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HICKSVILLE ILLUSTRATED NEWS

Vol. 8, No. 11

Thursday, September 30, 1993

35 Cents

Our Lady Of Mercy Celebrates 40 Years

By Gary McLendon

In honor of the parish's 40th anniversary, parishioners of Our Lady Of Mercy Church along with their pastor, Msgr. James E. Boesel, culminated a year of celebration on Friday, September 24, with the dedication of an original bronze statue. The statue, a life size bronze sculpture of the Madonna and Child, was commissioned by Msgr. Boesel and rendered by the Greg P. Cave Corporation of Old Westbury, N.Y.

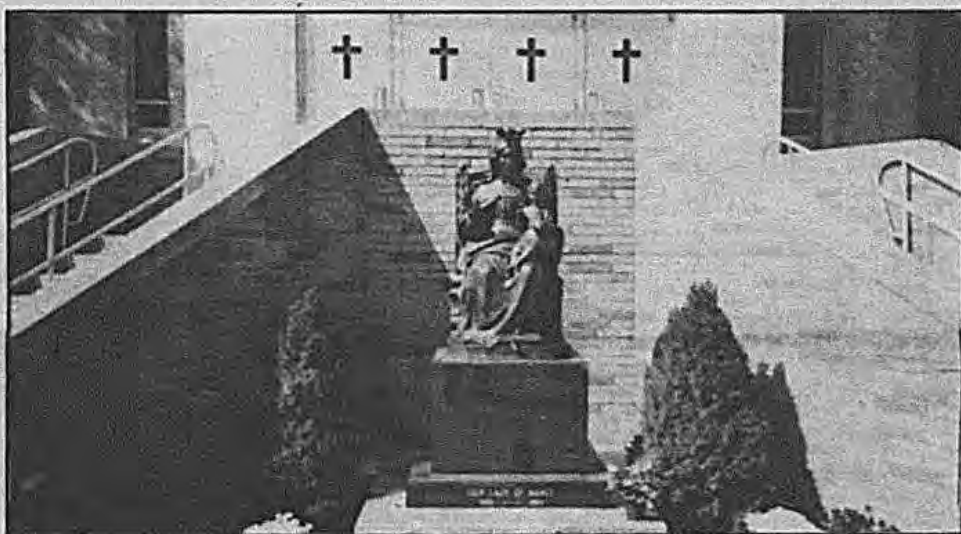
Dedication of the statue took place after a special Mass held on the evening of September 24. It was a glorious event. "I feel honored just being invited and being a part of the Mass", said new resident chaplain Jose Simon Palipambil. "It's a very good parish and I'm happy to be here."

At Our Lady Of Mercy Church, acquisition of the statue is a cause for widespread celebration. "Everyone feels that Our Lady Of Mercy has come alive again," said Sister Eileen Lawlor. "It (the statue) has received unanimous approval from all the parishioners."

Contributions of the parishioners, both big and small, have made the new statue possible.

The new statue replaces the statue of the Madonna and Child, a familiar sight on South Oyster Bay Road that has graced the front of the church for 40 years. The Madonna and Child, damaged and in need of repair, has been placed on a grass lawn adjacent to the rectory.

An agreement to construct the new statue took place on October 26, 1992. The new statue was installed on September 11. The statue has been additionally adorned and beautified by the addition of flowers and shrubbery



The new Madonna and Child as it sits in front of Our Lady Of Mercy Church on South Oyster Bay Road. The new shrine helps signify the 40th anniversary of the church.

donated by the church gardener. Three new halogen flood lights have been added to illuminate the statue after dark.

Along with the statue, a new carillon system was put

into place. The carillon playing the Westminster plays every 15 minutes. The chimes begin playing at 7 a.m., seven days a week.

High School Band Show A Musical Success

By Gary McLendon

The fifth annual Hicksville High School's marching band show filled the air with music and joy on Sunday, September 26. The color pageantry and enthusiasm of the event carried the day, through the threatening clouds, and the heat and humidity.

It rained heavily all morning, causing concern among all involved, but by the commencement of the band show, the rain had stopped and the field was still firm enough to support the most intricate steps.

Bands from Levittown, Brentwood, Walt Whitman, Sachem, Mineola, Huntington, and Poughkeepsie, performed, along with Hicksville, and all did well.

The bands performed in five separate groups, which depended on the size of the band. Hicksville performed in group four, the only one in that category. With no direct competition the Hicksville High School band had only to perform for friends, family, faculty and themselves.

Some students felt a bit nervous before the performance but many did not.

Are you nervous before the first competition of the year? "Nope", was the matter of fact response of sophomore Catherine LiCalsi. Others shared her feelings.

"I feel pretty confident, we're doing better this year than last year," said Chris Matink, a French horn player.

"The first time you do it, is when you get a little nervous, but this is the only show that we get nervous at," said Aimee Sherry.

"Rex", (Robert Morace), a tuba player, appeared to be a little pumped up about the day's performance although he was too cool to admit it. "this is the third year, so I'm fine," he said.

Daniel McGovern also a tuba player, added his feelings about the day's events. "I feel that it's going to go pretty well."

The band show was the first show of the year for the Hicksville High School band.

As the Hicksville High School band practiced in the school's lot and lawn areas, other bands performed on the football field. All of the bands were impressive and their exciting routines were performed with precision. "Every band has a uniqueness of their own, each band brings with it the character of their staff and director with them," said band director James McRoy.

"There are three areas that the bands are evaluated in," explained McRoy, "musical performance, visual performance, and overall effects."

"Music performance is timing, playing together, playing in tune, and playing the right notes," said McRoy as he explained what the judges are looking for. Visual performance... are they controlling their bodies well, are they in unison with one another, are they in step generally, the excellence of their visual performance.

"Overall effectiveness, there's two aspects to that, there's musical and visual.

Musical is how does your musical program impact on the audience. Visual effectiveness goes along on the same lines, continued McRoy.

During the program, the throng of hungry spectators feasted on burgers, hot dogs, sausages, souvlaki, pretzels, popcorn, ice cream and much more.

The bands played short programs which ranged from 7 to 12 minutes. The Levittown Division Avenue band played first, followed by Sachem, Brentwood, Walt Whitman, Mineola, Huntington, Arlington, (Poughkeepsie), and Hicksville.

Hicksville performed music from an Alfred Reid symphonic score called, *Praise Jerusalem*; it's from an Armenian hymn written in the 13th century, McRoy said.

Stacey Patrone, a baritone player said, "It's like a small tuba kind of thing. It's a little bit higher than a tuba. It plays like a trumpet." With three valves. "It plays like a trumpet. I like it... it's a good drill."

HOMETOWN PEOPLE



Anthony & Anna Della Ratta.

It's Twins!

James and Evelyn (Snyder) Della Ratta are proud to announce the birth of their twins- Anthony and Anna. The twins were born on July 16, 1993 at Winthrop Hospital. Anthony was 5 lbs. 11 oz. 18" long and Anna was 5 lbs. 3 oz. 18" long.

The proud grandparents are Don & Evelyn Snyder of Hicksville & Cape Coral Florida and George & Joan Della Ratta also of Hicksville. Jim & Evelyn reside in Levittown with their new little family.

Sweet Sixteen

On Saturday, September 11, 1993 the parents of Jennifer Eichenauer hosted a party at Wickers for 75 of Jennifer's closest friends and family.

As a surprise for Jennifer, her mother invited her first and third grade teachers.

Both of Jennifer's godparents were on hand to help celebrate. Her Godfather, George Eichenmayer, gave a beautiful toast as Jennifer made a wish and blew out the candles. Her Godmother, Kathleen Eichenmayer, was right by her side and wished her the best on this special day.

Jennifer looked most beautiful in her dress of white satin and lace.

This year Jennifer is a junior at Hicksville High School and she is taking a child care course at Levittown Memorial Vocational School. Jennifer, we just want to tell you that we all love you and wish you nothing but the best of luck

ands good health.

Everyone had a wonderful time at the party and is looking forward to her graduation in 1995.

School Bells Ring At St. Ignatius

Saint Ignatius Loyola School began its 86th year when it reopened on September 8. A second fifth grade and a two-day pre-k were added this year to accommodate increased enrollment.

The opening school mass was celebrated on Friday, September 10, by Father Edward Tarrant, the pastor at St. Ignatius. Father Tarrant spoke to children about the importance of a good education. An assembly was held on Friday to honor some of the students. Students in grades 5 to 8 received their certificates for being on the principal's list and first honors list in June. At an assembly on Monday, September 13, the safety patrol officers and members for this special school year received their badges.

The administration and faculty would like to welcome our new students and their parents to our school family. We would like to welcome the new members of our faculty and staff: Mrs. Wagner (Nursery), Mrs. Audus (grade 1-1), Mrs. Hess (grade 3-2), Mrs. Foriano (grade 5-2), and Mrs. Clegg (K-1 aide).

The children in the kindergarten classes at Saint Ignatius Loyola School are eager to begin the school year.



Saint Ignatius School K1 class



Saint Ignatius School K2 class



Grand Knight Henry (Hank) Schettini (center) of the Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainville/Hicksville, being installed into his new office. (photo by Vinile Rapturda)

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NEWSBRIEFS

K. of C. Picnic

A Huge Success

A capacity crowd of over 250 adults and children were on hand for the annual family picnic of the Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview/Hicksville. The picnic was held on Sunday afternoon, September 12, at the Syosset Community Park in Woodbury.

Plenty of food and beverages, including hot dogs, hamburgers, ice cream, soda and beer, were consumed by the many hungry at the picnic. A large number of brother Knights from the Joe Lamb Council, led by Grand Knight Henry (Hank) Schettini, were on hand to organize the various games and events, to the delight of all who participated in them. The weather was perfect and added to a very enjoyable day.

The chairman for the annual picnic was Brother Knight Robert Andruzzi, who was ably assisted by his two co-chairmen P.G.K. John Lombardi and P.G.K. Anthony Iannuzzi. The Joe Lamb K.O.C. has held this annual picnic for many years, and it always has been a big success.

Hannon To Host

Health Fair

Senator Kemp Hannon will be holding his "Health Awareness Fair" on Saturday, October 2, 1993 at the Island Trees Middle School in Levittown, from 9:30 a.m. to 12:30 p.m. This health fair will feature a number of free health series and important information, including blood pressure screening, free nutritional counseling, and more. Everyone is welcome, and no appointments are necessary.

You can make an appointment for a mammogram (breast cancer prevention), which will be done on site. The mammogram is not free but most insurance will cover the costs (Call Women's Outreach Network, 589-5524 for cost, insurance information and appointment).

The Island Trees Middle School is located on Wantagh Avenue in Levittown, just south of Hempstead Turnpike.

Fall Foliage Is Here!

The New York state fall foliage season is here! The foliage season is when thousands of people around the state flock to roadways, waterways, hiking and biking routes, small towns, scenic spots, country fairs and harvest festivals. This year during I Love New York Celebrates the Apple, September 10 - October 31, travelers can combine their foliage viewing trips with visits to orchards, craft fairs, farm stands and festivals paying tribute to New York's bounteous apple festival.

Foliage reports began September 15. Each Wednesday afternoon through the fall, the department compiles and issues a foliage condition report for the upcoming weekend. Travelers can receive the report by dialing toll-free 1-800-CALL-NYS (225-5697) from anywhere in the United States and the territorial possessions.

Clinton Hosts Television Show

By Gary McLendon

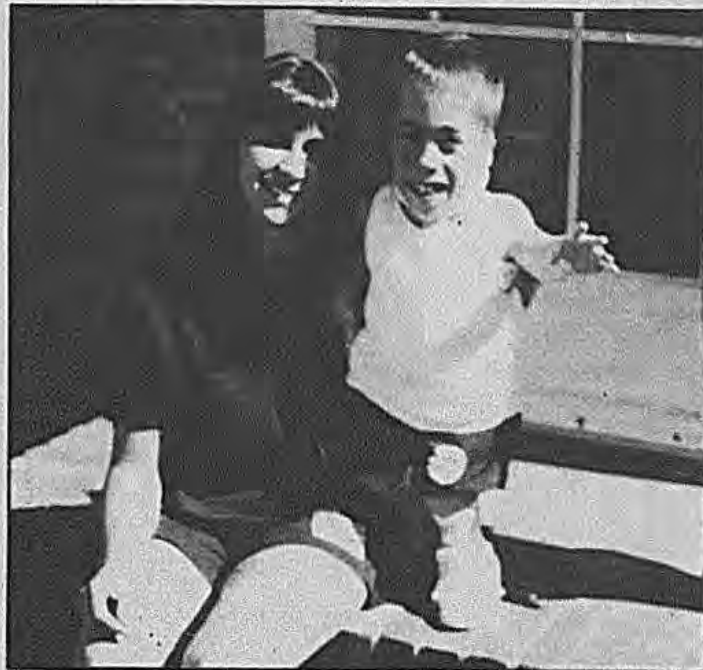
At the age of twelve, Clinton Brown has already been through a lot. He has had operations, medical treatments, and rehabilitation. He has had to adjust to health problems and the curious questions and stares from strangers, and like all of us he has to grow up. Through it all Clinton has shown an extraordinary attitude, an attitude which is positive, and one to be admired.

You may have seen Clinton on Sunday, September 12, as he hosted the WPIX program, "Walk A Mile In My Shoes." The program featured Clinton, and other students at the Henri Viscardi school, and portrayed the children, all of whom are physically challenged, by concentrating on their abilities not their disabilities.

"It was exciting. Everyone has come up to me and said I did great on the show," Clinton said.

Clinton, now in the seventh grade, was highlighted in the show during school graduation ceremonies, as he competed recently in the New York State Parks Games for the Physically Challenged at Mitchell Field, as he played wiffle ball, and street hockey with friends in his yard, and as he traveled to school.

The Viscardi school, which is chartered by New York State, provides educational services to more than 200 children with disabilities. The students realize that while they are different from others, they can lead normal lives. The school provides a safe haven for the children who feel that in the outside world they are sometimes set apart by people's prejudices. During the program many of the



CHERYL AND CLINTON BROWN

students discussed the possibility of attending college, and fulfilling their hopes and dreams for the future.

The school helps the Brown family by providing for many of their needs. During the program Clinton was cheerful,

bubbly and inspirational. "I wasn't nervous, I just cooled my jets," Clinton jokingly said.

Clinton's strong positive attitude comes from his parents, Cheryl and Clinton Sr.

(continued on page 21)

Helping Head Injured L.I.

By Gary McLendon

Quality health care for head-injured people on Long Island is in great demand. Transitions a rehabilitation facility for head injured adults, located in Manhasset, is one of a kind facility that is much needed on Long Island.

Transitions, a subsidiary of Long Island Jewish Medical Center, is an interdisciplinary program which offers residential and extended day and out-patient programs to people who have been injured as a result of auto accidents, stroke, work-related injuries, brain disease, assault, sports injuries, and other types of injury.

Supported by funding such as group health insurance, auto no fault, workers compensation and other forms payment, Transitions offers needed help to Long Island.

"Long Island, unfortunately, has the largest population of neurologically impaired individuals, but few rehabilitation centers providing comprehensive specialized services. So people on Long Island and New York have had to go out of state to get the services that they could be getting and should be getting in New York," said Dr. Deborah Benson, director of residential Services at Transitions.

Traumatic brain injury survivors typically have a combination of physical, cognitive and emotional deficits. "That's what we address here," said Transitions spokesperson Annette Serniak. "Every program that is done here for every client

addresses their particular deficit," Serniak added.

Transitions accomplishes this by providing comprehensive rehabilitation programs which include: physical therapy, speech therapy, occupational therapy, and cognitive retraining. All are designed to assist in recapturing skills lost due to head injury.

This is specifically accomplished through the use of one-on-one therapy, group therapy, computer therapy and the use of groups, such as a cooking group, a functional life skills group and an executive functions group.

The restaurant group allows clients to choose, shop for and assist the staff in meal preparation. The functional life skills group introduces clients to skills that they will need to function successfully in their community.

The executive functions group addresses high-level skills such as planning, organizing and goal setting, important skills to professional clients (e.g. accountants, physicians, attorneys) wanting to return to work.

"Occupational therapy restores functions through the use of activities, what we will do is ... if we want a person to gain mobility in their arm we'll give them an activity where they'll have to reach. Clients partake in weaving, paint, ball tossing, puzzles and games to improve cognitive deficits, special relationships, motor planning, balance and coordination, and increasing strength through all of

these different things," said registered occupational therapist, Doris Richard.

Traumatic head injury can happen to anyone. Realizing this, Transitions helps each client use their own special skills. "If a client has had a computer experience prior to their accident, they can work on computers. As they go through the program there will be projects that are designed for them, to help them when they go back into their field," Serniak said. The Transitions staff works with clients and their prospective employers to coordinate a rehabilitation program that will allow a smooth transition to the work environment.

Although Transitions clients need to be medically stable, an expert staff of physicians, all of whom are affiliated to and work closely with Long Island Jewish Hospital, provide comprehensive medical care when needed. Long Island Jewish outpatients also receive physical therapy at the Transitions facility.

In addition to a team of doctors and licensed therapists, Transitions employs a team of Life Skill Trainers, who are on duty 24 hours a day. This staff to assist with basic client needs, as well as providing social and recreational opportunities both in house and out in the community.

Residents at Transitions live in modern, comfortably furnished and carpeted rooms which resemble dorm rooms. Noticeably missing from the rooms are the equipment and furnishings of more traditional hospital settings.

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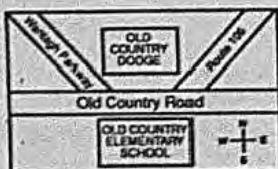
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Denis Dillon



Timothy Calonita

County Races Blur Party Lines

By Eileen Brennan

The race for the post of District Attorney of Nassau County is a good symbol of the way party lines have become blurred on Long Island. Denis Dillon, the incumbent, was a Democrat when he was first elected to the post in 1975. He switched parties several years later, reportedly in part because of the Democratic Party's stance on the issue of abortion. His opponent this year is former Assistant District Attorney Timothy Calonita, a registered Republican running on the Democratic line.

Dillon is running on his record. He points to the fact that his office has one of the highest felony conviction rates in the country, 97.7 percent. It has a 100 percent conviction rate in homicide cases. According to Dillon, Nassau County has the lowest crime rate in the country when compared to cities of a similar size, 1.3 million people.

He says that the major problem his office faces is that of narcotics distribution. In order to attack this problem at "street level," his office works closely with the Police Department. In the past few years, The District Attorney's office and the police have worked together on 2,000 such cases, videotaping drug sales. They have made arrests in Hempstead, Glen Cove and Westbury.

Dillon says his office has also been effective in punishing consumer fraud. Undercover teams have worked on auto repair shop fraud, appliance repair fraud, fraudulent termite inspectors and chimney sweeps.

Dillon is a former New York City police officer. He graduated from Fordham Law

School, served as a trial attorney in the United States Justice Department and was director of the Federal government's Organized Crime Strike Force.

He has been endorsed by the Police Benevolent Association of Nassau County.

Timothy Calonita first came to public notice in 1985 when he was denied the opportunity to join the Nassau County Police Department because he had suffered from Hodgkins disease when he was a teenager. Despite the fact that he had successfully overcome the disease, a civil service doctor said that he should be disqualified because of his medical history.

Calonita turned to the American Civil Liberties Union for help in pressing his charges that the rejection constituted discrimination against former cancer patients. No lawsuit was filed because the Nassau County Civil Service Commission reviewed his case and offered him a place in the police academy.

By this point, Calonita was in his third year in St. John's Law School and decided to pursue a career in the district attorney's office instead. While in the District Attorney's office, Calonita worked closely with State Senator Dean Skelos to drafting legislation to prevent discrimination against cancer survivors in the public and private sectors. The bill was finally passed in 1991.

The Mineola native rose quickly in the district attorney's office, becoming chief of the arson unit. In February of this year his family home in Mineola was destroyed in a fire the Fire Marshal described as "suspicious."

(continued on page 21)



Karen Murphy



Doreen Banks

SCHOOL NOTEBOOK



Welcoming Woodland Students

Welcoming Woodland Students as they arrive at school is principal Manus Clancy. Dr. Clancy greeted the students as they arrived at school on the first day.



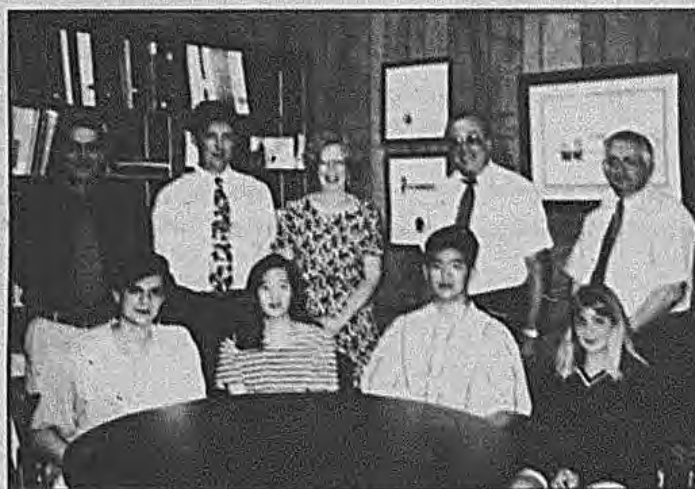
First Day At Fork

FIRST DAY AT FORK LANE SCHOOL: Mrs. Carol Bentsen, principal, greets Christopher Saltalamaccia as he arrives at school to begin a new year.



Getting To Know One Another

Getting to Know One Another...Learning to Respect One Another: Ninth grade students participate in group activity with guidance counselor John Call (l.) and teacher Dr. William Lemmey (r.).



Selected To NYSSMA

Selected to NYSSMA All-State Conference are Hicksville High School students (front) Justin Farrell, Connie Young, Brian Wong and Janine Leyser. Standing behind them are their proud teachers and administrators: Dan Kristoff (vocal music teacher), Jim McKay (band teacher and coordinator), Amy Noll (orchestra teacher), Richard Hogan (principal) and John Erskine (supervisor of fine arts).

SCHOOL SHORTS

Student Job Placement Program

Hicksville High School is embarking on a new job placement program. Any business persons interested in employing a high school student for part-time employment should contact Nancy DeSorbo, coordinator, at 733-6576 between 8 a.m. and 3 p.m., Monday through Friday. The program will attempt to match students' skills, interests and class schedules with potential employers and their employment needs.

Superintendent Plans Meeting With Parents

Hicksville Public Schools superintendent Salvatore Mugavero announced at the board of education meeting on Sept. 22 that he will hold two meetings with

parents during the school year. The superintendent will meet with parents to discuss educational and non-specific student issues. The meetings will be held from 8-10 p.m. in the administration building on: Tuesday, Nov. 16 and Tuesday, April 5, 1994.

National Merit Scholarship Semi-Finalists

Three students from Hicksville High School have been selected as semi-finalists in the 1994 National Merit Program. They are Michael Chang, Joaquin Encerra and Jennifer Yost.

Over one million students from some 19,000 secondary schools throughout the country entered the competition by taking the 1992 Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

Students chosen as semi-finalists represent about one-half of one percent of their state's high school graduating class. To continue in the competition for merit scholarships, a semi-finalist must become a finalist by fulfilling a number of additional requirements that include very high academic standards, submitting SAT scores that confirm the students' PSAT/NMSQT performance, and being fully endorsed and recommended by the high school principal. Students must also provide information about their personal interests and achievements, volunteer and paid work, educational plans and goals, and his or her contributions in school and community activities.

These three academically talented Hicksville High School students will go on to compete for one of the 6,500 merit scholarships to be awarded in the spring of 1994.

Students Experience BOCES

Ninth grade students at Hicksville High School had the unique opportunity to spend two days together getting to know one another. On the second and third days of school, the students attended two full days of activities at locations outside of school. While half of the class attended a program at the Brookville BOCES Center, the other half attended a program at Caumsett State Park. The following day, the groups reversed locations (unfortunately the BOCES experience has to be rescheduled due to inclement weather). The program at the BOCES Center focuses on team-building activities of trust and reliance on others. At Caumsett, the students participated in a variety of exercises dealing with issues of bias and respect for others. This meaningful ninth grade pro-

(continued on page 8)

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POLICE REPORT

Prostitution Arrests

The Nassau County Police Department Vice Squad reports the arrest of two women for prostitution and unlawful massage in Hicksville on September 16, 1993 at 2 p.m.

Yong Husband, 53, and Kim Smith, 36, both of 55 Old Country Road, Hicksville were arrested at Lucky 55 Massage, 55 Old Country Road after a month long investigation of that business location.

Both suspects were arraigned on September 17.

Graffiti Arrests

Second precinct officer Bruce Hof was on patrol on Woodbury Road, Hicksville at about 2 a.m., on September 12, when he observed two youths in fenced in area of Angels Nails at 138 Woodbury Road. Officer Hof approached the youths and found them to be in possession of nine cans of spray paint.

