 1BR Apt. located on quiet cul-de-sac block. Near all transportation, shopping and schools. Separate entrance, EIK, cable TV, fully carpeted. \$600. 486-0625. wj1

GARDEN CITY FURNISHED
room for rent, private entrance, non-smoker, share bath, appliances available. Near RR, \$475. 742-7706 gcd5

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your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 61 East Barclay St., Hicksville, N.Y. 11601. We'll do the rest!

Real Estate For Rent

BELLEROSE, 1BR APARTMENT LR, EIK, w/w carpet, newly painted, full bath. Near RR, bus & stores. \$600 per month. 292-0302. (718) 347-4000. gJ1

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MT. SNOW/HAYSTACK, large fully equipped 4 BRs, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or week-end. Call 468-6120. gM2

SKI, STRATTON, BROMLEY, Okemo, 4BR, 3B, fully equipped home. Week/Weekend rentals. 245-1254. hD4

JUPITER, FLORIDA, JONATHAN'S Landing townhouse. LR, DR, EIK, 2 king BRs, 2 Baths, Den, Screened Porch, Garage. Feb. &/or March or long term. 333-5628, 298-9640, Alica. gJ2

NAPLES, FL. GOLF, 2 BRs, 2 Bths., on golf course, tennis, pool, club house. Seasonal rental (813) 566-7791. gD4

BROMLEY/STRATTON MOUNTAIN Vermont. Beautiful, spacious condo, fully equipped, 3 BRs, w/TV, VCR, Micro, on mountain near all amenities. Season rental avail. (516) 488-7399 evenings. (212) 546-2966 days. gD4

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Real Estate Wanted

GARDEN CITY FAMILY JUST SOLD home, seeks home in Estates section, only. No Spliffs. Flexible closing. Please call 326-8944. wD4

YOUNG FAMILY FROM Floral Park seriously ready to buy home in Garden City, Western or Estates section, any condition. \$300,000 - \$400,000. (516) 488-1975. Leave Message. gD5

Real Estate Wanted

GARDEN CITY COUPLE just sold home, seeks 3 BR, 2 Bth., Ranch in Estates or Western Section. Principals only. 741-7427. gD4

For Sale

CHAMBERS STOVE, white, good condition. Best offer. 741-0435. gD4

TWO TEN SPEED Bicycles, excellent condition. \$80 each. Nintendo games plus power pad. 746-5608. gD4

PERSIAN ARDABIL RUG, geometric, neutral, 9' x 12 1/2'. Thomasville DR, Meyer-Gunther Martini sofa, loveseat, armchair. Glass coffee table, Llaro Maja head, antique paintings, lithographs, collectibles. Child's formica BR. Thayer Coggin modular seating, wall unit. Lots more. All mint (718) 479-3717. gJ2

BRASS BED, QUEEN SIZE w/orthopedic mattress set. Unused, still boxed. Cost \$800. Sacrifice \$325 cash. 334-0925. hJ2

MAHOGANY BREAK-FRONT, beveled glass, desk top \$3500. Two mahogany occasional tables - inlaid w/brass border, \$500 each. Two carved mahogany chairs, \$125 each. All in excellent condition. 741-0154. hJ2

ETHAN ALLEN BR Set, Queen size bed and triple dresser w/mirror. Like new, \$700. Oak dining room set, lion paw table and 4 chairs, also like new. \$800. 328-0678. gD5

SEARS KENMORE ELECTRIC Dryer. Two years old. Excellent condition. Asking \$100. 742-4417. wJ1

FISCHER-PRICE TOURNAMENT table for Hockey, Pool & Table Tennis. Used one year. Excellent condition. New \$159, asking \$90. 742-4417. wJ1

COUCH 73", VICTORIAN reproduction, serpentine back. \$400. 741-0172. gJ1

NEW WOODMARK WING Chair, cherry legs. Beige/rose stripe. \$300. 354-4709. hJ1

IMAGE WRITER II printer, hardly used, sells for \$400. Will sell for \$225 firm. Also IBM Selectric II \$125. Call 437-1109. gD4

BALDWIN PIANO/ORGAN "Fun Machine" barely used. Excellent condition. 739-1812. gD4

SACRIFICE - MUST SELL! Ethan Allen Cherrywood Wall Unit. Mint condition. \$3,200. Two end pieces are alike. Cherrywood corner table. \$250. 489-8978. wD4

RUG CLEANING VACUUM with heater. \$500; Large chain saw - \$500; Apartment size refrigerator - \$75.00. 742-8037. Leave message. WD5

