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HICKSVILLE ILLUSTRATED NEWS

Vol. 8, No. 23

Thursday, December 23, 1993

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HOMETOWN PEOPLE



Stephanie Belis

Hicksville Goes To Boston

Two Hicksville residents are members of the Boston University's Class of 1997. Now studying at Boston U are Hicksville High School graduate Stephanie Belis and St. Paul's graduate Amrik S. Chawla. Belis is the daughter of Gus and Tina Belis. Chawla is the son of S.S. and L.K. Chawla.



Gregg Tjaden

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Nassau Tech Students Of The Month

Krist Kabashi, Richard McMahon and Gregg Tjaden, Hicksville High School students surpassed their classes at Nassau Technological Center. Each of the students surpassed their classmates in production, attitude, study and safety during the month of November. Krist was the best in general aviation class, Richard in carpentry and Gregg in construction electricity.

Nassau Tech Center Principal Gerard Schmidt told the parents of the young men, "I am sure you are as proud of your son as we are. It is always nice to be the best."

Engineering Major

Victor Mengong Lee of Hicksville is majoring in engineering at Rensselaer Polytechnic Institute in Troy, NY. He is part of the 936-member class of 1997 which has an outstanding academic profile. According to the school's admissions office, about 53% of this year's freshmen were in the top 10 percent of their high school classes.



Lovely Weather For A Sleigh Ride

For Nicholas Pezzotti, age 2, it was the perfect weather for a sleigh ride. He is pictured being pulled about on the sleigh by mother Maria.

Photo by Cathy Greenfield

We Love The Snow!

The unexpected snow on December 11 may have bothered you but it represented nothing but fun for Laura Degennaro, age 6 and Megan Schack, age 6. The next day the girls were found cleaning off the family station wagon.

Photo by Cathy Greenfield



Giving Gifts Is Good

Hicksville youngsters Joe and Nicole Janisch stopped by the Roosevelt Field "Toys For Tots" gift box bearing gifts for US Marine Corps Reserve Corporal Rodriguez. The booth was at the recent Festival of trees held at SUNY Old Westbury. During the three-day event more than 2,000 toys were collected.



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The Hicksville Illustrated News

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Postmaster: Send address changes to Long Island Community Newspapers, Inc. P.O. Box 1578, Mineola, NY 11501. Entered as second class paid postage at the Post Office at Mineola, NY, and additional mailing offices under the Act of Congress. Published weekly on Thursdays by Long Island Community Newspapers, Inc. 135 Liberty Avenue, Mineola, NY 11501 (P.O. Box 1578) Phone - (516) 747-8282.

NEWSBRIEFS

Incumbent Wins Race

Bill Schachtman will serve another 5 years as the Hicksville fire commissioner. The incumbent won the race with 670 votes. Opposition, Dale Schultz took 119. The election took place on December 14, between 6 and 9 p.m., at the East Marie Street Firehouse. Results were officially released at 10 p.m.

PTSA To Host AIDS Panel

The Hicksville High School PTSA will be hosting a panel discussion on AIDS January 13, 1994. The program will begin 8 p.m. in the high school auditorium. The Long Island Association for AIDS Care Inc. (LIAAC) will be providing the panel, which will consist of an AIDS patient, the parent of an AIDS patient, the sibling of an AIDS patient, and an educator. The program will address the district issue and impact of HIV diseases. For more information call 822-0269.

Dancing In The New Year

The Joe E. Lamb Council No. 5723 Knights of Columbus, of Plainville and Hicksville, will be hosting a New Year's Eve Dance on Friday, December 31 at Our Lady Of Mercy auditorium in Hicksville. The dance will start at 9:30 p.m. and will last until 1:30 a.m.

Tickets are \$25. A live band will be on hand to play music throughout the evening and to welcome in the New Year. There will be a cold buffet and dessert. Party hats will be provided. An open bar will be available. Advance tickets only. Call chairman Bob Astaruzi at 931-2611 or co-chairman Dan Puzosiewicz at 931-2694.

January Recycling Pickup

Oyster Bay Town residents should save their old telephone books for recycling in January. The schedule for recycling pickup of Christmas trees and phone books is as follows:

January 8 - Saturday: Christmas trees and phone books will be collected from households with Thursday S.O.R.T. collections.

January 10 - Monday: Christmas trees and phone books will be collected from households with Friday S.O.R.T. collections.

January 15 - Sunday: Christmas trees and phone books will be collected from households with Tuesday S.O.R.T. collections.

January 17 - Monday: Christmas trees and phone books will be collected from households with Wednesday S.O.R.T. collections.

January 22 - Saturday: Christmas trees planting at TOBAY Beach, all town residents welcome.

Financial Services In

Hicksville

Ronald W. Kopke and Kevin O'Conry, two former Long Island executives, have joined forces and opened up a new accounting/financial services firm, Kopke O'Conry and Company is located at 80 North Broadway in Hicksville.

Kopke spent twelve years as senior manager in the LI office of Price Waterhouse. Most recently, he held the position of assistant vice-president and director of taxes for a major Long Island Corporation. Both men are graduates of Hofstra University.



Kirk Larsen

Local Artist Showcases

By Keysha Hedgpeth

Kirk T. Larsen is a multi-talented, multimedia artist from Hicksville. He will be presenting a mixed media exhibit in the Community Room at the Hicksville Public Library. It will be on display throughout the month of January during library hours. Sculpture, wood carvings and paintings will be shown.

A free-lance artist for 17 years, he is most well known for his work as a caricaturist. However, he is also pursuing photography, acting, and even stand-up comedy. His hobbies include cooking and music.

Moreover, Larsen is a published author. Larsen makes much of his living by doing caricatures. "It was a side line for a friend who was promoting a night club," Larsen said. "That outlet proved to be so successful that he began to be requested for parties. In this lucrative field he can make as much \$200 per hour. On the other hand, "Parties are! not my most favorite thing to do," he said. "I kind of shy away from the illustration stuff because I want to do bigger things."

He enjoys expressing big ideas in the form of murals. His recent projects include four tropical murals at Paradise (a



A free-lance artist for 17 years, Kirk Larsen is most well known for his work as a caricaturist.

caricaturing hall that is an off-shoot of No. 6 named) in Babylon and a 24-foot-long celestial backdrop for Green Point Savings Bank. "I like working big," said Larsen. "It's great to literally involve your whole body [in the creation of art]."

A photographer for 17 years, he recalled receiving his camera at age 13. "I had a little instantane and remember chasing seagulls around until I got them in position in front of the sun," said Larsen. This experience would lead him to the New York Photo Festival Photo Exhibit (1988) and First Place, Long Island State Park's Winter Arts Festival Photo Competition (1993).

Larsen is also a stand-up comedian, having performed at such spots as Checkers (Mineola), Governors, East Side Comedy Club and Jimmy's (Bayville). Larsen noted that he wants to use it as a stepping stone to "eventually end in acting." When asked why he pursued comedy rather than utilizing the drama of the stage, he said "Comedy requires you to put forth a stronger stage presence. You have to go out and make grumpy people laugh." Larsen hopes that his talents lead him to "movie roles and possibly TV."

Young Voice Of Democracy

By Keysha Hedgpeth

The young and positive voice of Jennifer Murphy, was heard loud and clear on December 15 when she spoke on her "commitment to America" during a recent Bill Of Rights Day celebration. Murphy is the winner for the Hicksville YFW "Voice of Democracy" contest. She spoke before the Hicksville Kiwanis Club at its weekly luncheon.

During her address she read from her award-winning speech. Murphy said that to many adults "the committed young person is a thing of the past." "I beg to differ with this message because I am one of the many committed young Americans, who feel that with perseverance, hard work and faith I can change the future of America for the better," said Murphy. "My commitment is one that will help tomorrow's youth become our nation's strength."

She said that she feels a sense of duty toward others, in particular, children. "My desire is that by encouraging or teaching one of today's children, these [kids] will remember something I've taught them and they too will strive to keep [the United States] a remarkable place to live."



Featured last to right are Mark Herbert of Hicksville Kiwanis Club, contest winner Jennifer Murphy and Nancy Murphy Peters (seated).

Murphy said. "Commitment to help and educate each other is the responsibility of everyone she added. Murphy is an ex-

ample of this ideal, having spent her time as both a tutor to her fellow students and a

(continued on page 7)

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AROUND HICKSVILLE



Santa Claus Visits Hicksville

Santa Claus paid an early visit to Hicksville recently. He left his reindeer home, to rest for the big night and opted to take a fire truck instead. All day sirens signal his arrival and families wait on the street to wave at Santa and pick up the popcorn balls he throws from the fire truck.

Photo by Cathy Greenfield.



Sharing The Spirit Of The Season

The Burns Ave. School student council made its second annual visit to the Hicksville VFW Senior Citizens Club to share the spirit of the holiday season. The students made a large card for the occasion, sang songs and brought an array of assorted homemade desserts. The students' efforts were coordinated by the student council advisors Mrs. Renee Lanetz and Mrs. Miriam Pasetsky. Pictured with Hicksville senior citizens are Samantha Hurtes, Jessica Rodash, Stephanie Hurtes, Janelle Riches and Arielle Moynski.



Toys For Tots Donation

The William M. Goss Jr. Auxiliary to Post No. 3211 members are remembering those in need this holiday season. Pictured are auxiliary president, Frances Ferris and treasurer Carmela Vitello deliver Toys For Tots donated by Auxiliary members.



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SCHOOL NOTEBOOK

Hicksville High Achievers

Principal's List

12th Grade

Edna Bartley
Pascet Bhabha
Brian Blum
Chris Bonanza
Michael Chang
Daniel Chow
Pamela Cui
Dana D'Amelio
Kimberly Dady
Michael DePetrico
Thomas Deberry
Kimberly Downes
Cathy V. Du
Janis Esg
Joanna Escarra
Justin Farrell
Danyel Ferreira
Justin Fiococchio
Colleen Flanagan
Steven Flanning
Kurt Gallabue
Rachel Gangi
Walter Gaybor
Pera Gosalta
William Harvey
Melissa Hendrickson
Elizabeth Hyde
George Imbriano
Mary Beth Kessler
Kath Klein
Kelly Klein
Lisa Lazio
Jiyoung Lee
Janis Mackin
Jennifer Masaro
Shakana Masaro
Kerita McClintock
Pamela McNeil
Jennifer Murphy
Jessica O'Shea
Eun-lung Park
Neha Patel
Medina Pwetchak
Laurie Pwetchak
Jennifer Peters
April Rodriguez
Robert Rombach
Alison Sayre
Adam Valdivia
Renzo Valdivia
Christopher Williams
Helen Woo
David Yoo
Jennifer Yost
Cassie Young

11th Grade

Ani Abraham
Jonathan Barlow
Ellen Barco
Kathy Barker
Christian Biscara
Meridith Biscara
Jaina Boyle
Andrew Burrasano
Rochelle Cella
Roderick Carolina
Keith Carpenter
Helen Christodoulou
Hilbert Chu
Deborah Coffey
Dana Cooper
Andrew Corley
Maggie Csernagoraki
Byron Decker
Robert DiCicco
Susan Deal
Kelly Hayer
James Higgins

Gina Hinchley

Robert Hira
Syeda Hossain
Sharon Inoue
Laura Iovino
Ali Ismail
Deepa John
Andrew Johnson
Jennifer Karmann
Dawn Kotowicz
Margaret Krabbeler
Elizabeth Krenkler
Michael LaPachla
Cindy Lazio
Janine Lyster
Catherine McEneaney
Angela Miele
Danielle Milnkoff
Anne Mo
Danielle Monroes
Tiffanie Mueller
Thomas Mulio
Kathleen Murphy
Anthony Noya
Sweety Pandhi
Jaana Pedone
Jennifer Penelope
Michael Rizzo
Kimberly Spiegel
Henry Swisher III
Jessica Taylor
Alicia Szumowski
Ruth Tewart
Catherine Theis
Zandra Thomas
Katherine Tomolonski
Jennifer Ushien
Brittan Wong
Colleen Young
Sharon Yi

10th Grade

Susan Accaro
Johanne Azevedo
Jason Benowitz
Ching Borzila
Matthew Bruckner
Joshua Callaghan
Joyce Capuzzano
Kristina D'Amato
Catherine D'Amato
Marianne DiStefano
Sukrut Divvedi
Laura Fitzmaurice
Kurt Friedrich
Ali Ghossein
Ann Marie Hayman
Michelle Hayman
Colleen Johnston
Minoccep Kaitia
Golfo Karagorgos
Craig Konnaka
Susan Korbowski
Aimee Lau
Curtis Lefkowitz
Barbara Lonsdale
Todd Mauer
Margaret Miele
Sharon Nasser
Villey Patel
Christina Pero
Mehdi Puri
Michelle Regan
Jennifer Roberson
Laraine Rumpo
Jannet Sabana
Deborah Schlarman
Gregory Sherman
Alison Sherry
Mark Spinner