Further investigation determined that the youths earlier sprayed their logos on the walls of the East Street School. Subsequent to his investigation, Officer Hof arrested both youths. Both boys are 16 years of age, and are residents of Bethpage.

Rape Arrest

A twenty-year-old woman was walking along Jerusalem Avenue, at Walnut Street, Hicksville at about 12:50 a.m., on September 12 when she was approached by an unknown male armed with a knife. The subject forced the woman into a vacant lot where he raped her at knife-point.

Area residents hearing the girl's screams called the police. Eighth Precinct officers Matthew Ross and Brian Murphy responding to the call, apprehended the subject on Jerusalem Avenue, and Tobias Street, as he attempted to flee.

The victim was taken to the Nassau County Medical Center where she was treated. Arrested and charged with rape 1st degree and criminal possession of a weapon 3rd degree was James Prestley, 37, of 35 Jerusalem Avenue, Levittown. He was arraigned on September 12.

Attempted Murder Arrest

A Hicksville man was arrested for at-

tempted murder 2nd degree in Hicksville on September 15, 1993, at his residence.

Rocco Fiorello, 38, of 17 Miller Road, walked through the rear lot behind his home to the next street where opposite the lot resides his cousin. Rocco then had a verbal altercation with his cousin. And went back to his home where he loaded two rifles and entered a 2nd floor bathroom in the rear of the house. Second Precinct officer Bruce Hof arrived on the scene at Wilfred Boulevard, responding to the earlier disturbance when Rocco allegedly fired a 30-30 rifle which missed the officer and struck the ground a short distance away. There were no reported injuries. Rocco was arrested a short time later.

Weapons and Drug Arrest

Second Precinct officer Alan Sharpe was on patrol at about 3:40 a.m. on August 28, when he pulled over a vehicle on Jericho Turnpike, and approached the driver. While asking for the subject's license the officer observed what appeared to be a rifle sticking out from under the passenger seat.

Officer Sharpe ordered the subject to place his hands on the dashboard and the subject hesitated. The officer moved to the rear of the vehicle for protection and continued to order the subject to place his hands on the dash. As the subject was raising his hands the officer observed him throwing a plastic bag out of the driver's window.

After assistance arrived, a search of the vehicle found a Calico 9mm rifle with a clip containing 45 rounds, another clip containing 100 rounds, two loaded shotguns and over 200 shotgun and 9 mm rounds. Also recovered was what appeared to be cocaine and cash in excess of \$13,000.

Arrested and charged with criminal possession of a weapon 3rd degree, criminal sale of a controlled substance, criminal possession of a controlled substance and violation of an environmental conservation law for having loaded shotguns in the vehicle was Paul Richards, 30, of Primrose Avenue, Hicksville. He was arraigned in first district court in Hempstead on August 29.

(continued on page 22)

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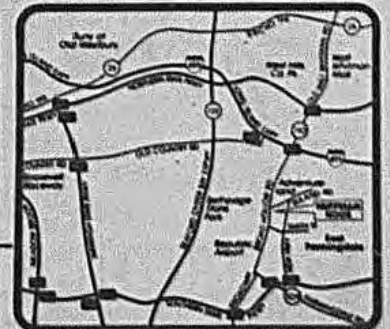


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Boom In Adults Returning To College

It's Never Too Late To Learn

Working 14 hours a day for more than 50 years kept Richard Lewis, 72, from pursuing a college degree.

For 37-year-old Brian Murphy, his college education took a back seat 13 years ago when a promising, high-paying job consumed all of his free time.

Ellen Goldstein, 50, felt it was her duty to drop out of college 23 years ago to raise a family.

Fred Kopeitz, 31, began college as a 19-year-old but ran into personal and financial difficulties that led him to abandon his quest for a college degree.

Times have changed and today, Lewis, Murphy, Goldstein and Kopeitz — Long Island University students — are part of a new generation of older Americans pursuing higher education. Recent statistics show that adult learners comprise the fastest growing segment of students attending college. The US Department of Education reports that in 1990, 43% of college students were over the age of 24 and in five years nearly half of all college students will be 24 and older.

At Long Island University's C.W. Post Campus, the adult student enrollment increased more than 17% in a two-year period, from 1990 to 1992. Twenty-nine percent of C.W. Post's total 1992-1993 enrollment is comprised of adult students. Dr. Nishan Najarian, dean of University Studies at Long Island University, at-

tributes this increase to employers' needs for new skills that will give them the edge in today's competitive business world.

"The economy resulted in many people losing their jobs or being forced into early retirement," Najarian said. "A number of our adult students are seeking a new career path or few skills to make them more marketable. We offer them challenging academic programs and personal attention."

Providing adults with guidance and counseling is also an important factor in attracting adult students, according to Najarian. "Our commitment to the special needs of the adult student is evident through our many programs and support services, ranging from granting undergraduate credits for life experience to offering a refresher course that shares tips on writing, study and library skills."

C.W. Post established an Adult Student Services department in 1980 in response to the growing number of returning adult students. This department, open to adults age 25 and over, provides individual counseling and sponsors a wide variety of programs specifically for adults. Classes are scheduled to fit their hectic schedules. Programs are flexible and are available during the day, in the evening, and on weekends year-round.

Southern Campus has a new Adult Student Services Office staffed by an alumna of the college who graduated with a 4.0 average as an adult student herself. Through the college's College Entry Program, qualified adults may start college

even though they never finished high school. The program allows students to finish high school and earn college credit at the same time. The "Credit for Life Experience" program allows adults to receive credit for work or life experiences that relate to their academic curriculum.

Najarian noted that many adults have common concerns. One of the most prevalent is that they anticipate difficulty readjusting to an academic environment. This is not the case. "We have found that most adult students adjust rapidly to college life. Age is not a factor. In fact, the motivation and maturity adult students bring to the classroom makes them ideal students," he explained. And successful ones. Last year, C.W. Post's valedictorian was a single mother who was over 40.

Richard Lewis, of Lake Success, New York, is in his third year of study at C.W.

School Shorts

(continued from page 5)

ject is one of the many programs promoting multi-cultural understanding and respect that are offered in the Hicksville Public Schools.

Hicksville Students Selected

To Perform

Four students from Hicksville High School have been selected to perform at the 1993 NYSSMA (New York State School Music Association) All-State Con-

ference.

Justin Farrell has been selected as a soloist to perform in the mixed chorus. Jonathan Leizer will play trumpet in the symphonic band. Connie Young will play the viola and Brian Wong the violin in the symphony orchestra.

The students were selected from among thousands of students who auditioned for this honor last spring in solo and ensemble festivals throughout the state.

(continued on page 14)

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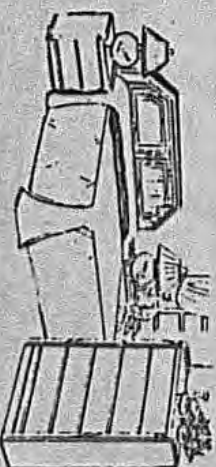
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Opinion

Examine Clinton's Health Plan

The Clinton administration's proposed health care plan is designed to provide health care coverage for all Americans and legal residents, whether or not they are employed.

In a nutshell, it sets up standard benefits packages for which employers would pay 80 percent of the premiums and employees 20 percent. Government subsidies would pay for the plans for the poor and elderly.

The plan no doubt will be revised and amended before it is put into place. So the time is now for employers, health care providers and patients to educate themselves about the plan and try to determine what it will mean for them. Then they should contact their elected representatives in Washington and tell them their stories.

As Hillary and Bill Clinton traverse the country selling their plan, their ears are being filled with the stories of cancer victims, employers and others who are feeling the effects of the health insurance crisis firsthand. When the president unveiled the plan for a joint session of Congress last week, reaction was swift from elected officials, insurance industry representatives, doctors and citizens.

The overall consensus seems to be confusion, as there are many questions that still need answers.

- What will it cost employers, some of whom are not now providing coverage — or are contributing less than 80 percent — but would be required to under the plan?
- What about the self-employed? And what of household help? (Surely everyone remembers "Nannygate".)
- How about illegal aliens? They would not be entitled to join the plan (unless they are employed), so who will pay for their medical care if they end up in the emergency room?
- Would patients be able to keep their current doctor?
- What if, for example, a woman's family doctor was in one network and her OB/GYN was in another? Would she have to choose between them?
- Cuts in Medicare and Medicaid payments to providers are planned to help pay for the plan. What will this mean to those who receive those benefits? What about the doctors who care for those patients?
- What about the government bureaucracy that will be formed to oversee this universal health plan? How much will it cost? (If history is any indication, it'll probably cost a bundle. Remember how much the Pentagon paid for those airplane ashtrays?)
- What will happen to the health insurance industry?

There is no question that changes are needed. If the goals of the plan are met, it will be a boon to residents who have been hard hit by the economy. Many families are making do with only catastrophic coverage, while others do not have any health insurance at all. These people should not have to neglect health problems because they can't afford to pay the doctor. Nor should they live in fear that they will be faced with a major illness or injury for which they are not covered.

Health care should not be just for the affluent. The wealthy may be able to afford a higher level of care, but it shouldn't be all or nothing.

However, the president and elected representatives should be mindful that if they are crafting a plan to help the uninsured, the poor and the elderly, they may hurt the average, healthy middle class citizen.

Long Island is home to a huge health care industry, employees and patients of which will be affected by health care reform. Lobbying for and against the plan will no doubt be fierce, and Long Islanders must be sure to have their say.

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.

BON VOYAGE

Travel Tidings

By Edythe and Jack Shepard

During these days of financial wear and tear, we hear all too often of tourists stranded and/or monies lost by bankruptcies and closings of tour companies. As additional protection, for the traveling consumer, the US Tour Operators Association has put into effect as of last month, a requirement that its more than three dozen active members must supply a \$1 million certificate of deposit, letter of credit or bond. This increase from the present \$250,000 requisite for membership is an added safeguard for travelers, in the knowledge that they are dealing with a financially stable travel organization. Call (212) 944-5727 to ask if a tour company is a member and you can request a brochure on the new consumer protection plan.

We've been advised that since the "Joie de Vivre" hotel barge cruises, (which we shared in a recent column) ends its sold-out season at the end of this month, information can be had directly from: David Sherbird, Trencrom, Tintagel, Cornwall, England PL34 0AN; Tel. 44-840-770522. Now, a local representative can be contacted at: Premier Selection, 106 Calvert Street, Harrison, NY 10528-3199; Tel. (800) 234-4000. Your travel agent also has "I.d.V." information.

Reports continue to circulate about EuroDisney's financial woes. The new theme park outside of Paris hasn't been attracting the numbers of expected visitors to its more than 50 attractions and shows. Its bars, restaurants and shops are feeling the pinch of low attendance figures and a planned expansion has been postponed. Talk of revamping and even closing is being heard since its \$83 million loss for the fourth quarter. Let's hope the dismal Disney news will take a turn for the better and Mickey's company will fully recover.

Speaking of gloomy news, the state department has decreed that "Westerners traveling in the former Yugoslavia may be targeted for attack by Islamic militants." When we think back to our visits to that beautiful country, it seems incomprehensible to imagine the scenes of horror we witness in media reports. An overwhelming tragedy to its land and people, with no end in sight.

Also from Virgin: Its new night flight

from JFK, which departs at 10:55 p.m., offers a Snoozezone for Business (Upper) Class passengers who want to sleep across the Atlantic. They can partake of a pre-flight buffet at JFK's Air France lounge and once aboard, enjoy a duvet and Virgin sleepwear to ensure sweet dreams in a segregated Shhhhh! cabin. Visit your travel agent or call Virgin Atlantic Airways: (800) 862-8621.

A disappointing report on 10 domestic airlines from the Department of Transportation states that for May of this year, lost, delayed and damaged luggage rose by 20,000 compared to May 1992. This year, as last, Delta's percentage of baggage complaints led the list, with Continental second this year, followed by United and American.

Travel agents and hoteliers are actively campaigning for a reduction from New York State's hotel tax of 21.25 percent to the 16.25 percent charged before the 1990 tax hike. Since the extra five percent applies only to nightly room rates of \$100 or more, New York City has been hardest hit since its average hotel room costs well over \$100.

Incidentally, the well known Zagat restaurant survey has found that New York City is also the most expensive restaurant city in the country.

On the subject of hotels, experts insist that asking for a discount before you check in, will pay off. They point to the frequency of empty rooms, which work for the traveler's benefit. By asking, "What's the best rate you can give me?" you can often save 10 percent on hotel rates.

And more hotel info: Radisson Hotels worldwide are making autumn's leaf-falling with their "Great Fall Rates" through Dec. 20 in all their hotels and resorts in the US, Canada, Mexico, Europe, Australia and the Caribbean. Savings up to 40 percent are being offered, with no advance purchase or prepayment necessary. For details, call your travel agent or Radisson: (800) 333-3333.

Fly KLM to Amsterdam, London or Vienna and a free car is yours for a week. VAT (tax) included, with unlimited mileage, through March 31, 1994. Two or more passengers must travel together and car reservations made at least seven days before departure. Call KLM: (800) 374-7747.

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Free Flu Immunizations Available

Winthrop-University Hospital in Mineola will provide free flu inoculations to senior citizens 60 years of age and older. The hospital will hold its flu immunization program on Wednesday, October 6 from 3-7 p.m. in the Winthrop Conference Center, 101 Mineola Blvd. Appointments are necessary and can be scheduled by calling 663-2234 Monday through Friday between 9 a.m. and noon.

Winthrop will also participate in three other immunization programs this year:

- Village of Mineola, October 19, 10 a.m.-2 p.m. at the Mineola Senior Citizen Center, 211 Westbury Avenue. Call for an appointment after Oct. 1, 746-0750.

- Town of North Hempstead, October 19, 10 a.m.-noon and 1-3 p.m. at Clinton Martin Park, New Hyde Park Road and Marcus Ave., New Hyde Park. Call for an appointment, 869-7723 or 869-7724.

- Garden City Recreation Department for Garden City's senior citizen residents, Wednesday, October 13, 10 a.m.-2 p.m. in the senior recreation center, 6 Golf Club Lane. Call 742-5800 for an appointment.

People who are unable to attend these programs can get information on additional sites by calling the Department of Senior Citizen Affairs at 572-0800.

Health Lecture For Women

The frightening statistics on breast cancer have left many women confused and disturbed. For all that remains unknown about this disease, a great deal is known about early detection, treatment and prevention. A panel of women physicians and health care professionals will present "Breast Diseases: Common Concerns," part of Women on Women, a monthly series of health information programs for women offered by North Shore University Hospital-Cornell University Medical College in Manhasset.

The program will be held on Wednesday, October 6, from 6:30-9 p.m. in the hospital's Rust Auditorium. Topics to be covered include "New Developments in Breast Cancer," "Breast Disease: Benign and Malignant Conditions" and the Breast Cancer Prevention Trial in which the hospital is participating.

There is a fee of \$15 per person, which covers a light supper, educational materials and parking. For information, call 926-8831.

Bide-A-Wee Flea Market

Are you a savvy shopper looking for real bargains? Then come to the Bide-A-Wee Flea Market at Bide-A-Wee's Wantagh animal shelter, Saturday, October 2, from 10 a.m.-4 p.m. and enjoy a shopper's paradise. The flea market is an annual event which features great buys in household items, dolls, toys, small appliances, knick-knacks, costume jewelry, perfume, glass and books. Proceeds from the flea market are used to help provide shelter for the homeless pets in Bide-A-Wee's care. The rain date is October 3. The shelter is located at 3300 Belagh Avenue. Call 785-4199.

Fall Plant Sale

The Clark Botanic Garden Auxiliary of the Town of North Hempstead presents its 22nd annual fall sale at Clark Botanic Garden on Friday, October 15, from noon-3 p.m. and Saturday, October 16, from 10 a.m.-3 p.m. They will feature spring flowering bulbs for fall planting, colorful chrysanthemums, bouquets of dried flowers, unusual house plants, trees, shrubs and perennials.

Homebaked goods and a wide variety of herbal products, including vinegars, mustards, jellies, dried herbs and salad dressings will also be available. The Clark Botanic Garden Gift Shop will be open

during the sale, which will be held rain or shine. Admission to the Garden, on L.U. Willets Road in Albertson, is free during the sale. Call 621-7568.

Day Of Unity For Breast Cancer

In a show of solidarity and strength, people concerned about breast cancer and advocates from all over Long Island will converge on the Old Bethpage Village Restoration on Tuesday, October 5, which has been designated as the Long Island Breast Cancer Day of Unity. The hour-long rally, which will begin at 11 a.m., is expected to draw hundreds of Long Islanders who are fighting breast cancer in their bodies, in their communities, in Albany and in our nation's capital.

The high point of the rally will be when hundreds of participants form a living map of Long Island to demonstrate their unity and strength. When the living map is formed, 12 Long Islanders whose lives have been touched by breast cancer will bear witness to the urgency of this disease and to the power that Long Islanders have to fight back.

The rally, which will be held rain or shine, is open to the public. Call 800-877-8077 for information.

Train, Doll House And Toy Show

Greenberg's Great Train, Doll House and Toy show steams into Hofstra University on October 2 and 3 loaded with exciting action. The event will be held from 11 a.m.-5 p.m. in Hofstra University's Physical Fitness Center. Admission is \$5 for adults and \$2 for children aged 6-12.

The show will feature the spectacular, realistic "HO Penny" railroad layout built by nationally acclaimed model railroader Dave Farry. He will demonstrate his expert building techniques both days. Doll houses and handcrafted miniatures by many local hobbyists will also be on display. There will be demonstrations for model railroaders and miniaturists as well as a bookstore with the latest hobby and collector publications.

William F. Buckley Jr. To Speak

Author, editor and television personality William F. Buckley Jr. will deliver the William E. Simon Lecture in American Civilization and Values on Oct. 4 in the Adelphi University Center. His address, "Reflections on Current Contentions in America," will be the second in the annual Simon lecture series, which is underwritten by former U.S. Treasury Secretary William Simon to bring to Adelphi prominent American and world leaders who will explore the culture and beliefs that have shaped the United States.

The lecture will begin at 8 p.m. in the University Center Ballroom.

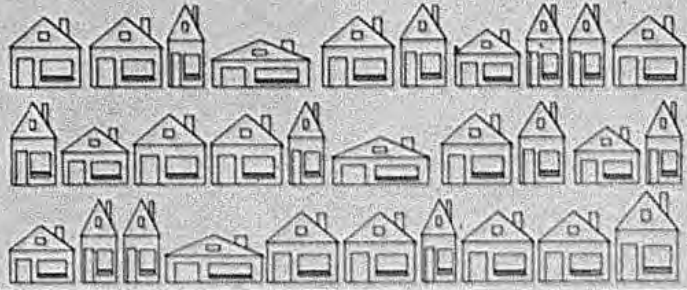
Arts Council Raising Funds

Sophisticated Rhythm II promises to upstage the success of last year's fun(d) raiser, sponsored by the Town of Oyster Bay Arts Council, with a similar event on October 1 at 8 p.m. Guests will move to the rhythm of Hal Hoffman's music and dine with friends old and new in the elegant Renaissance Galaxia.

"The ambience of such a beautiful room filled with fine art created such warmth and congeniality last year that we will repeat the concept," said Frank La Comba, chairman of the event. "The committee will again surprise and delight guests with their innovative approach to entertaining."

Tickets are \$65 per person. Black tie is optional. Reservations may be made by calling Dorothy Blumstein at the Town of Oyster Bay Arts Council Office, 795-5943.

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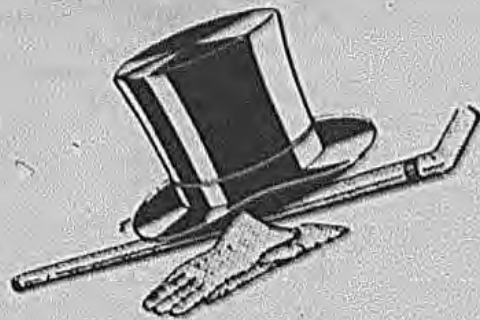
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Thursday

Hicksville Community Council 23rd Anniversary Dinner

The Hicksville Community Council cordially invites you to attend the 23rd annual dinner of the Hicksville Community Council. It will be held at Antun's, 244 Old Country Road in Hicksville on Thursday, October 7, 1993.

The evening will be highlighted by the presentation of our president's award to Beth Dalton-Costello, our Community Service Award to the Hicksville Lions Club, and a special Service Award to the Hicksville Fire Department. The 1993-94 officers and directors of the Hicksville Community Council will be installed during the dinner.

This annual event will begin in the Main ballroom of Antun's at 7:30 p.m. with a cheese and fruit display. Drinks will be available for purchase. Dinner will be served at 8 p.m. Coffee and dessert will follow. Tickets are \$25 per person. For more information please call Ed Draycott 935-5793 or Amy Herbst at 983-2848.

Friday

Senior Center Open

The Town of Oyster Bay Department of Community and Youth Services, Division for Senior Citizens Housing Center, located at 355 Newbridge Road, Hicksville is open from 9 a.m. to 3:45 p.m. There will be bingo games starting at 10 a.m. Lunch at 12 noon, and cards, games at 1 p.m. For more information call 433-0996.

Boat Show

The 17th Annual New York Marine Trades Association In-Water/On-Land Boat Show is scheduled for October 1 through 3 and October 9 through 11, 10 a.m. to 6 p.m., at the Tobay Beach Marina, just east of Jones Beach. Instructional and family orientated special events are also planned. For more information contact Kathryn Ryan at 516-691-7050.

Saturday

Multiple Sclerosis Workshop

The National Multiple Sclerosis Society, Long Island Chapter will offer a "Newly Diagnosed Workshop" for persons recently diagnosed (within the past 2 years) as having Multiple Sclerosis. Spouses/significant others and family members are urged to attend. The workshop will be held on Saturday, October 2, 1993 from 9 a.m.-12 noon, at Adelphi University, Huntington Campus, Huntington, New York. The workshop is free. To register call the MS Society (516)864-8337.

Sunday

United Way Expo At Mall

Long Island's United Way and Entenmann's Bakery, a major sponsor, recently unveiled plans for the sixth annual United Way of Caring. The event, "Long Island's Largest Health and Human



Appearing in *Dorothy In The Land of Oz* at Arena Players Repertory Theatre are (from left) Bill Hoppe, Todd Lepre, Daniela Tedesco and Robert Nezami.

Dorothy And Friends ... And Toto, Too

Dorothy In The Land Of Oz is playing at Arena Players' Childrens Theatre through October 10. This is a delightful musical, audience participation version of Dorothy's exciting visit to the Land of Oz.

Performances of the play are Saturday and Sunday at 1 p.m. Tickets are \$5 each for all seats, all ages. For more information, call 293-0674.

Arena Players Second Stage Theatre is located at 294 Route 109, East Farmingdale, and is accessible to the handicapped.

Services Exposition, "will be held on Sunday, October 10, at Broadway Mall in Hicksville.

A collaborative effort of local business, labor, government and education, the exposition will feature over 100 health and human care agencies that provide services such as career counseling, elder care, substance and alcohol treatment, emergency food and shelter and more. "The United Way of Caring provides services such as career counseling, elder care, substance and alcohol abuse treatment, emergency food and shelter and more.

Monday

Seniorobics At The Library

Registration for a new series of Seniorobics classes at the Hicksville Public Library will take place on Monday, September 20, at 9 a.m. The classes will be held at 2:30 p.m. every Tuesday from September through November 11.

Fall Basic Boating Classes

The Sewanaka Power Squadron is offering a six week safe boating course for power and sail boats on the following date and location: Wednesday, October 6, Herricks Community Center, New Hyde Park (7:30 p.m.)

This course covers regulations, safe

fueling, boat handling, charts, piloting, navigation, engine trouble shooting, weather, trailering and sailing. The course is free, however, there is a nominal fee for materials. Insurance companies offer discounts for successful completion of the safe boating course. This course is approved by local, state, and coast guard authorities. For further information call (516) 354-8633.

Tuesday

Nurse/Legislator Reception

The Nurses Association of the Counties of Long Island, District 14, of the New York State Nurses Association invites all registered nurses in counties of Kings, Queens, and Nassau to attend the third annual Nurse/Legislator night, to be held at Winthrop University Hospital Conference Center, Mineola Boulevard, and Second Street, Mineola, New York on Thursday, October 7, 1993, 7:00 to 9:00 p.m.

All nurses are invited to come and share concerns about health care issues, nursing and the future roles of nurses with legislators representing us in Albany. This will be a very important opportunity to let our voices be heard collectively.

Tickets are free but you must register in advance since space is limited. Please call the NACLI office to register and a

ticket will be sent to you. (516) 352-0717, and (718) 783-4433.