For Sale

TEN PIECE MAHOGANY dining room. Three piece sectional. Kitchen table/four chairs. Gray sofa, love seat & hassock. Ten foot couch. Best offer. 437-1350. WD5

ENTERTAINMENT CENTER (IKEA), black, new, \$60 or best offer. Cropped black leather biker jacket, new, never worn \$100. Formica top kitchen table \$45. 2 separate end tables \$15 each. Complete Jr. Britanica set, best offer. Western saddle & bridle \$150 or best offer. 485-1354. gD5

PIANO FOR SALE with bench. Spinnet. Excellent condition. Moving. \$650. 437-9156. gD5

BEAUTIFUL BRAND NEW sleep sofa, navy with bright flowers. \$400 or best offer. 352-7487. gD4

WATERFORD CRYSTAL, ALANA SUITE. 8 Champagne glasses, 8 water goblets, 8 claret wine. Firm price \$50 each. 741-1096. gD4

COMPLETE DR SET. Table with 2 leaves & 6 chairs & 2 piece cabinet. \$750. Oval cocktail table, end tables, brown sofa, white velvet love seat, misc. items. Best offer. 481-5487. gD4

SEARS KENMORE PORTABLE dishwasher, 1 year. Excellent condition. Telephone answering machine, ex. cond. Churchill, Hi-Fi stereo. Best offer. 822-4086. wd4

PIANO - SOHMER UPRIGHT Grand, completely refurbished with bench. Fruitwood finish. Asking \$950. 248-9744 evenings or 746-5320 days. Ask for Mary Ann. hD4

SCHWINN PRELUDE men's racing bike, 21", new, \$250. Evenings 742-7529. gJ1

AIR GOMETER EXERCISE bike. Great Christmas gift in perfect condition. Best offer. 741-9616. gJ1

WALL & AISLE GONDOLA SHELVING for retail store. I closed my store before I got to use them. Priced for quick sale. Small orders accepted. 328-0611. wD4

Car For Sale

'91 FORD EXPLORER Eddie Bauer, 48,000 miles. Automatic, loaded, remote start and alarm. Black. Ford maintained. \$18,000. Serious buyers only. 488-6168. gD5

1985 NISSAN MAXIMA, 4 door SE, 5 speed manual, immaculate, grey, full power, moon roof, adjustable suspension. A/C, Stereo Cassette. Good gas mileage. Original owner. \$3250. 747-8813. gD4

'79 MERCURY, needs some work, clean, good running condition. \$500 negotiable. 488-4587. gD4

Car For Sale

HONDA '90 ACCORD EX, Original owner. Loaded, 43K miles, silver, auto. Serviced by Honda. Must see. \$10,450. 742-8896. gJ1

1989 DODGE DAYTONA black/grey interior, A/C, power brakes, power steering, AM/FM stereo, new tires & battery. 63,000 miles. Good condition. \$5,000. 294-2639. gJ2

1981 CHEVY CAMARRO - A/T, AM/FM Stereo Cassette. In fair to good condition. \$1,000. 746-1948. wJ2

CLASSIC 1968 MUSTANG convertible. Mint Condition, all original, automatic, 6 cylinder, navy blue/white top. Asking \$10,000. 354-9135. gD5

'88 HONDA CIVIC DX, hatch back, 5 speed, brown, 33,000 miles. \$5,000. 481-5445. gD5

82 CHEVY - C-10 Delivery Truck. Oak bed, low mileage. Excellent running condition. \$999.00. Leave message - 742-8037. WD5

1984 DODGE ARIES WAGON 72,000 miles, 4 cylinder. AM-FM Radio. Runs good. \$850. 294-5797. wJ1

'88 OLDSMOBILE CUTLASS Supreme, 4 door, loaded, garaged, 35,000 miles. Excellent condition. \$4,700. 248-7132. gJ1

1985 CHEVY CAVALIER Wagon, red, automatic, A/C, AM/FM, excellent condition. \$1,200. 746-4680. gJ1

Car Wanted

VOLVO, LOW MILEAGE. Excellent condition. \$4,000. 775-7440. gJ2

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HANDYMAN: QUALITY HOME repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans installed. Call Joe, 746-7817. wJ1

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PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. D.B. hd4

MAY THE SACRED HEART OF JESUS be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us.