Jyoti Suckler

Maria Tanbo
Betsy Thomas
Isabella Thomas
Jennifer Thaxler
Tania Tishia
Jeffrey Tsai
Lisa Uckerdes
Michael Walsh
Kristen Wigand
Andrew Yee
Anthony Yip

9th Grade

Syeda Ashra Ahmed
Ali Akbar
Karen Barbato
Hakim Bessaha
Danielle Blomquist
Jessica Blum
Cortina Callari
Peter Chang
Joanna Christodoulou
Edward Chu
Janet Cohen
Jillian Csernagoraki
Joseph Domanest
Christine Donnelly
Rosa Fiococchio
Michelle Frester
Diana Fong
Ann George
Colleen Gilson
Robert Haddad
Teresa Henry
Stephanie Horvath
Bradley Horner
Reggie Jacob
Elizabeth Karmann
Catherine Kelly
Susan Klein
James LaPachla
Angela Lee
Paul Lee
Ellen Lee
Amanda Mahabata
Doreen Maria
Jennifer McDowell
Christie Messina
Daniel Mochler
Kelly Mulino
Ryan O'Hara
Shah Omer
Gina Pellicciolo
Andrew Ptascher
Melanie Radlo
Gary Rasling
Shawn Rajan
Jan Remusson
Sadia Riaz
Syed H.M. Rizvi
Dante Ruzsky
Jenny Schlangier
Laura Siegel
Brian Soper
Vahida Stampfl
Abbey Tush
Marissa Tsch
James Thompson
Sabina Tuccillo
Steven Wolf
Margaret Wyrostek

Honor Roll

12th Grade
Michael Adelman
Susan Badwiler
Luis Blum
Mary Brownowski
Tyne Campbell

Gina Csernagoraki

Kimberly Chin
Theresa Chirone
Livia Cirillo
Christopher Connolly
Erol Dalpas
Laura DeAngelis
Stephen DiCicco
Charles Dougherty
Jean Marie Dume
Nora Elboudwe
Kenneth Engelhardt
Shannon Fries
Suzanne Gormey
Michael Grunzioe
Sean Holland
Patrick Huang
Peter Iaa
Zaf Kabeshi
Tanya Karazian
Doreen Kelly
Kathleen Kelly
Joseph Kibuff
Karen King
Mark Kuzinski
Mary Ann Larson
Shannon Linsahan
Richard Melabon
Melissa Meyer
Thanh Nguyen
David Pagano
Thomas Plutsk
Stephen Plutsk
Jennifer Puglia
Kelly Reardon
Kristin Rooney
Lisa Rudin
Laura Suowden
Robert Suowden
Jennifer Sullivan
Stephen Tavano
Hung Thang
Jennifer Vici
Kenneth A. Yoo
Karen Zeiler

11th Grade

Nausia Andrews
Christy Ayeler
Jennifer Atlas
Sonia Booe
Paul Burke
Benjamin Butt
Nichole Caputo
Vincent Cavallio
Suey Connolly
Lynette Dawidzik
Joseph Dolezal
Deborah Drew
Aechal Durela
Janie Durkin
Freddie Dursum
Joseph Ryan
Joanna Garga
Kelly Ann Genguly
Doreen Giacchino
David Goldstein
Scott Grimal
Nehi Hekelooce
Kathy Havel
Michael Jerome
Christine Koe
Sandra Korman
Elizabeth Larusa
Gregory Latali
Sandra Lavarino
Bobby John Ludemann
Joseph Messina
Robert Morace
Deborah Murphy
Suzanne Murtha
Kelly Ann O'Connell

Shannon O'Keefe

Michael Ocuo
Joe Paz
Maui Rahman
Syed A.Y. Rucci
Lynn Romano
Neil Salvemini
James Schobel
Christine Schlavone
Chris Seier
Brian Smith
Joseph Soriero
Grace Thorpyllo
Jim Walker
Paul Weber
Nora Young
Michelle Zaffrno

10th Grade

Lisa Anderson
Kathleen Andreati
Vivak Arupali
Andrew Asahi
Kevin Belner
Robin Blicher
Laura Bocche
Cheryl Anne Boie
Kristen Burns
Jeaneene Cordua
Maria Danalis
Shirley Doberty
Sheila Doberty
Jennie Ducca
Natalie Eberghoos
John Flynn
Robert Gennella
Nicholas Gennella
Christina Gormey
Aubrey Ann Hill
Barbara Hindermark
Frank Hinkel
Antonio Jimenez
Karen Kessler
Kelly Kessler
Melinda LaCaba
Catherine LiCabi
Steven Locke
Vincenzo Lottio
Peter Macchia
Tina Mazzara
Jeffrey Patel
Jeffrey Pugh
Nichole Rasmussen
Carlos Rodriguez
Jordan Saliger
Scott Struyckel
Marissa Thole
Roy Thelore
Anna Thuma
Tina Vizzari
Jennifer Walker
Rachel Weintraub
Sai Lung Wong
Jacquelyn Yonak
Laura Zeiler

9th Grade

Doreen Abbott

Bribery Alexander

Samantha Alvarez
Jane Angel
Joshua Barlow
Nadia Barlow
Melli Blasia
Leandra Burrasano
Luigi Capuzzano
Yuri Cheryak
Kevin Chester
Andrew Chin
Audrea Coffey
Megan Connolly
Joshua Cunniff
Danielle Degeotti
Gina Faria
Craig Fara
Brian Galliano
Mark Gaylard
Thomas Gennella
Shannon Glynn
Kimberly Greenwald
Reese Greiner
Allison Guarnesi
Kristy Hakey
Jenna Hanna
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Hee Hwang
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Jennifer LaScala
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Liane Lewis
Gena Lynn Lorcible
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Zachary Mauer
Auburn Mathias
Thomas Morillo
Emily Mueller
Laura Murphy
James Nagle
Michael Neo
David Ng
Theresa Noelke
Christine Ono
Joan Park
Christine Peters
Hilla Rahimi
Janine Saxo
Lisa Sanojennana
Lori Anne Sayre
Carol Schroeder
Makina Siddiqui
Trey Single
S. Adam Smith
Jon Spielman
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TO YOUR HEALTH

By RICHARD H. BLAU, M.D.

Arthritis Treatment - A Comprehensive Approach Part IV - Exercise and Arthritis

One of the most common questions asked of me by my patients is if exercise is helpful in the treatment of arthritis. My answer is usually yes. However, the type of exercise depends on the type of arthritis and the joints affected.

The purpose of therapeutic exercise is not only to maintain joint flexibility and muscle strength, but to increase the patient's ability to perform daily activities. Active exercise is usually recommended for those patients with joint disorders.

The exercises used are a combination of isometric and isotonic contractions. In isometric exercises, muscle strength is gained with minimal joint motion. These exercises are considered to be ideal for maintaining muscle strength in patients with joint inflammation. Active isotonic exercise can be used to increase endurance, range of motion of the joint, and to increase strength.

When joint pain occurs, it is natural to rest the joint. However, strict rest can be harmful. Studies have shown that a muscle can lose 30 percent of its bulk in one week, and can lose 3 percent of its function per day when maintained at strict rest.

Patients should be cautious because over-exercise can damage the joints. Signs of excessive exercise include persistent pain, fatigue, weakness, and joint swelling.

Rheumatologists have been trained in counseling and designing specific therapeutic exercise programs, tailored to an individual's arthritis. If you suffer from arthritis, exercise should be a part of your therapy. However, before undertaking an exercise program you should consult your physician.

Arthritis strikes one out of seven people. Learn the facts. Call for your complimentary copy of "The Joint Approach - An Arthritis Overview."

Dr. Richard H. Blau is a board-certified Rheumatologist practicing in Westbury, 516-997-6823.
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POLICE REPORT

Graffiti Vandals From Suffolk

Two Suffolk County youths have been arrested and charged with making graffiti on December 12. The boys, aged 16 and 17 are from Mastic. A LIRR car was sprayed as it sat in the Hicksville train yard on West John St. LIRR police investigated and recognized the "tag" as the same one painted on a car in May of 1992. The vandals responsible for the May incident were arrested at that time and were again arrested for this incident.

Driver Dies Of Heart Attack

A 75-year-old Hicksville man was pronounced dead at the scene of a fatal auto accident in Hicksville on December 12, at 12:20 pm.

The man was reportedly driving his 1993 Dodge eastbound on Duffy Ave. (near Charlotte Ave.) when he apparently suffered a heart attack and lost control of the vehicle. The Dodge struck a utility pole and its airbag was engaged.

It appears at this time that the man died from the heart attack and not from injuries received from the accident. An autopsy will be performed.

A leather pocketbook worth \$50, containing credit cards, money and a drivers licence was taken from a Oceanside woman, while she was patronizing the Bank Of New York on Broadway in Hicksville. The incident reportedly occurred at 12:30 am on December 5.

\$350 in damage was done to a 1986

Pontiac, '89 Ford and '90 Nissan while the were parked on Loretta Lane in Hicksville. The incident reportedly occurred between 6 pm Dec.4 and 9:30 am Dec. 5.

A toolbox containing \$500 in tools as well as \$200 in assorted clothing was reportedly taken from a residence on Poe Lane in Hicksville. The theft was discovered 8:50 am Dec. 5.

A tool box containing tools valued at \$350, clothing valued at \$200 and a tool belt (\$60) was reportedly taken from a residence on Bay Ave. in Hicksville. There was also \$50 damage to a GMC truck parked there. The loss was discovered at 8 am Dec. 5.

A 1991 Toyota received \$600 in damage when a it was reportedly broken into to get the radio, valued at \$400; FUJI camera, valued at \$120; and CD Compact Disc player. The incident reportedly occurred outside a residence on Cromwall Lane in Hicksville between 11 pm Dec.4 and 11 am Dec. 5.

\$200 in damage was reportedly done to a 1985 Mercedes for a \$25 flashlight. The incident reportedly occurred on Dec. 2 between 1:10 and 5 pm.

A 1993 Lexus valued at \$48,000 was reportedly taken while parked outside Sears on North Broadway. The discovery was made at 1 pm, December 1.

An incident of assault was reported by an East Setauket man while he was at a residence on West Nicholas St. in Hicksville. The incident was reported at 11 am on November 28.


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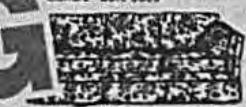
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


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WHAT HICKSVILLE IS READING

Fiction

A Case of Need - Michael Crichton
Pot of Gold - Judith Michaels
Dangerous Fortune - Ken Follet
Mr. Murder - Dean Koots
Like Water for Chocolate - Laura Esquivel

Non-Fiction

Private Parts - Howard Stern
Ageless Body, Timeless Mind - Deepak Chopra

Embraced by the Light - Betty Eadie
Sein Language - Jerry Seinfeld
The Road Less Traveled - Morgan Scott Peck

Videos

Born Yesterday - The Firm Sleepless in Seattle
Dennis The Menace
Jack The Bear
Cop and a Half
Point of No Return

Contest Winner (continued from page 3)

Sunday school teacher.

On the other hand the educational mandate begins with the individual. "It is my responsibility to ask questions and seek answers... [for] it is only with this knowledge that I can help change the face of this nation," said Murphy. "We have to educate ourselves for unless we study the mistakes of the past we are bound to repeat them."

She wrapped up her address by highlighting the role faith plays in her views. "No one can tell me that my part is too small because I believe in it," said Murphy. "I believe in the youth in America's future and that my commitment is a significant piece in the puzzle that continues to build on the foundation of this country."

Murphy, 18, is the winner from Hicksville High School. A senior, she had plans to become a pediatrician. A multi-talented young woman, she has been with the high school's Madrigal Singers group

since she was a freshman.

The "Voice of Democracy" contest is a national audio essay scholarship program. It is designed to give high school students the opportunity to voice their opinions on their responsibility to the country and convey their thoughts via the broadcasting media. A student must be in the 10th, 11th or 12th grade at a public, private or parochial high school and a US citizen.

\$88,500 in scholarship funds will be awarded to 30 winners. First prize is \$20,000. Each state winner is provided with a five-day all-expense-paid trip to Washington DC and the opportunity to compete for the national scholarship.

Contest chairperson Joan Chwalisz of the VFW Ladies Auxiliary said that she hoped Jennifer Murphy would represent Hicksville in the national competition. "We at the VFW are very proud of Jennifer," said Chwalisz. "Her presentation and ideas are what we are all about."

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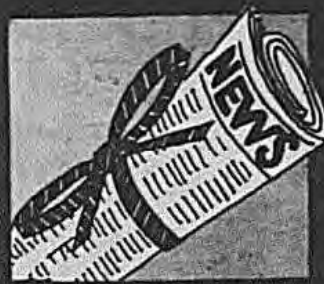
— William A. Henry III, TIME

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Holistic Health Comes To Hix

By Keysha Hedgepeth

Ron Rozenberg has recently joined the Hicksville business family with his holistic chiropractic practice located at 8 Table lane in Hicksville. Rozenberg Chiropractic practice opened in June.