Miscellaneous:

Hillside Terrace Civic Association Meeting

The Hicksville Terrace Civic Association will meet on Thursday, September 30 at 7:45 p.m. The meeting will be held at the Hicksville Church of Christ, 105 Broadway, 1/2 block east of E. Marie Street, Hicksville. Parking is available in the rear of building.

Computer Demonstrations At The Library

Already deep into providing patrons with access to computer knowledge through its computer room and courses, the Hicksville Public Library has scheduled a number of computer and software demonstrations for October, national computer learning math.

Separate demonstrations will be held for adults, teenagers, children, in grades 1 to 3, and parents of preschoolers. Reference librarians Debbie De Louise and Jenny Pohl, will conduct the sessions.

Registration is necessary for all except the parent demonstration. A Hicksville library card must be shown at registration and only one person per registration is allowed. The number of participants that can be registered, is extremely limited. All registrations will take place on Tuesday, October 5, at 9:15 a.m. - adult and teenage registrations on the street level and children's registrations in the children's room.

Defensive Driving Course to be held in Hicksville

Driver Improvement Programs will be conducting the six hour national safety council's defensive driving course in Hicksville on October 7 & 14 at Hicksville High School which is located on Division Avenue. This class will meet from 7 p.m. to 10 p.m. on both dates. Students attend both sessions.

Motorists who complete the course who are principal drivers must be given a 10% discount on both their automobile liability no fault, and collision premiums for three full years.

In addition, the New York State Department of Motor Vehicles will reduce up to (4) points from the motorist's record for any infractions for which the motorist has been convicted in the previous 18 month period. The fee for the course is \$45. To register for the course, call driver improvement programs at our toll free number: 800-734-7883.

TOBAY Arts Council Dance

The music - it's delightful! ...The atmosphere - it's delovely! ...The food - it's delicious! ...It's a swelligant affair! Sophisticated Rhythm II promises to upstage the success of last year's fun(d) raiser sponsored by Town of Oyster Bay Arts Council. Guests will move to the rhythm of Hal Hoffman's music and dine with friends old and new in the elegant Renaissance Galaxie.

This marvelous event will begin at 8 p.m. on Friday, October 1. Tickets are \$65 per person. Black tie is optional. Reservations may be made by calling Dorothy Blumstein at Town of Oyster Bay Arts Council Office (516) 795-5943.

Take A Minute...

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

LI Library

The Hudson Valley and Catskill Mountains, An Explorer's Guide;
Joanne Michaels and Mary-Margaret Barile,
The Countryman Press, 239 pp., \$15.

Summer is over and with it vacation time for most Long Islanders, but there is always the possibility of day or weekend trips to give a little variety to autumn. Joanne Michaels and Mary Barile are both former editors of a regional magazine. This new Explorer's Guide is a revised and expanded edition of their earlier book of the same name. It covers 12 counties in this area, all within easy reach of Long Island. Easy to use, the guide is filled with information for anyone planning a day or weekend trip.

Included in the guide are restaurants, inns, bed and breakfasts, local wineries and pick-your-own fruit and vegetable sources, antique shops, hiking spots and bicycle trails, historic battle sites and museums. One example of a day or weekend trip might be a trip to nearby Orange County. Easily accessible from the New York Thruway, one might visit the Hall of Fame of the Trotter in Goshen. Open year round, seven days a week, the museum shows the speed and grace to be found on a trotting track and the history and color of the sport. The Hall of Fame also offers films and shows in the auditorium and changing gallery exhibits throughout the year.

A few miles away in Washingtonville is Brotherhood Winery, America's oldest winery which offers visitors a tour of the wine production facility and the cellars. A free tasting is included and visitors can stroll the grounds and enjoy the special events.

Heading east one might stop for lunch at Gasho of Japan on Route 32 in Central Valley. Open daily for lunch and dinner, closed on Sunday, this authentic, graceful, 400-year-old Japanese farmhouse was dismantled in Japan, shipped to its present site and reassembled. Afterwards, take a stroll through the Japanese gardens before driving ten miles or so to the United States Military Academy at West Point.

After touring the academy, it's time to start for home if this is a one day trip. If you can stay overnight, Tara Farm Bed and Breakfast might be your choice. The owners are former English innkeepers who now welcome guests to their three-acre farm, complete with horses, chickens, dogs and cats. A full, English-style breakfast is offered each morning, with home-baked breads and muffins, sausages and, of course, farm fresh eggs.

This is just one example of the sort of trip one could plan with the help of this Explorer's Guide. There are literally hundreds more.

—Eileen Brennan



Freeze Frame

Autumn Harvest

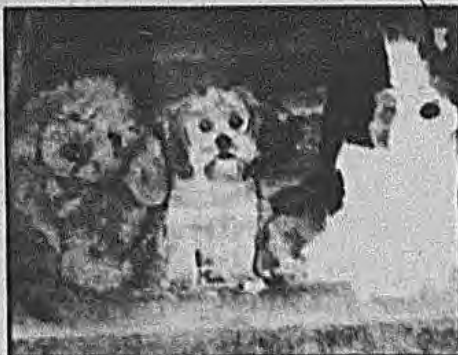
People Partners



Curious Kitty

Rosemary Ionnis and Sherry Burkholz of Roslyn Heights sent in this picture of their cat, 7-month-old Kira. "The family horticulturist takes her job very seriously," they write. Rosemary, Sherry and Kira have another companion, 8-month-old Timberdoodle.

Send items for People Partners to 135 Liberty Avenue, Mineola, New York, 11501. We look forward to hearing from you!



Will The Real Pet Please Stand Up

Six-year-old Jonathan Ratliff of Levittown writes: "Can you tell which one is my real dog? Her name is Zoe and she is the best dog in the world."



Meet B.J.

B.J. (Brutus Jr.) is the "son" of Ron Sotung of Levittown. His "grandparents," Ron and Barbara, enjoy babysitting for their "first grandchild." B.J. is a 185 pound St. Bernard.



A Trio Of Pals

This photo is from Matthew Burke, 7, of Manhasset. He writes: "This is my dog Katie and my guinea pig Abby. Katie is the best dog. She likes to play fetch with me. Abby likes to be cuddled. Her favorite food is lettuce. I love my pets and they love me."



See the kickline perform at this year's Homecoming Fair.

Third Annual Homecoming Fair

Come to Hicksville's Third Annual Homecoming Fair on Oct. 2.

The festivities will begin at 10 a.m. at Hicksville High School's McCormack Field with a fair. There will be pony rides, a castle bounce and game booths. Test your strength on the striker or see if your aim is accurate enough to drop one of the "volunteers" into the dunking booth. All carnival

activities will remain open until 2:00 p.m. Come have lunch or just a snack at one of the many food booths, which will be open throughout the fair and the football game.

The Homecoming Parade, with its spectacular class floats, kickline, cheerleaders and bands, will step off at noon from the middle school and will wind its way to Hicksville High and the fairgrounds.

The Comets, our high school football team, will kick off against the Syosset Braves at 2 p.m. The gate admission will be waived for this game, so come out and cheer the home team on to victory.

Homecoming Fair is sponsored by the Hicksville Council of PTAs with each unit having its own game booth. In addition, The Hicksville Athletic Booster Club, the

High School Band Parents Association and various student activity clubs will also be participating in this district event with a variety of booths. All PTA profits will be used to fund Homecoming Fair Scholarships for our high school seniors. Seventeen \$400 scholarships have been given to students in the past two years from the proceeds of the fair.

Adults Returning To College (continued from page 8)

has been extremely supportive. In fact, C.W. Post granted me 40 credits toward my life experience. They have made the transition that much easier."

Grants, loans and other financial aid are available on the state and federal levels as well as through Long Island University. In addition, students over age 62 receive tuition discounts.

Brian Murphy, a single parent and history major, this year was awarded a scholarship from the Long Island University Women's Association. This award recognizes a returning adult student who has excelled academically and is dedicated to

the pursuit of higher learning. Murphy, of New Hyde Park, New York, returned to college last year to earn a degree and become a high school social studies teacher. He decided to change his career after three consecutive trucking companies he worked for closed within an 18-month span due to the recession.

Another adult student who wanted to pursue a new career direction was Ellen Goldstein who returned to college in 1992 after a 23-year absence. "When my fourth and youngest daughter graduated from college, I felt it was time to fulfill my personal goals."

Goldstein, an art major, graduated this past January with a perfect 4.0 grade point average. Now that she has her degree, she plans to attend graduate school and major in computer graphics or art education. She is also currently teaching a calligraphy course to a group of synagogue high school students. "I'm absolutely hooked on education," she said. "Long Island University has opened new doors for me. My patience paid off."

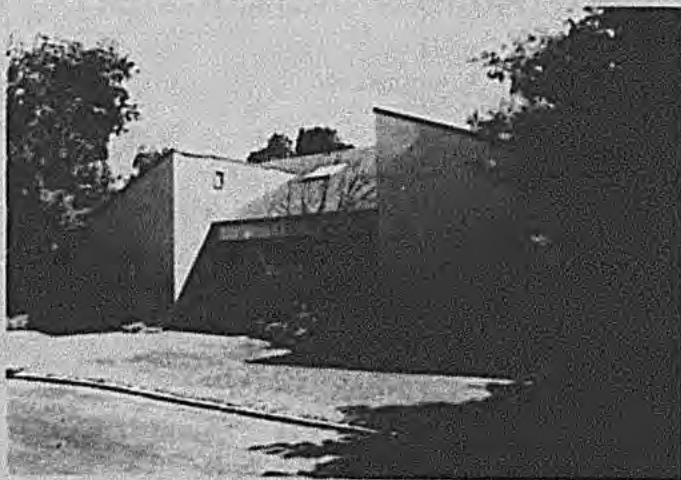
Fred Kopetz of East Quogue, New York, didn't do as well as he could have when he first began college in Pennsylvania. His mother died; he got married and had a

child; the financial obstacles were difficult to surmount. At the age of 31, older and more mature with his goals firmly in mind, he started again by enrolling at Suffolk County Community College. Because of his excellent record there, Long Island University awarded him a Transfer Excellence Award Scholarship as well as Merit Fellows Scholarship. Now a senior at Southampton Campus, he has a 4.0 average and works full-time at King Kullen while carrying a full course load of 18 credits. He plans to go to law school after graduation. How does he do it?

"It's my desire to get it right this time," said Kopetz. "I knew I wanted to return to college, but I needed to develop more self-confidence and get myself into a more stable environment so that I could focus on my goals."

For more information call Adult Student Services or Long Island University's Office of Public Relations (516) 299-2642.

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Quaker Fair Saturday, Oct. 2

The annual Quaker Fair will be held on Saturday, Oct. 2 from 11 a.m. to 3 p.m., rain or shine, at the Manhasset Friends Meeting House, located on Northern Blvd. opposite Shelter Rock Rd. New and used items will be for sale at the white elephant, boutique and toy tables. There will be jams, jellies, fresh vegetables and baked goods. Plan to have a hot dog or hamburger with cider and a dessert for lunch. Browse the used book section and Quaker items for sale. Visit this historic building and bring the children. Admission is free.

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CHICKEN FRANCESE dipped in eggs and fried in lemon, white wine and butter.....	10.95
CHICKEN MARSALA sauteed with wild mushrooms and onions.....	11.95
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
VEAL MARSALA sauteed with wild mushrooms and onions.....	12.95
VEAL PICCATA sauteed with lemon, white wine and butter.....	11.95
VEAL PIZZAIOLA sauteed in garlic and tomato sauce.....	11.95
VEAL AND SPINACH veal topped with tomato, mozzarella and spinach.....	11.95
VEAL VERDI sauteed veal topped with fresh broccoli and mozzarella.....	12.95
VEAL SORRENTINO veal with eggplant, prosciutto and mozzarella.....	13.95
SHRIMP PARMIGIANA breaded and fried, topped with tomatoes and fresh mozzarella.....	13.95
SHRIMP MARINARA sauteed in garlic and red sauce.....	13.95
SHRIMP SICILIAN sauteed in fresh garlic, lemon, white wine.....	13.95

PASTA

Served with fresh garlic bread

LINGUINE with white or red clam sauce.....	8.95
LINGUINE and VEAL with vodka, mushroom and tomato.....	10.95
LINGUINE and SEAFOOD with scallops, shrimp, crab, mussels and fresh plum tomato sauce.....	11.95
ANGEL HAIR with garlic, oil and parsley.....	7.95
ANGEL HAIR with fresh vegetables in a cream sauce.....	7.95
FETTUCINE with fresh tomato and basil.....	7.95
FETTUCINE with fresh tomato and prosciutto.....	8.95
FETTUCINE with wild mushrooms in a cream or red sauce.....	8.95
FETTUCINE ALFREDO in a cream sauce.....	7.95
GREEN and WHITE NOODLES with chunk tomatoes and onions.....	7.95
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Beef Liver Steak w/Sauteed Onions.....	\$6.95	Baked Eggplant Parmigiana w/Pasta.....	\$7.95
1/2 Roast Spring Chicken w/Stuffing & Apple Sauce.....	\$7.95	Italian Meatballs w/Spaghetti.....	\$7.95
Baked Bluefish Plaki.....	\$7.95		

Dinner Includes: Cup of Soup, Salad, Coffee, Tea and Plain Soda & Bread. For Dessert: Fruit Pie, Jello, Chocolate Pudding, Ice Cream or Plain Yogurt.

Glass of Wine - \$1.75 No Sharing

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Cuisine Connection

Italian Cuisine And Love Songs

Pappagalio

By Andrea Martone

The name "Pappagalio" stems from centuries ago in a rural region of Italy when locals had a gathering place — as well as the only source of entertainment — for sipping homemade wine, listening to music and doing what the Italians do best — eating! The Pappagalio satisfied their cravings for socializing, dining and music.

Here in the 20th century, we continue to appreciate the same amenities that are timeless. They enjoyed it then, we enjoy it now, and fortunately for us, we have restaurants like Pappagalio that live up to our expectations. Mario Ghini, owner of Pappagalio's of Glen Head is a true Renaissance man and Italian transplant who sees his North Shore restaurant as a fine piece of artwork to be admired. He has designed the building with mirrors, wallcoverings of rust-colored suede, soft lighting throughout and a large, vaulted ceiling that makes Pappagalio spacious, yet intimate enough for romantic dinners and special occasions.

The menus at Pappagalio are varied, and throughout the weekdays (Sunday - Fridays) there is a fixed menu that offers patrons a complete dinner including appetizer or soup or salad, a choice of 15 entrees, potato, vegetable, dessert and coffee. The entrees range from brook trout almondoine to chicken scarpaccio, with an assortment of appetizers, including pasta dishes. The price is right, the atmosphere pleasant, and the owner himself is a delightful addition

to your dining experience. As head chef, Mario is a visible presence — distinctive with his white mane of hair and noticeable Italian accent. You don't mind the introduction; he's part of the menu.

A separate a la carte menu is also available that ranges from chicken dishes (\$14.50) to veal scallopine (\$15.50), as well as a number of pasta dishes offered at \$12. Begin your meal with an appetizer and salad that can be shared by two. Complete your dining experience with a selection from their dessert cart that features all homemade pastries, pies and fresh fruits.

For the business set, a special lunch menu priced at \$11.95 is a bargain when you're looking at a choice of soup or salad, main course, vegetable, dessert and coffee. The main courses range from veal and chicken dishes to fish and pasta.

A highlight at Pappagalio, and a first for the Long Island restaurant scene is Opera Night that is held on the third Wednesday of each month. This evening is a popular one that requires advanced booking and is also a formal evening with proper attire required. A special price fixed dinner includes opera singers and music between meal courses. Patrons have a chance to combine fine food and fine music without traveling to Manhattan to find the same level of excellence.

For reservations and information, phone 676-3400. Pappagalio is located at 716 Glen Cove Rd. in Glen Head. Catering is available in a separate room that can accommodate up to 80 people.

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The cocktail reception features a generous assortment of hors d'oeuvres such as lobster puffs, Swedish meatballs, stuffed mushrooms and corned cucumber with goat cheese.

The hot buffet offers a choice of five dishes from among selections like chicken Marsala, pepper steak, seafood Newburg, fettucini Alfredo, moussaka and stuffed cabbage.

There is also a carving station with either roast Vermont turkey or corned beef brisket.

The dinner reception includes a choice of appetizer, soup or salad and entrees, such as prime rib of beef au jus, sliced filet mignon with mushroom sauce, chicken Marsala with wine and mushroom sauce and chicken Francise with lemon, butter and white wine.

Dessert choices include peach melba, strawberry cardinale and chocolate mousse.

Whatever you choose, a maitre'd is always on hand to assure that your affair will run smoothly.

The Stewart Manor Country Club is



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located at 51 Salisbury Avenue in Stewart Manor. Call 328-7540 for in-

formation or to arrange an appointment with the banquet manager.

Taking The Guesswork Out Of Gifts

Josie, a newlywed from New York City, was disappointed with her wedding gifts. Although she had carefully registered for the china, crystal, and flatware patterns she wanted, most of her guests neglected to find out where. Instead, Josie received eight vases, five picture frames, three sugar-and-creamers sets, and only one-and-a-half place settings. She had hoped to begin entertaining friends at home right away, but all her free time after the wedding was spent returning unwanted gifts and haggling with salespeople.

The bridal registry will take the guesswork out of wedding gifts, but only if it's used correctly by the couple and their guests. Here, from Bride's magazine, are twelve golden rules for smooth and successful registering:

1. Register three to six months before the wedding. If you register earlier, some seasonal patterns and promotional items may be out of season by your wedding day.

2. Visit the store during off hours, to examine patterns and consider choices in a relaxed and tranquil environment.

3. Give yourselves plenty of time. These are important decisions, and you should think them over. Many brides-to-be first come in alone to narrow down their selections, then return with their fiances to make final decisions.

4. Take advantage of registry consultants. These experts are invaluable sources of advice about everything from wedding etiquette to bone china.

5. Be descriptive. Don't write down just any number on the registry form — it may not be the style number. In-

clude as much description as space allows.

6. Register in a price range. Include high-priced gifts for guests who can afford them, less-expensive gifts for shower guests and guests on limited budgets.

7. Use your imagination. China, crystal, silver, linen, and housewares are classic wedding gifts — and perennial favorites with brides and grooms — but consider registering for furniture, sports and camping equipment, gardening tools, computers, stereos. Several specialty stores and mail-order catalogues now offer registries as well, for gifts from antiques to CDs.

8. Don't overlap. Register for each item in one store only, otherwise you will go crazy keeping track of gifts that have and haven't been purchased.

9. Never announce your registration in wedding invitations — this implies that gifts are as important to you as guests. Friends and family can make sure word gets out.

10. Save mailing labels from the packages you receive. If you decide to return the gift, the label may be your only proof of purchase.

11. Keep a running gift list. Make a note of each item you receive, who sent it, and any thoughts that come to mind when you unwrap it. This will make writing thank-you notes easier; once gifts start piling up, cards are easily misplaced, and your memory becomes unreliable.

12. Follow up with your bridal registrar. Contact her after the shower to compare notes; after the wedding, fill in any purchases that weren't received from guests.

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Pearls Elegant Styling And Everlasting Value

In the months preceeding the wedding, the bridal couple has priorities to set, decisions to make, and details to attend to — and a seemingly endless variety of choices. But lately, there's been a noticeable back-to-basics trend: From determining a site for the ceremony and reception, to choosing the bride's accessories and gifts for the attendants, value and quality are among the most prominent considerations.

The popularity of cultured pearl jewelry for brides is one example of a traditional favorite that is particularly suitable for the modern bride who is conscious of both elegant styling and long-lasting value.

According to a recent *Bride's* magazine survey, cultured pearl jewelry is the number one jewelry choice among brides. The radiance of cultured pearls offers a special accent to the wedding-day attire, and then continues to enhance the bride's wardrobe in the years to come.

Cultured pearls (which, like the natural pearl, are grown in live oysters) will maintain a long-lasting beauty and value. Imitation pearls, on the other hand, are made almost entirely of synthetic materials, and therefore have no intrinsic value.

The bride is assured that the cultured pearl jewelry she wears on her wedding day also will wear well during her lifetime — and it can be passed down to future generations. The key is to select the highest-quality cultured pearl jewelry that you can afford.

Always look for a bright, clear lustre and a deep inner glow. Try to choose cultured pearls that are relatively free of surface blemishes (cracks, bumps or blisters), which can detract from the overall beau-

ty and may shorten the life of the pearl.

Coordinating the style of the bride's accessories to the design of her gown, and matching pearl color and skin tone also are important considerations. The following guidelines will help you make appropriate selections:

- Off-the-shoulder and scooped-neck gowns are best accentuated by one- to three-strand princess or choker length cultured pearl necklaces.

- Light hair and fair complexions tend to look best in cultured pearls with a slight rose tint.

- Dark hair and skin tones are complemented by cultured pearls in creamy, off-white shades.

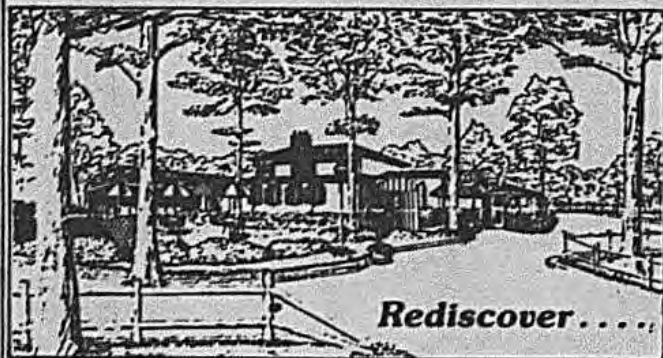
Just as cultured pearls are perfect for adorning the bride on her wedding day — and in the years to come — cultured pearl jewelry is a wonderful keepsake for members of the bridal party. Cultured pearl pendants, bracelets or earrings are sure to delight bridesmaids, while cultured pearl tie tacks, cuff links or shirt studs are appropriate gifts for ushers.

Whatever the final selections, the radiance of cultured pearl jewelry reflects the special glow of the bride on her special day, and is sure to remain a valued — and valuable — part of her jewelry wardrobe.



FOR CENTURIES, pearls have been a bride's jewel of choice. Enhance the aura of elegance by simply adding a four-strand cultured pearl dog collar and South Sea drop earrings. Jewelry compliments of the Cultured Pearl Association of America. Wedding gown and headpiece by Alfred Angelo.

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County Races (continued from page 4)

Calonita says that Dillon's office is no longer as hard hitting about crime as it should be. He says that Dillon has also used his office as a pulpit from which he pushes his personal beliefs. "This office is not about party or politics or personal agendas. It's about purpose. The present District Attorney, Denis Dillon, has used this office to enforce and speak out on his own personal opinions, such as abortion and the IRA. But the office is not something to be subjected to personal opinion or politics. It is something to be used to serve and protect the public."

Calonita has been endorsed by the Building and Construction Trades Council of Nassau and Suffolk Counties and by the Hempstead P.B.A.

Nassau County Clerk Race

Running for office as Nassau County Clerk are two women candidates. In 1992, Doreen Banks won an upset victory over longtime North Hempstead Town Clerk John DeVanzo. She was in the process of reorganizing the office when Harold McConnell, Nassau County Clerk, retired and the Democrats nominated Banks to run for the post. In a very close race, which required a recount, Banks defeated Oyster Bay Town Clerk Carl Marcellino.

Since she has been in office, Banks has reorganized the computer system in an effort to shorten the time it takes for documents to be registered. She has collected more than \$50 million in mortgage taxes to interest-bearing accounts in six months. She is endorsed by the National Organization for Women (NOW) and the Civil Ser-

vice Employees Association (CSEA).

Banks is a graduate of Wellesley College. She is a resident of East Williston where she lives with her husband and two young sons.

Running against Banks on the Republican line is Karen Murphy. Murphy is an attorney who specialized in real estate and labor law in private practice. Currently she is law secretary to Supreme Court Judge John O'Shaughnessy. In that office she acts as liaison between the judge and law enforcement agencies. Prior to her tenure with Judge O'Shaughnessy, Murphy was a law assistant in the Nassau County court system and a member of the Nassau County District Attorney's office.

She is a graduate of Wantagh public schools, Nassau Community College and Adelphi. In 19981 she received her law degree from the Hofstra University School of Law. She is a resident of Mineola and is engaged to be married.

Murphy has been endorsed by the Detectives Association and the Superior Officers Association of the Nassau County Police Department, the Nassau Police Conference, among others.

Running for Nassau County Comptroller on the Republican line is Assemblyman Fred Parola of Wantagh. Parola has served in the state legislature since 1978 and is the senior assemblyman from Nassau County. A lifelong resident of Nassau, he lives in Wantagh.