Say this prayer 9 times a day for 9 days; by the 8th day your prayers will be answered; it has never been known to fail. Publication must be promised. Thank you St. Jude. H.A.G. hd4

GLORIOUS APOSTLE AND MARTYR ST. JUDE, helper of the helpless, the sick, the impossible and worker of miracles, pray for us who beg you for your intercession. Thank You. H.A.G. hd4



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JEWELRY WANTED - TOP Cash paid for all kinds of jewelry, gold, diamonds, emeralds, watches, all kinds of sterling silver, antiques, oriental rugs, old oil paintings and fine furniture. Directly opposite Fortunoff's. Licensed bonded dealers. 742-4500. gcf1

GARAGE SPACE, NEAR any Garden City RR Station as of Jan. 15, 1994. Call 747-6856. gCDS

OLD TOYS WANTED - old toy soldiers, lead figures, toy cars and trucks, comic character, tin wind-ups, G.I. Joe and Star Wars items wanted. Highest cash paid. Call 484-9514, any time. gcd4

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DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. goJ3

Information Wanted

GOOD SAMARITANS: TWO ladies who helped elderly man off pavement in front of One Kensington Gate on Middle Neck Road in Great Neck, November 30. Please call Len at 433-9800. hj2

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Lost and Found

LOST, TAN LADY'S RAINCOAT about a week ago in Garden City. Did I leave it in your office? 741-3089. gcJ2

Fair

ELMONT, N.Y. MODEL Train, Toy & Doll Show. Miniatures and craft extravaganza. Baseball memorabilia. Sunday, Jan. 9, 1994. Free parking. St. Vincent De Paul Auditorium. 2 floors of fun and bargains. 1510 DePaul St. 10 a.m.-4 p.m. Buy, sell, trade. Breakfast, Lunch. Admission \$5. Sr. Citizens \$3. Early admission (9 a.m.) \$6 per person. Children under 12 free with parents. 200 dealers. For information call 352-2127 or 486-6658. goJ7

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New budget eliminates Medicaid home exemption

By Leonard J. Hansen

Congress proposed and passed, and the president signed into law, new federal budget changes that may affect the home of every senior citizen entering a nursing home under Medicaid. The new federal budget not only hands mature Americans tax increases larger than those affecting any other age group, but also revises the Medicaid law to remove the exemption of a personal home when a low- or moderate-income senior citizen needs to enter a nursing home.

Originally the home exemption was established to protect the spouse of a person in a nursing home, and the property could be passed on to surviving children in the case of death. Under the new federal budget, Congress and the administration have mandated that states establish an estate recovery program.

"Now, if a family member needs nursing care and does not plan for the possibility, when the bills mount up, the family could lose the residence to the state," said Armond Budish, elderlaw attorney based in Cleveland. "This puts the squeeze on many older middle-income Americans who may need nursing home care. The home that was once protected now could become state property."

Several types of long-established trust agreements for the protection of homes and other property have also been eliminated by the new federal budget and its mandates. Budish recommends senior citizens consider establishing a house preservation trust. It is a new form of trust, and attorneys specializing in elderlaw should be aware of the concept, forms and filing requirements.

"Other trusts serve useful purposes, such as avoiding probate, but do nothing to protect you from nursing home costs," said the attorney. "If a family has not planned or provided for long-term care before a loved one enters a nursing home, the costs could wipe out all of the savings and leave the surviving spouse impoverished," says Budish.

"And neither Congress nor the president has communicated to the general public that the one safety factor, the refuge in the home, is no longer protected under law, and that the state may be ordered to take title to the property if and when the person in a nursing home qualifies for Medicaid."

Mature adults should consider quickly and carefully their financial prospects should a nursing home stay become necessary. The options include purchasing nursing home (long-term care) insurance or, perhaps, using the legal steps recommended by Budish in an updated video, "What, Me Worry About Nursing Home Costs?"

The video is available for \$27.95 (\$24.95, plus \$3 shipping) from Thomas and Partners, 10 Bay

Street, Suite 3, Westport, CT 06880. Telephone number for information is (800) 424-9952.

NEWSLETTER FOR CAREGIVERS

Caring Ways is a new and cost-free periodic newsletter of American Source Books, a Colorado-based publisher specializing in aging-related books. The first issue includes articles on making family gatherings and holidays more enjoyable for older family members, how to avoid unnecessary expense and frustration when collecting caregiving information over the phone, and how working caregivers can reduce stress.

Planned for the second issue is a list of important toll-free telephone numbers for senior citizens, and features on hiring an in-home helper, and intergenerational activities. The newsletter will also include "Caring Way Yellow Pages," the first issue listing companies that sell adaptive devices to make daily living easier for the physically impaired or frail mature adult.

American Source Books are written and published to the special interests of caregivers, including younger adults caring for parents or grandparents, and senior citizens caring for a spouse, friend or relative.