Rozenberg has a strong sense of community commitment. "I want to be really involved in the community," he said. During November he conducted a Thanksgiving food drive. This holiday season he helped spearhead the Toys For Tots campaign in conjunction with the Levittown Kiwanis Club.

The toys are being collected for needy children in the Hicksville and Levittown areas. Rozenberg accepted toys up until the December 20, offering free exams and adjustments as an incentive.

The doctor has been practicing since 1989. He is a graduate of Life Chiropractic College in Atlanta, Georgia. "Around 50% of his practice is focused on pediatric care," said Rozenberg. "I see patients from 3 days old to 85 years of age. People come



Ron Rozenberg

for relief care and stay for health care."

According to Rozenberg, The chiropractic field "is the largest drugless, non-surgical health care discipline in the US today". The discipline is concerned with spinal function through the nervous system.

Hicksville Artist Exhibits At NYT

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

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

at New York University.

Mr. Conover is a prolific, professional artist whose previous 1991 one-man show at New York Tech was seen by many viewers. The current Wisser Memorial Library exhibit will run through Jan. 21, 1994.

Conover is a graduate of the Hicksville High School. He is the son of Mrs. Val and Hugh Conover, past-president, Hicksville Gregory Museum. Hours for the Wisser Library may be obtained by calling 686-7658.

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1 Jericho Turnpike, Westbury; 997-7333.

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1496 A Restaurant

1496 Northern Boulevard, Manhasset; 365-6930.

Beginning at 9 p.m., a special New Year's Eve prix fixe menu will be served. (The regular menu will also be available.) The cost is \$75 per person, and reservations are recommended.

The Barge

86 Orchard Beach Boulevard, Port Washington; 944-9403.

On New Year's Eve, all-you-can-eat prime rib or lobster, open bar, salad, soup, potato or rice and coffee and dessert. Seatings are at 6:30 and 9:30 p.m. The cost is \$60 per person. Reservations are required.

Latitudes

Orchard Beach Boulevard, Port Washington; 767-7400.

To celebrate New Year's Eve, pick the Latitude's alternative A, which is dinner from the regular menu until 7:30 p.m. or B, a four-course prix fixe dinner at 10 p.m. for \$35 per person. Call for reservations.

The Library

541 Port Washington Boulevard, Port Washington; 883-3122.

Make reservations now to ring in the new year with a dinner featuring a choice of nine entrees, salad, rice or potato, vegetables, coffee and dessert. The price is \$21.95 per person. Reservations are necessary.

La Sirena Ristorante

45A Shore Road, Port Washington; 883-4920.

A New Year's Eve gala will include appetizer, salad, choice of lobster or filet mignon, coffee, dessert, open bar and unlimited champagne. Seatings are at 7:30 and 10 p.m. The cost of \$55 per person includes tax and tip. Call now for reservations.

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| CHICKEN VERDI sauteed chicken breast topped with fresh broccoli and mozzarella..... | 11.95 |
| VEAL PARMIGIANA fried and topped with tomato and fresh mozzarella..... | 11.95 |
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| VEAL SORRENTINO veal with eggplant, prosciutto and mozzarella..... | 13.95 |
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Opinion

Give The Gift Of Yourself

The holiday season is traditionally a time for exchanging gifts with friends and loved ones. This year, take a break from the hustle and bustle of holiday shopping and preparations and take a few minutes—or even a few hours if you can spare the time—to give a piece of yourself.

Donate your time at a local shelter or soup kitchen, giving aid to those in need. Help collect clothes and toys for needy children, or help gather food for and serve meals to the less fortunate. Assist a local organization in making up food baskets or wrapping gifts to be distributed.

Offer your assistance to an elderly neighbor to do some shopping, rake leaves or help decorate for the holidays. Prepare a meal and stay to share it.

Set an extra place at the table and invite someone who has no family nearby to Christmas dinner.

If you know someone who is caring for a sick or elderly relative full time, give them a break and take over their duties for a few hours.

Arrange to drop by a hospital or nursing home with a group of friends and sing Christmas carols for the patients. Then stay and visit with a few of them. You'll make their day.

In contrast to the senseless crime and violence in our society, everyone should take the time this season to perform a good deed to help make the world a better place. Do something nice for someone for absolutely no reason.

Help uncover the real meaning of this season by pulling away the veil of commercialism. No matter what holiday you celebrate and no matter what you believe, this season is one for giving, sharing and rejoicing, and giving a piece of yourself is the greatest gift of all.

Happy holidays to all of our readers!

A Letter from Lulubelle...

...It's a strange thing about men and the masculine thought processes, especially when they get behind the wheel. Have you noticed how they always have to "make time," even if they are very early and have nothing to do when they get "there"?...You and your husband are riding along a winding road and you see coming up a delightful antique shop—but can you get him to stop?...Zoom, zoom and you are well past, and then he says, "Did you really want to stop there? There'll be a better one along the way."...and the strange thing is that that "better one" never materializes...I have spoken to dozens of women and all have the same story—men do not stop along the way. IT seems to be contrary to their natures...and another thing, have you noticed how they hate to ask directions?...You know absolutely that he is as completely confused and lost as you are, but will he pull into a gas station or stop a passerby—perish forbid!...He insists that he is not lost, knows exactly where he is and where he's going to end up—and probably the most exasperating part of the whole story is that, usually, his luck is superhuman and he comes out just where he said he would. That is really maddening—the luck of the male...With the female driver stopping is very different—we once took fourteen hours on Route 7 in Connecticut...what absolutely "essential" stuff and junk we picked up that day!!

Yours, Lulubelle

Letters to the editor are welcomed by Anton Community Newspapers. We reserve the right to edit in the interest of space and clarity. All letters must be handwritten and they must include an address and daytime telephone number for verification. Personal attacks and letters considered in poor taste will not be printed. We cannot publish every letter we receive due to space limitations.

Letters

End Tolerance For Handguns

At last, in a terrible loss of fortune, a horrible crime has occurred in our community. Not in Waco, Texas; not in Oxnard, California; not in Des Plaines, Illinois. But here, on Long Island. In our country.

No one can be so presumptuous as to believe that some all-knowing and seeing government, or church, or social service organization, or even well-meaning individuals could have deterred Colin Ferguson from his unspeakable horrors. Ferguson's imagined demons are entirely his responsibility.

Yet reflecting on the thoroughly pervasive culture of violence here in America, are we really surprised?

In a society that venerates practitioners of violence and glorifies urban gangs and a culture of violence, are we really surprised?

In a society that spends more on cop-killing rap and other violent media products than we do on schoolbooks, are we really surprised?

In a land where we say "I hate you" more frequently than we do "I love you," and we think it is far "cooler" to hit than to hug, are we really surprised?

If anything positive can come from the

tragedy of the 5-33 killing, it will be the realization that tolerance of handguns must end.

I supported the Brady bill. I saw and see absolutely no restriction on a constitutional right to own a gun—provided one is completely qualified to do so, and is prepared to wait to take possession. We cannot wait for our pistols without it being an abridgement of our basic freedom?

I now oppose the NRA. I split ranks with them long ago when they opposed anti cop-killing bullet legislation because it was, as they saw it, the first step on the road to attempts to remove all legal guns from the land. And then they compounded their foolishness with their squalid opposition to assault rifle bans and the Brady bill.

Bearing arms is not the solution; ending the pervasiveness of violence and hate and acting out is.

In years to come, hopefully we will recall this time of community shock as the beginning of a new, positive sea-change in America where guns and violence stopped playing the central role that they now play. When that happens, our children will, at last, have a chance.

Jon F. Weinstein
Port Washington

BON VOYAGE

With Edythe and Jack Shepard
If you're traveling abroad during this holiday season, we do hope you'll be participating in the area's Christmas customs, deeply rooted in folk tradition. Celebrations combine the solemnity of religious observances with joyous festivities and wherever you are for the holidays, the wonderful spirit of Christmas abounds.

Our Christmas visit to Hawaii did seem a bit strange, as Santa came onto Waikiki Beach on a surfboard and carols were sung to the accompaniment of ukuleles. At the other extreme, the most poignant Christmas we ever spent was in Bethlehem, where it began. No matter what a visitor's religion, one had to be impressed with the huge mass of pilgrims, clergy and sightseers who mingled in the plaza of the Basilica of the Nativity, where services were held for invited guests. Outside the huge doors, we were able to hear the services via loudspeakers, while participants and those outdoors joined in prayers and hymns, surrounded by the history and miracle of Christmas.

Join us for an alphabetical tour of Europe's Christmas:

• In Austria, you'll enjoy a two-day (December 25, 26) legal holiday during which family and friends visit to partake of huge feasts. Every town sets up a decorated tree in the square, with one adorned with bread for the birds. *Knecht Ruprecht* (Santa Claus) leaves children's gifts under the tree on Christmas Eve which is celebrated with *Turmblesen* (brass instruments) playing chorale music from church steeples and the manger is carried from house to house. After dinner, Mass is attended.

• Czechoslovakia's observances begin on December 6 and end on January 6. On Christmas Eve, a suckling pig is the star of the huge dinner during which an empty chair is left for the Christ child. Midnight Mass comes next.

• In France, *La Vieille de Noel* (Christmas Eve) is celebrated with a festive supper (*La Reveillon*), after Midnight Mass, complete with blood sausage and roast goose (traditional because a goose welcomed the Wise Men with its quacking as they neared the stable). Children's shoes are put by the fireplace to be filled before

(continued on page 16)

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Colorado Quartet In Concert

The Colorado Quartet, winner of two of chamber music's highest honors, joins pianist Caroline Stoeninger and clarinetist James Campbell at 3 p.m. on Sunday, January 9, in "Music At Hillwood." Tillis Center's series of narrated chamber music concerts held in Hillwood Reclinal Hall. On the program are Smetana's string quartet *From My Life*, Mozart's *Quartet for Clarinet and Strings* and Ernst Debussy's quintet *Opus 1 in C minor for Piano and Strings*.

The Colorado Quartet recently marked the 10th anniversary of its history-making deal with the Nausburg Chamber Music Award and first prize at the Banff International String Quartet Competition. The quartet consists of two violins, Julie Rosenfeld and Deborah Rodding, violist Francesca Martin Shor and cellist Deane Chaplin.

Caroline Stoeninger, founder and artistic director of "Music At Hillwood," is an acclaimed pianist who has performed worldwide with major orchestras and in chamber. She is also artistic director at St. John the Divine.

The "Music At Hillwood" series is sponsored by Frank & Camille's Keyboard Center. All seats are \$20. To order by phone, call Ticketmaster at 888-9000. The Tillis Center box office is open for in-person ticket purchases Tuesday-Saturday, 2-6 p.m. For information, call 626-3100.

Anniversary Quilts

On Permanent Display

One-hundred and twenty children and adults from 57 Long Island communities expressed their devotion to North Shore University Hospital by participating in a major effort to create three unique anniversary quilts. Friends and quilters' families celebrated at an open house awards presentation held recently at the hospital's Manhasset campus, where all three works were on display. Another celebration was held at the Glen Cove campus for friends to see the quilt displayed in the lobby.

The quilts have been permanently installed — one in the lobby at Manhasset, one in the lobby at Glen Cove and one in the dining room of the Center for Extended Care and Rehabilitation. Visitors and patients who pass through the hospital's halls are invited to stop and admire the unique quilts that mark Manhasset's 40th anniversary and Glen Cove's 65th.

"Celebrating life" was the central theme of the project. The finished squares, designed by children and adults, were all individual interpretations of this theme. Hospital volunteers, employees and friends were among those who helped contribute to the success of the project.

Firewise Lectures At Clark Gardens

Garden lovers have the opportunity to tour gardens around the world without ever leaving Clark Botanic Garden in Albertson. On January 9 at 1:30 p.m., Cully Wilkerson Baruch, freelance writer and photographer, will give a presentation entitled, "Grove Gardens of the Pacific Northwest." This an amateur tour of gardens of coastal Washington, Oregon and British Columbia, visit the famous Japanese Garden, Rose Garden and Berry Botanic Garden.

On January 16 at 1:20 p.m., Betty Scholitz, director emeritus of Brooklyn Botanic Garden, will take spectators on a tour of "Flora and Gardens of Australia and New Zealand." "The Gardens of Spain — Where Islam Met The West" is the subject of the firewise lecture on January 23 at 1:30 p.m. Marcel Landberg, traveler and garden lecturer, will show slides of the sparkling water

gardens of Alhambra and the Giralda, the romantic parks in La Orena and Gijon and fascinating gardens in Barcelona.

Following all of the lectures, refreshments will be served around the fire place. Advance registration is requested. Fees are \$5 for members, \$7 for non-members. For additional information, call 484-8600. Clark Botanic Garden, run by the Town of North Hempstead, is located at 193 LU. Wilkes Road, Albertson.

Stop Smoking This Year

If your New Year's resolution is going to be to quit smoking, sign up now for a behavior modification program at the St. Francis Hospital Stop Smoking Clinic. Ongoing since 1975, the seven-session clinic is conducted by smoking cessation specialist Rhonda Netherer and provides a pulmonary function test, long-term support with a 24-hour smokers hotline to get you past those moments of puff panic, monthly reinforcement meetings and an audiocassette to relax you and keep the information fresh in your mind. You can succeed in this clinic with or without the nicotine patch or gum.