The Democratic candidate for comptroller is Edward Shapiro, a tax attorney and partner in the law firm of

Keats and Shapiro with offices in Jamaica and Mineola. He is a resident of Great Neck. A graduate of New York University

and Brooklyn Law School, he is a former vice president of Equitable Life Insurance Co.

Clinton Brown (continued from page 3)

and his grandparents. "He never looks on the negative side of things... That's what makes him so special," said Cheryl Brown. That the entire Brown family has maintained a positive attitude is special. Because since birth Clinton has needed special attention.

Clinton is diagnosed with Diastrophic Dysplasia (dwarfism). According to Cheryl Brown, "he was born with severe scoliosis, hitchhiker thumbs, cauliflower ears, dislocated hips, dislocated knees, club feet, cleft palate, and a minor heart problem. To correct these conditions he has had 24 surgeries to date to correct his lower limbs, (ten before the age of 2 1/2) and spinal fusion to relieve the pressure on his lungs from the scoliosis.

Clinton's health problems have caused the family to adjust as well. "Clinton comes first," Cheryl said, who added, "our lives are different because with Clin-

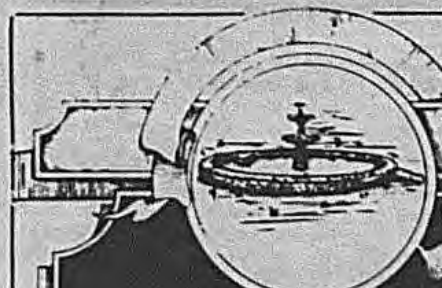
ton we're more medically involved than most families... Clinton never wants to go to the doctor again," said Cheryl.

Because of this reality, "we try to have as much fun as possible, because you never know when Clinton will be back in the hospital," Cheryl said.

Fun- Clinton does have. His hobbies are sports, both playing and watching. His favorite teams are the Giants and Islanders, and to this day he lists former Islander Pat LaFontaine as a personal friend. Along with the activities mentioned earlier, Clinton enjoys playing with friends playing wheelchair basketball in school, and riding around in his PowerWheels Jeep- an electric vehicle.

Among Clinton's goals are to be a sportscaster. Judging from his performance on September 12, don't count him out. Clinton's personality is a joy to behold.

**School is open.
Please drive carefully.**



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PUBLIC NOTICE

LEGAL NOTICE
SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU
 Index No. 30883/91 NOTICE OF SALE
HOME SAVINGS OF AMERICA, PSB,
 Plaintiff, -against- **PARKWAY BUILDING ASSOCIATES, et al.** Defendants. Pursuant to Order and Judgment of Foreclosure and Sale entered herein and dated May 10, 1993, I, the undersigned referee will sell at public auction on the north front steps of the Nassau County Court House, 262 Old Country Road, Mineola, New York, on the 28th day of October, 1993 at 10:15 a.m. the premises in said Order and Judgment directed to be sold known as 550 Old Country Road, Hicksville, New York consisting of the fee estate in a plot of land situated on the northerly side of Old Country Road, as widened, 320.60 feet westerly from the extreme westerly end of the arc of a curve connecting the northerly side of Old Country Road with the westerly side of Charlotte Avenue being 110.03 feet wide in the front, 112.92 feet wide in the rear, 345.38 feet in depth on the westerly side and 361.30 feet in depth, on the easterly side TOGETHER with the leasehold estate of the lessee created under a certain lease dated October 1, 1972, a memorandum of which was recorded in the Office of the Clerk of the County of Nassau on February 20, 1973 in Liber 8502 of Conveyances, page 454 which lease was assigned to Parkway Building Associates by assignment dated December 30, 1987 and recorded in said Clerk's office April 12, 1988 in Liber 9901 of conveyances, page 745, covering a plot of land situated on the northerly side of Old Country Road; as widened, 230.04 feet westerly from the extreme westerly end of the arc of a curve connecting the northerly side of Old Country Road with westerly side of Charlotte Avenue being 90.56 feet wide in the front, 93.03 feet wide in the rear, 261.30 feet in depth on the westerly side and 374.46 feet in depth on the easterly side designated as Lots 42 and 43, Block 484, Section 11 on the Tax Map of the County of Nassau and being more fully described in the Order and Judgment. Approximate amount of lien is \$3,350,206.16 plus interest, costs and allowances. Premises will be sold subject to provisions of filed Order and Judgment, Index No. 30883/91. Dated: New York, New York September 30, 1993. Frank Guletta, Jr., Referee. SILLER, WILK & MENCHER, Attorneys for Plaintiff, 747 Third Avenue, New York, New York 10017, (212) 421-2233.
 10-21-14-7-9-30-93-47-60694-HICKS

PUBLIC NOTICE

STATEMENT OF OWNERSHIP
MANAGEMENT AND CIRCULATION
 Title of Publication - *Hicksville Illustrated News*
 Frequency of Issue - **WEEKLY PUBLICATION**
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EXTENT AND NATURE OF CIRCULATION
 Average No. Copies Each Issue During Preceding 12 Months.
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 B. Paid and/or Requested Circulation Newsstands.
 1. Sales through dealers and carriers, street vendors and counter sales.....262
 2. Mail Subscription.....4,826
 C. Paid Circulation.....5,088
 D. Free Distribution.....34
 E. Total Distribution.....5,122
 F. Copies Not Distributed.....125
 1. Return from News Agents.....0
 G. Total.....5,247
 Actual No. Copies Single Issue Published Nearest to Filing Date.
 A. Total No. Copies.....5,298
 (Net Press Run)
 B. Paid and/or Requested Circulation Newsstands.
 1. Sales through dealers and carriers, street vendors and counter sales.....235
 2. Mail Subscription.....4,913
 C. Paid Circulation.....5,148
 D. Free Distribution.....25
 E. Total Distribution.....5,173
 F. Copies Not Distributed.....125
 1. Return from News Agents.....0
 G. Total.....5,298

OBITUARIES

Irene H. Lauritsen

Irene H. Lauritsen of Hicksville passed away on September 19, 1993 in her 85th year. She is the beloved wife of the late Edward O. Loving mother-in-law of Jacquelyn. Devoted grandmother of Ed-

ward A. and Michele H. Heberer, cherished sister of Virginia Southard and Gerald Healy. Interment at Long Island National Cemetery.

Adelaide Ross-Findlay

Adelaide Ross-Findlay passed away on September 19, 1993. She is formerly of Hicksville. Beloved wife of Carl. Devoted

sister of Thomas (Torchy The Clown-Magician). Interment at Pinelawn Memorial Park.

Police Report (continued from page 6)

Criminal Mischief

Five 1989 mobile trailers were damaged on the lot of a Duffy Avenue business overnight on either August 13 or 14. An exterior wall of the business was also damaged. Each trailer received an estimated \$500 in damage. The building also received \$500 in damage.

A 1987 Subaru reportedly received \$500 in damage on September 13. The crime occurred between the hours of 7:30 a.m. and 6:20 p.m. The car was parked in the Town of Oyster Bay garage.

A 1987 Chevrolet reportedly received \$500 in damage while parked at the Hicksville McDonald's on North Broadway. The crime reportedly occurred on September 17, between 10 & 10:30 p.m.

Petit Larcenies

A 1983 Dodge van received \$100 in damage overnight on either August 15 or 16. Reportedly stolen from the van were assorted hand tools, a graphic equalizer, and a bowling bag. The items were valued at \$650.

\$20 worth of gasoline was stolen from the Northville Gas station on South Oyster Bay Road, Hicksville. The crime reportedly occurred on September 13 at 4:15 p.m.

A construction company on North Broadway reports the theft of \$675 in telephones. The crime allegedly occurred on July 1, 1993, but was reported on September 15.

During the overnight periods of September 17 and 18 a 1984 Chrysler received an estimated \$80 in damage.

A 1992 Volkswagen reportedly received \$220 in damage and its contents, a car stereo, loop carings, shoes, and cassettes, were taken on September 18, at the Hicksville Diner. The crime reportedly oc-

curred between the hours of 2 a.m. and 3 a.m. The stolen property was valued at \$640.

Grand Larceny

A 1991 Ford was damaged on the premises of Lee Myles Transmission, in Hicksville, during the overnight period of September 8 or 9 between the hours of 6:30 p.m. and 7:30 a.m. Reported missing is a JVC Am/Fm cassette, and a Sherwood amplifier.

A 1992 Lincoln valued at \$20,000 was reportedly stolen and recovered by the Nassau County Police Department at the LIRR - Town of Oyster Bay garage.

A 1993 Dodge van was reportedly stolen and recovered at Thrifty Car Rental on Newbridge Road, Hicksville. The crime reportedly occurred on September 14, at 4:20 a.m. Another car, a 1982 Mazda received \$300 in damage at the same time and date.

A 1993 Mazda was reportedly stolen from Larch Street, Hicksville on September 16. The vehicle was valued at \$21,000.

A 1991 Honda was reportedly damaged and the car stereo system was stolen on W. John Street, on September 15. The crime reportedly occurred between the hours of 7 p.m. and 9 a.m. on either September 14 and 15.

A 1993 Honda was reportedly stolen on Haverford Road during the overnight period of September 16 and 17. The crime allegedly occurred between the hours of 11 p.m. and 6 a.m. The Honda was valued at \$23,000.

*A diamond ring valued at \$1,500 was reportedly stolen from a Hicksville resident, on West Marie Street. The crime allegedly occurred between the dates of August 1 and September 8. The crime was reported on September 18.

Contract Bridge By Steve Becker

Good Management Pays Off

South dealer.
 Both sides vulnerable.

NORTH		EAST	
♦ Q 8		♦ 7 3	
♥ J 8 5 2		♥ Q 7 3	
♦ K 7 5		♦ A Q J 6 4 2	
♠ A 6 4 3		♠ 9 5	
WEST		SOUTH	
♦ 6 4		♦ A K J 10 9 5 2	
♥ A K 10 9 4		♥ 6	
♦ 10 9		♦ 8 3	
♠ Q 10 8 2		♠ K J 7	

The bidding:
 South West North East
 4♦ Pass Pass Pass
 Opening lead — king of hearts.

Let's say you're in four spades and West leads the king of hearts. East following low. West shifts to the diamond ten and, when you cover with the king, East wins with the ace.

East continues with the queen of diamonds, West contributing the nine, and then plays the jack. When you ruff high, West discards a heart, and the question is how to proceed from this point on.

It may seem that you must eventually rely on a club finesse to make the contract, but actually you have a

much better chance than that. Instead of putting all your eggs in one basket, you can improve your chances by attempting a squeeze.

Accordingly, at trick five you lead a low trump to the eight, ruff a heart, play another trump to the queen and ruff another heart. The purpose of the heart ruffs is to place the burden of guarding against dummy's jack of hearts entirely on West. This portion of the plan succeeds when East is forced to relinquish his queen on the third heart lead.

You then lead your two remaining trumps, producing the following position:

North		East	
♥ J		♦ 6	
♦ A 6		♦ 9 5	
West		South	
♥ A		♦ K J 7	
♦ Q 10			

When you play the ace and another club, East following suit with the five and nine, you go up with the king knowing full well that the king will catch the queen. This is because West — who is known to have started with precisely two spades, five hearts, two diamonds and hence four clubs — is bound to have unguarded his clubs as the trumps were led.

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MST. ESPANOL - El Santo Que Conocen, Tengo Fe en ti y Creo en Ti. Te pregunto en el nombre de lo bueno y Santo, Que llegues a Los oídos de Nuestro Divino Padre en el cielo. Gracias Por Tu Ayuda. M.S. M39

DEPRESSED? FELLING HOPELESS? WELL, JESUS CARES! Women's seminar on depression, 24 School St., Glen Cove (The Enclosed Mail), Rosanne 750-0049, Tuesday Oct. 5, 10 a.m. Babysitting available.

2 Car For Sale

1986 DODGE LANCER ES-Black. All power, automatic, AM/FM cassette, 2 door, 4V, P/S/A/C. Looks & Runs excellent 285-9052.

1988 Hyundai GL 55,000 miles, good condition, 5 speed with NYNEX cellular phone. \$3,000 negotiable 427-1950 leave message tm

MAZDA 1984 RX-7 GS Showroom condition, always garaged, original owner. Silver-blue auto, 4 bbl. Sunroof 17,600 miles. \$7,500 516-751-5133 tm

2 Car For Sale

1987 NISSAN SENTRA SPORTS COUPE. 56K miles, air, AM/FM Stereo, Cassette, Sunroof, Original owner. \$4,500 676-7034.

'90 FORD ESCORT - LX: 4 Cyl. 4 DR. Hatchback - Mint condition - Beautiful A/C - A.T. Radio - Automatic Seatbelts - Loaded. 26K low mileage. Sacrifice \$4000 516-354-4461 After 6.

6 Commercial Vehicles

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31 Personals

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37 Articles For Sale

BEDROOM SET: Fruitwood, 81" dresser w/mirror, night stand, armoire & queen size headboard. \$500 negotiable. 427-4269. 40

37 Articles For Sale

BRASS BED Queen with orthopedic mattress set. Unused, still boxed Cost \$1000 Sell \$325. 334-7439. 40

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 tm

45 Stamps/Coins

Buying Stamps Small or Large Collection
Call after 7 p.m. 944-7214 39

49 Garage/Tag Sale

HERRICKS SPECIAL EDUCATION PTA Giant Garage Sale. Oct. 2, 9-3. HERRICKS COMMUNITY CENTER GYM, Corner Herricks Rd. & Shelter Rock Rd. 39

49 Garage/Tag Sale

THREE FAMILIES - 50 years of accumulated items, new & old. 133 Locust Street, Floral Park, Oct. 2 & 3, 9-4. 39

TAG SALE: Furniture, china, books, records, tools. 232 Roselle St., Mineola (off Roslyn Rd.) Oct. 23, 10am - 4 pm Rain/Shine. 39

TAG SALE: 216 Sussex Dr., Strathmore Village, Manhasset, Oct. 1-2, 10-4 pm. Hepplewhite buffet and chest, breakfast, 60" Victorian pedestal table, drum table, desks, wing chair, mirrors, wrought iron dining set, end tables and sectional. Stoinway, music cabinet. 28A (Northern Blvd.) to The Gate, left on Village Rd., Right on Sussex. Behind Americana Shopping Center. 39

50 Lost Pet

GLEN COVE
Please! Please! Help us find "TERRY". Our 1 yr. old Golden Retriever disappeared on Thursday evening, Sept. 23rd. Vicinity of Old Tappan and Walnut Roads (near High School). He has long, golden hair, and was wearing a blue collar. Loves to be with children. If you have seen him, or perhaps offered temporary shelter, please call us. Days 747-8282 Ext. 111 Even. 676-0684

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Hi! I'm Max, he's Bandit, and we've been best friends our whole lives—just about a year now. We love to romp and play together, and we'd really enjoy having some people join in our fun. Just promise you'll adopt both of us, and we'll be your faithful friends for life.

Max



Bandit

Jessie

Look at that face! Look at those eyes! How can anyone resist cute and loveable Jessie? She's a retriever mix that's already spayed and obedience trained—the perfect pet for an adult couple.



Sausage

What's a cute guy like me doing without a home? The folks around here call me Sausage, but you can call me anything you want if you adopt me. I'm a real bargain, too—obedience trained, neutered and only two years young. Come and see me soon.

Bowtie

I've got my ears perked up waiting to hear you call my name. In case you don't know, it's Bowtie. I'm a young tab mix that craves adult company. So, put on your top hat, come to North Shore Animal League and make me yours.



Tommy

Do you want a pet that plays hard but still laps up the TLC? Then Tommy is the cat for you. He's a four year old, grey striped tabby that would love to be your one and only pet.

There are hundreds of adorable and adoptable mixed and purebred pets that are waiting for just the right homes!

So if you're looking for a jogging companion, a couch potato, or anything in between, come visit us today! Adopters get a Bonus that includes FREE Spaying or Neutering for their pets!

NORTH SHORE ANIMAL LEAGUE

OPEN: 10am to 10pm Everyday, Saturdays and Sundays, too!
25 Davis Avenue, Port Washington, NY (516) 883-7575

Directions: Take LIE to Exit 36, North 4 miles to Port Washington. Look for Texaco Sta., left on Davis Ave.

EMPLOYMENT

Advertising Sales 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 women-oriented advertising co. Enjoy unlimited earning potential while you explore your abilities. Benefits complete training program and gas allowance. Nassau territories available.
MRS. GALLO 333-1600 tm

52 Help Wanted

AVON - sell at work, home, mail order or territory. Up to 50% earnings. Call Mrs. Baxter 516-585-8719/800-722-8719. 38

BANK TELLER

Full time in Port Washington Cashier experience required. Contact Mr. Reina 516-883-8100 39

CARPENTER'S HELPER/DRIVER

Clean license. Looking for responsible, bright person. \$7/hour. Immediate 883-6060. 39

CLERK/TYPIST

Part Time - Excellent skills. W/P helpful. Flexible hours. GLEN COVE Call Dawn 674-3700 39

52 Help Wanted

CUSTOMER SERVICE: busy Nassau taxi company seeks Part time Reservationist. Early AM, weekdays - one full weekend day or evening required. Great customer service attitude. Computer experience a plus. Call JUDI 883-3962 Ext. 101. 39

DATA ENTRY

person needed Part Time. Computer or typing skills necessary. Call Tom McGee 747-8282

Deli Clerk/Caterer

Busy Italian Food Store - Full Time
Must be available weekends
Benefits • Vacation
Please call Sandro for appointment 883-5033 39

DENTAL ASSISTANT: Chairside orthodontic practice. PT to possible FT position. Good salary, benefits. Experience helpful. Friendly atmosphere. Roslyn area. 516-484-1197. 39

52 Help Wanted

FLOWER SHOP positions available. P/T designer with following preferred. F/T flower booth clerk. Glen Cove area. Diane 769-0432. 39

GAL/GUY FRIDAY Part time-light phones, early morning setups, (coffee, etc.), filing, copying, & other diverse duties. Hours 7 am - 12 pm. Call Tricia 671-8440. 39

HELP WANTED: Full & Part time. Experience a plus for busy North Shore deli. Counter help & delivery. 625-9266. 37

HOUSEKEEPERS WANTED for growing residential cleaning service. \$10/hr. to start plus incentives. Work your own hours. 783-5837. 39

LEGAL SECRETARY-Mineola, Computer, dictating machine. Call evenings Will train. Salary open 484-6150. 39

100 DRIVERS - Great opportunity on all shifts with expanding well established & successful PORT WASHINGTON Limo & Taxi service. We provide late model vehicles & all training. Must be 25+ yrs. with clean license & strong service orientation. Call Mr. Larsen 800-883-9962 Ext. 112. 39

MANAGEMENT TRAINEE

Starting salary is \$20,000. Excellent benefits. 3 yrs. training program. Business & College background pref'd. 1st yr. potential \$40,000/yr. Send resume to: Prudential Insurance Co. Suite 130 60 Charles Lindbergh Blvd. Uniondale, N.Y. 11553 Attn: Ron Miller (Mgr.) tm

♦ EMPLOYMENT DIRECTORY ♦

52 Help Wanted

MAKE YOUR SECOND LANGUAGE 33
work for you. (Spanish, Russian, Chinese, Polish, Italian, Greek, Romanian, etc.) Part time (Evenings & Weekends) or Full time (with company benefits). Excellent pay and free training. Management possible.
Call Mr. Vincent
516-487-1001
718-347-6967
PALM COAST, INC.
A Subsidiary of
ITT COMMUNITY DEVELOPMENT
Equal Opportunity Employer M/F

MEDICAL SECRETARY 30
Experienced needed in busy medical office. Excellent salary, computer and insurance experience a must. 20 hours P/T, 36 hours F/T.
Call Tammy or Jeanette
516-333-2440

\$9.00 +
Excellent Second
Income
F/T or P/T
Temp/Perm
Call
516-365-0048
15 Openings 40

PHONE SURVEY from home. Nothing to sell. Bay time only. Call Dalton D. Portney 800-221-1050-39
RECTOR - Part time, Mon-Friday, mornings preferred. PLAZA 100, GREAT NECK 829-6111. 39

HELP WANTED
NEWSPAPER PASTE-UP ARTIST
Mac Experience A Plus
Monday thru Thursday
11 am to 7 pm
Call Cary
747-8282 Ext. 174
After 10 a.m.

52 Help Wanted

PRIVATE ESTATE - outside work. Full time for conscientious individual. Salary open. Send resume & or letter - Classified, Box 182, 135 Liberty Avenue, Mineola, NY 11501. 39

REAL ESTATE MANAGER or partner wanted. Port, Manhasset, Roslyn areas. Excellent opportunity. Confidential. Write P.O. Box 205, Port Washington, NY 11050. 39

REAL ESTATE SALESPERSON Port Washington SANDSPORT RE 883-7780. 39

SECRETARY: GLEN COVE RE Appraisal office; must know microsoft WP; salary \$23,000; fax resume/cover letter 671-0950. 39

RECEPTIONIST
Ambitious, responsible person to work in busy doctor's office. 2:30-8:30 Mon-thurs.
354-4310 29

SALESPERSON for MANHASSET BAKERY. Full time or part time. Need mature person - good with people 627-2201. 40

SALES SECRETARY/RECEPTIONIST: Needed for branch office of VERY busy Real Estate firm. Full time weekday hours. Pleasant phone manner-organization skills important. Pleasant atmosphere, diversified interview call: Joan Nahales DANIEL GALE/JAC CRATE 327-4440 39

TELEMARKETERS - HICKSVILLE area - \$5/hour plus commission. Good phone voice a must. Call Charles 621-3490. 39

52 Help Wanted

HELP WANTED
Reporter, Full time for Hicksville weekly, reliable self-starter; experience preferred. Rush resume, clips to
C. Schmolzer,
135 Liberty Avenue,
Mineola, NY 11501

52 Help Wanted

SALES/ADVERTISING FLEXIBLE DAY HOURS
NO EXPERIENCE NECESSARY
We offer a challenging career opportunity and high earnings potential to the right success-oriented individual. Our professional training combined with your motivation will make you a member of our winning sales team. Join us at ON TARGET, a major women-oriented direct mail marketing firm. Take over established territory. Immediate earnings.
• Employee Commissions, Bonuses
• Benefits
• High Commissions, Bonuses
• Incentive Program
• Car Required
• Homemakers, Returnees Welcome
MRS. GALLO 333-1600 17H

SALES P/T WANTED CIGARETTE SMOKERS
for L.I. or NYC areas.
To be eligible for this unique opportunity:
• You must be a cigarette smoker
• You must want to quit smoking
• You must have major medical health insurance
Supplement your income and make good money with little effort in your spare time.
Call Mr. Bass at 40
201-592-5849

School Monitors needed Part time
\$7.00/hour.
Work school calendar.
Cold Spring Harbor CSD
Contact Dr. Browne
692-8611 29

SECRETARY WANTED
Entry Level for Mineola Law office
Word Perfect.
Non Smoker
Pleasant atmosphere
747-0033 39

52 Help Wanted

SECURITY OFFICERS
PSB is growing rapidly and has job opportunities available. We emphasize QUALITY and are looking for individuals to provide this service. A variety of work-sites and shifts are available. We offer training, uniforms and vacation pay. Benefits are available at some sites. If you are drug-free, have a verifiable background, telephone and reliable transportation, apply Mon.-Fri. 9-3, Thurs. 9-4 for
PROFESSIONAL SECURITY BUREAU
One Center Lane,
Levittown, NY
(516) 796-5700

TENNIS SHOP SALES:
Mon-Thurs 3:30 - 7:30 p.m. and Sun. 10 am-3pm. Ideal for college student. Experience a plus. 683-6425. 39

TYPST - Part Time Noon - 6 p.m. 3 1/2 days a week. Roslyn. Security Guard Service. Call 621-3431.

WAITSTAFF
for a Manhasset Coffee House.
Lunch only.
Call
365-5899 39

53 Situation Wanted

MATURE GERMAN WOMAN SEEKING position as day-worker. Responsible, reliable, honest & hardworking with 15 years checkable local references. Own transportation available. Monday, Tuesday & Friday mornings. Also babysitting nights & weekends. Please leave message or call after 9:30 p.m. 718-428-8096.