Current titles include: "Caring for Your Aging Parents" by Kerri Smith, "Long Distance Caregiving" by Angela Heath, "Keeping Active" by Susan Walker, "Fast Facts for the 50-Plus Consumer" by Stephen Phillips, and "The Care Log."

Request your first copy of the *Caring Ways* newsletter by sending a stamped (52 cents) business-size (No. 10) return envelope with your request to: Caring Newsletter, American Source Books, P.O. Box 280353, Lakewood, CO 80228. Future editions of the newsletter will be sent free of charge.

FRAUD ALERT

Mature adults are targeted more than any other age group by con artists who bilk Americans out of \$100 billion each year, according to Hubert H. Humphrey III, attorney general for the state of Minnesota and president of the National Association of Attorneys General.

Seven of the most troublesome types of fraud and the estimated loss by consumers include telemarketing and direct marketing, including mail order (estimated loss \$10 to \$40 billion); credit, including credit card fraud and credit "repair" (\$3 billion); health (\$50 to \$60 billion); insurance (at least \$20 billion); investment (\$10 billion); home improvement and maintenance; and auto repair and sales.

New federal and state legislation has been introduced to increase penalties on fraud perpetrators when convicted, but the individual must be the first concerned and act to protect himself or herself.

FOR TEENS

By Willard Abraham, Ph.D.

Confused boyfriend

future.

Her gimmick is kind of interesting though. She talks about the "3 A's" of ability, achievement and aspiration. She tells me that I'm doing more than OK with the first two (I have the smarts and get good grades), but that third one, which is so high with her, doesn't appeal to me.

Am I missing something? You tell me. — Happy Guy

Happy Guy: You have a good point being satisfied with your first two A's as part of your present, but she is also in the ballpark with her emphasis on No. 3, the aspirations a person might have in mind for the future.

It may not be necessary for you to bang into the future with full force. There is time for that, but I hope you will think about making an appointment to see your school counselor and talk over this matter. You may decide on a compromise that involves looking ahead but not messing up your happy present.

It's certainly possible.

Dr. Abraham: My boyfriend is a guy who has kept his hair long for the two years I've known him. It bothered me at first, but now I take it for granted. And why not? He is a peach of a friend who is smart, loving, funny and so darned sweet.

Two girls I know don't know him as I do, and they often make cutting remarks about his hair, sometimes right in front of him. He ignores them, and I bite my teeth hard to keep from telling them what for.

They never stop their mean-spirited comments about him, and I just can't stand it anymore.

I really could use your advice. May I have it please? — Boiling Mad

Boiling Mad: I thought the attitude shown by those two girls related to your boyfriend's hair preference had been long gone, but apparently not.

I'd like to ask you a question: Why do you continue putting up with those girls' insulting remarks? Perhaps you have fallen into the habit of accepting their comments, but obviously you're now going over the edge.

I imagine you like and enjoy him much more than you like being with them. If that's true, it may be time for saying bye-bye to them. I'm just sorry you didn't say it sometime ago and saved yourself the emotional grief you had to endure.

Dr. Abraham: Do you think it is possible for a girl to dress manlike and also be so darned sweet that I'm really mixed up about her?

When I'm alone with her she is about as feminine as a girl can be, and I could love her to pieces. But when we are out with other guys and girls she is the only girl who wears the mannish clothes, you know, with a shirt, tie, pants and all that.

It doesn't really bother me, but I'm curious how a person can look and sometimes seem to act so different in the same body. It isn't important because when we are alone, I know how she is and that suits me fine.

Tell me what you think though. I'll be interested. — Contented Guy

Contented Guy: The way you signed your letter really provides the answer related to this situation.

All guys should be so lucky.

Try to relax and enjoy your relationship.

Dr. Abraham: I'm the only kid in the family, but I don't think my folks treat me right.

We have a nice three-bedroom house.

My parents use one bedroom, my dad uses another, where he does most of his accounting work and I get the third one.

Does that sound OK to you? Well, it shouldn't because the first two are big with great views of a park across the street. The third one, mine, is like a dark cubbyhole with a view of a beat-up old tree and the ugly house of our neighbors.

I don't think it is fair because my dad never even looks out the window of his working room, so why can't we trade, his and mine?

I think that makes sense. Don't you? — Not Fair

Not Fair: I don't blame you for wanting the view and the space, but there is one factor I think of that maybe hasn't occurred to you.

Accountants generally need space, lots of it, for working and files. They often have to spread out papers and equipment, and your room may not be adequate for your dad.

You might want to consider something else, too. Lots of kids don't have a bedroom of their own. Sharing one, sleeping on a couch or other makeshift arrangements are more common than you may believe. You might be luckier than many other teens are on this issue.