The next clinic begins on January 12 with a free session. Additional sessions will be held on January 13, 17, 18, 19, 20 and 24 from 7:30-9:30 p.m. each evening. The sessions will be held in the DeLustena Center of St. Francis Hospital, Northern Boulevard, Old Brookville. For more information, call 938-0080.

Celebrate 1994 With

The Arena Players

Come join the Arena Players as they ring in 1994 at their Main Stage and Second Stage with special champagne performances of two hilarious comedies.

Wife Begat At Forty, by Arno Sultun, Earl Barret and Ray Cooney, was a huge success in London's West End. George and Linda Harper's 17-year marriage has gone stale, but George doesn't seem to be aware of it. When confronted with the problem, he places the blame on their dwindling sex life. Complications ensue when they make the mistake of hiring their closest friend and neighbor to handle their divorce with hilarious results. It will be performed on the Main Stage at 7:30 and 10:30 p.m. on Dec. 31. All seats are \$25 and include free champagne.

Happy Birthday Bright, by Marc Cammiller, is the story of Bernard, who has somewhat foolishly invited his mistress, Bright, to his home on her birthday despite the fact that his wife is present. To hell his wife's suspicions, he has also invited his old friend Robert and asks him to complete the cover-up by pretending Bright is his mistress. This hilarious comedy was also a long-running London success. It will play on the Second Stage at 9 p.m. All seats are \$25 and include free champagne. For reservations or information, call 293-0674. Arena Players is located at 296 Route 109, East Farmingdale.

LIRR Victims Assistance

Fund Created

The Long Island Rail Road, the Long Island Association and the New York Islanders hockey team have created the LIRR Victims' Assistance Fund, which will coordinate the outpouring of donations to help mend and heal the lives of those affected by the December tragedy on the Long Island Rail Road.

Those who wish to donate to assist the victims of the shooting tragedy may send contributions to:

LIRR Victims' Assistance Fund, c/o Long Island Association, 80 Hempstead Road, Great Neck, NY 11725.

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December 23

At Westbury Music Fairs...

900 Brush Hollow Road, Westbury. For tickets, call 334-0800. The Andy Williams Christmas Show, Dec. 23 at 8 p.m. All tickets \$30.

December 24

Candlelight and Carols

"Candlelight and Carols," an evening program of holiday music. Old Bethpage Village Restoration, 5 to 9 p.m. Friday, Saturday and Sunday evenings through December 30. For further information, call 572-8400.

December 26

Nutcracker Ballet

The Eglevsky Ballet presents The Nutcracker, choreographed by Michael Vernon to music by Tchaikovsky, at six matinee and evening performances from Sunday, Dec. 26 to Wednesday, Dec. 29 at the Tilles Center on the C.W. Post Campus of LIU in Brookville. Tickets are from \$35 to \$18. For information and to reserve group seats call the Eglevsky Ballet Box Office at 746-1115 or TicketMaster at 888-9000 or at the Tilles Center Box Office.

December 28

At The Gregory Museum

Go along with two intrepid volcanologists as they risk their lives to learn how volcanoes are made. "Volcano," a one hour video will be shown December 28 at the Hicksville Gregory Museum, 11 am through 2 p.m. Museum entrance fee only. The show is free to Hicksville residents and museum members.

At Westbury Music Fairs...

900 Brush Hollow Road, Westbury. For tickets, call 334-0800. The Jack Frost Holiday Revue, Dec. 28 at 11 a.m., 2 p.m. and 7 p.m.; All tickets \$7.50.

December 29

At The Gregory Museum

The "Day of the Wind" workshop will be given December 29 from 1:30 - 3 p.m. Explore, dance, sing, create science fun and an art activity. Ages 4 to 8. Reservations are required for all workshops and payment must be received within five days of program. Workshop cost is \$6 for members and \$8 for non-members. Parent may accompany child; there is \$3 additional fee. Ages 4-8.

December 30

At The Gregory Museum

Snowflakes and Ice Crystals - "The Shape Of Things": natural geometric pattern workshop will be held on December 30 from 1:30 to 3 p.m. Following a video presentation they will explore the many natural geometric patterns in snowflakes, plants and animals. The mini workshop



Things Kids Like

What is there to do over the holidays, especially when the kids are off from school? The community calendar on this page will give you some ideas. Here are a few to get you started:

- Youngsters will be enchanted when the Eglevsky Ballet presents the *Nutcracker* at six matinee and evening performances from Sunday, Dec. 26 to Wednesday, Dec. 29 at the Tilles Center on the C.W. Post Campus of LIU in Brookville. Tickets are from \$35 to \$18. For information and to reserve group seats call the Eglevsky Ballet box office at 746-1115 or Ticketmaster at 888-9000.

- From December 24-30, there will be "Candlelight and Carols," an evening program of holiday music, at Old Bethpage Village Restoration, 5 to 9 p.m. Friday, Saturday and Sunday evenings through December 30. Call 572-8400.

- The Hicksville Gregory Museum presents a video on December 28, that goes along with two intrepid volcanologists as they risk their lives to learn how volcanoes are made. Admission for adults, \$2.50; Children - \$1.25. Reservations required: call 822-7505. The museum is located at Heitz Place, Hicksville.

includes a small take home project. Ages 7 to 12. Reservations are required for all workshops and payment must be received within five days of program. Workshop cost is museum fee plus \$2.50 material fee. Class size is limited to 20.

At Westbury Music Fairs...

900 Brush Hollow Road, Westbury. For tickets, call 334-0800. The Nutcracker, Dec. 30 at 11 a.m., 2 p.m. and 7 p.m.; All tickets \$8.

Just A Reminder...

New Year's Eve Concert

The Long Island Philharmonic will be hosting its Third Annual New Year's Eve Concert with a special program entitled "Bravo Broadway." This evening will be held once again at the Tilles Center for the Performing Arts, Brookville, at 8 p.m. on Friday, Dec. 31.

The ticket prices are \$35 (partial view), \$50, \$65, \$75 and \$150. For information and tickets please call the Long Island Philharmonic, Monday-Friday 9 a.m. to 5 p.m. at (516) 293-2222 or 293-2223 or write to the Long Island Philharmonic, One Huntington Quadrangle, Suite LL09, Melville, NY 11747.

News For '94'

Be Your Own Boss

Hofstra University's Center for Entrepreneurship Development has been awarded a grant from the state Department of Economic Development to help LI minorities, women and dislocated workers start or improve their own businesses. Free information sessions will be held at Hofstra University from 6:30 to 8 p.m. on Thursdays, Jan. 13 and 27, 1994, in room 106 at Adams Hall on the Hempstead campus. Further information: 463-5173.

Local Talent Showcases

Kirk T. Larsen is multifaceted, multimedia artist from Hicksville. He will be presenting a mixed media exhibit in the Community Room at the Hicksville Public Library. It will be there throughout the month of January during library hours. Sculpture, wood carvings and paintings will be shown.

Long Island Sculptor

Kirk McCoy well-known sculptor will be showcasing his work at the Hicksville Public Library throughout January. McCoy regularly exhibits in Soho, the Hamptons and various east coast venues.

Mobile Mammography Service

Women's Outreach Network, a mobile

mammography service unit will be at the Pathmark Store located at 1897 Front Street in East Meadow on January 4 from 2:30 to 5:30 p.m. The mobile unit is staffed by a certified X-ray technician and a nurse, both female. The exam takes approximately 15 to 20 minutes and results are sent to your own physician. All or part of the cost of this program is covered by most insurance plans. Medicare and Medicaid are accepted. Those women without insurance or with insufficient coverage are offered a payment plan. An appointment is necessary. For an appointment or information, please call 589-5524 or (800) 564-6868.

Model Railroad Open House

The Nassau Model Railroad Club, Inc. will hold its annual Christmas Show Open House at 2174 Hillside Avenue in Williston Park on Jan. 8 and 9. The public is invited to view the operation of the realistic passenger and freight trains. Included this year is a "Santa" special that includes both freight and passenger trains filled with Santa's helpers. There is also a special "Thomas the Train" that may be seen clacking around the tracks. Hours are 1 p.m. to 5 p.m. There is no charge for admission but contributions will be accepted.

One Poets Story

Jan. 7 - One Poets Story is a workshop by poet Clifford Bleidner including meditation and writing exercises. 8 pm at Levittown Hall, in Hicksville. Fee is \$8. For more information call 661-2424.

Reorganization Meeting

The Board of Fire Commissioners reorganization meeting will commence on Thursday January 6, 1994. It begins at 7:30 pm in the board room of the Hicksville Fire District, 20 E. Marie Street in Hicksville.

What's Happening

Broadway Musical

Registration started December 8, for a bus trip to the musical show *The Red Shoes*. The trip is scheduled for Wednesday, March 30 matinee and is sponsored by the Hicksville Public Library. The play is based on the classic movie and features music by Jule Stein. The charge for the Orchestra seats plus deluxe bus transportation and gratuities is \$67 per person. There will be no refunds unless the trip is canceled or someone takes the place of the registrant.

To our readers,

The Hicksville Illustrated News would like to provide its readership with as timely and as community-oriented a calendar as possible. Whether it be a civic association holding its monthly meeting, a youth organization planning an event, or a religious organization holding a bazaar we'd like to include it on this page. Please send notification and a brief description of your calendar item to The Hicksville Illustrated News, 135 Liberty Avenue, Mineola, New York 11501.

Take A Minute...

Send contributions for
People Partners to
135 Liberty Avenue, Mineola, NY 11501.

LI Library

Donovan's Guide to Long Island Restaurants 1994-1995, 207 pp., \$9.95.

The fourth edition of Donovan's Guide to Long Island Restaurants has just been released, featuring more than 1500 restaurants. With such a variety of choices, it is a great convenience to have such a guide to help the diner make an informed decision.

Donovan's Guide gives all the information necessary to make that choice: the type of cuisine, specialties of the house, credit cards accepted, outdoor seating, reservations requested, appropriate attire, handicap accessibility, special offers such as senior citizen discounts, Sunday brunch, Early Bird Specials or live entertainment, hours open and price range.

The guide also includes a compilation of ratings from *Newsday* and the *New York Times* for the past three years and informs the reader of any restaurants that have received a Good or better rating.

Donovan's Guide also includes the results of its reader survey. In every guide there is a Reader Survey Card enabling readers to send in their views and become eligible to win a complimentary dinner for two at their restaurant selection. The "Top Thirty" is the result of last year's polling.

An added feature this year is the inclusion of restaurateurs' several locations, so if you've enjoyed one restaurant you can find another operated by the same owner.

Newsday gave four stars to only one restaurant in 1993. That is La Pace in Glen Cove. There was only one three-star-restaurant in that same list, East Hampton Point in East Hampton. Two stars were, of course, given more freely, to restaurants from the venerable Chalet in Roslyn to the spanking new Waves in Port Washington.

The *Times* gave its "Excellent" rating to two restaurants on Long Island, the Polo Grill in Garden City and Mirabelle in St. James. They were generous with their "Very Good" rating, giving it to 24 restaurants, from Peter Luger in Great Neck at the west end to East Hampton Point in East Hampton at the east.

Donovan's Guide would make a good stocking stuffer or small gift. It can be found in bookstores, some food shops, stationery stores and pharmacies around the Island. If you have trouble finding it, call 484-4600 for the location of the book seller nearest you.

—Eileen Brennan



Freeze Frame

Merry Christmas

People Partners



Love at First Sight

Lillian W. Fox of Great Neck writes: "It was a perfect day for an out-of-doors wedding reception in North Carolina. However, the bride and groom were in a dilemma. What possible arrangement could they make about leaving their adored

Holiday Hound

This photo and letter were sent in by Gertrude Orlando of Bellmore on behalf of her dog:

"Let me introduce myself. My name is Jimmy; I am 8 years old and said to be a chocolate labrador/mix. Everyone says I have a wonderful personality, whatever that means.

"I am a pet therapy dog for Bide-A-Wee, which means I go to many nursing homes on Long Island and try my darnedest to make people smile. It usually works. I enjoy volunteering myself to this great cause. Last year, I was in the off-Broadway show *Pets* three times. I greeted the audience at the stage door and then went on stage for the finale. Boy, did I have a great time.

I was also at the Pet Expo last year for my groomer. Every day I wore a different outfit, hat and all. Everyone seemed to think it was funny. I like to get dressed up, as you can see from the enclosed photo. This was last year's Christmas outfit, which I also wore to the nursing homes in the month of December.



Love and licks,
Jimmy

P.S. I am in Mineola a lot, as we have friends who live on Wellington Road, the Conways. That's how I know about People Partners.

We want to see your pet in this column. Send items for People Partners to 135 Liberty Avenue, Mineola NY 11501.

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Fun At The Farm

Dutch Lane School first graders enjoy a hay ride with their teacher, Mrs. Sandra Saul at Green Meadows Farms.