55 Domestic Available

FLORENCE MAIDS. Quality service network...We are house cleaning experts using own equipment and professional liquids. Weekly & bi-weekly. Call (516) 546-5179. 39

56 Child Care Wanted

BABYSITTER/HOUSEKEEPER ROSLYN. Live in/out. Tues-Sat. including Saturday nights. 2 children (3 yrs & 8 mos.). English speaking, non-smoker. References required. 484-6349. 39

CARING BABYSITTER needed for 2 boys (ages 2 1/2 & 6) 3 day week. Must have high energy and love children. English Speaking 767-7912-39

CHILDCARE WANTED PORT WASHINGTON Monday-Friday, two & six year old. Non smoker. References. Call 767-0334. 39

HOUSEKEEPER/NANNY. Mature person needed to provide housekeeping & supervision of our daughters (10 & 7). Mon-Fri. Live-in/out considered. Previous experience. References. Drivers license required. 352-3103. 38

POSITIONS AVAILABLE for mature, responsible & loving caregivers to do child care in Nassau County. Telephone: (516) 767-3224 or (212) 772-9132 39

56 Child Care Wanted

NANNY/HOUSEKEEPER - mature woman needed to care for 10 year old girl & 5 year old boy. Monday-Friday 7 am - 7 pm. Driver preferred/own car. 487-3132. 39

NANNY
Live/In 5 days. Weekend off. Energetic, warm person wanted to care for 1 1/2 year old boy. English speaking. Excellent references. Drivers license a plus 883-7102
leave message 39

57 Child Care Available

Childcare Connection, Inc.
Provide Corporate Quality Child Care Services For All Ages With Reliable & Experienced Caregivers In Their Homes Or Your Homes
(516) 767-3224 or (212) 772-9123
A licensed agency

I am a mature, responsible woman who will watch your child in your home. Within 20 miles of Great Neck. \$6.00 per hour. 829-8969. 39

FLORAL PARK Mom available for quality childcare three days weekly. References (516) 775-7322.

58 Health Care Wanted

NURSES
RNs, LPNs
NEEDED NOW!
For Staff Relief, Infection Therapy & Private Duty In The Home.
We offer instant STAT PAY, flexible schedules, bonuses and more!
WITH US, YOU COME FIRST!
(516) 328-0800

firststar
Nursing Services

58 Health Care Wanted

PCA'S RN'S/LPN'S
GET THE MOST FOR YOUR SKILLS
HISS + BONUSES
IMMEDIATE CASEWORK IN A TOWN NEAR YOU

KIMBERLY QUALITY CARE
Minerals 294-4583 Midtown 823-3999 17H

59 Health Care Available

NURSE'S AIDE: Experienced Irish girl available week-ends, nights & relief basis. References. Own car. Bridget (718) 343-6330. 39

AN EXTRA PAIR OF HANDS
Your family can benefit from the economic hardship in Russia. I place only the highest quality, educated Russian Women for Elder Care. I offer personalized service
516-377-1401 39

60 Companions

SENIOR WOMAN needs companion, flexible hours, own transportation, recent references. Douglassland area. Needs no car only company. Call Eves. 484-2541. 42

61 Business Opportunities

CAREER SERVICES: ATTENTION MINEOLA: POSTAL JOBS *** Start \$11.41/hr. + benefits. For application & info, call 1-(216)324-5784 7am to 10pm 7 days. 40

GOVERNMENT - Jobs open. Earn \$9 - \$25 per hour. No experience necessary. Call now 718-949-3720. 42

WANTED: WORKING MOTHERS work at home/flexible schedule. Outstanding earning opportunity. Excellent benefits. Established company. No risk. Call today 516-883-1972. 39

♦ R E A L E S T A T E ♦

EQUAL HOUSING
The Fair Housing Amendments Act of 1968 and Title VII of the Civil Rights Act of 1964, which together make up the Fair Housing Act, provide protection against discriminatory housing practices based on race, sex, national origin, religion, color, handicap and family status.
Long Island Community Newspapers does not knowingly accept any advertising that does not comply with the law. If you suspect housing discrimination, call Long Island Housing Discrimination Complaint Hotline at 800-660-6920

63 Real Estate Wanted

Qualified buyer interested in purchasing Manhasset Colonial/Cape. 3 BR, LR w/tpic, EIK, Den. Quiet location. Lo to Mid \$300s. Write: Classified, Box 161, 135 Liberty Ave, Mineola, NY 11501. 39

64 Homes For Sale

'ESTATE SETTING' Nassau Pt. 120' Waterfront. Stunning 3 BR Ranch with 1 BR, 1 Bath heated guest house. Beautiful park-like surroundings, quiet country Lane leads to this fabulous buy at \$425,000 **ALLIANCE RE 734-6000.** 39

FRANKLIN SQUARE - Colonial - 3 BR, 3 full baths, Formal Dining Rm, Living Rm, Family Rm, Eat-in-kitchen, Separate Bsmt entrance. Lo taxes \$220K 516-352-2339. 39

64 Homes For Sale

GREAT NECK/LAKE SUCCESS
Just Reduced to \$685,000
Magnificent expanded Ranch w/separate entrance for professional office or M/D. 5 BR, 4 full baths, skylites, C/A/C, finished basmt. with 2 BR & full bath. Marble fireplace in fabulous new black & white kitchen w/skylite, deck off kitchen & family room. Open Airy. A MUST SEE!
Don't miss this one! Principals Only.
Owner 482-3500

64 Homes For Sale

GLEN COVE 37
Search No More!
A sparkling with 4 BR, 2 Bath. Sitting amidst a quiet area close to schools and shopping. A must see... \$289,000
Coldwell Banker Sammis 516-671-6333

GREAT NECK UNUSUAL: Walk RR, ideal for Doctor-large family. Very big living/dining room, 2 bedrooms, 1st floor; 3 bedrooms, 2 baths, 2nd floor. Custom built. Must sell. **FREEDMAN 482-9191.**

LONG BEACH: on Reynolds Channel. Boatmans dream. 4 BR, 3 Bath, Stucco & brick. 2 boat slips, beautiful view. \$500,000. Principals only 516-431-5953. 39

ORIENT Sacrifice Sale!
Bayfront charmer with panoramic views. 4 BR, 2 Baths enclosed porch. Comfortable living area. Updated & ready to enjoy. Reduced to sell \$259,000
Call for our new brochure
MARION R. KING REALTY 734-5657 39

64 Homes For Sale

PORT WASHINGTON 39
Local 2 Family
6 over 6 plus full basement to cottage estate.
Just listed
Exclusive at \$249,990
COVE REALTY 621-6161

PORT WASHINGTON/MANORHAYEN
Open House
Sun., Oct. 3 - 2-4 p.m.
38 Hickory Road.
All brick legal 2 family.
6 over 5, garage.
\$309,000
SANDSPORT RE 883-7780 39

ROSLYN: COLONIAL by Owner. REDUCED \$50,000 from original price: heavily wooded property, 4 BR, 3 1/2 new baths, finished basement, wrap around deck, Lo taxes. \$348,000. Immediate occupancy. 212-962-1175, 516-365-8620. 40

CALL CLASSIFIEDS AT 747-6382 FOR RATES.

64 Homes For Sale

ST. JAMES TOWNHOUSE 43
Adult Community - Fullfield - 4 yrs young - updated expensive improvements. 1 large life-size 3 1/2 bath fully finished w/tpic sub-LR. Owner's interior: clean, organized - new ceramic tile - F/T security guard - 2 miles to RR & Sandhurst Mall - 3 pools - inside - heated swimming pool - C/A/C - walking trail in all rooms - 3 storage units - Low taxes - Call today
Greatly Reduced \$189,000
Owner 516-584-7820

SOUTHOLD Waterfront
Expansive 6 BR, 3 1/2 bath home on bay inlet. LR/tpic, Lg. FR, Cry Kit, panoramic views. Priced to Sell \$286,000
LEWIS REAL ESTATE 516-298-4600 39
734-5533 765-5810

SOUTHOLD
Spacious Expanded ranch - beautiful area w/sandy bay beach just steps away. Reduced to sell NOW!
Asking \$285,000
WINE COUNTRY REALTY 734-7760 39

64 Homes For Sale

SOUTHOLD TOWN East Marion
Location Counts! Superior bayfront, traditional home. Updated & maintained, wrap-around porch. A MUST SEE!
Reduced to \$650,000
WINE COUNTRY REALTY 734-7760 39

SOUTHOLD Bayfront
200 ft. gorgeous beach, bulkheaded. Elegant home on 1+ landscaped acre in private community. A home of distinction incredible views.
Ours Only \$895,000
Call for our new brochure
MARION R. KING REALTY 734-5657 39

GREENVALE: Mint 3 Br, 1 1/2 Bath, all appliances, 2 car garage Roslyn Schools \$1400.
COVE REALTY 621-6161

64 Homes For Sale

SOUTHOLD 2 WATERVIEWS
& walk to sound beach. Like new contemporary 3 Br, 2 Bath, Great Room, wrap deck. 2 zoned OHW Heat. Tastefully furnished included. Our Exclusive \$237,500
Call for our new brochure
MARION R. KING REALTY 734-5657 39

65 Homes For Rent

MASSAPEQUA-MAGNIFICENT 4 Bdrm, 3 baths, Fireplace, A/C, decorated kitchen. No pets. SD #23. \$1350/mo. 795-0164/789-7734. 38

PORT WASHINGTON: CLASSIC house available 11/1/93. 3 Bdrms, 2 baths, new kitchen, front porch. 3 min. to UPR \$1350/mo. No fee 212-406-1389.

REAL ESTATE

65 Homes For Rent

PORT WASHINGTON: 2 BR heat, Walk R \$1100; 2 BR 3 x 2 \$1000; 3 x 2 Ranch, Bsm, garage \$1650; Sandpoint furnished 5 x 3 - 2 acre Ranch \$5500. SANDPOINT RE #83-7780 39

SEA CLIFF: 4 BR, 2 Bath, fireplace, deck, water view, garage \$1500. COVE REALTY 621-6161

SEA CLIFF: furnished 2 BR, 2 Bath, water view, fireplace, deck all appliances. \$1295. COVE REALTY 621-6161

69 Apts. For Rent

FLORAL PARK VILLAGE - Brand new, deluxe apts. Both have large rooms, w/w carpeting, A/C, patios, yard, storage space. Near shopping & transportation. 3 rms, \$900; 5 rms \$1000. Owner 488-2314. 44

GLEN COVE: 2 1/2 rooms, private entrance, bath \$550 includes all. COVE REALTY 621-6161

GLEN COVE: Modern 3 BR, 2 Bath, Chalet, deck, dishwasher, Tread cul-de-sac setting. \$1000. COVE REALTY 621-6161

GLEN COVE: 2 1/2 rooms, newly renovated \$600 includes all. COVE REALTY 621-6161

GLEN COVE: Beautiful 3 Br, 2 Bath appliances. Dec. 1st \$1200. COVE REALTY 621-6161

GLEN COVE: Spacious 1 Br, EIK, plus attic \$775 includes all. COVE REALTY 621-6161

GLEN HEAD: 2 Br, Chalet, dishwasher, laundry room \$1050. COVE REALTY 621-6161

GREENVALE: Carpeted 3 rooms heat included \$750. COVE REALTY 621-6161

GLEN COVE

Newly renovated apartments 1 and 2 bedrooms, nice quiet area. Near shopping. \$750 & \$850 incl. heat. HIGH Oaks Realty 671-6522 676-9287 39

69 Apts. For Rent

PORT WASHINGTON: Mint 2 Br, EIK, near RR Asking \$895. COVE REALTY 621-6161

PORT WASHINGTON: Mint 1 bedroom, EIK, near RR. Full attic. Suitable for one. \$895. 767-0613. 39

ROSLYN ESTATE studio plus EIK, private entrance, bath A/C \$560 includes all. COVE REALTY 621-6161

ROSLYN: Furnished 1 BR, East Hills area. \$950 includes all. COVE REALTY 621-6161

ROSLYN: Spacious, contemporary furnished studio. Cable, large screen TV, C/A/C, sliding doors onto large patio, parking. Pt. Washington LIRR Private. \$800 All utilities 627-6834 39

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

SEA CLIFF: 1 BR, deck, garage \$760. Includes all. COVE REALTY 621-6161

70 Apts. Wanted

PROFESSIONAL lady looking for one bedroom apt. Port Washington or nearby. 767-1122 or 352-7848.

72 Rooms To Rent

GLEN COVE: Furnished 3 1/2 rooms. Upstairs. Quiet Neighborhood. References required. \$500/mo. 868-8797(D.) 482-2105 (Eve.) 39

74 Co-op/Condos For Sale

GREAT NECK: Elegant designer owned/renovated old world 2 BR co-op, 9' ceilings, EIK, marble bath, Ch. lg. LR, LR, lowest maintenance in GN. Walk to RR. HI \$200k. 466-2623. 39

GREAT NECK: GORGEOUS STUDIO. Huge LR, new European EIK, New bath, walk-in closet, foyer, Lo maintenance. HI \$90k. 466-2623. 39

ROSLYN HEIGHTS: BEST PRICED: 2 Br, Coop. Renovated Kitchen & bath. Ground floor. Large yard. Patio. \$67,500. Sterling Properties 484-1800 40

CLASSIFIEDS
747-8282

77 Out of Town Real Estate

NEW JERSEY: WEST PATTERSON 2 BR, LR, Kitchen, Bath, Full basement. 1 car garage with adjacent store. 100 x 100 corner lot. zoned 2 family. Asking \$159,000. Owners 201-777-2478. or 201-777-3525. 39

79 Property Taxes

PROPERTY TAXES CAN BE REDUCED
by challenging your assessment.
No fee unless successful.
LINDA HELD, ATTORNEY
516-626-1587 39

84 Offices For Rent

GLEN COVE
Prime downtown area. New modern building. 430-800 sq. ft. Rent concessions. Ample free parking.
671-3330 (9-6 PM)
676-7031
(After 6 PM) 39

GREAT NECK: Centrally located. 1/2 block from station. Furnished waiting room. A/C Per diem rental. Reasonable. 718-768-2481. 40

MANHASSET-
Office space near LIRR. 275 sf - 895 sf. Parking. Full service bldg. Substantial rent concessions.
627-0906 39

HISTORIC ROSLYN VILLAGE
office space available in two prestigious historic homes in heart of town with parking
\$2200-\$3500
Call Diane Stigliano
Licensed Salesperson
Daniel Gale
MacCrato
Real Estate, Inc.
516-484-4410 39

84 Office Wanted

WANTED TO RENT: Centrally located small office in Nassau County. Call Community Care Companies 516-689-6131. 38

93 Space Wanted

PORT WASHINGTON: firm seeks garage & storage space. Upper Main St. Ideal. 625 sq. ft. minimum. 883-6060. 39

PREMIER CROSSWORD / By Jo Paquin A Pleasant Change

ACROSS
1 Windings
6 Mr. Chamberlain
10 Sarrise's sweetie?
14 Unfashionable eyewear?
18 Sur over
19 Rainbow goddess
20 Mean Marquis
21 Grownup
23 Pleasant "Top Gun" tune?
25 Pleasant Nicholas Monsarrat novel?
27 Therapy
28 Cream or cola
29 Pancakes-to-be
30 Cash on credit
31 Tasting time?
32 Emulates Clouseau
33 Canal zone?
35 And everybody else
39 Chick chaser
40 Pleasant Peter Cushing film?
50 — than thou
51 — dieu (kneeler)
52 Rock band's stint

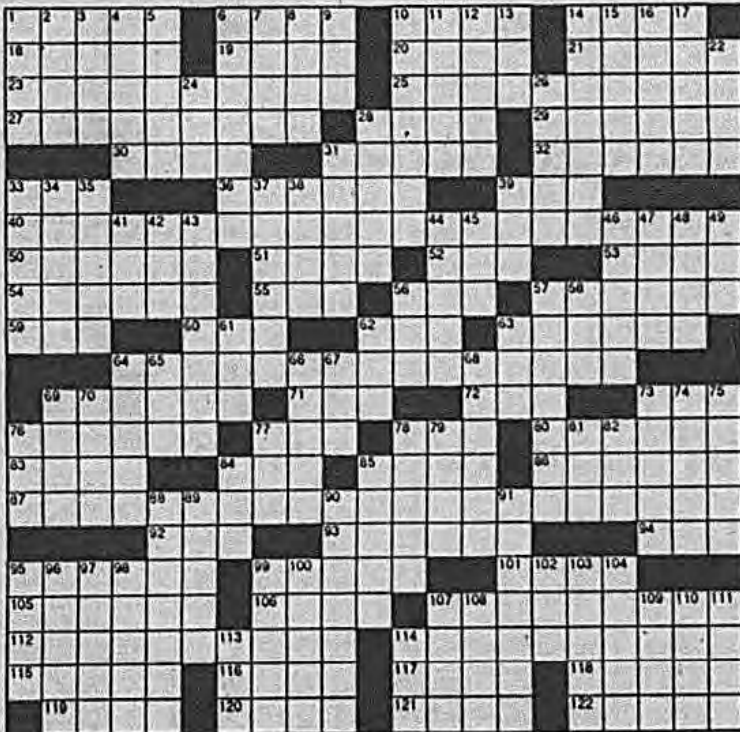
53 Heat
54 Glza god maven?
56 Bit of butter
57 Was "it"?
58 Born
60 Vane dir.
62 — alai
63 Under the influence
64 Pleasant cartoon character?
69 Highly dysfunctional
71 Ruby or garnet
72 Peter out
73 Typewriter key
76 Tiny charges?
77 Assault one's shadow?
78 Palm Sunday
80 "Patterns" poet
83 Party pots
84 Spare-tire material
85 "Quel dommage!"
86 Channel-swimmer
87 Pleasant Gertrude Mich Ryder song?
92 Deal with dessert
93 Bean
94 Dulles abbr.
95 Hardly

optimistic
89 Crooked favorite
101 Fast-food
105 Leading men?
106 Key signature?
107 Hilton heaven
112 Pleasant Clint Eastwood character?
114 Pleasant Matthew Broderick film?
115 Spanish symbol
116 Gulf, Isthmus, or Canal
117 Pianist Gilels
118 He pulled some strings?
119 Pressed
120 Statue site
121 Kitchen-floor choice
122 Oscar de la — DOWN
1 Chivalrous deed
2 Controversial tree spray
3 The — of the party
4 TV's "Let's Make —"
5 Scrap
6 Uned up

7 Tonic ingredient, often
8 Navel store?
9 Mao — tung
10 Queens domain?
11 "Khanoum" character
12 Unimprovable
13 "A mouse!"
14 They may get frittered
15 Increase
16 Panache
17 Emulate
22 Does road work
24 Singer Sumac
26 "Ghosts" playwright
28 Oxford sight
31 Caine character
33 Frome of fiction
34 "Oh, give me —"
35 Appomattox signature
37 Haunting movie?
38 Curly coil
39 Mrs. Al Bundy
41 Martini making
42 Above, to Arnold
43 Seville citrus

44 Writer Marsh
45 Baby beaver
46 Carpentry or pricing
47 Peace of mind
48 Topped the cake
49 Composer
55 "Joey"
56 Proverbial poor parent
58 Holbrook or Underen
61 Mr. Ed's refusal?
62 Pa Clametti
63 Little retriever?
64 Fury or Fuchs
65 NASA affirmative
66 Old-fashioned faith
67 Pennsylvania Dutch symbol
68 Aladdin's lamp, for one
69 Overdo a tan
70 Fritz of films
73 Like a hawk
74 Dinky up
75 Cookbook instruction
76 Sine — non
77 Halloween decoration
78 Metallic mixture
79 Arabian patriarch

81 Wordsworth work
82 Director Craven
84 Well-conditioned
85 Residence
88 Well-read
89 "America's Most Wanted" host
90 Break down
91 Total failure
95 Healing vent
96 Long Island town
97 Stiffable pasta
98 Gettysburg commander
99 Flapjack sauce
100 Jack rabbits, e.g.
102 Chemical ending
103 Actress Samantha
104 Surround a Seurat
107 Rig
108 Rain hard?
109 "— Old Cowhand"
110 Raga resident
111 From Haifa to Honshu
113 Simile center
114 Hound or hamster



6597

Average time of solution: 67 minutes.

CRYPTOQUIP

XBJJSUA NGBMQ CUWPSIUL, XBWNI XCB ECBLU QB
XUNJ LPNEFL XNL NGPU QB LFSJQ QCU SLLMU.

Today's Cryptoquip clue: X equals W

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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.

Answer to Crossword Puzzle No. 596

THOR DATES TERSE RAMS
EAVE INURE ADORE ERIE
STEPHENREA KEVIN KLINE
THREATEN SCENE NADIR
ALEX ROAMS SPOT
HEATER PANNE SHOWERED
ALLEY SATAN SHORN ILA
TIED NICOLAS GAGE ACID
ETC SIREN TALI WAHOO
DEB AMES FRAME DERATS
AIRED GRASS WIDER
PALLAS GRASH BERG DSM
ARDEN SHIN SLATE GWU
LWS SEAN CONNERY BEER
MMI MURRE DAISY DARLA
SANDIEGO TERPS COSELL
ENTE SHORE THAT
SPACE SIENA BEELINES
TIM ROBBINS TOMSELLECK
OTOE LANGE ENOLS LACE
PARE TREES DECAY EPEE

Answer to Cryptoquip:

EVERYONE LEFT THE POLICE BOMB EXPERT
ALONE BECAUSE OF HIS EXPLOSIVE NATURE.

Service Guide

HOME SERVICES

ASPHALT SEALING

****DRIVEWAYS****
Built, Resurfaced, Repaired hot oil/sealer stones, Belgium blocks/railroad ties/masonry work. Reasonable/reliable. Prompt. Free Estimates. Licensed/insured/bonded. Family business, 20 years experience. Thousands of satisfied customers. NY Part Authority approved.
Rettman Blacktop
549-5455 vmaac

CLEANING SERVICE

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

DRIVEWAYS

A. STANCO LANDSCAPE CONTRACTORS
Asphalt Driveway & Parking lots
Belgium Block
Concrete & RR Ties
Seal Coating/Land clearing
674-4452

ELECTRICAL CONTRACTOR

CAIN ELECTRIC INCORPORATED
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Register For P.A.L. Sports

The Nassau County Police Activity League Hicksville Unit is pleased to announce their 1993 Fall Registrations: *Registration Dates for all sports are as follows:*

Monday, October 4, 1993

7 - 9 p.m.

Place: Woodbury Lanes, South Oyster Bay Road & Woodbury Road, Hicksville.

Wednesday, October 6, 1993

7 - 9 p.m.

Place: Hicksville Public Library, Jerusalem Avenue & 2nd Street, Hicksville.

Thursday, October 7, 1993

7 - 9 p.m.

Place: Woodbury Lanes, South Oyster Bay Road & Woodbury Road, Hicksville.

The registration times listed above are for the following sports:

Boys Basketball

November, 1993 - through March, 1994

Ages: 7 - 15

Boys Baseball

Summer 1994: Approximately July 4, through Labor Day

Ages: 8 - 15

Girls Softball:

Summer 1994: Approximately July 4, through Labor Day

Ages: 8 - 16

Lacrosse

April, 1994 - June, 1994

Ages: Boys currently in 3rd, 4th, 5th, & 6th grades (during the 1993-94 school year)

Please Note- Fall 1993 registration is the only one for lacrosse. There will not be another registration for lacrosse in spring 1994. Teams will be limited to membership size.

Judo

October 1993 - April 1994

Ages: Boys: 8 to 18

Girls: 8 to 18

Please Note- Registration is on a first come first serve basis until all classes are filled. Black Belt Instructor.

Karate

October 1993 - April 1994

Ages: Boys: 10 - 18

Girls: 10 - 18

Please Note

Registration is on a first come first serve basis until all classes are filled. Black Belt instructor.

Make-A-Wish Games A Success

On what could only be described as a picture perfect day, the Hicksville P.A.L. Girls' softball presented a series of intramural charity softball games at the Abe Levitt Field on Stewart Avenue. The event took place on Saturday, Sept. 11, to benefit the Make-A-Wish Foundation, an organization that grants wishes to terminally ill children.

With the cooperation and sponsorship of local merchants, who graciously donated merchandise for a raffle, Hicksville P.A.L. was able to raise a substantial amount of donations. All of the money that was raised was given to the Make-A-Wish Foundation.

The crowd was honored to have Ms. Barbara Murphy of the Metro Area Make-A-Wish board of directors present on this day. She spoke to the crowd, briefing them on the many wishes that the Foundation grants every year. Unfortunately, the guests of honor, 16-year-old Andre Giannico and 13-year-old Stacie Caruso, were unable to attend due to illness. However, a few days later, the P.A.L. director, police officer Bill Toelstedt and the P.A.L. softball commissioner, Jack Zeller, delivered an Honorary Coach plaque, along with a uniform shirt and hat, to both Andre and Stacey. The uniform shirts and hats were signed by the girls who participated in a special raffle game, which was the final event of a very rewarding day.

Hicksville P.A.L. would like to thank

all of the managers, coaches, players, parents, relatives and friends who made this day a huge success. Also, a special thanks to John Walker, deputy commissioner, Town of Oyster Bay Department of Parks, for his cooperation in securing the Abe Levitt Complex for this event. In addition, we would like to thank Pete Zielinski of Arizona Food Service, and Jack and Vicki of Circus Man Ice Cream for making their food services available; and donating a percent of their receipts to Make-A-Wish. Also, we would like to thank Our Lady of Mercy Youth Council for making their sound system available for the event.