Dr. Abraham: One of my teachers brought up an idea that I'd like to run by you, to see whether it makes any sense and is worth the time that may be involved.

She thinks that I'm pretty smart, but feels that I'm not interested enough in the future. I'll buy that, but what's the hurry? I think I'm having a good life right now and there is no need to rush into the

FOR TEENS



By Charles Britton

Countless ages ago in a Mexican rain forest, a proto-gourmet followed a particularly seductive aroma to its source in the seed pods of a climbing orchid and thus became the first devotee of meta-methoxy-parahydroxy-benzaldehyde — vanillin, for short.

In other words, people had discovered vanilla beans.

The flavor has been winning converts ever since.

"I think there's an inborn preference for vanilla in nearly 100 percent of the human race," said vanilla merchant Raymond Lochhead, whose Paso Robles, Calif. company makes extract for sale under other labels. "I never met anyone who didn't like it."

Lochhead described himself as "in vanilla" all his life. His father founded the family company 75 years ago, and now the firm has vanilla plantations in Fiji and Tonga and processing facilities in Bali.

The flavoring is a fixture of the kitchen shelf, and it shows up in a great number of dishes. It's the first choice for desserts made with milk or cream. Vanilla also is excellent with most fruits, and is often paired with chocolate, a crop that originated in the same region of Mexico. A great deal goes into beverages, particularly, so it is said, the secret formula for Coca-Cola. Some chefs have experimented with using vanilla in main dishes, with dubious results.

The vanilla orchid has spread to many of the tropic regions of the world. "Bourbon vanilla" has a certain cachet, but the designation means only that it comes from the islands of the western Indian Ocean. The name derives from Reunion Island, once known as the Ile de Bourbon.

Juan San Mames, a vanilla importer in San Francisco, said the origin of a given batch of vanilla beans doesn't matter all that much: "Oh, people say, 'These are Bourbon.' These are Indonesian," and so on, but it doesn't work that way. The important thing is how the beans were handled. Did they mature on the vine or not? The curing and selection are critical."

Vanilla orchid vines, which can grow as long as 35 feet, twine around trees for support and gain nourishment from dirt and litter trapped in the clefts of branches. The flowers are small but "fairly attractive," Lochhead said, "greenish white with a yellow tinted cup."

The value of the plant comes from the long, narrow beans and particularly from the myriad tiny seeds, which carry most of the principal flavor constituent, vanillin (accent on the first syllable).

The production of vanilla beans is a painstaking process.

"No people who produce vanilla are able to use it themselves. It's too expensive," said Lochhead. "If it were made by American labor, no one could afford it."

In their original Mexican forests, vanilla vines have evolved with a certain insect and a species of bird that visit the flowers and bring about pollination. This is done by hand in most commercial operations. Then, for best flavor, the pods have to be picked when fully mature, just before they split open, a process that requires workers to go over the vines repeatedly.

A newly picked vanilla bean has none of the expected taste or aroma. The vanillin is held in a chemical bond that breaks down during a painstaking process of curing, resulting in the treasured flavor. This will happen naturally in the wild, though very slowly, which is how vanilla was discovered to begin with.

The aroma can be detected as far as half a mile away, Lochhead said: "Just follow your nose. The plant is not secretive at all."

The vanilla trade has its sedate aspects — it's a stable business, Lochhead said — but some topics do stir up comment.

• **Artificial vanilla.** Demand for natural vanilla outstrips supply, and so scientists have come up with substitutes. Metamethoxy-parahydroxy-benzaldehyde can be extracted from other sources, usually byproducts of the wood-pulp industry, and it can be synthesized.

Science tells us that vanillin is vanillin, however derived. But it doesn't take an expert to tell the difference from the natural item.

"I've found in many tests," Lochhead said, "that people do prefer pure vanilla almost 100 percent of the time."

The apparent reason is that the vanilla bean contains more than straight vanillin. Researchers have found 177 chemical compounds in the extract, and these evidently contribute a subtlety and complexity to the natural product.

Artificial vanilla is cheaper than the real thing, and many cooks use it, especially when it is not the primary flavoring agent in a dish.

• **Mexican vanilla.** Although Mexican vanilla beans are highly prized, extract from south of the border (as well as the Caribbean and South America) may well be adulterated with coumarin, an extract of the tonka bean that tastes very much like vanilla. Indeed, some people are said to prefer it.

The problem is that coumarin is at least mildly poisonous, and U.S. authorities prohibit it for human consumption.

• **Tahitian vanilla.** Vanilla from the island of Tahiti enjoys the glamour of the South Pacific, and because many American chefs make a point of using it, the beans have attracted a lot of attention, often selling for a premium.