OBITUARY

James Cooley Remembered

Memorial services were held recently at the Dalton Funeral Home in Hicksville for James Cooley, a WWII veteran. Cooley, a longtime Grumman employee, suffered from Alzheimer's disease.

"Jimmy" Cooley was a co-founder charter member of the Robert O. Ulmer Post 44, American Legion. Mr. Cooley was also a well-known poet, whose verses touched many readers of the local press over the past 30 years.

His memorial services were conducted by Commander Ernest Warnken and members of the American Legion Archie McCord Post in Bethpage. Also present to

honor Cooley's past participation in the Medical Corps. service was past commander of the Charles Wagner Post, Arlene Howard. Richard Evers, past chaplain of 421 delivered a eulogy during the service.

Surviving Cooley are his son James Cooley, Jr. and grandchildren Rachel, Michelle and Jamie Cooley; a daughter, Diane Pearson and her husband of Florida. He is also survived by nieces Elizabeth Stay of Hicksville and Gloria McGee of Union W. Virginia.

Burial was at Pinelawn Cemetery in Hicksville. Father Kohli, chaplain at the veterans home, conducted grave-side services.



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MARIANNE, hair colorist formerly from Salone Gino is only a phone call away. 821-9082. Happy Holidays. 51

SINGLES SUPPORT GROUP. Ages 18+. Wednesdays 7:30 P.M. Mineola Memorial Library. Info. "Fresh Start" Mr. Joseph Limoli II, 516-739-1460. Donations for Refreshments. 51

The Salvation Army Thrift Shop reopens Friday, Jan. 7th at our new address 151 Main Street, Port Washington Weekdays 10-4 Saturday 10-3 1

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36 Home Services

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(LOCATED ACROSS FROM FIREHOUSE)
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Protect yourself from harmful indoor pollutants caused by dirty air ducts. Our truck-mounted power vacuums will thoroughly clean your heating & A/C duct system. High quality personalized service. Lic #907010000
FREE ESTIMATES
33 YRS. EXP

37 Merchandise For Sale

NEW TOP LABEL CDs. Buy one get one FREE. For details call Joe 931-3094. 52

FIREWOOD Full, Half and Quarter Cords **BAYLES GARDEN CENTER AND NURSERY**
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516-944-8650

38 Wanted To Buy

LIONEL/AMERICAN FLYER. Trains & Accessories. I pay guaranteed highest prices (cash). Private collector. Premium for clean trains & original boxes. 767-0597.

Season's Greetings And Many Thanks!

Having customers like you make it all worthwhile
From The Staff of the Classified Department
☆ Jo Scotto - Manager
☆ Jane Vale ☆ Sheila Lidz
☆ Shelly Jacobs
☆ Georgia LaRicos

46 Marketplace

ROSES \$9.99 to \$14.99/dozen (cash & carry) at "The Plant Lady". 415, Middle Neck Rd, Great Neck. Open 7 days a week. Also arrangements, centerpieces & bouquets at budget prices. Vase MC-Amt. Deliveries. Our 21st year (516) 487-3960. 51

Buying? Selling? Renting? Call Classifieds
747-8282

47 Miscellaneous

Squadron C Farms. Amateur historian seeks information, reminiscences, photos. Call Robert Hughes 271-0782. 52

49 Lost & Found Articles

LOST IRANIAN PASSPORT #1787622 if found contact 516-829-

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Anton Publications

135 Liberty Avenue

Mineola, New York 11501

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| 6 _____ | 7 _____ | 8 _____ | 9 _____ | 10 _____ |
| 11 _____ | 12 _____ | 13 _____ | 14 _____ | 15 _____ |

Each additional word, \$1.00 each: _____

Name _____ **Phone #** _____

Address _____

MC/VISA/American Express # _____ **Exp. Date** _____

Check # _____

EMPLOYMENT DIRECTORY

52 Help Wanted

52 Help Wanted

52 Help Wanted

52 Help Wanted

52 Help Wanted

57 Child Care Available

58 Health Care Wanted

Advertising Sales Starting Out? Starting Over?

NO EXPERIENCE NECESSARY
Are you finding it difficult to plan a job around your family? Want a challenging new career? Need flexibility daytime schedule? Have a car?
If so...ON TARGET, an employee owned company, might just be what you're looking for. We welcome you to contact our unique woman-oriented advertising co. Enjoy unlimited earning potential while you explore your abilities. Benefits complete training program and gas allowance. Nassau territories available.

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Starting salary to \$20,000.
Excellent benefits.
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Send Resume to:
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Neck office. Will train.
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- Bonuses
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(212) 772-9123
A licensed agency

EXPERIENCED FLORAL PARK MOM

would like to babysit three days weekly in her home.
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Part Time - 6:30 a.m. to 12 Noon daily \$8.15/hour.
Cold Spring Harbor School District
Contact Personnel Office (516) 692-8936

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10 or 12 Months
Mineola School District
Requirements:
• Experienced as bus driver
• COB BP License
• 20 Hour defensive driving course.
Salary 10 Month position \$19,371.
12 Month position \$26,470.
If interested contact
MARY TROTTI
741-6120

DOG SITTER NEEDED to watch my small dog occasional weekends in your home. No young children. Port Washington vicinity only. 944-8465.

Insurance person P/T. Greenvale Chiropractic office. Filing, insurance forms, billing. Computer knowledge a must. Flexible hours 484-4897.

LOCKSMITH APPRENTICE. Full time. No experience necessary. In Roslyn. 621-8775 ask for Craig.

MYSTERY shoppers wanted for Levittown and surrounding areas. College and stable employment history required. Please call Daryl or Mike at 1-800-880-3111.

PART TIME in Glen Cove - host/hostess needed to provide TV service to patients in a local hospital. Walking, collections & paperwork. Three flexible days including Saturday or Sunday from 11:30 am - 5pm. \$6.50/hour, paid holidays & vacation. Call weekdays 516-326-1277.

RECEPTIONIST P/T weekdays 10am to 4pm. Real Estate experience helpful. Mature reliable punctual a must. Call Betty. 516-349-8000.

SALESPERSON for MANHASSET BAKERY. Full time or part time. Need mature person. Good with people 627-2201.

WATERS/WAITRESS-Part Time. Full Time. Waves Restaurant in Port Washington. Call 944-3070. Ask for Danny. 51

53 Situation Wanted

MATURE WOMAN will sit for children, elderly, housebound. Own transportation. Mary 9am-10am, 6pm-7pm. 6212367. 51

54 Domestic Wanted

POSITIONS AVAILABLE: For mature, responsible & loving caregivers to do childcare in Nassau County. Telephone: (516) 787-3234 or (212) 772-6132.

55 Domestic Available

HOUSEKEEPERS, BABYSITTERS, COMPANIONS, Nannies, Chauffeurs. Licensed & Bonded. Residential & Commercial cleaning also available. NO FEE \$15-292-1675 DONADO AGENCY.

55 Domestic Available

POLISH CLEANING SERVICE
• Competitive Prices
• Our cleaning skills are thoroughly effective
• WE CLEAN YOUR HOUSE, APARTMENT & OFFICE
Call: Janina 718-358-7541

PRIVATE GOURMET CHEF for hire. Specializing in Nutritional Spa Cuisine. Prepare foods in your home during the day. Non-smoker. Leave message 671-8314. 50

56 Child Care Wanted

NEWBORN care: live out. M-F, 7am - 5pm. Own transportation. References. Must be energetic and loving. Leave message describing self and experience. 516-829-5368. 51

Do You Provide a HealthCare or ChildCare Service?

Advertise with us and reach 125 Communities in Nassau & Suffolk.
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61 Business Opportunities

JOBS OPEN. Earn \$9 to \$25 per hour. NO experience necessary. Call now! 718-949-4000.
VENDING ROUTE - Local Area Available. Easy Cash Weekly. PT-FT. Low Investment. Call 1-800-317-1557, 24 hours.

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Run Your Ad December 30th Pay Full Price
Run Your Ad January 6th Pay 1/2 Price
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63 Real Estate Wanted

MATURE WORKING WOMAN (highly responsible & quiet) wishes to rent legal yet inexpensive one bedroom cottage or apartment in northern Nassau County or north-west Suffolk. Have medium/small size dog. Willing to clean-up, fix up & do small repairs. Please call (718) 224-1042.

64 Homes For Sale

GREAT NECK: Good for Doctor. Unusual home. MUST SELL - 5 bedrooms. Big living/dining room. Walk RR. \$550,000 MUST SELL. Will Rent \$3750
Also 7 bedrooms. Walk RR. Asking \$400,000
FREEDMAN 483-6181

64 Homes For Sale

PORT WASHINGTON New Salem Brick/shingle, slate roof, C/H, Colonial, Beautiful landscape, private property (80x100) 3 BR, 1.5 baths, LR, EIK, finished basement w/den & maid's room. By owner \$350,000. Call for appointment 516-767-0735.

SOUTHOLD EXCLUSIVE

Bayfront
Enjoy this park setting on a very quiet peninsula
200 ft. glorious bulk-headed beach.
Distinctive
5 BR 4.5 Baths
Asking \$895,000

SOUTHOLD Waterfront

Exclusive
Beautifully maintained Cape
Prime area with new deepwater dock & easy bay access.
3 BR, 2 Baths, LR/Plc., Oil Hot Water Heat and Low Taxes
Reduced \$275,000
Call for our new Fall Brochure
MARION R. KING REALTY
734-5657

65 Homes For Rent

GREENVALE: Mint 3 Br, 1 1/2 Bath, all appliances, 2 car garage Roslyn Schools \$1300.
COVE REALTY 621-6161

PORT WASHINGTON: Modern 4 BR, 2 Bath Ranch. All Appliances, fireplace, A/C, garage. Asking \$2300.
COVE REALTY 621-6161

SEA CLIFF: Charming 3 Br, 1 1/2 bath colonial. All appliances. Move-in condition. \$1400.
COVE REALTY 621-6161

69 Apts. For Rent

FLORAL PARK VILLAGE: Brand new deluxe, spacious 1 bdrm apt. Patio, yard, storage space. LRR. Convenient to all \$850. Owner 488-2314. 52

GLEN COVE: 2 1/2 rooms, newly renovated \$525 includes all.
COVE REALTY 621-6161

GLEN COVE: Beautiful 3 BR, 2 Bath appliances. \$1200.
COVE REALTY 621-6161

GLEN COVE: 6 room apartment. Use of garage. Basement & Backyard \$1200 per month plus utilities. 676-8960. 49

GLEN COVE: Modern 4 rooms/laundry/first floor. \$850.
COVE REALTY 621-6161

69 Apts. For Rent

GLEN COVE: Modern 3 BR, dishwasher, air conditioner, laundry \$1050. Includes heat.
COVE REALTY 621-6161

GLEN HEAD: Beautiful 2 BR, carpeted, skylights, dishwasher \$1000.
COVE REALTY 621-6161

GLEN HEAD: Large studio-kitchen, fireplace, patio \$700 includes all.
COVE REALTY 621-6161

GLEN HEAD: 4 rooms, walk railroad \$995 includes all.
COVE REALTY 621-6161

GLEN HEAD: Studio w/private entrance. Bath. \$500 includes all.
COVE REALTY 621-6161

GREENVALE: 3 rooms, EIK, heat included \$690
COVE REALTY 621-6161

OYSTER BAY: 3 rooms, 1st floor, EIK, heat included \$695.
COVE REALTY 621-6161

PORT WASHINGTON
Studio \$750
1 x 1 1/2 Garden \$975
2 x 2 1/2 Skylights \$1200
Duplex \$1450
Seasons Greetings
SANDSPORT RE 883-7780

69 Apts. For Rent

PORT WASHINGTON: New 2 bdrm apt. LR, DR, Kitchen. Use of backyard & basement \$975 plus utilities. 863-3114. 51

ROSLYN Furnished 1 BR, East Hills area. \$850 includes all.
COVE REALTY 621-6161

SEA CLIFF: Cozy 3 room cottage \$675 includes heat.
COVE REALTY 621-6161

SEA CLIFF: 3 BR, 2 Bath, Duplex, waterfront, fireplace, porch, garage \$1300 includes heat.
COVE REALTY 621-6161

SEA CLIFF: Waterview, 1 BR. \$700 includes all utilities.
COVE REALTY 621-6161

SEA CLIFF: 3 1/2 rooms \$700 includes heat.
COVE REALTY 621-6161

WEST HEMPSTEAD: 1 bedroom, living/dining room. Private entrance. \$750/month heat included. Security. Non-smoker. 638-1787. 49

70 Apts. For Sale

GREAT NECK waterfront building - use of marina park. Walk shopping. Bed and Bath. FREEDMAN 483-6181. 51

Classified 747-8282

72 Rooms To Rent

MERRICK furnished room. Separate entrance. Share bath, refrigerator, microwave. Walk to transportation. Clean. \$90/weekly/security required. 379-8446. 3

PORT WASHINGTON: Room for rent \$400 per month. 944-2741. 2

PORT WASHINGTON: Large room, Walk to shopping & park. Must be clean, quiet, responsible. 25+. Available Jan. 1. 944-3352.