In a time when people like to reflect on the negatives regarding youths, it's a sincere joy to see Hicksville Youths willing to set aside a day to raise funds for a genuinely worthy cause. In keeping with the P.A.L. motto "It is better to build youth, than to mend adults".

The following businesses donated prizes: Woodbury Lanes, Gemini Arms, Yogurtaria, Kenny's Cafe, Computers Plus, The Party Experience, Encore Dancewear, Hot Cuts, United Computer Resources, Red Lobster, Powerhouse Comics and Cards, Hicksville Car Wash, Peppercorns, The Dutchmen, Super Stuff, Flowers by Peter Kenney, Licata's Bakery, Baskin-Robbins Ice Cream, Centerville Florist, Chic Physique, Aladdin Floral Corp. and Town Bagel West.



Hicksville's Tom Dieumegard was one of the Maccabiah Run finishers.



Hicksville's Mary McShane heads for the finish line.

Maccabiah 5 Kilometer Run

"A Beautiful Day In The Neighborhood"

Picture perfect weather made a beautiful day of running through the neighborhoods of Plainview even more perfect—and the 4th annual Maccabiah 5 Kilometer Run on Sept. 12 was just a perfect event!

Mike Anderson of Woodbury destroyed a pretty solid field to win the race in 15 minutes, 11 seconds, with runners-up Dan Brach of Hicksville (15:49) and Jerry Miller (16:38) far behind. Eileen Barnes Corley of Locust Valley had almost as easy a time in the Women's Division, crossing the finish line in 17:50, well ahead of Ellen Giambalvo (18:10) and Jennifer McNeerney (18:40). Harry Block and Daria Alinovi were the top wheelchair finishers.

Nearly 400 runners overall crossed the finish line at the Plainview-Old Bethpage Middle School and an additional 30 youngsters took part in the half mile "fun run" on the Middle School Track. Erna Frank at age 76 and Bill Benson at age 74 were the oldest finishers.

The Run was conducted under the auspices of the Plainview-Old Bethpage Road Runners Club, under the direction of run director Sue Polansky. Financial support was provided by M.D. Hirsch Investment Management, Inc., Bank Leumi and Apple & Eve Juices.

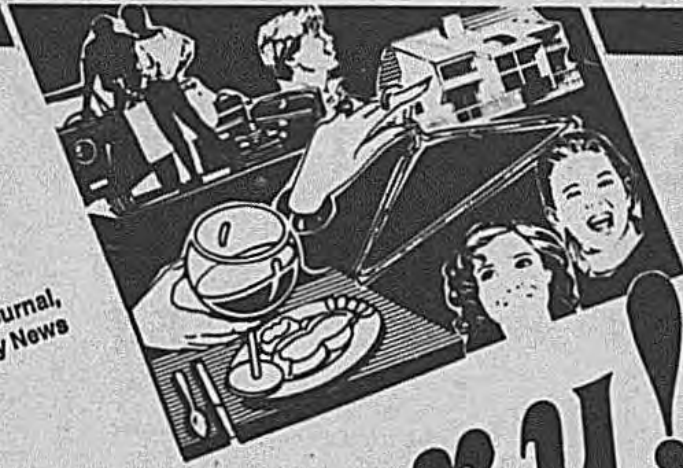
The entire net proceeds of the Run were turned over to the US Committee Sports

for Israel, to help send the United States Team to the 15th Maccabiah Games in Israel. "This was an event that was just plain fun to be a part of," observed run director Sue Polansky. "It was a terrific morning for a terrific cause and it seemed like everybody was in a mood that matched the beautiful weather. We had a great time this year and we're already looking forward to an equally great time at the 5th annual Maccabiah Run in 1994!"

Top 10 Finishers:

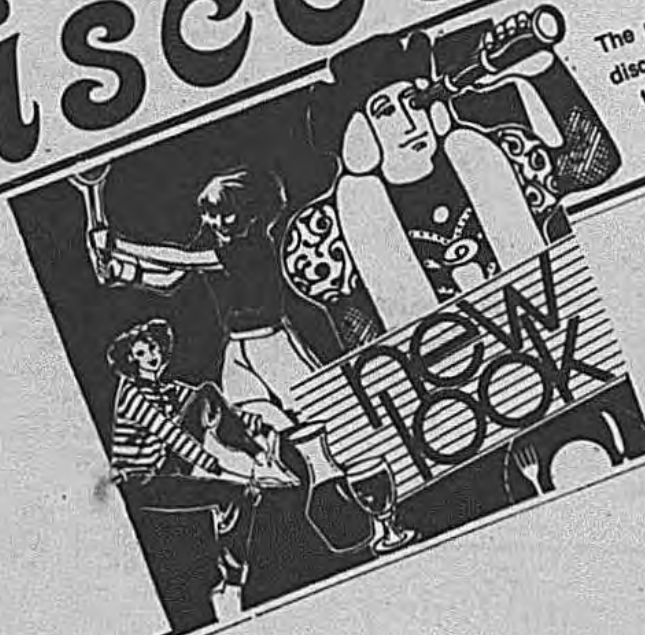
1. Mike Anderson 15:11
2. Dan Brach 15:49
3. Jerry Miller 16:38
4. Eileen Barnes Corley 17:50
5. Ellen Giambalvo 18:10
6. Jennifer McNeerney 18:40
7. Steve Keating 16:39
8. Diane Gordon 19:32
9. Dan Duggan 16:39
10. Maggie Deschamps 19:41
11. Jim Walsh 16:47
12. Maria Garcia 19:45
13. David Pere 16:58
14. Donna Rubin 19:49
15. Eric Walter 16:59
16. Debi Snyder 19:54
17. John Lupski 17:02
18. Jeanne Dippel 19:58
19. Jackie Barnes 17:03
20. Margaret Bertram 20:02

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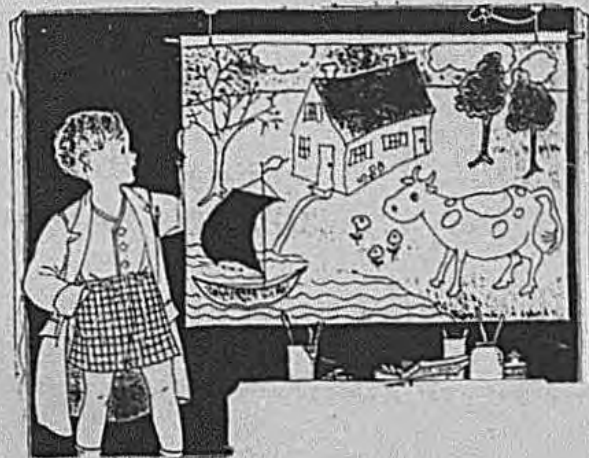
Discovery! Magazine

The newspaper edition that helps
discover new writers, new ideas
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Friday, October 1, 1993

'Fuel For The Day' Quiz



SEE PAGE 3



THE QUESTION OF THE WEEK

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Input Callers Favor Bill To Health Care But...

Most callers to Input were receptive to the Clinton health care plan although some expressed reservations, in response to this question: "Do you think President Clinton will be able to accomplish his health care reform plan? Here are some of the answers:

CAN ACCOMPLISH IT

I believe President Clinton will be able to accomplish his health care plan. We need something in this country and the way things are they are absolutely horrible. All of Western Europe has health care for its people. It is about time we have it too. **K.F.**

A FRAUD

Clinton's health care plan is very much like Clinton himself a fraud, if enacted it will introduce roughly 100 new government bureaucracies, lower the quality of health care and raise costs. It would be much better to simply give poor people money so they can buy health care insurance. **R.E.K.**

CAN'T WORK

No. Making such a health care plan work would take far more money than it took the U.S. to fight and win the cold war from start to finish. Almost all of us will agree (Democrats, Republicans alike) the plan sounds great but is nothing but a dream, given the complexities and multitude of problems which have to be tackled. As a Republican I can only believe that Clinton has promised far more than he can hope to deliver. This follows a pattern of broken promises of a man who typifies the characteristics of an amateur. He does have good intentions, but expects to achieve results in an impossible time frame. Such a health plan should be slowly implemented over a period of 10 or 20 years and not promised so as to mislead the hopes of any American. Clinton should concentrate more on the illegal alien problem and the health issue would be much less of a problem. **P.J.K.**

NOT GOOD

I think unfortunately, President Clinton might be able to accomplish the reform plan, but I do not think it is the best thing for America. President Clinton's mind is still in the 60's with ideas more closely attuned to the Soviet Union. Universal health care is the first step, the next is universal jobs, universal housing, and what you will have is Communism and all of us know Communism does not work. Businesses are not going to be creating jobs and President Clinton should know that the Federal government is not there to create jobs. Small businesses create the jobs in this country and pay for the tax base that will pay for our roads and schools. Basically I do not think this health care reform is good for America. **T.P.F.**

BE CAREFUL

For many generations we have hoped for a national health care plan. Politicians have promised to deliver the plan and of course have never done so. Perhaps that is because Americans have been wary of socialized medicine. We have not wanted government involved in our health care, experience has taught us government will botch the job.

Somehow many people can no longer afford health care. Costs have gone even higher and I assume some group of health providers has been making a killing. We seem to speak in generalities as we seek to identify those who are ripping us off.

There is almost universal support for health care reform, but we must now be more than careful. The snake oil sales people will soon descend upon us hoping to pitch a plan for now which will take effect in the distant future. Watch the Clintons they believe in big government, layers of bureaucracy, with the high costs which will necessarily follow. Please, I implore you, when you hear the word contribution, think tax and tax and tax.

Take a look at your Social Security. It started out small, a very nice concept eventually gone awry. Unless we are extremely careful and questioning, the health care plan will be the Social Security system of the future. Yes, you can pay into it, but when you want something back you will be the bad guy. Demand specifics from your representatives both in the House and Senate.

Perhaps we, the American people, can accomplish health care reform, but left to their devious ways the Clintons cannot. Watch what politicians do and attempt to do, their words mean nothing. **E.J.H.**

YES AND NO

I simply could not resist tuning President Clinton in on the evening of his TV presentation with respect to his health care reform plans. And I simply have to give him great credit for the manner in which he presented his views. Which does not say that I agree with him although if all his major objectives were accomplished, we may have achieved Utopia! And watching Hilary, there could be no doubt about it. But, it's one thing being an orator and another making things come out exactly the way they were forecast. What scares me as a retiree is the fact that my income could be at great risk if the limitations were to be established as the President indicated. However, that possibility was not a consideration in your "Question". The assumption in that respect was that such personal considerations and fears were secondary, painful though they might be. However, it is not unlikely that they might be of sufficient consequence to demand some basic revisions in the overall planning and from my personal point of view and the family demands on my retirement income, I certainly hope so. **P.G.S.**

Discovery!

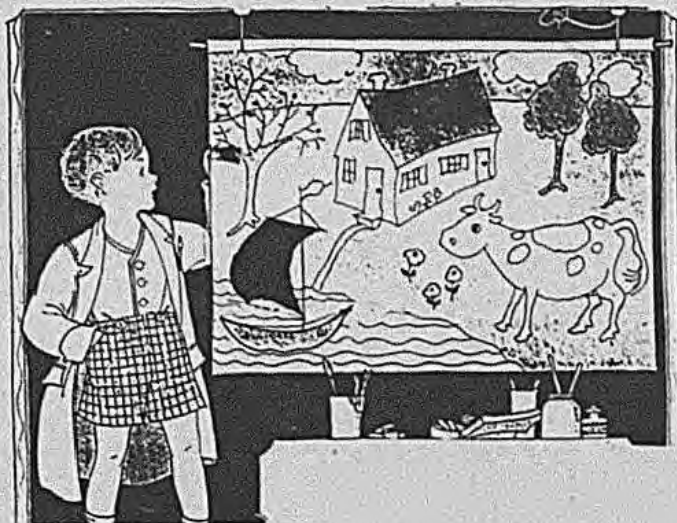
'Fuel For The Day' Quiz

By Marjorie Wolfe

On October 4, Americans celebrate National Child Health Day. This holiday is intended as a wake-up call to parents and teachers, and the American Health foundation urges parents to celebrate by taking their children to school that morning - after serving a nutritious low-fat breakfast.

Below is a health quiz, "Fuel For The Day." Grab a #2 pencil and let's see how well you fare.

- The Clinton administration hopes to have the nation's school lunch and breakfast program serve
 - a Perot Taco (Nobody's sure what's in it, but everybody loves it anyway).
 - double the 8.8 million pounds of fresh fruit and vegetables served last year
 - reduce the fat content in school lunch meats and cheeses
 - Bubbalicious Eeny Meeny Miney Moo chocolate milk
 - Hillary Rodham Clinton's chocolate-chip cookies
- According to Jerry Seinfeld ("Seinlanguage"),
 - "To me a kitchen is just a big room to hold a toaster. That's the way I think of my apartment. Bedroom. Living room. Toaster room."
 - "Cereal: Double Crunch, Tic-Tac-Toe Cheerios, and Pop Tarts -"
 - "I buy any cereal labeled High Sodium, High Cholesterol, Low Vitamins. I think we should reward the cereal-makers' honesty by buying it."
 - "Today's family has been defined as a group of people, no two of whom like breakfast the same way."
- According to the Food Marketing Policy Center, how much have cereal prices increased from 1983 to 1991?
 - 24%
 - 39%
 - 71%
- How does Anne Elliott define a "yukel"?
 - Breakfasts eaten at home are usually lower in fat and higher in vitamins than breakfasts eaten out.
 - True
 - False
- According to Dr. James Penland, a psychologist with the U.S. Dept. of Agriculture's Nutrition Research Center, a bowl of oatmeal a day keeps _____ away.
 - the doctor
 - PMS
 - Nintendinitis (inflammation of the thumb)
- Name the book by Nathaniel Hawthorne in which this line appears: "Life, within doors, has fewer pleasanter prospects than a neatly arranged and well-provisioned breakfast table."
- How does Marlene Anderka define "yang"?
 - The Pillsbury Company characterized many people as "Chase and Grabbies." What does the expression mean?
- While William Shawn presided over *The New Yorker*, he never tired of cornflakes with milk in the Four Seasons Grill Room. In which of Neil Simon's plays does Oscar say to Felix: "I told you a hundred times, I can't stand little notes on my pillow. We're all out of Corn Flakes. F.U."
 - What cereal is celebrating its 40th birthday this year?
- Jay Leno joked on August 27 that *The New York Times* made front-page news of Letterman having cereal for breakfast. The headline read:
 - "A huge story. Milk was involved."
 - "Letterman has Breakfast with Barbie."
 - "Letterman enjoys cereal and Mox Lox."
- How does Rich Hall & Friends define the Sniglet, "Wondracide"?
 - Name America's funniest father who wrote, "So there my five children sat, merrily eating chocolate cake for breakfast, occasionally stopping to sing: 'Dad is the greatest dad you can make! For breakfast he gives us chocolate cake!'"
- Zack's dad wrote: "July 18. To supplement Suzanne's breast milk, today, Zack gets his first taste of solid food. By solid food, I hasten to point out, I do not mean strip-sirloin-medium-rare-with-Bearnaise. Solid food in Zack's case means flakes of rice cereal



mixed with formula till it is soupy, which you feed him with a little spoon...A small portion of the cereal finds its way into his mouth, but the bulk of it goes on his chin, on his cheeks, in his eyes, in his nostrils, in his hair, on his chair, and on the person feeding him." Who is Zack's dad - and author of "Confessions of a Pregnant Father?"

16. Fran DeCaro stated that in 1993 "Breakfast at McDonalds was 'In.' What was 'Out?'"

- Soy Milk Cappuccino
- "Quebble" - the uncooked gelatinous parts of an egg white
- "Flakey Wakey" - the diet breakfast cereal for which Ed and Ralph (The Honeymooners) write the jingle that wins them a trip to Europe. ("Flakey Wakeys add to the taste but take away from your fat little waist.")

17. What is Dial's Discovery about coffee?

- "No matter what you do to instant coffee, it always tastes like instant coffee."
- "If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee."

18. What is a Gourmet Parent?

- Someone who claims that children would opt for a good nutritious lentil soup over a Whopper and Fries."
- Someone who believes there is an Oat Bran Fairy.
- Someone who believes that a "Goatmeal" is a nutritious breakfast served by a nanny.

19. Why does Richard Holstein, a New Jersey children's dentist say, "I tell kids they should throw away the cereal and eat the boxes."

ANSWERS:

- b and c
- a
- c
- A "yukel" is someone so nutritionally naive that he believes eggs are healthful. (*New York Magazine*; coined by Anne Elliott).
- a
- b
- The House of the Seven Gables.
- "Yang" is a Chinese breakfast drink.
- They eat on the run, often making do with fast foods and carryouts.
- The Odd Couple
- Maypo - a maple-flavored instant oatmeal.
- a
- "Wondracide" is the act of murdering a piece of bread with a knife and cold butter.
- Bill Cosby ("Fatherhood")
- Dan Greenberg
- a - (Source: "Family Words" by Paul Dickson)
- a - (said by Thomas A. Dial); b - was said by Abraham Lincoln.
- a - (Source: The term was heard on a radio discussion on "parenting.")
- By eating the boxes at least the kids get some fiber.

ABOUT THE AUTHOR

Marjorie Wolfe, a Syosset resident, orders breakfast Jackie Mason style: "Listen, I want it once over light on this egg, and on the other egg I want under the quarter. This'll be under a half and this'll be under a minute. I'd like a slight two-minute egg on th side...."

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WINE TALK

Cabernet: The easy aristocrat

By Richard Nalley

Cabernet Sauvignon is a prince among red wine grapes, the deep-colored, rich and structured foundation of many a great red Bordeaux. In its big ticket Bordeaux formulation it can be demanding, even user unfriendly — a harsh, tannic mouthful that threatens to take your tonsils down with it.

Democracy has arrived in the kingdom of Cabernet with a host of wines from California, Washington, Australia, Chile and elsewhere that offer something of the depth and savor of Cabernet Sauvignon in wines you can drink tonight. And you don't have to pay \$75 for a bottle of this stuff. How about \$7.50?

The unprecedented wealth of affordable Cabernet Sauvignons available this fall range in styles from very rich to medium-weight and from fruity to spicy to oaky.

A well-made Cabernet at whatever price should always work at the table with red meat, rich stews, pizza or full-flavored, herby pasta sauces, as I discovered with a homemade pesto the other night. You will often meet people who insist that Cabernet Sauvignon is the perfect drink with fine chocolate. Of course, there are also people who are still rooting for the Mets.

Top affordable Cabernet Sauvignons previously reviewed, all wines \$10 or under (wines \$7 and under are noted with an asterisk):

(U.S.) Hess Select 1990; Estancia 1990; Haywood 1990; Vintner's Select; Hawk Crest 1990; Callaway 1990; Villa Mt. Eden 1990; McDowell 1990; "M.G. Vallejo 1990; "Monterey Vineyard 1990 "Classic," Montevina 1990; "Corbett Canyon 1990; "Robert Mondavi Woodbridge 1990.

(Chile) Los Vascos 1989; "Caliterra 1989; Miguel Torres 1989.

(France) B&G (Barton & Guester) 1989 "Fondation 1725."

(Australia) Lindemans 1990 "Bin 45."

Wines reviewed this week, all priced at \$10 or under (wines priced at \$7 and under noted with an asterisk):

Two U.S. wines to look for are the Calistoga Vineyards 1989 Cabernet Sauvignon, Napa Valley, and the Columbia Crest 1990 Cabernet Sauvignon, Columbia Valley. The wineries started with different raw materials, Cabernet-wise, and took different approaches to a pleasing end.

The Calistoga Vineyards is a new second wine from Napa's well-regarded Cuvaison, and it started with grapes from California's rainy 1989 vintage.

The winemaker wisely went with what the year's grapes offered him — a harmonious, leaner styled wine—rather than attempt the heavy, rich flavor knockout. The result is a lovely wine with notes of mild smokiness (from bar-

rels treatment) and spice and a distinctive wild berry fruit savor.

Columbia Crest got the excellent grapes from Washington state's irrigated high-desert Columbia Valley for its 1990 Cabernet Sauvignon. Winemaker Doug Gore went with the fruit also, producing a wine that has a touch of that hard-to-define Washington-state velvety texture and flavors of spice and cherry in a medium-rich, easy drinking wine.

As a bargain buy, especially for the table, you could do a lot worse than "The Wine Cellars of E.&J. Gallo non-vintage Cabernet Sauvignon. It doesn't exactly pack in a big flavor punch, but it's got a fine medium-weight and soft texture, with some Cabernet berry taste in there, too.

Other recommended U.S.-produced wines are the plain-featured, light but tasty "Sutter Home 1990 Cabernet Sauvignon, California, and the deep-colored, straightforward "Bandiera 1990 Cabernet Sauvignon, Napa Valley.

On the import side, Mouton-Cadet is no doubt the most ubiquitous premium-quality Cabernet Sauvignon-based French wine. The 1990 Mouton Cadet Rouge, Bordeaux is more stylish than exciting, and I hardly need point out that it does not take full advantage of the great Bordeaux 1990 vintage. Nevertheless, this is a very food-compatible, medium-bodied wine that grows on you after a sip or two. It is a solid friend to look for on seemingly any restaurant list.

I have been discouraged by the Chilean reds I've tasted lately. This country's wines are all the rage here, thanks to their fair pricing and apparent quality. But this has put too many producers in the way of temptation.

Instead of the quirky, flavorful reds that we were getting from Chile a few years ago (and still get from producers like Cousino Macul), we are now getting wines made in the clean, stripped-down "international style." International is right — these wines could be from anywhere.

The best of my recent tastings is the Santa Rita 1989 Cabernet Sauvignon Reserva, Maipo Valley, a well-balanced wine with a light-to-medium body and a nice lick of fresh cherrylike fruitiness.

PICK OF THE WEEK

Murphy-Goode 1990 Cabernet Sauvignon, Alexander Valley, Murphy Ranch (\$15). Here's the full California expression of the grape: A layered, juicy, smoky wine with a supple texture, and cheek-filling richness. It's a wine for dishes with big, straightforward flavors. Throw another steer on the "barbie," or better yet, try it as I did with a fancy-pants pizza topped with sweet pepper, onion and lamb sausage.

DINING GUIDE

HOME ENTERTAINING

It's easy to eat your vegetables

By Carol Cutler

When it comes to eating styles, California has a way of being out front. They did it again back in 1988 when the state's department of health services launched a campaign to spread the good word about eating at least five servings of fruits and vegetables a day.

This drive was the result of a grant from the National Cancer Institute for a cooperative program between public health groups and private industry. The ultimate goal was to get the message out to the fat-consuming public.

Both NCI and the National Academy of Science had done many studies that reached the same conclusion: Americans need to eat more fruits and vegetables. A diet of the wrong foods, especially those high in fat and cholesterol, has been proven to dramatically increase chances of cancer and heart disease. Smoking, of course, is a sure road to trouble.

If a snack consists of an apple rather than a doughnut, you are ahead on two counts. The greasy, fried doughnut has been avoided and replaced by a crisp, fiber-rich fruit that is virtually fat-free.

This five-a-day target is not as difficult as you might think. A serving size is about a half-cup, which really isn't all that much. An apple qualifies, as do five asparagus spears, half a grapefruit or a medium banana, stalk of broccoli or tomato. The amounts of other fruits and vegetables are similarly modest. Still, NCI studies show that only 23 percent of Americans are eating five or more servings a day.

Let's track a normal day and see how easily this healthy goal can be achieved. Start the day with a glass of pure fruit juice. Yes, juices count, but they must be 100 percent juice, not a flavored liquid. If you prefer solid fruit, have half a grapefruit, a sliced orange, sliced peach, or banana. But you might want to save the peach or banana to top off the cereal. So breakfast counts for at least one serving.

The luncheon sandwich should come adorned with several slices of tomato and a nice pile of lettuce leaves, which together count for another serving. Between sandwich bites nibble on a carrot, or about six cucumber slices, or seven radishes (or a combination) and that is another good mark. The best dessert is a piece of fresh fruit.

Without even trying you have chalked up four servings already. And dinner is still to come. Most family cooks put one or two vegetables on the table and a salad. Congratulations! You've met your target while enjoying other foods as well, preferably lots of dried beans and pastas.

No one wants you to feel like a rabbit. And with this golden-crowned tomato you are not even aware that this is good-for-you food. Start off your next dinner party with Cold Tomatoes With

Hot Curry Sauce, an unusual and stylish first course. It would even make an excellent main course at lunch, perhaps with green asparagus or broccoli beside it.

This recipe works best when good tomatoes are in season, but it can even give pale winter tomatoes some semblance of glamour. The success of the recipe depends on the sharp contrast between the cold, cold tomato and the superhot, spicy sauce.