But is it deserved? No, said San Mames.



By Sharon Achatz

Creative ways with leftovers

For the harried dinnertime chef, perhaps no timesaving technique makes more sense than that of making maximum use of leftovers — intentionally preparing more than you know you'll eat at one sitting so you have the makings of a second dinner easily at hand.

If your family doesn't mind eating the same meal twice in a given week, simply doubling a recipe and refrigerating the leftovers can be a solution.

If, however, your family mounts a mutiny at the mention of leftovers, you can instead rely on the creativity of using individual ingredients from the first meal as prepped ingredients for another meal or two — meals that bear little resemblance to the original.

This can be as simple as using leftover chili to create chili cheese dogs later in the week — just heat up the chili and spoon it over wieners and buns — or as elaborate as cooking a Pot Roast Dinner.

While the pot roast will take hours to simmer to readiness for the first meal, it will produce ample leftovers that can be simply warmed up to create meals in minutes later that week. One leftover option would be to thinly slice the beef and serve it up in barbecued beef sandwiches. Another would be to shred the beef and then simmer it with a can of diced green chilies, some thinly sliced onions and salsa to taste to make for a deliciously different filling for burritos.

A meal of pasta with meatballs can provide the fixings for two additional meals of "sneaky" leftovers. Combine extra cooked pasta with fresh vegetables and Italian dressing, then chill for a quick side salad. Make extra meatballs, and you can then slice the leftovers and slip them into bakery-fresh sourdough bread rolls for made-in-a-minute meatball sandwiches.

An extremely versatile leftover option is that of boneless chicken breasts. Anytime you prepare chicken breasts in a recipe such as Garlic Chicken With Vegetables and Rice, cook twice as much as required for the recipe at hand, then freeze or refrigerate the remainder for use in any number of recipes that call for cubed, stripped or shredded cooked chicken — such as Taco Salad With Salsa Dressing.

GARLIC CHICKEN WITH VEGETABLES AND RICE

- 1 (7-ounce) box instant white rice
- 1 cup sour cream
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons milk
- 3 tablespoons Dijon mustard

- 1 teaspoon minced garlic
- 6 boneless, skinless chicken breast halves
- 1 tablespoon margarine
- 1 cup broccoli florets
- 1 red bell pepper, cut into ¼-inch strips

Yields 6 servings.

Preparation time: 45 minutes.

Prepare rice according to package directions; set aside.

Meanwhile, in small bowl stir together sour cream, salt, pepper, milk, mustard and garlic; set aside. Place chicken breasts on lightly greased broiler pan. Use ¼ cup sour cream mixture to brush both sides of each breast. (If desired, cook additional chicken breast halves, without seasoning, for future use in recipes that call for cooked chicken.)

Broil chicken 5 to 6 inches from heat until tender, about 25 to 30 minutes, turning halfway through cooking time.

Meanwhile, melt margarine in 10-inch skillet. Add broccoli and pepper strips. Cook over medium heat, stirring occasionally, until tender-crisp, about 2 to 3 minutes. Stir in rice and remaining sour cream mixture. Continue cooking 1 to 2 minutes or until heated through.

To serve, top rice mixture with chicken breasts.

TACO SALAD WITH SALSA DRESSING

For dressing:

- 1 cup sour cream
- 1 cup salsa
- 1 tablespoon taco seasoning mix

For salad:

- 4 cooked chicken breast halves, cut into strips
- 1 tablespoon taco seasoning mix
- 1 head lettuce, shredded
- 1 (15-ounce) can black beans, rinsed and drained
- ½ cup sliced green onions
- 12 cherry tomatoes, halved
- 1 cup shredded Cheddar cheese

Yields 6 servings.

Preparation time: 25 minutes.

In medium bowl, stir together all dressing ingredients. Cover; refrigerate until ready to serve.

In large plastic food bag, place chicken strips and 1 tablespoon taco seasoning mix; tightly seal bag. Shake to coat chicken.

To assemble salad, divide lettuce among 6 salad bowls. Place about ½ cup chicken on lettuce in each bowl; top with about ¼ cup black beans, 1 tablespoon green onion, 4 tomato halves and 2 tablespoons shredded cheese. Serve immediately with dressing.

Kids Home Newspaper



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

By J.R. Rose -

DRAW IT!

DRAW RAIN
SO PUP CAN
TRY OUT HIS
NEW RAINCOAT!



UNSCRAMBLE THIS TO SEE
WHICH DOGS LOVE RAIN...

DMU
DOPLOES!