PORT WASHINGTON: Room for rent. Share house & all facilities. Private Parking. \$350/mo Call 944-6941. 52

77 Out of Town Real Estate

PENNSYLVANIA
Looking for an affordable winter/summer vacation home you can escape to anytime you like?
Eagle Lake Vacation Community is the place. 2 BR Trailer home with land, deck and storage shed.
Eagle Lake has a Beach, Recreation Center, Tennis, Pool area, etc. and near Pocono skiing.
\$15,000 or best offer.
Call 718-899-5643 after 7 p.m. or weekdays

79 Property Taxes

PROPERTY TAXES CAN BE REDUCED by challenging your assessment. No fee unless successful. LINDA HELD, ATTORNEY 516-626-1587. 51

84 Offices For Rent

GLEN COVE
Prime downtown area. New modern building. 430-860 sq. ft. Rent concessions. Ample free parking.
671-3330 (9-6 PM)

MANHASSET-Office space near LIRR. 275 sf - 885 sf. Parking. Full service building. Substantial rent concessions. 627-0906

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CUSTOMERS IN
SEARCH OF
QUALITY
PRODUCTS
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A PROBLEM???**

**A GARAGE SALE
WILL HELP**

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AT 747-8282
FOR RATE INFORMATION**



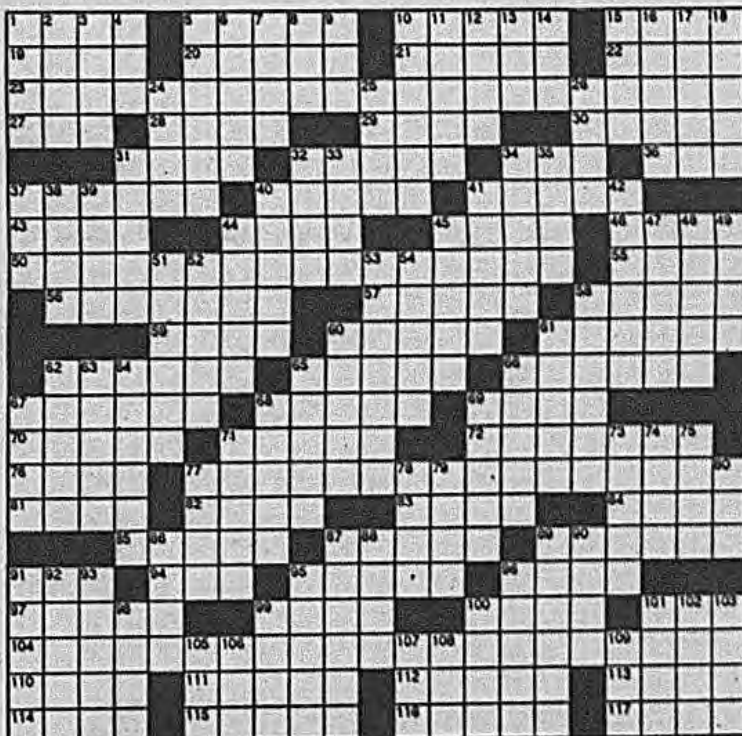
Answer to Crossword Puzzle No. 608

HAIR SLAY TAUT TRIBE
INCA LIPO MESTA OUTER
STABLEBOY ASTARISBORN
SINBAD GOGGLE AMID
ISSUE LIAR PRONGS
POSTS RELIC NASA WIRY
ABA IAN IDA SCIENCES
GENRES NOELCOWARD HAT
ESTE IRONS AJET EROSE
TEAMSTER ASA SALEM
BEI SNOWWHITE SPA
SPADE NAE RELAPSES
CARYS OUCH STOKE EGAN
ORB TINSLETOWN SEDATE
TRADABLE ALL STB GER
TORE EYRE BENCH BLEND
STALER DRAM AERIE
ADIT WARNER ANGELA
JUDYGARLAND EVERGREEN
EMCEE AYRES RENE ELAN
BALDS MEDE ODOR ESSE

Answer to Cryptoquip:
BOLD SHOPLIFTER IN HARDWARE STORE TRIED
TO SWIPE A HANDFUL OF NUTS AND BOLT OUT
OF THERE.

PREMIER CROSSWORD / By Jo Paquin Misplaced Movies

- ACROSS**
- 1 Investigative word
 - 5 Sticky problem?
 - 10 Fast mover
 - 15 Homer's fruit
 - 19 Ferris-wheel part
 - 20 Bruiser
 - 21 Lose one's tail?
 - 22 Superior
 - 23 Lost Judy Garland film?
 - 27 Wrap up
 - 28 "Love Her" (64 line)
 - 29 Green land
 - 30 A la King?
 - 31 Lady Bird's lass
 - 32 Distort
 - 34 MIL citation
 - 36 Charlot terminus
 - 37 Make reference (to)
 - 40 A little night music?
 - 41 Apollo's lair
 - 43 Decorative stamp
 - 44 Byzantine art form
 - 45 Stubbs or Strauss
 - 48 Part of QED
 - 50 Lost Eddie Murphy film?
 - 55 Golden Rule word
 - 56 Big business expense
 - 57 "Evita" name
 - 58 Like 20 Across
 - 59 Impressed mightily
 - 60 "Johnny B. Goode" singer
 - 61 Alley cat?
 - 62 Steamy sites
 - 65 Burst into flames
 - 66 Pageant figure
 - 67 Playground toy
 - 68 Off-the-wall
 - 69 "Breck-enridge"
 - 70 Presence
 - 71 Sick one's neck out
 - 72 Caustic
 - 76 "... us — is given"
 - 77 Lost Cary Grant film?
 - 81 Durban dough
 - 82 Fleecy
 - 83 Have a propensity
 - 84 Mighty mite
 - 85 It gets squirreled away
 - 87 Thread bearer
 - 89 The man from Gdansk
 - 91 Youth org.
 - 94 Soap ingredient
 - 95 Comic Myron
 - 96 Scads
 - 97 Tillstrom puppet
 - 98 Storm or Sayers
 - 100 Bud of "Harold and Maude"
 - 101 Decide on, with "for"
 - 104 Lost Don Ameche film?
 - 110 Homer's field
 - 111 Turn of phrase
 - 112 Pound the podium
 - 113 Sty cry
 - 114 Paradoxical philosopher
 - 115 Off the plate
 - 116 Infernal guy
 - 117 Make too much of
 - DOWN**
 - 1 June, but not July
 - 2 The yoke's on them
 - 3 "Citizen Kane" prop
 - 4 Even so
 - 5 From there
 - 6 Swiss miss?
 - 7 Hawks' home
 - 8 "A Passage to India" subject
 - 9 Vane dir.
 - 10 Enhance
 - 11 On the ball
 - 12 Banish bacteria
 - 13 Wynn and Sullivan
 - 14 — Speed-wagon
 - 15 Wear out the carpet
 - 16 Chateau valley
 - 17 Remove an ascot
 - 18 Lewless Lanky
 - 24 Actress Adams
 - 25 Cold feet
 - 26 Megalomaniacal captain
 - 31 French opera composer
 - 32 Social climber
 - 33 Anderson of "Nurses"
 - 34 English county
 - 35 Linerite item
 - 37 No Einstein
 - 38 Arrive at a conclusion?
 - 39 Actress Turner
 - 40 Nag-ative one?
 - 41 Sitting duck?
 - 42 Fowl sound
 - 44 Tropical spots
 - 45 "M" man
 - 47 "I give up!"
 - 48 Tryon novel, with "The"
 - 49 It's in a jamb
 - 51 Seventh planet
 - 52 Herbert Hoover, for one
 - 53 Head of the House
 - 54 Designer Ellis
 - 58 Pearl's place
 - 60 Chardonnay color
 - 61 House of Lords member
 - 62 "The March King"
 - 63 Prudhomme's protector
 - 64 Kampala's country
 - 65 Brandy bottle
 - 66 English Romantic
 - 67 Talk-show pioneer
 - 68 Refrigerant
 - 69 Tough element
 - 71 Junior's job
 - 73 Lasagna land
 - 74 Pick a pol
 - 75 Desire defied
 - 77 Hector's home
 - 78 Lotion additive
 - 79 Light material
 - 80 Singer Sumac
 - 85 "The People's Choice" basket
 - 87 Grave
 - 88 "That was a close one!"
 - 89 "Watership Down" home
 - 90 Opposed to
 - 91 Morticia's man
 - 92 Stove sight
 - 93 Crazy as —
 - 95 Rapid runner?
 - 96 Saw
 - 98 Not — many words
 - 99 Pluck
 - 100 Learn fast?
 - 101 Columbus' locale
 - 102 Shut up
 - 103 Ankle-biter
 - 105 Complete
 - 106 Author LeShan
 - 107 Place for two peas
 - 108 Mine find
 - 109 Fare for a try



609

Average time of solution: 58 minutes.

UPSET BY THE BILL WOULD THE BRIDE S
NHLYM BY MEY OWSS. VONSU MEY OKWUY'L
GLUM PARENTS CALL THE AFFAIR THE WEDDING
GRND HPXYFML IPSS MEY PTPWK MEY VYUWFR
CERE MONEY.
1YKY-DGFFYZ-?

Today's Cryptoquip clue: H equals P

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STUMPED? For answers to today's crossword, call 1-800-454-2300/99¢ per minute, touch-tone / rotary phones. (18+ only) A King Features service, NYC.

SPORTS SHORTS

St. Ignatius CYO Basketball

5th & 6th Grade

Lakers vs. Knicks

Game I

In a wild, record breaking shootout, the Lakers and Knicks combined scoring eclipsed the century mark while producing three 20-point scorers and six players in double figures. "Prince" Ali Abolghasemi, Matt "Shaq" Snadecky and Scott "Flash" Bryan each pumped in 20 points while Tommy "Rocket" Riccio collected 15 points, Brian "Hot Rod" Hebron 12 points and Tommy "Killer T" Sabeno 10 points. David "Genghis" Kani and Brendan "Boomer" Simicic chipped in with four points, while "Dunkin'" David Martin and Stevie "On the Mark" Clark each scored two points. Danny Gooch grabbed seven rebounds.

No defensive player of the game award was announced.

Lakers vs. Knicks

Game II

Once again the Lakers produced a balanced scoring attack led by Brian "Hot Rod" Hebron's 16 points, Matt "Shaq" Snadecky's 12 points and "Prince" Ali Abolghasemi's 10 points. Brendan "Boomer" Simicic, Jared "Lightning" Troise and Tommy "Killer" Sabeno each scored two points, while David "Genghis" Kani collected five assists.

The Knicks were led by Michael Kearney and Brian Horvath with 7 and 6 points respectively. Timmy McCartney, Joe Posillico and Michael Brunner each scored 4 points. Stevie Verdi added 3 points and Andy Skorpanic 2 points.

Lakers vs. Pistons

Matt "Shaq" Snadecky lifted the Lakers to victory scoring 8 of his 16 points in the final quarter. Brian "Hot Rod" Hebron chipped with 7 points and 6 assists while Brendan "Boomer" Simicic scored 2 points and snared 8 rebounds. Jared "Lightning" Troise and David "Genghis" Kani played superb defense.

The Pistons were led by John Kiernan, Brent Rogers and Michael Skace who scored 4 points a piece. Michael Gleason scored 2 points and handed out 5 assists.

Lakers vs. Holy Family

In a truly "Shaq" like performance, Matt "Shaq" Snadecky out on a dazzling defensive display by rejecting 11 shot attempts

while also scoring 12 points, leading the Lakers to victory. "Prince" Ali Abolghasemi and Brian "Hot Rod" Hebron chipped in with 6 points apiece and Brendan "Boomer" Simicic scored 2 points. Tommy "Mr. T" Sabeno and David "Genghis" Kani played outstanding defense.

Holy Family's Brent Rogers captured game high scoring honors with 14 points. Pete Lanana grabbed 8 rebounds, while Sean Schnipper collected 6 steals.

Hornets vs. Celtics

In their season opener, the Holy Family Hornets, a 5th-grade travel team, "stung" the Celtics. Tommy "Rocket" Riccio led the Hornets attack with 10 points. "Bomber" Ben Plaia (6 points), Andy "Thunder" Visconti (4 points), Sean "Crusher" Curran and Eric "E.T." Tronzone (2 points apiece) excelled offensively.

The Celtics were led by Stevie Hernandez and Gus Mitsopolous with 10 and 9 points respectively. Robert Epifania's 4 points and Ryan Hayes 2 points rounded out the Celtics' scoring.