COLD TOMATOES WITH HOT CURRY SAUCE

- 6 medium ripe tomatoes
- 2 tablespoons butter
- 2 tablespoons flour
- 1 tablespoon curry, or to taste
- 1½ cups milk (or a combination of milk and half-and-half)
- 3 tablespoons finely chopped chutney
- Salt and pepper to taste
- 6 slices white bread, crusts removed

Yields 6 servings.

Plunge tomatoes into boiling water for a few seconds, remove with skimmer and slip off skins.

Cut out stem ends. Chill tomatoes for at least 3 hours.

Melt butter in saucepan, add flour and curry powder and stir until smooth. Cook for 1 to 2 minutes, stirring constantly.

Remove pan from heat and slowly stir in milk, beating constantly with wire whisk. When smooth, return sauce to fire. Scrape chutney into sauce and sprinkle on salt and pepper. Simmer sauce for 2 minutes.

At serving time, toast bread and place slices on individual plates. Place tomato on each slice and spoon 1 tablespoon of hot sauce over it. Pass rest of sauce separately. Serve at once.



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KITCHEN KIDS



Breakfast treats for lazy Sunday mornings

Once the school year kicks in and a routine is set, Sundays are about the only day when families sit back and take the morning off. Special breakfasts are planned, ones that take more than five minutes to prepare. Warm coffeecakes or tender cinnamon rolls are just two recipes you or your children will enjoy making to start your special Sunday routine.

When a coffeecake comes out of the oven, its aroma fills the kitchen. Coffeecakes are delicious warm, and they make a great snack throughout the day. They are very simple to make, and this is a recipe that your youngest children can quickly and easily make. Pre-school and primary-age children will need supervision, if just to answer cooking questions, but your older children will have no trouble preparing this recipe on their own.

For a warm breakfast treat that is familiar and easy to make, have your children prepare the cinnamon rolls. This recipe combines an easy recipe for biscuits with the filling and rolling of a cinnamon roll. The biscuit recipes can be made by all ages, leaving the rolling and cutting to the older children. The rolls are then baked in round cake pans and make a delicious addition to the start of the day.

SIMPLE TEA CAKE

Butter
1 1/4 cups flour
1 cup brown sugar

1/4 teaspoon salt
1/2 cup butter
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup milk
1 egg
Yields 6 servings.
Preparation time: 15 minutes.
Cooking time: 25 minutes.
Utensils: 8-inch round cake pan, measuring cups and spoons, 2 mixing bowls, mixer, oven mitts.
Preheat oven to 350 F.
Liberally butter baking pan and set aside.

Combine flour, sugar and salt in mixing bowl. Add butter and, using your fingertips, blend together into fine, crumbly mixture. Set 1/4 cup of mixture aside.

To crumbs remaining in bowl, add baking powder, cinnamon and nutmeg, toss to blend. Add milk and egg; blend smooth.

Pour batter into buttered pan, and spread it evenly. Sprinkle reserved crumbly mixture over entire surface of batter.

Carefully place cake pan in oven and bake for 25 minutes. Turn off oven and, with mitts, remove cake. Serve warm right out of pan.

QUICK CINNAMON ROLLS

Butter
2 cups flour
1/4 teaspoon salt
4 teaspoons baking powder
2 tablespoons sugar
1/4 cup soft butter OR shortening
1/2 cups milk
3 tablespoons melted butter
1/2 cup brown sugar
1 teaspoon cinnamon
1/2 cup chopped walnuts
Yields 12 biscuits.
Preparation time: 15 minutes.
Cooking time: 15 minutes.
Utensils: 2 mixing bowls, 2 small bowls, measuring cups and spoons, 2 8-inch round baking pans, oven mitts.

Lightly butter baking pans and set aside.

Preheat oven to 425 F.

In mixing bowl, combine flour, salt, baking powder and sugar. Add butter or shortening and work it into dough with your fingertips.

Add milk and mix into moist dough.

Place dough on lightly floured kitchen surface. Press dough into rectangle about 1/4-inch thick. Brush surface of dough with melted butter. Combine brown sugar with cinnamon and nuts. Sprinkle it evenly over dough.

Beginning at long end of dough, roll dough into tight log. Cut into 1-inch-thick slices and place them flat in baking pans, about 1/2 inch apart.

Bake for 15 minutes or until lightly golden brown. Turn off oven and, with mitts, carefully remove pans. Slide them out of pan and serve warm.

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

Before your children begin cooking, be sure to discuss these safety hints with them.

■ Read the recipe thoroughly with your children, and discuss any steps or directions they may not understand. Decide on the best time for them to cook in the kitchen.

■ Place all utensils and ingredients on the counter before starting to cook.

■ Always keep oven mitts and pot holders by the side of the stove. Always wear oven mitts when lifting a hot pan off the burner or removing one from the oven.

■ Turn pot handles inward toward center of the stove.

■ Tie back long hair, wear old clothes and roll up loose sleeves.

■ The last step in cooking is cleaning up!

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KITCHEN
KIDS



KITCHEN HINTS



A bean timetable.

Dried beans are a healthy treat that's easy to prepare.

1. Lentils' and split golden gram (mung) beans require no soaking. Allow other varieties to soak overnight.
2. Cook with 3 parts water to 1 part beans.
3. Simmer most beans for 1 1/2 to 2 hours; lentils and mung beans cook in just 20 to 25 minutes.
4. Add salt and other seasonings just before serving.

Source: "Cooking A to Z" (California Culinary Academy)

DINING GUIDE

After Work Gourmet

DINING GUIDE



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During many meals, salad and bread are the lead-in duo for the main course.

While the salad is sometimes nothing more than a bowl of iceberg lettuce and the bread nothing more than white rolls or garlic toast, occasionally the bread and salad offerings are the most sensational part of supper.

Freshly baked multigrain loaves, light and fluffy corn bread, fresh spinach salads topped with warm vinaigrette, and a marinated melange of cauliflower, beets and onion served atop lettuce leaves are a few favored restaurant remembrances.

They also serve as the inspiration for make-at-home meals that consist of nothing more than bread and salad — albeit hearty breads such as Corn and Ham Muffins or Tomato-Basil Biscuits and spectacular salads such as Classic Spinach Salad or Pickled Beet Salad.

The no-yeast quick breads take only about one-half hour to prepare; either salad can be tossed together during the bread's baking time.

CORN AND HAM MUFFINS

2 eggs
1/4 cup margarine, melted
1 1/4 cups buttermilk
1/4 cup frozen corn kernels, thawed
1/4 cup shredded ham
1 cup cornmeal
1 cup flour

1 1/2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
Yields 12 muffins.
Preparation time: 30 minutes.
Preheat oven to 400 F; grease or line 12 muffin tins.

In large bowl, beat together eggs, margarine and buttermilk. Stir in corn and ham.

In medium bowl, combine cornmeal, flour, sugar, baking powder, baking soda and salt. Pour dry mixture into wet mixture; gently stir until all dry ingredients are mixed in.

Pour into muffin tins; bake 20 minutes or until cooked through.

TOMATO-BASIL BISCUITS

1 tablespoon tomato paste
3 tablespoons milk, divided use
1/4 cup flour
1 1/4 teaspoons baking powder
2 tablespoons margarine
1/2 cup grated mozzarella cheese

1/4 teaspoon oregano
1/4 teaspoon basil
1 tablespoon grated Parmesan
Yields 12 biscuits.
Preparation time: 25 minutes.

Preheat oven to 425 F; lightly grease a baking sheet. Dissolve tomato paste into 2 tablespoons milk; set aside.

In large mixing bowl, combine flour and baking powder. Cut in margarine until mixture resembles coarse meal.

Stir in mozzarella, oregano and basil. Pour tomato paste mixture into flour mixture and stir lightly with fork until dough can be formed into a ball.

Turn dough out onto floured work surface and pat it to a 1/4-inch thickness; cut out biscuits. Gather scraps, pat to 1/4-inch thickness and cut as many additional biscuits as possible.

Place biscuits on prepared baking sheet; brush tops with remaining 1 tablespoon milk. Sprinkle each biscuit with Parmesan.

Bake 10 to 12 minutes until cheese is golden brown.

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KITCHEN HINTS

Add arugula.

Also known as rugola, rocket, Italian cress and roquette, arugula is a popular salad green in Mediterranean countries.

1. Young, slender, dark-green leaves have a tender, slightly peppery flavor; mature arugula can be unpleasantly hot and mustardlike.
2. Use alone in a salad or mixed with other greens. It's also good as a sandwich filling.
3. Use arugula when at its peak in the spring and fall.
4. To prepare, trim away roots, wash and dry leaves thoroughly.



Source: "Cooking A to Z" (California Culinary Academy)

Vegetarian View



By Harlene Ellis

We've moved away from the mainstream when it comes to grilling.

There are not too many things I could think of that wouldn't work well" on the grill, says Lisa Reade, a spokeswoman for the Barbecue Industry Association.

Cookbooks and barbecue brochures now include recipes for everything from pizza to fish to fruit kebabs. The grill is the perfect way to make exciting — and quick — vegetarian fare.

You even can grill a pizza. Try adding hickory or mesquite chips to the fire to give the dough a smoky flavor.

Pizza is among several grillable foods gaining popularity. Between 1985 and 1991, for example, the Barbecue Association saw a 33 percent rise in grilled fish and seafood.

"As people are eating a lot more of (these foods) in their everyday diets, they're working their way onto the grill," Reade says.

Grilling is a low-calorie way to prepare fish — and it keeps a "fishy" smell out of the house. Use firm fish, such as salmon, swordfish or halibut, and remember to spray the cool rack with a non-stick coating before cooking.

But cooks also can grill more delicate cuts, too. Place varieties such as sole or orange roughly in a wire basket, or cook on foil coated with vegetable spray. Make a few slash marks in the foil and baste the fish with butter, margarine or lemon to prevent it from drying out, cooking approximately 10 minutes per inch.

Trish Simmons, a Kingsford spokeswoman, says people also are selecting more adventuresome recipes when barbecuing.

"Not only is there a tremendous variety in what they can put on the grill, but also in what they can do with what they put on the grill," she says.

Grillers want healthy, tasty, impressive and easy-to-prepare dishes. That's why marinades and rubs — herb-and-spice coatings that cooks literally rub onto food surfaces — are big.

"It's so easy. Anybody can marinate something overnight and get this incredible-tasting meal. You can use what you have in your kitchen cabinets and experiment," says Simmons, who creates quick marinades with teriyaki, Worcestershire, Tabasco and soy sauces.

People now go beyond the standard bottled Italian salad dressing when marinating.

"Consumers overall are looking for bolder and spicier flavors," Reade says. "People are willing to experiment more with flavor and want more flavor."

Today's cooks, she says, spike their marinades and sauces with everything from superhot jalapenos to cool, tangy yogurt. Ethnic flavors from Mexican to Middle Eastern to Caribbean also are popular.

SMOKED GRILLED PIZZA DOUGH

3 cups all-purpose flour
1 1/4-ounce envelope active dry yeast
1 teaspoon salt
1/2 cup water
6 tablespoons olive oil
1 tablespoon honey
Olive oil
Suggested toppings:
Tomato paste
Cheese (mozzarella, fontina, goat, brie)
Herbs (basil, oregano, rosemary, garlic paste)
Vegetables (sun-dried tomatoes, roasted red peppers)
Shrimp
Yields 4 servings.

In food processor, mix flour and yeast. In small bowl, mix salt, water, 6 tablespoons of olive oil and honey. While motor is running, slowly add liquid to flour and yeast until it comes together in a ball or until it is fully mixed.

Transfer dough to floured surface and knead it until smooth and satiny, 5 to 10 minutes. Place dough in lightly oiled bowl, turning it over once. Cover with damp cloth until it doubles in size, about 30 minutes.

Turn dough out onto lightly floured surface. Cut into quarters and roll each quarter into tight, smooth ball. Place on baking sheet, cover with a damp towel and refrigerate until ready to bake.

Remove dough from refrigerator and let it come to room temperature. Roll out four crusts on floured surface to desired shape and thickness (1/4 to 1/2 inch). Top pizza as desired and sprinkle with olive oil.

Center one pizza on grill rack away from grill. Soak mesquite or hickory chips in water for 30 minutes and drain. Prepare coals; when coals are covered with light-gray ash and no longer flaming (usually 25 to 30 minutes) arrange them in a ring. Add the mesquite or hickory chips in layer over coals. (Coals may flame up a bit.)

Place the grill rack over coals, making sure pizza is over center of coal ring. Cover and cook, approximately 5 to 10 minutes. Grilling time will vary, so check frequently. When crust is stiff and crisp, remove from grill with a spatula or pizza peel and serve.

Marinades are an easy way to liven up grilled seafood. Each of these recipes yields enough marinade for 1 pound of seafood.

• **Lime-garlic:** Combine 1/2 cup chicken broth, 1 teaspoon shredded lime peel, 1/2 cup lime juice, 2 tablespoons oil, 1 tablespoon brown sugar, 2 minced garlic cloves and 1/4 teaspoon ground red pepper.

• **Southwest:** Combine 1/2 cup cider vinegar, 2 teaspoons Worcestershire sauce, 2 teaspoons dry mustard, 1 teaspoon cayenne, 1 teaspoon ground cumin, 1 teaspoon ground ginger, 1 crushed garlic clove and 1 medium minced onion.

After Work Gourmet



By Sharon Achatz

Get beyond basics with zucchini

It's that time of year — when most folks have had just about enough zucchini.

This is the season when this prolific vegetable offers up its most plentiful harvest, meaning there's plenty of produce at an inexpensive price.

The trouble is, zucchini is rather bland. There are only so many meals at which you can serve up sauteed zucchini as a side dish before your taste buds revolt.

Gratefully, precisely because zucchini is bland, it can take on a myriad of guises so as to continue to be useful beyond the point where your taste buds scream "No more zukes!"

Creative chefs can extend the culinary life of zucchini simply by preparing them in combination with a wide variety of other ingredients. The standard saute calls for zucchini, onions and herbs, but more inventive offerings include the likes of Zucchini-Pecan Gratin, which combines nuts, mushrooms and blue cheese into a splendid side dish.

Stewed Eggplant and Zucchini, a spectacular celebration of summery vegetables, makes for yet another winning accompaniment — either of these recipes pairs well with simply sauteed chicken breasts.

The most innovative squash stretchers, however, are those that employ zucchini as a secret, disguised ingredient.

Desserts and breads use up large quantities of grated zucchini and healthy up otherwise nutritionally wasted desserts. Two favorite recipes include Zucchini Chocolate Cake and Zucchini Pineapple Bread.

ZUCCHINI-PECAN GRATIN

5 tablespoons margarine (divided use)
1 cup pecans, chopped
2 shallots, minced
3 tablespoons minced fresh parsley
6 mushrooms, chopped
4 zucchini, cut in matchsticks
1/4 teaspoon salt
6 tablespoons crumbled blue cheese
Yields 6 servings.
Preparation time: 25 to 30 minutes.

Heat 2 tablespoons margarine in small skillet over medium heat. Add pecans, shallots and parsley; saute 2 minutes. Stir in mushrooms, toss to combine and cook 2 minutes more; set aside.

Preheat broiler.

In large skillet, heat remaining margarine over medium-high heat. Sprinkle zucchini lightly with salt and add to skillet. Saute until tender-crisp, 1 to 2 minutes. Mound zucchini on oven-safe serving plat-

ter and put pecan mixture on top; sprinkle with cheese.

Place platter in broiler, 6 inches from heat. Broil just until topping is warm, about 30 seconds.

STEWED EGGPLANT AND ZUCCHINI

1 onion, thinly sliced
1 green pepper, thinly sliced
1 teaspoon minced garlic
3 tablespoons vegetable oil
1 pound eggplant, cut into 1-inch pieces
2 zucchini, sliced
1/4 pound mushrooms, sliced
1/2 cup chopped tomatoes
1 teaspoon dried basil
1 teaspoon sugar
1/4 teaspoon pepper
Yields 8 servings.
Preparation time: 25 to 30 minutes.

Combine onion, green pepper, garlic and oil in large microwave-safe casserole dish. Cover and cook on HIGH 4 to 5 minutes, until onion is soft.

Stir in remaining ingredients. Cover and microwave on HIGH 10 to 15 minutes, until vegetables are just tender.

Let stand, covered, 5 minutes before serving.

ZUCCHINI CHOCOLATE CAKE

4 ounces unsweetened chocolate
1/2 cup vegetable oil
1/2 cup margarine, softened
2 cups sugar
2 eggs, slightly beaten
1 egg white, slightly beaten
1 tablespoon vanilla
2 cups flour
1/2 cup cocoa
2 teaspoons baking soda
2 teaspoons baking powder
1 teaspoon salt
1/2 cup buttermilk
3 cups grated zucchini, well packed
1/2 cup chopped pecans
Yields 1 9-inch cake.
Preparation time: 1 hour.

Preheat oven to 350 F. Grease and flour 2 9-inch round cake pans. In small saucepan over low heat, melt chocolate and oil.

Meanwhile, in large bowl, cream margarine until light. Add sugar, eggs, egg white and vanilla; beat well. Add melted chocolate and mix well.

In medium bowl, sift together flour, cocoa, baking soda, baking powder and salt. Stir into creamed mixture alternately with buttermilk. Add zucchini and nuts to batter.

Divide batter between pans. Bake 40 minutes, or until toothpick inserted near center comes out clean. Cool cake completely before topping with whipped cream or frosting.

microwave magic



By Desiree Vivea

Lobsters fall into two main categories. First are those large ones with the oversize claws. They come from cold North Atlantic waters and are sold live — which means that before you can eat them you have to cook them by dipping them head first into a pot of boiling water. Definitely not everyone's cup of tea.

If you love lobster and want to serve it at home, but you're not sure you're the type who can easily handle boiling critters alive, take heart. There's another kind of lobster whose cooking doesn't require any stove-top mayhem.

Besides the large-clawed lobster, there's the smaller, clawless spiny, or rock, lobster (also known as langosta or crawfish). These come from warmer Pacific waters (some are imported from Australia and Thailand) and are available as frozen tails, ready to simply pop into your microwave.

All shellfish microwave well, and there's no faster or more convenient way to cook them. And your microwave cooks with moist heat, so shellfish stay tender and juicy.

Whenever you use frozen seafood, thaw completely before microwaving. To defrost one 8-ounce frozen lobster tail, place on a paper towel in a shallow, microwave-safe dish with the lighter underside up. Remove any foil wrappers or metal twist ties. Microwave at LOW/DEFROST (30 percent power) setting 4 to 7 minutes, turning over halfway through defrost time. Check frequently.

To prevent lobster from beginning to cook, remove from oven while still slightly icy. Let lobster stand about 5 minutes, to finish defrosting. Defrosted shellfish should be flexible, still transparent (not opaque) and cool to the touch.

Check delicate lobster frequently during cooking time. Remove lobster from the microwave while it is still slightly translucent in the center. Lobster, like all microwaved fish and seafood, will continue to cook after you remove it from the oven, so let it stand for the recommended time before checking for doneness.

Lobster is done when flesh is opaque all the way through and texture is tender but firm. Regardless of shell color when raw, all lobster shells turn bright red when cooked.

Plan on one 6- to 8-ounce lobster tail for each serving. Simple melted butter and lemon juice are classic condiments, or try a quick microwave lemon sauce (recipe below). If you're cutting back on calories, serve with just a drizzle of lemon juice or a light vinaigrette dressing.

A tossed green salad and crusty bread make excellent side dishes, or serve with asparagus spears and rice pilaf for a more impressive meal.

QUICK MICROWAVE LOBSTER TAILS

1 to 2 tablespoons butter OR

margarin:
1 to 4 (8-ounce) thawed, frozen lobster tails
Fresh lemon wedges
Paprika
Yields 1 to 4 servings.
Preparation time: 5 to 10 minutes.

Cooking time: 4 to 12 minutes (plus 3 minutes standing time).
Oven setting: HIGH (100 percent power).

Place butter or margarine in small glass custard cup. Microwave about 1 minute, to melt. Set aside.

Split top shell of each lobster tail to inhibit curling; use kitchen scissors to remove fins. Loosen meat from shell, leaving meat connected to shell at top end. Rinse with cold water and pat dry with paper towel.

Arrange prepared tails in shallow microwave-safe baking dish, brush with melted butter and sprinkle lightly with lemon juice and paprika. Cover and microwave 3 to 4 minutes for 1 tail; 5 to 6 minutes for 2 tails; 9 to 11 minutes for 4 tails. Let stand 3 minutes before serving.

BRAZILIAN LOBSTER WITH SHRIMP

1 tablespoon olive oil
¼ small onion, thinly sliced lengthwise
1 large OR 2 medium tomatoes, chopped
1 jalapeno pepper, seeded and minced
1 teaspoon lemon juice
¼ teaspoon salt
¼ teaspoon sugar
1 tablespoon butter OR margarine
1 clove garlic, minced
2 (8-ounce) thawed lobster tails, shells removed and cut in half crosswise
1 pound large shrimp, shelled, deveined and halved lengthwise

Fresh cilantro sprigs (optional)
Yields 3 to 4 servings.
Preparation time: 15 to 20 minutes.

Cooking time: 10 to 16 minutes (plus 3 to 5 minutes standing time).
Oven setting: HIGH (100 percent power).

In 1-quart microwave-safe casserole, combine olive oil and onion. Microwave 2 to 3 minutes, or until vegetables are tender. Stir in tomato, jalapeno pepper, lemon juice, salt and sugar. Microwave 4 to 6 minutes, stirring twice, until mixture bubbles. Set aside.

Place butter or margarine in 8-inch round glass pie plate. Microwave about 1 minute, to melt. Stir in garlic, then add prepared lobster tails. Cover with vented plastic wrap and microwave 1 minute. Stir in shrimp, re-cover, and microwave 2 to 5 minutes, or until lobster is opaque and shrimp are pink.

Spoon tomato/jalapeno mixture over shellfish. Cover and let stand 3 to 5 minutes before serving over hot cooked rice. Garnish with fresh cilantro sprigs, if desired.

FOR TEENS

By Willard Abraham, Ph.D.

Holding hands

Dr. Abraham: Is holding hands kind of sexy or anything like that? I'm not sure what "sexy" really means, but I do know that when I hold my girlfriend's hand, mine gets kind of wet, and I have to wipe it off to start holding hands with her again.

I like to do that, and I can tell you that she likes it, too. Does it sound OK to you? My mom and dad tell me that it is all right when I ask them, but they told me I should ask you.

I respect your opinions, and so do they.

So tell me what you think. I am 14 years old, and she will soon be my age. — Hand Fun

Hand Fun: You find pleasure in it, your girlfriend apparently does, too, and your parents seem to agree that it is all right. Based on what you wrote to me, I can't help but agree with all of you. After all, who am I to question a pleasant practice that seems to have the approval of all four of you?

Dr. Abraham: I know that what my parents are doing is wrong, but I don't know what to do about it. They let my little sister crawl into their bed (sometimes between them) at least a few nights every week.

When I tell them that isn't a good idea they say things like, "She enjoys it, so what's wrong?" or "I did it when I was a kid, and it didn't hurt me at all" (my mother's words), or "It keeps me warm" (my father).

I've never done it, or even had a thought about getting into their bed, but they take it for granted that it is all right for her. She is almost 11 years old, and I think it is long past time to stop.

What do you think? — Worried
Worried: I agree with you. Because they have convinced themselves that there are good reasons for continuing the practice, it may be difficult to get them to change their minds.

She is nearing adolescence, so time is running out before this practice can create some difficult situations for her and your parents.

They really need an appropriate professional person to go into some detail about the reasons for discontinuing this practice. Your school counselor may be able to recommend a well-qualified psychologist or social worker who can help them see this matter in a realistic way.

Dr. Abraham: When I was a kid in elementary school I was bigger and smarter than most of the others, so they skipped me a whole year.

My parents thought it was great, but as I went along in school I found out otherwise.

I had been about the smartest

kid in class, but then I became one of the slowest ones. It really hurt me a lot. It took until my second year in high school to get over it, with the help of a good counselor and the chairman of the English department, who let me be his assistant.

I guess what I got from them was a buildup of my self-esteem or something.

For me I felt that the school and my parents made a mistake, but how about other kids who have been skipped? I still wonder about all this. — Student

Student: Your statement about it being a mistake is a feeling many skipped students and their parents have, but not all of them.

This is an issue related to an individual student's needs, requiring a thorough evaluation of the student, attitudes of his or her present and proposed teachers, and parental opinions. Some who skipped feel as you do; others accept and benefit from taking that step.

I'm so glad you encountered a school counselor and teacher who were sensitive to your needs. You were so fortunate.

Dr. Abraham: Everything about this boy I like is wonderful, except for one thing. He has yummy looks, is always neat, has a great smile, seems to like me a lot, and is funny and a joy to be with. But why doesn't he do something about the way he smells? That's right, he just smells so bad.