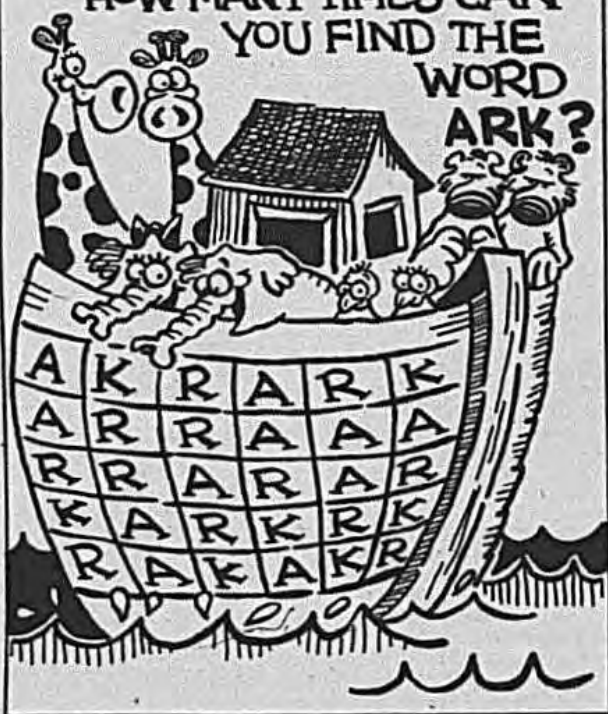


IT'S RAINING HARD ALL OVER TOWN -
THE RAINDROPS SURE ARE COMING DOWN!
CONNECT THE DOTS AND YOU WILL SEE
WHY RAIN CAN'T BOTHER PUP AND ME!



J.R. ROSE!
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WHAT COLOR IS RAIN ?



ANTIQU OR JUNQUE



By Anne McColiam

Native wood used in Country Federal furniture

Q. Enclosed is a picture of a pine cupboard that we inherited. The top part can be removed from the bottom section. The height is 82 inches, the width is 48 inches and the base is 19 inches deep.

We would like to know its value and vintage.



A. The vintage of this cupboard is Country Federal. Country furniture was handcrafted by provincial cabinetmakers.

Native woods were used to make the simple, unadorned furniture of this period. This two-part construction, step-back cupboard was made in the early 1800s.

I find price listings for pieces similar to yours for \$5,000 and up depending on condition.

Q. Enclosed is an exact copy of the impressed mark on the bottom of a 12-inch vase that I have. The glaze is a soft matte green. It is decorated with elongated leaves in relief. The leaves are vertical and conform with the shape of the vase.

There are no chips or cracks; it is in mint condition.

Could you tell me the origin of my vase?

**J.S.T. & CO.
KEENE, N.H.**

A. Your vase was made by Hampshire Pottery in Keene, N.H., around 1900. James Scollay Taft founded the firm in 1871.

Redware and stoneware were produced first followed by majolica and art pottery. "Royal Worcester" (a creamy pink tone) and

green matte were two of the best-known and most popular glazes.

Included in their art ware line were vases, lamps, candlesticks, bowls and dishes. The firm ceased operations in 1923.

The mark on your vase was used around 1900. A vase similar to yours would probably fetch about \$410 to \$425 in an antique shop.

Q. I have a paperback in good condition. The title is "A Night in a Moorish Harem," ascribed to Lord George Herbert. On the cover it says, "Erotica Biblion Society of London and New York, 1902."

On the third page it says, "This edition is limited to one thousand copies. This volume is not for sale through the book trade, but is available privately for subscribers only."

Talk about pornography today, this book beats them all! I do not want to die with a book like this in my home, but would like to know if it is worth anything. Or should I just burn the filthy thing?

I don't know where it came from or how my second husband came to own it. I would be grateful for any information you can provide.

A. It could be illegal in your state to sell a book of this nature. It also might be illegal to even own such a book.

Q. I am curious about a china chocolate pot that my husband dug out of a sandbar near a brook where he was fishing. Although the area is now uninhabited, at one time early settlers did live there.

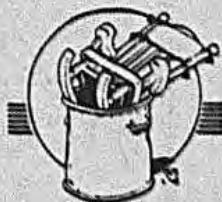
Could this pot have been buried by a settler, perhaps before an Indian raid. It is marked with a flower and the words "O.S. — Prussia."

I hope you can tell me about its origin and value.

A. The mark you describe was used around 1892 by Oscar Schlegelmilch in Langewiesen, Germany.

Your pot probably wasn't buried in the sandbar by early settlers, but it would be fascinating to know how it did get there.