Hornets vs. Knicks

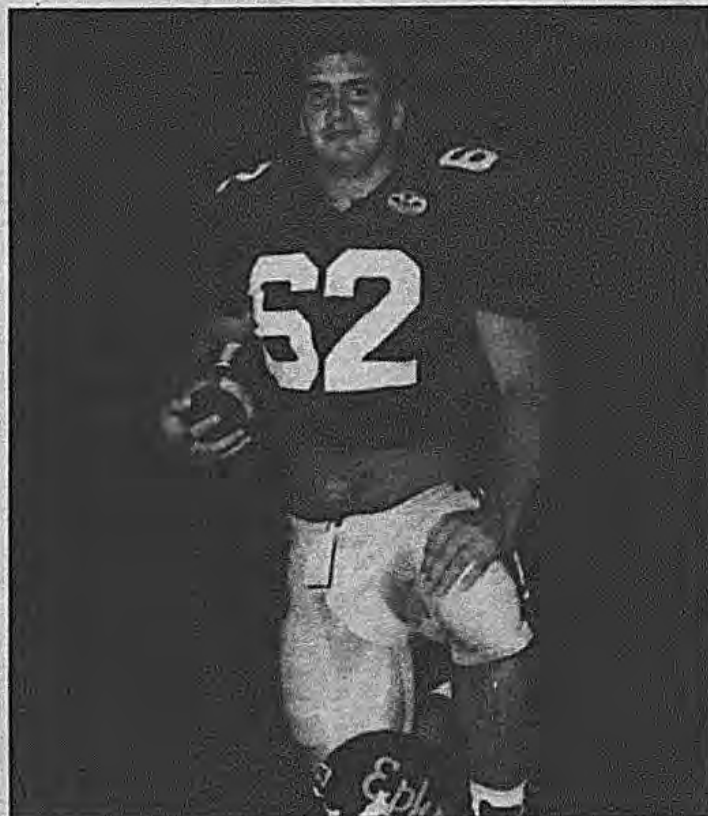
The Holy Family Hornets "swarming" defense thwarted a furious second half Knicks' comeback attempt. Scott "Flash" Bryan paced the Hornets attack with 16 points, while Brian "Hot Rod" Hebron and Anthony "Bullet" Buffalino collected 7 and 6 points respectively. Sean "Skyscraper" Corrigan and Chucky "Bullseye" Buffalino each scored key baskets.

The Knicks' top gun was Michael Kearney who tossed in 16 points. Brian Horvath and Vinnie Carroll contributed 4 points apiece while Andy Skorpanic and Joe Posillico each scored 2 points.

Men's Soccer

(8-8-2, 4-0-1)

The Skyline Athletic Conference announced its post season awards this week and honored Nick Sansom as the Coach of the Year. Stony Brook players named to the All-Skyline Conference Soccer team were seniors Chris Grillo (Deer Park), Neil McKenna (Hicksville), Wilson Pun (Hollis) and junior Greg Alexandre (Brooklyn). Named to the Second team for the Patriots was freshman Erik Rodriguez (College Point).



Hlatki Named Co-Captain

Michael Hlatki, formerly of Hicksville, will be the co-captain of the 1994 Williams College Football Ephraim. Hlatki, an economics major, was all-CHSFL offensive guard and co-captain of the 1990 Chamaine Filers. Williams College (Division III) finished the season by winning their seventh Little Three Championship beating Amherst 31-2 and Wesleyan 32-8.

Questions For High School Athletes

Bob King, Purdue University athletic administrator and member of the IBCA board of directors, has written a series of questions to be considered by the high school athlete when selecting his college. As a service to coaches and athletes the questions are printed below.

1. Is it a fully accredited, highly rated institution?
2. Does it offer my preferred major?
3. Will my high school grades be good enough to admit me? *YEAH O.K.*
4. What does my guidance counselor think about the colleges with respect to my academic ability and the major I plan to pursue?
5. How many hours a day will athletics and other responsibilities involved in maintaining my scholarship take me away from my studies?
6. Will the athletic department pay for any tutoring I may require?
7. Are they offering a four-year scholarship, or can they terminate it anytime they choose?
8. What happens to the scholarship if I am injured and unable to play?
9. How much will it cost me to go to school on top of the scholarship?
10. Must I work for my room and board? What are the hours of this job?
11. Can I afford to travel home during vacation periods, and can my parents afford to travel to the college to see me play

as often as they wish?

12. Would I like to play for the head coach who is recruiting me? Will he be the coach next year?
13. What do the present and former athletes have to say about the athletic department and the institution in general?
14. Does my high school coach feel that I can play at this level?
15. Am I as big, fast and strong as the player now occupying the position I desire to play?
16. Do my particular skills fit their style of play?
17. A college athlete is usually a person who participated in a highly competitive high school league, have unusual physical abilities, and a burning desire to excel. Do I have at least two of these attributes?
18. Is the present varsity team composed of boys who played freshman ball, or is it composed of junior college transfers and red shirts?
19. Is this team well publicized in the part of the country in which I plan to make my living?
20. Does the college environment (students, dorms, townspeople, social activities) appear to be one in which I'd care to spend four years?
21. What percentage of the varsity players receive a degree from this institution in four years? Five years?



Holiday Skaters

The DeMatteis Ice Performers skated to holiday music at the ice skating rink at EAB Plaza. The entertainers were on hand for lighting of the Christmas Tree which signals the beginning of the holiday season on Long Island.

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



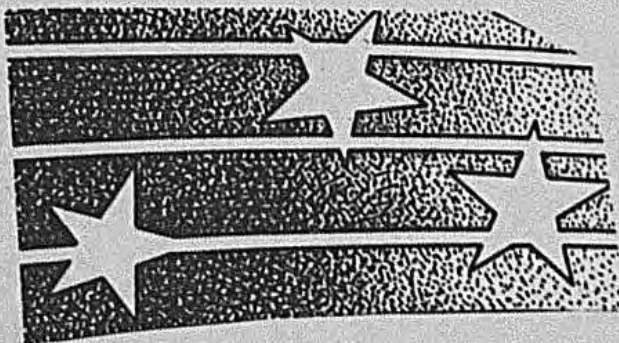
Discovery! Magazine

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discover new writers, new ideas
through input and special
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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 aggrandizement. 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.

DON'T 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 f: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 Merillon 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

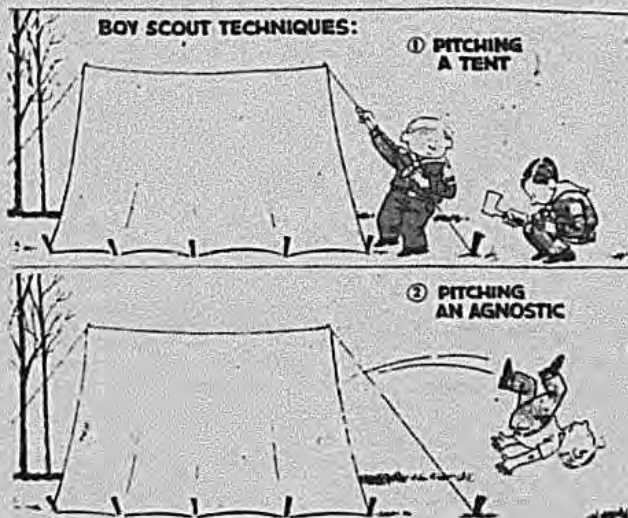
I believe the Rev. Jackson looks for things like this to justify his own existence. He came to Garden City to heal whom? We did not need healing of a racial nature. Nobody cared what color the gunman was. This was a terrible tragedy. Rev. Jackson should stay in his own community and heal them. J.K.

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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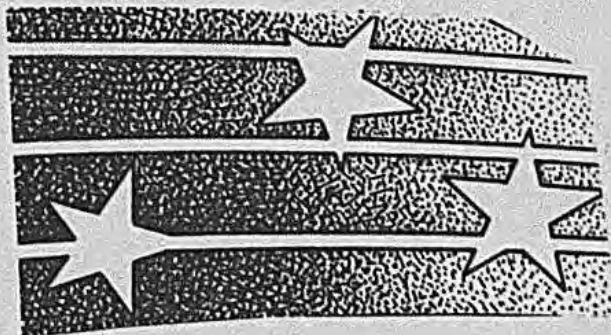
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Stars In My Eyes

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

1 1/2 cups flour
1 cup sugar
3 tablespoons cocoa powder
1 teaspoon baking powder
1 teaspoon baking soda
1/2 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 Peppers" 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 "capsicums," 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 Shaoxing 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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HOLIDAY FONDUE

1/2 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 on-
ion

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 per-
cent 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 mi-
crowave-safe mixing bowl. Stir in
hot apple juice, then stir in onion.
Microwave at MEDIUM-HIGH
setting 3 to 5 minutes, stirring ev-
ery 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

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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.

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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 *paió*.

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 sauté 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.

FEIJOADA

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; sauté until vegetables are tender but not brown. Add rice; stir into oil, allowing grains to sauté. 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* a *Miniera*, 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. Toss.

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.

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.

Trimmings 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 Sati's EverGreen. 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: Last year I had 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 44,000 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 Disney world, 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 82 percent of first to third graders, and that Bart Simpson's sister is Lisa (84 percent)? Only 56 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, *Katerjammer*, or "the wailing of the cats." And the Norwegians, *jeg har tommermenn*, 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 Booser'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 365 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 1½ 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
1½ tablespoons finely minced garlic

1 bay leaf
¼ teaspoon dried thyme
¼ teaspoon cayenne
¼ teaspoon freshly ground white pepper
1 tablespoon finely diced sun-dried tomatoes
1½ 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 1½ to 1¾ hours until beans are tender. Add rice and cook for 25 minutes more. Taste and correct seasonings. 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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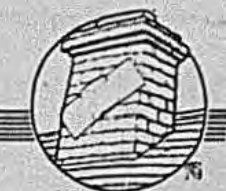
Here's How

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 unstuck 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

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

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

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

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

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

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

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

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

Help Wanted

REAL ESTATE SALES Position - Well established Realty office serving the area for 78 years has openings available. Call R. 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. hd4

F/T FRONT OFFICE Position
available for busy Garden City medical practice billing, insurance, CPT & computer experience necessary. Light phone. Salary commensurate with experience. 742-5252. gcD1

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

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

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

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

Help Wanted

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

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

LEGAL SECRETARY F/T.
P/T Established law office, Mineola-Garden City area. Good typing and shorthand a must. Experience not necessary. Top salary. 747-1141. gcD5

FEDERAL STATE & CITY
jobs open. Earn \$9 to \$25 per hour. No experience necessary. No test necessary. Applications are available for many job openings. Call 24 hours. 718-949-4000. hj2

PART TIME BABYSITTER
needed for Wed., Thurs, Fri. afternoons, 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 326-2737. gcD2

Situation Wanted

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

HOUSECLEANER AVAILABLE, 5 years of experience. Excellent references. Please contact Christina at 292-2384 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. 741-3156. gcJ2

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

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

SEEKING HOUSECLEANING JOB. Good experience, good references, own transportation. Call 358-5617. 9 A.M.-2 P.M. gcJ1

Situation Wanted

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

IRISH AMERICAN CERTIFIED nurse's aide - 14 years experience, excellent references. Will work any 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 741-6616. Leave message. wd4

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

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

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

PHLEBOTOMIST SEEKING
P/T position after 3 pm in doctor's office or local clinic. Certified. Recent graduate of Nassau BOCES. 822-4088. wJ1

NEED A SPECIAL HOLIDAY GIFT for your loved one. Give the gift that keeps on giving long after the Holidays have passed. Give the gift of professional home care. I have excellent church references and excellent personal work references. I am available for FT/PT or overnight hours, long term or short term. Put your cares to rest & put your loved one in the care of a warm & understanding professional. My rates are reasonable & negotiable. Call 437-3588. Happy Holidays! wJ1

POLISH WOMAN, HAS A car, speaks English, looking for a cleaning job. (516) 638-4576. gcJ1

Situation Wanted

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) 491-3984. gcD5

EXPERIENCED WOMAN SEEKING baby sitting job. Live in or out. References available. (516) 379-4677 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. 516-466-3410. hd5

CHILD CARE AVAILABLE
NYS certified early childhood teacher with Master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wd5

Real Estate for Sale

HOME FOR THE holidays. Garden City center hall stone Colonial. Circular driveway, 2 car. Professional suite (separate entrance) 120x180 property. Central section. Walk to everything. 4 Brs, 3 1/2 baths, 2 flrs, jalousie porch, walk up attic, fin. bsmt, extras. \$400's. Call for appt. 746-8679. WD5

SOUTHOLD CONDO TOWNHOUSE At Eastwind Shores. Great view overlooking LI. Sound. LR, DR, Kitchen, 3 BRs, 2 1/2 Baths, h. jacuzzi, loaded with closets. Swimming pool, dock at rear of property. Must see to appreciate the beautiful surroundings. \$225,000. 486-1868, 248-0763, Owner/Broker. gcJ1

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Real Estate for Sale

FLORAL PARK - LEGAL 2
Family for sale. Attractive 3 room Apt. over spacious 4 room Apt. Full Bsm't., garage. New electric service. Walk all. \$195,000. Owner 488-4583. gcj1

GARDEN CITY ESTATES, 3
BR, 7 room CH Colonial. Mod. EIK, 2 1/2 mod. baths, FDR, LR/fpl, Florida room, den, CAC, alarm, 2 car \$480K. Taxes under \$5,300. Circular drive, extras. 742-5545 by owner. gcs5