This chocolate pot would be valued around \$100 to \$115 in good condition.



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Points on Pets

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

Many owners grieve loss of animal companions

Q. Our 16-year-old golden retriever recently died because of congestive heart failure. Everyone in our family has been depressed. Is it normal to grieve the loss of a dog? Some of our friends believe that we are acting abnormally.

A. It is normal for people to experience intense grief following the death of a beloved pet. In most situations the death of a pet severs a strong relationship.

Grieving often includes a loneliness, the urge to cry, feelings of shock, loss of appetite and inability to sleep. Sometimes these symptoms last for only a short period of time. However, other individuals grieve for weeks.

Many methods to lessen or overcome intense grief following the death of pets have been advocated by grief experts. Talking about the pet's death openly is extremely important. Each family member should feel free to express their sense of loss.

Parents should answer children's questions regarding their

pet's death. Generally, the death of a pet should not be hidden from a child. They need to know the truth regarding their companion. Children need to express their feelings to understanding adults. It is sometimes helpful if the child actually participates in the burial of a pet.

Many veterinarians are trained to help their clients overcome the grief following the loss of their pets. You should not hesitate to talk to your veterinarian about this loss. If your veterinarian is not comfortable in counseling you, he can refer you to a grief counselor.



JUNIOR EDITION



Aunt Tilly's Corner

Last night I put up my Christmas tree. I think this is the prettiest tree ever, but the children remind me that I say that every year about the tree!

The most fun, I find, is going through the boxes of ornaments. There are some that date back to a quarter of a century. Others are very special because the children made them when they were very young. We bought some when we were on vacation. They remind me of the good time we had. One set I especially like were made by grandma. They depict the figures from "Nutcracker." Each are elaborately done in sequins, beads and ribbons.

So my Christmas tree is a scrapbook of good memories. I still say "It is the prettiest tree ever!"

Your friend,
Aunt Tilly

RULES

BOYS AND GIRLS

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, December 31, 1993
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4. Decisions of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
105 Hillside Avenue
Williston Park, N.Y. 11596

YOUR SOCIAL SECURITY

'Carriers' handle Medicare claims and payments

Q. Who processes Medicare claims and payments? C.E.

A. Medicare claims and payments are handled by insurance organizations under contract to the federal government. The organizations handling claims from hospitals, skilled nursing facilities, home health agencies and hospices are called "carriers."

The names and addresses of the carriers and areas they serve are listed in the back of *The Medicare Handbook*, available by calling Social Security's toll-free number, (800) 772-1213, weekdays from 7 a.m. to 7 p.m.

Q. How much will I be able to make and still receive my Social Security checks in 1994? — L.T.

A. The maximum amount of money that beneficiaries between the ages of 65 and 69 can earn in 1994 without reducing the amount of their Social Security benefits is \$11,160. In 1993, the limit was \$10,560.

For every \$3 a person earns over \$11,160, \$1 is withheld from his or her benefit.

For people under age 65, the limit will be \$8,040 in 1994, up from \$7,680 in 1993. For every \$2 a person under 65 earns over \$8,040, \$1 is withheld from benefits.

The benefits of people age 70 or older who continue to work are not affected, no matter how much they earn.

Q. I heard that the federal Supplemental Security Income pay-

ment will increase in 1994. How much will it be? — L.A.

A. SSI beneficiaries will receive a 2.6 percent raise in their benefits for 1994. The increase will appear in the checks received on Dec. 30, 1993.

The maximum federal SSI monthly payment for one person will be \$446 in 1994, up from \$434 in 1993. For a couple, the maximum monthly amount will increase from \$652 to \$669 in 1994.

Since some states add money to the federal benefit, total payment amounts will vary from one state to another.

Q. How much do I need to make in 1994 to earn one Social Security credit? — L.T.

A. The amount of wages needed to earn one Social Security credit will be \$820 in 1994, up from \$590 in 1993. The maximum number of credits that can be earned each year is four.

Thus, anyone earning more than \$2,480 in 1994 will receive the maximum of four credits for the year. To be eligible for Social Security benefits, a worker needs a specific number of credits. The number depends on his or her date of birth and the type of benefit involved.

Most people need 40 credits to be eligible for retirement benefits, but some younger people qualify for disability and survivor's benefits with as few as six credits.

YOUR SOCIAL SECURITY

Most Beautiful Grandchild



These are two of my grandchildren, J. P. & Kasey Lamm. They live with their mom and dad in Middle Island. Their paternal grandparents are Wana & David Lamm also of Middle Island. Their maternal grandparents are Bob & Margie Gallone of Williston Park.

Margie Gallone
Williston Park