GARDEN CITY SPACIOUS,
sprawling Ranch. Perfect for professional. Private, close to nature, country atmosphere. 4 BRS, Country Kitchen, 4 Bths. Formal LR/DR, huge Den. Patio, 2 Fpls. \$540,000. Principals only. 747-7328. gcD4

PORT ST. LUCIE, FL. 3/2/2
Cbs construction, family room, Eat-in-kitchen, all appliances, split plan, corner lot, living area 1,900 sq. ft. Total 2,600 sq. ft. Screened porch. \$112,900. (407) 336-2188 gcJ1

BOYNTON BEACH, FLORIDA
Condo, Intra Coastal Community. 1 BR, 1 1/2 baths, blinds, draperies, mirrored wall, screened porch. Walking distance to beach, shopping, churches etc. Mint condition, many amenities. Rent possibility. 747-5435 gcD5

CUTCHOGUE - NASSAU
POINT area, 4 BRS, 2 1/2 baths, EIK, heated 40 x 20 pool, cabanas w/shower, sauna, steam room, huge jacuzzi, deck, brick BBQ, incredible amenities. 1 acre plus. \$269,000. Bill Kavan 294-0220 or Michael Sweeney 328-8326 gcD3

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listings to choose from! We have an excellent selection of vacation, permanent, waterfront and waterfront homes, lots, farms, acreages and investments from Calverton to Orient at greatly reduced prices. Interest rates & prices are low. Now is the time to buy! Call us with your requirements, and we will be more than glad to put our experienced 8 person sales crew of excellent negotiators to work for you. Happy Holidays!! Bookmiller Real Estate. 722-4423. gcD4

MINEOLA, NEW HI RANCH
10 Rms., 3 Bths., Wheatley Schools. Ideal for lg. Fam. Convenient to shopping and RR. Builder anxious. Good area. \$299,999. Broker 741-8365. gcD4

VERMONT LAKE LAND
Region. Ideal for hunters or leisure. Ponds, streams, waterfalls. Benson - 70 acres \$57,000 or 95 acres \$75,000. Sudbury (2) lo acre parcels \$35,000 each. 821-4304. Call evenings. gcJ1

VERMONT LAND SKI
Pico/Killington. Located across the road from Pico ski resort, 2 miles from Killington Sherwood, 1 plus acre building lot with alpine pipeline sewage. \$39,900. 821-4304. Call evenings. gcJ1

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Kips Bay, \$300/month, maintenance. Doorman. Estate Sale 747-3814. gcD4

SOUTHOLD BAYFRONT
LOT, 100 feet sandy beach on generous 1/2 acre with 2 story garage. Rare find. Our exclusive \$300,000 Southold Creekfront Cedar Ranch, 3BRs, 1 1/2 Bths with far reaching, serene views. OHW heat. Come see the value \$249,000

Laurel Bayfront Exclusive,
enjoy panoramic views of South fork from this lovingly maintained 3BR, 2 1/2 Bth Ranch. 2Fpls, beautiful sandy beach. Great value at \$482,500 Southold - Reduced \$20,000! Located in private bay beach and boating community. This handsome Cape has been completely renovated. LR/Fpl, enclosed porch, 3BRs & 2Bs. Asking \$234,900 Call for our brochure. Marion King Real Estate, 734-5657. gcD4

PORT ST. LUCIE, FLA. 3/2/2
cbs construction, Family Room, EIK, Living Room, Dining Room, living area 1900 sq. ft., 2600 sq. ft. total, split plan. All appliances, corner lot, available 2/1/93. \$109,500. 407-336-2188. hj2

RIVERHEAD - VACATION
OR Investment. Legal duplex. Remodeled baths in both units, new carpeting, wood floors, Roanoke Ave. location. \$128,900. 821-4304. Call evenings. gcJ1

MATTITUCK MINT
COUNTRY Cape, LR/Fpl, large custom Kitchen, Family Room, 4BRs, 2 1/2 Bs, large deck, only 100 feet to all, sandy bay beach \$212,000 Nassau Point Bayfront, 2 yr. old Contemp. features LR/Fpl, Family Room/Fpl, Master BR suite with jacuzzi plus 2BRs, 2Bs in guest wing, beach cabana, forever views \$795,000 Southold - Recently renovated Ranch on very private 1 1/2 acres. LR/Fpl, FDR, EIK, 3BRs, 2 1/2 Baths, large Deck, professionally landscaped, stroll to bay beach \$235,000 Lewis Realty, 298-4600, 734-5533, 765-5810 gcD4

GARDEN CITY ALL BRICK,
Prime Estates. 2/4 BRS, EIK, 2 1/2 Bths., LR, DR, Den, huge Fm. Rm., 2 Fpls., CAC, Gas Heat, Underground Sprinklers. New landscaping, new brick patio, slate roof. Principals only. \$495,000. 741-0421. Leave Message. gcD4

FLORIDA PGA PALM
Beech Gardens. Charter membership available for 5 golf courses. Priced to sell. Immaculate Townhouse, 2 BRS, 2 1/2 Bths., EIK, Den, Dining Area, screened porch, furn. or unfurnished. (516) 741-2117 or (407) 627-0298. gcJ1

HEMPSTEAD, 4 BRS, 2 1/2
Bths., Colonial, 2 car, large property. Possible MTD or building lots. \$200,000. Principals only. 481-4742. gcJ1

Co-Op For Sale

GARDEN CITY-STEWART/
FRANKLIN Building. Top floor, spacious 2 BR, LR/Fpl, EIK, A/C. Maintenance \$734 a month, 70% deductible. Apartment vacant. Make offers. \$124,000. 294-5696. gcJ1

GARDEN CITY, CHERRY
VALLEY CO-OP. Mint condition. Motivated seller. Spacious 1 BR, new EIK. Walk to RR & stores. Asking \$75,000. Principals only. (212) 407-2226 days, 742-6843 evns. gcD4

GARDEN CITY, CHERRY
VALLEY, 1BR, first floor. Mint condition. Newly decorated, new appliances. Maintenance 74% deductible. Mid \$60's. 488-5718 gcJ2

GARDEN CITY, CHERRY
VALLEY, 1BR, 3 blocks LIRR, second floor, new Kitchen and Bath. Move in, clean. \$80,000. Maintenance 74% tax deductible. Owner, 681-5572 gcF2

LIGHT HOUSE POINT,
Florida, Lovely 1BR, beautiful screened-in porch. Land fully paid for. Maintenance \$900 per year. Walk to stores and churches. Sacrifice at \$30,000. 565-4616. gcJ1

MUST SELL! MINEOLA
Horton House Co-Op. Spacious 3rd Fl., front cor., 2 BR, 1 Bth., Full DR, EIK, Newly renovated and newly decorated. Walk in closets, oak flrs. Parking available. Walk all. Principals only. Reduced \$105,000. Best offer. 294-5984. wJ1

CHERRY VALLEY, 1BR,
first floor, new kitchen, updated bath, hardwood floors, extra closet space, partially furnished, \$65,000, by owner, 294-2638. gcJ2

GARDEN CITY CO-OP, 2 BR,
second floor, center of village, 2 blocks LIRR, refinished floors, new windows, \$116,000. Leave message. Owner 873-9469. gcJ1

Real Estate For Rent

22 MULFORD PLACE,
Hempstead. A-1 Condition, corner apartment with secured parking space. \$810. 748-0012. gcD5

NEW HYDE PARK FURNISHED
room. Microwave, refrigerator. Non-smoker, male preferred. \$350 per month. Available January 1, 1994. Leave message after 12/26. 328-0089. wJ2

STUDIO APARTMENT,
FIREPLACE, Bathpage. Single person, non-smoker. Bright & Airy, ground level, private entrance. Use of yard, parking. New appliances, EIK, bath. \$600/month. 433-7291. hj2

FRANKLIN SQUARE, 3 Rm.
Bsm't. Apt., Prvt. Entr., own thermostat & utilities. Business person preferred, no pets. References & security required. \$575 for one, couple \$600. 352-6539. gcJ2

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 Brownstone. 3 1/2 windowed rooms, garden view. Available Dec. 1. \$1,200 a month. 747-0018. gcD3

ALL RENTALS - Garden City
and surrounding areas. 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
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ALBERTSON HOUSE, 2 BR,
LR, DR, Kitchen, Bsm't., 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 & Adelp. Perfect for students. \$1,000 per month plus utilities. Owner/Broker. No fee, 486-1868, 248-0753. gcJ1

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

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Real Estate Wanted

GARDEN CITY COUPLE just sold home, seeks 3 BR, 2 Bth., Ranch in Estates or Western Section. Principals only. 741-7427. gcD4

For Sale

CHAMBERS STOVE, white, good condition. Best offer. 741-0435. gcD4

TWO TEN SPEED Bicycles, excellent condition. \$60 each. Nintendo games plus power pad. 746-5608. gcD4

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. gcJ2

BRASS BED, QUEEN SIZE w/orthopedic mattress set. Unused, still boxed. Cost \$800. Sacrifice \$325 cash. 334-0925. hj2

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

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COUCH 73", VICTORIAN reproduction, serpentine back. \$400. 741-0172. gcJ1

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IMAGE WRITER II printer, hardly used, sells for \$400. Will sell for \$225 firm. Also IBM Selectric II \$125. Call 437-1109. gcD4

BALDWIN PIANO/ORGAN "Fun Machine" barely used. Excellent condition. 739-1812. gcD4

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 CEN-TER (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. gcD5

PIANO FOR SALE with bench. Spinnet. Excellent condition. Moving. \$650. 437-9156. gcD5

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SEARS KENMORE PORT-ABLE dishwasher, 1 year. Excellent condition. Telephone answering machine, ex. cond., Churchill, Hi-Fi stereo. Best offer. 822-4088. 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. gcJ1

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Car For Sale

'91 FORD EXPLORER Eddie Bauer, 46,000 miles. Automatic, loaded, remote start and alarm. Black. Ford maintained. \$18,000. Serious buyers only. 488-6168. gcD5

1985 NISSAN MAXIMA, 4 door SE, 5 speed manual, immaculate, gray, full power, moon roof, adjustable suspension. A/C, Stereo Cassette. Good gas mileage. Original owner. \$3250. 747-8613. gcD4

'79 MERCURY, needs some work, clean, good running condition. \$500 negotiable. 488-4587. gcD4

Car For Sale

HONDA '90 ACCORD EX, Original owner. Loaded, 43K miles, silver, auto. Serviced by Honda. Must see. \$10,450. 742-8686. gcJ1

1989 DODGE DAYTONA black/gray interior, A/C, power brakes, power steering, AM/FM stereo, new tires & battery. 63,000 miles. Good condition. \$5,000. 294-2638. gcJ2

1981 CHEVY CAMARRO - A/T, AM/FM Stereo Cassette. In fair to good condition. \$1,000. 746-1946. wJ2

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

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

62 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

'85 OLDSMOBILE CUTLASS Supreme, 4 door, loaded, garaged, 35,000 miles. Excellent condition. \$4,700. 248-7132. gcJ1

1985 CHEVY CAVALIER Wagon, red, automatic, A/C, AM/FM, excellent condition. \$1,200. 746-4680. gcJ1

Car Wanted

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GARAGE SPACE, NEAR any
Garden City RR Station as of Jan. 15, 1994. Call 747-6856. gcD5

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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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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COAT about a week ago in Garden City. Did I leave it in your office? 741-3089. gcJ2

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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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Litmor Publishing Corp.

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

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 bent-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

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 hang 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.

FOR TEENS

Vegetarian View

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 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. Methoxy-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.

After Work Gourmet

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!**



**HOW MANY TIMES CAN
YOU FIND THE
WORD
ARK?**



**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!**



WRITE US!

IF YOU HAVE ANY FUN
GAMES OR JOKES SEND
THEM TO : **PUP**

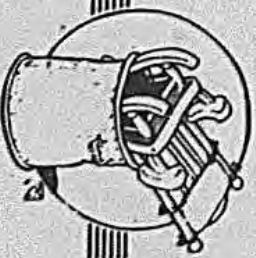
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HICKSVILLE, NEW YORK 11801

WHAT COLOR IS RAIN ?



ANTIQUE OR JUNQUE

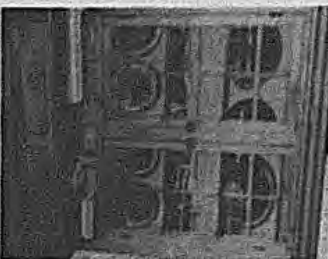
By Anne McCallan.



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, undecorated 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 \$3,000 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 Tait 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 Biblos Society of London and New York, 1982."

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 1852 by Oscar Schlegelmich in Langeviesse, 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

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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

3. Paint, watercolors and crayons must be used on the above.

4. Decisions of the judges will be final.

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

YOUR SOCIAL SECURITY

'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 \$620 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 Gallione of Williston Park.

Margie Gallione
Williston Park