He needs a shower or deodorant or something, or I think I'm going to throw up.

I don't want to hurt his feelings, but I really can't stand it anymore.

What can I do about it? — Caring
Caring: For a celebration of his birthday, an anniversary of the week, month or year you met him, or some other event, give him a real, wonderful, or funlike present, and tuck a deodorant in with it. If he mentions it or asks about it, tell him that you thought it might be useful to him.

Because of his body odor (if that is the cause of the problem), which may be due to the need for a hot, soapy shower or bath, a physical characteristic, or clothing qualities, you might have to point out such possibilities to him. If all else fails, his physician may be able to help out.

You could be going too far in delving into this problem, but your manner, affection and concern might help smooth your effort. Because it seems necessary to make him aware of the problem, taking a chance might be well worth it.

FOR TEENS

Cooking Corner



The culinary culture of Mexico

By Jennifer Plantier

Like its people and traditions, Mexico's cuisine speaks of its history. Nearly 500 years ago two cultures found themselves struggling over a land as rich in food resources as it was in gold.

The dynamic mix of Old World and New World ingredients and cooking techniques that followed resulted in a new cuisine that has not yet become resistant to change.

As hard as it is to imagine, many of our most popular food staples and treasured delicacies were altogether unknown to the Europeans before they stumbled onto the Americas. Corn, many varieties of beans, tomatoes, squash, avocado, chilies and even chocolate and vanilla were indigenous to the New World.

The Spaniards brought wheat, rice, carrots, olives, peas, citrus fruits, sesame and other Old World plants when they arrived to convert Native Americans to Christianity. Monks and nuns, who cooked for the military and religious hierarchy, combined familiar foods from home with newly discovered but tasty native ingredients.

One of the most obvious Hispanic influences was the introduction of livestock such as pigs and cattle, not only for the meat, but for the lard that is used for frying and sauteing. Dairy products such as milk and cheese, used regularly in Mexican dishes, also were of European origin.

Herbs and spices enhance but do not dictate the character of a dish. The natural flavors of the ingredients, not the seasonings, provide most of the flavor. Dried Mexican oregano, used in combination with cumin and cloves (1 teaspoon to ½ teaspoon to ¼ teaspoon respectively for balance) make up a typical trio of spices in many meat dishes and red sauces.

Mexican oregano, one of many varieties known worldwide, is obviously indigenous. Cumin and cloves, on the other hand, originated in Asia and the Mediterranean respectively.

Cilantro, which isn't native but is very widely adopted, also is called Chinese parsley or fresh coriander. It combines extremely well with chilies, tomatoes and many other favorite seasonings.

The chili has been called the definitive centerpiece of Mexican cooking. It's a rare Mexican meal

that doesn't include at least one variety of sweet or spicy chili peppers. Their presence is surrounded by chili magic and superstition that dates to the ancients, and its medicinal qualities were appreciated by the Aztecs. Extremely popular with the conquering Europeans, it has yet to be cultivated anywhere with as much gusto as in Mexico.

Corn could be described as the structure of the Mexican diet. To them, it is the ancient gift of the gods, meant to sustain life. It is an important part of many religious rituals, both ancient and present-day. *Masa*, the fresh corn dough used for tortillas and other dishes, is a versatile staple. Lime-treated, dried white corn is cooked and ground into the dough.

In case you are wondering, dry-ground cornmeal is not a suitable substitute.

Fresh tortillas can make or break an authentic Mexican dish. That doesn't necessarily mean you must prepare them yourself — they can be bought in grocery stores or ethnic markets in many areas of the country.

Beans were the major source of protein for indigenous peoples of the New World. Mexican markets display as many as 20 varieties. Pinto beans prevail in northern Mexico, while black beans are preferred in many other regions. Most meals are accompanied by beans of some sort, which are traditionally cooked and served plain. This nutritious and flavorful staple needs little doctoring to warrant a place on the menu.

Mexican eating patterns reflect the country's hot climate and, to some extent, way of life. Many times, a large, late breakfast provides a morning break from working in the hot sun. Later in the afternoon, the leisurely *comida mexicana* (the main meal) divides the day in half.

Most businesses close from 2 p.m. to 5 p.m. to accommodate this meal and a nap as well. The formal meal begins with soup, proceeds to a rice dish and climaxes with a main meat dish and vegetable side dishes. A bean course usually accompanies the *plato fuerte*, or main dish. Dessert leads diners straight into the siesta. The *comida* is considered more of a social or family gathering than a meal.

Antojitos, or snacks, make up the rest of the day's nourishment.

Fruit, sandwiches, leftovers and bite-size foods are considered suitable for a late supper.

The preparation of Mexican foods is not especially difficult, but some dishes are more extensive and thus more time-consuming than others. Once cooks have mastered preparation of the juicy, shredded meats, flavorful chilies and fresh *masa*, they are on their way to authenticity.

These recipes are from the Cole Group's, California Culinary Academy Series cookbook "Mexican Cooking," available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95409 (800) 959-2717, or your local bookseller (\$11.95).

The avocado is used extensively in Mexico. Often just sliced and served as a garnish, it provides one of the important texture contrasts so typical of the cuisine. Certainly its most well-known and popular use is in versatile guacamole.

In Mexico it is most often served on lettuce as a salad or side dish, but it is used also as a garnish for tacos, burritos, tostadas or *flautas* and, of course, as a dip accompanied by *totopos* (fried tortilla wedges) or assorted raw vegetables.

GUACAMOLE

- 2 large avocados
- 2 teaspoons fresh lime OR lemon juice
- ¼ cup sour cream (optional)
- 1 small clove garlic, crushed
- 1 small tomato, diced
- 1 canned jalapeno, seeded and finely chopped (optional)
- ¼ cup onion, finely minced
- Few sprigs cilantro, coarsely chopped
- Yields approximately 2½ cups.
- Halve avocados; remove pit, scoop out pulp and mash with fork.
- Add lime juice, sour cream (if used), garlic, tomato, jalapeno (if used), onion and cilantro, mixing after each addition.

*** This is one of the most common shredded meat fillings served in Mexico. Use this filling for tacos, *flautas*, burritos, *chimichangas*, *tortas*, *empanadas*, *enchiladas* *coloradas* and *sopes*.

RES

(Beef Filling)

- 3 pounds chuck roast, cut into 2-inch cubes
- 3 tablespoons lard OR oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 (16-ounce) can solid-pack tomatoes, pureed in blender
- Yields 10 servings.
- Place meat in pot and cover with cold water. Bring to a boil, cover, and simmer 1½ hours. Allow meat to cool in broth until easy to handle.

Remove meat and shred by using fingers or two forks. Meat will also shred easily in food processor using plastic blade. Place a few pieces of meat at a time into container and process briefly (avoid shredding meat too fine).

Heat lard in large skillet, add shredded meat, and cook until lightly browned. Add onion and garlic and cook until onion is soft. Stir in oregano, cumin and salt.

Slowly add tomato puree and simmer, uncovered, for 30 minutes, stirring occasionally until done. If necessary, add small amounts of beef broth or water to maintain a moist mixture.

Use as filling for tacos, burritos, *flautas* or *enchiladas*.

QUESO Y CEBOLLA

(Cheese and Onion Filling)

- 1 pound Colby, Jack or mild Cheddar cheese, grated
- 2 (2¼-ounce) cans sliced ripe olives
- 1 onion, chopped
- Yields enough for 1 dozen *enchiladas*.

Set aside 1 cup of grated cheese. Mix together olives and onion. Fill each *enchilada* by placing a handful of cheese in the center of prepared tortilla. Top with spoonful of onion and olive mixture. Roll and proceed with *enchilada* recipe of your choice.

Top finished *enchiladas* with the 1 cup grated cheese and bake according to recipe.

*** Flan is most definitely the classic dessert of Mexico. Introduced by the Spanish, it also has a French counterpart in *creme caramel*. This satiny smooth flan melts in the mouth and is a rich yet light ending to a special meal.

FLAN

(Caramel-Coated Custard)

- Caramel:
- ¼ cup sugar
- 2 tablespoons water
- Custard:
- 2 cups milk
- ¼ cup sugar
- 4 eggs
- 1 teaspoon vanilla extract
- Yields 6 servings.
- Preheat oven to 350 F.

For caramel: Place sugar and water in small saucepan and bring to a boil over medium-high heat. Continue cooking until it turns light brown (8 to 10 minutes). Pour into 1-quart, smooth-surfaced mold (or 6 individual molds), turning mold quickly in all directions to coat bottom and lower sides.

For custard: Place milk, sugar, eggs and vanilla in blender. Blend 1 minute on medium speed. Pour into mold and place mold in larger pan. Pour warm water into larger pan halfway up sides of mold. (This is known as *baño de Maria* — Mary's bath.)

Bake for about 1 hour (40 minutes for individual molds). Check occasionally during baking to be sure *baño de Maria* does not boil. If it boils, reduce oven heat slightly; however, do not reduce below 300 F. Test for doneness by inserting a kitchen knife only halfway into custard, making sure not to pierce bottom. The custard is done when the knife comes out clean. Cool 1 hour; then refrigerate at least 3 hours.

Unmold by running kitchen knife around edge of flan. Place serving dish over mold and invert it to unmold.

Jennifer Plantier is a columnist and free-lance food writer.

COOKING CORNER

Garden Talk

By C.Z. Guest

City dwellers and others who have limited space for gardening can still grow fabulous vegetables by using containers. There are many varieties of vegetables suitable and many dwarf varieties that have been developed for that purpose — to grow well in pots and in planter boxes.

Tomatoes, cucumbers, lettuce, green peppers and onions, to name a few, are among the possibilities for container gardening. I recommend choosing a bush variety of vegetable that your local garden center or nursery advises — they know what grows best under local conditions.

As for the containers themselves, several points are important to consider before starting the garden. To be successful, figure out just how much space you have available. Keep in mind the size of the container depends on what space can be used.

Also consider root depth since the planters should be about 8, 10 or 12 inches deep. Always include a hole in the bottom for good drainage!

Location makes a big difference as well. Most vegetables require lots of sunlight (that goes for flowers, too), so pick a spot to place the container where it receives the most sun.

The kind of material the planter is made of is important, too. Familiar red-clay pots work beautifully, and so does wood. The wood should be treated for outdoor use

— make that clear to the supplier.

When buying or building a wooden box, avoid wood treated with oil-based preservatives, such as creosote. The preservatives will give off fumes that will kill your plants!

Look for wood treated with water-based preservatives. I suggest using redwood — it may be more expensive, but it will last a lifetime!

Once the space limitations are known, plan your choice of crops to best utilize that space. For example, lettuce and dwarf tomato types use space well, but squash doesn't.

Unless rainfall is plentiful, watering may have to be done every day, especially during the hot summer months (when the sun is high in the sky).

You must fertilize every two weeks on a regular basis; Miracle-Gro is what I use. Read directions carefully on the label. Fish emulsion is another option.

Regarding cost factors, container gardening may or not be economical. However, we all love to watch plants grow and caring for them is never a chore. The flavor and quality and delight of freshly picked produce is still a big incentive.

C.Z. Guest is a gardening authority whose work appears in *House and Garden* and author of numerous books and videos, including "5 Seasons of Gardening" (Little, Brown and Co.).

Our Children

By Willard Abraham



Parents should check out preschools thoroughly

Q. My mother forwarded a copy of your article regarding a woman concerned about her child attending preschool because of possible injuries that can (and do) occur. She apparently needed to convince her husband that preschool was a valuable experience for their 3-year-old. Your answer contained valuable information, and I agree with you.

However, you left out one very important and little known solution: Have the parent(s) make an appointment with the agency that regulates and/or investigates preschools for their county/area and review the files on the preschools she is interested in.

In this way, parents may have a private opportunity to judge the various sites by written documentation for any previously noted problem areas at each facility. Such materials are public record and contain valuable information.

By file review, parents can judge each prospective facility for a pattern of injuries, lack of qualified staff, etc. A visit to the various preschools is also recommended.

I hope that parents will recognize the benefits of a sound preschool environment and how enriching it can be for the children. I also hope that if the parents suspect any areas lacking care and

supervision of children, they will contact their local regulatory agency and discuss the matter with the evaluator.

A. Thank you very much for your important addition to my response to an earlier letter. It can be extremely helpful.

That response included several points that might also help other parents of preschool-age children.

Because a preschool can be judged by its personnel, programs (in action, not just posted on a bulletin board) and facilities, personal visits should include checking on those three factors. You can ask questions about (and actually see) cushions or mats at bases of climbing equipment, covered electrical outlets, no sharp edges on furniture, doors and gates in good repair and ground surfaces as accident-proof as possible.

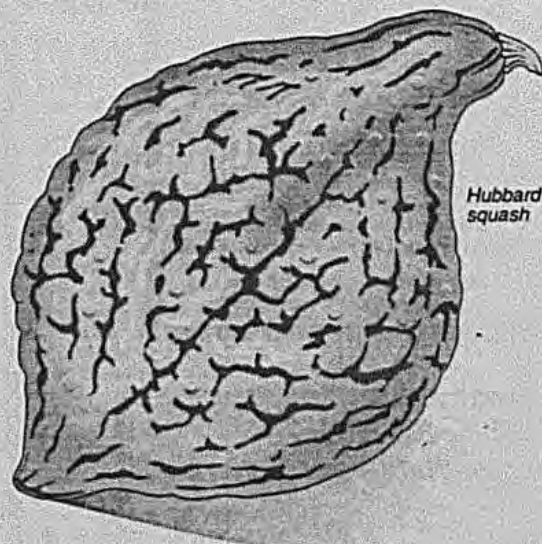
The main goal is having enough qualified personnel. Supervising young children's activities and behavior and controlling disputes are among their skill requirements.

Accidents can also happen at home, even with a 1-to-1 parent (or caretaker)-child ratio. As most parents know, vigilance is always necessary wherever children are, regardless of their age.

GARDEN TIPS

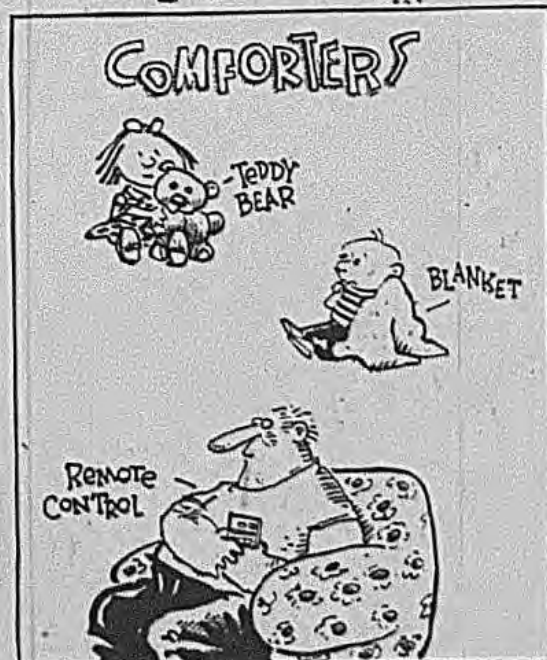
Container gardening

- Select containers that are 8 to 12 inches deep.
- Use containers made of clay or redwood. Avoid wooden containers that have been treated with an oil-based preservative.
- Keep vegetable and flower containers in a sunny spot.
- Tomatoes, cucumbers, lettuce, squash, green peppers and onions are possible plants for containers.
- Fertilize container plants every two weeks.



Hubbard squash

The Crow's Chronicle



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Fitness Forum

By Michael Kinsman

The operators of Esbeltez weight-loss program are speaking the language of success.

They mainly speak Spanish, but sometimes English.

Capitalizing on a burgeoning Latino market on both sides of the border, the Chula Vista, Calif.-based company is catering to that market by offering weight-control advice along cultural lines.

"Mexicans eat different foods than we do in the United States," said Susan Green, marketing director of Esbeltez, which loosely translates to "being thin" in Spanish. "Even when they live in the United States, they continue to eat the foods of their Mexican culture."

That diet includes lots of traditional Mexican fare — tortillas, tamales, refried beans and enchiladas, among others — that include heavy doses of cheese and lard.

"We don't tell people that they can't eat enchiladas," Green said. "We know that they will eat enchiladas anyway, so we tell them how they can prepare enchiladas that will be more healthy."

The recipe is working. Since its founding in 1989, Esbeltez has grown from a single location with 50 clients to four U.S. offices and nine in Mexico for a total of more than 2,100 clients.

Revenues have climbed from about \$100,000 in its first year of operation to an anticipated \$500,000 this year. A staff of 10 full-time employees is supplemented by 30 part-time workers, many of whom give motivational lectures to members each week.

Esbeltez programs are in English and Spanish. But because it has such a strong emphasis on the dietary habits of the Mexican culture, about 95 percent of its work is done in Spanish.

"Mexicans don't assimilate as fast as other cultures in the U.S.," Green said. "Even second and third generations who have moved here from Mexico still have very close ties to the Mexican culture."

Esbeltez's two top officers — President Dolores Green and Vice President Ofelia Molina — are products of a cultural exchange.

Green, an American, lived in Mexico for 20 years, while Molina, who was born in Tijuana, Mexico, has lived in the United States for the past 17 years.

"At Esbeltez, we're dedicated to changing unhealthy eating habits and seeing slimmer, healthier Latinos," Dolores Green said. "The Esbeltez program is based on research in the fields of nutrition, exercise, psychology and medicine, and it's geared specifically for the Latino population."

Molina actually joined Esbeltez first as a client. As a result of her interest in the weight-loss program, she became a lecturer for the company and later assumed a full-time position.

Esbeltez charges clients \$25 to join the weight-loss program and another \$6 to attend weekly group

meetings where they hear motivational talks, receive encouragement and a menu that gives them directions for three healthy meals a day, most of them Mexican dishes.

Once members of the program reach their desired weight loss, they are able to attend the hour-long weekly sessions cost-free.

At weekly meetings, some very basic dietary information is supplied to clients, who may never have considered the nutritional aspects of the food they eat. Program members learn, for instance, that eating a corn tortilla is equivalent to eating a single slice of bread while eating a flour tortilla is equivalent to eating two.

"When you realize that that Mexicans use a tortilla as an eating utensil, you can see that this can be very important information for them," Susan Green said.

Clients also learn about the importance of drinking water and its relationship to the metabolism of fat, she said.

Esbeltez has a catalog of more than 1,000 recipes available to its clients. The recipes have been analyzed and approved by nutritionists and registered dietitians at the University of California at San Diego.

James R. White, professor emeritus and former chairman of UCSD's Department of Exercise Physiology, supervised the recipe analyses and evaluated the nutrition and behavior-modification program.

"The classes motivate the clients and teach them how to modify their existing eating habits and implement Esbeltez menus," he said. "The menus use easily available and inexpensive foods prepared in the clients' homes."

One of the challenges the company has faced is dealing with a culture that does not provide much freedom to women.

Even though about 85 percent of the weight-loss program's participants are women, Susan Green said many Latino women have hurdles to overcome just to join the program.

"Often, it's a very delicate balance because these women are trying to do something for themselves," she said. "A Mexican woman is not a person of her own, but rather part of a unit — the family. If she wants to lose weight, it can become a very serious issue in the household."

Green said that many times women secretly join the program and begin preparing Esbeltez recipes in their homes without telling other family members.

Esbeltez opened its first Tijuana location just three months after its Chula Vista office began operation in 1989. The rapid growth of the company south of the border displays the need for its services, Susan Green said.

THE HEALTHY GOURMET



By Kit Snedaker

Cool desserts such as chilled souffles and mousses look as festive as they taste. But the best reason of all to plan cold souffles is that they are easy on the cook.

Make them in the morning, then either refrigerate or freeze them until serving time. The cook brings a masterpiece to the table at the end of the meal without a hair out of place.

CHOCOLATE SOUFFLE

- 4 egg yolks
- 1 cup sugar
- ¼ cup water
- 8 ounces unsweetened chocolate, melted
- 2 tablespoons coffee-flavored liqueur, dark rum or strong coffee
- 6 egg whites at room temperature
- 1½ cups heavy cream

Yields 6 to 8 servings.
Each serving has about 445 calories, 33 grams fat, 197 milligrams cholesterol and 60 milligrams sodium.

Cut a strip of wax paper long enough to fit around 1-quart souffle dish. Fold it in half lengthwise and brush one side with vegetable oil. Tie paper around souffle dish with oiled side inside and folded edge extending 2 inches above rim.

Beat egg yolks until thick and creamy. Put ¼ cup sugar in sauce-

pan. Add water and bring to boil stirring until sugar is dissolved. Boil, uncovered, until soft ball forms when a little is dropped in cold water, about 5 to 7 minutes.

Now beating constantly with an electric mixer at high speed, add syrup to egg yolks in steady stream. Continue to beat until mixture is room temperature, about 8 to 10 minutes. Blend in chocolate and liqueur.

In clean, dry bowl, beat egg whites until they form soft peaks. Add last ¼ cup of sugar a little at a time and continue to beat until stiff. Stir half of whites into chocolate mixture, then gently but thoroughly fold in rest of whites.

Whip cream until soft peaks form. Gently fold whipped cream into chocolate mixture, and spoon into prepared mold. Cover loosely with plastic wrap.

Now souffle can be frozen until solid, about 8 hours. Then wrap tightly with plastic wrap and foil. It will keep for 5 days at 0 F. If serving the same day, chill for 2 to 12 hours and when ready to serve, remove collar.

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

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FITNESS FORUM

Here's How

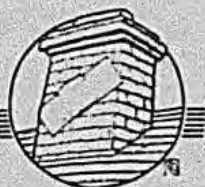
By Gene Gary

Q. I have an asphalt driveway. Is it necessary to use a sealer to protect the asphalt surface? What other maintenance procedures are required?

A. An asphalt driveway needs regular maintenance to protect and preserve it. The use of a sealer is 90 percent cosmetic.

However, sealers help prevent moisture from working its way into the asphalt. Moisture can cause damage, particularly in colder climates, where the water expands and contracts when it freezes and thaws, breaking up the asphalt.

Most experts recommend an annual inspection of the driveway for cracks or holes, along with the application of a sealer over the entire surface every year or two.



Holes and cracks should be repaired annually or they will continue to deteriorate. Wide cracks and potholes can be filled with blacktop patch, a prepared asphalt sold in 60-pound bags.

Clean out all loose asphalt and gravel. Scrape around the edge of the crevice or hole until you have a solid edge. Fill the hole to within 1 inch of the top with the patching mixture. Use a 4-by-4 timber to tamp the mixture into the hole. Be sure it is pressed firmly against all sides of the opening.

Proceed by adding additional patch mix until the filled area is about 1/4 inch above the level of the driveway. Finish by tamping the material until it is flush with the drive. It often helps to place a

board over the patching and drive your car over it to make sure it is firmly packed into the patched area.

Smaller cracks can be filled with asphalt crack filler that pours from a bottle. Before filling the cracks, remove any loose materials with a wire brush and vacuum.

Freshly filled spots and holes should be allowed to cure for about 90 days before applying a sealer. When you are ready to apply a sealer, sweep the driveway free of dirt and debris. Cut away grass that grows along the edges so the sealer can cover them. Use strong detergent or trisodium phosphate and hot water to scrub away oil or gas residue (if there is any softening in these areas you will need to spot remove the softened material and replace with blacktop patch).

Before applying a sealer, read the manufacturer's label for specific preparation steps. Some products require a dry surface, while others recommend a slightly damp one.

Do not apply in wet weather (the temperature should be at least 55 degrees. The sealer can be applied

with a sealing brush/squeegee, an old push broom or a roller.

Before applying the sealer, mix it thoroughly. Often the ingredients separate during shipping. Turning the cans upside down the day before use will make the mixing process easier.

There are three types of sealer available. The most expensive is an asphalt base sealer, which should be used only on new asphalt or if the surface was previously sealed with the same material. A tar emulsion sealer is the least expensive and probably the most popular. It seals against gasoline, oil spills and drips.

A tar base sealer is available that contains black aggregate giving it extra body. It is used to fill large areas of cracking and to provide traction on steep drives. You can also mix fine sand with standard tar base sealer to give it body. However, the surface will take on a salt-and-pepper appearance as the sealer wears.

Spread all sealers as thin as possible.

Decor Score

By Rose Bennett Gilbert



Q. I'd like to do something different in my sons' room. It's kind of in an attic, and the wall isn't straight all the way around — which should inspire me but doesn't. Would you please try? — L.Y.

A. Try this: Denver designer Lolita Dirks has created a whimsical masterpiece in the boy's room we show here. (I'd say "monster-piece," but dinosaurs are too dear to everyone's heart today to be called monsters.)

Besides the designer's imagination, all it takes to individualize any room is courage, paint and — in this case — wallpaper. For this room in a new house built by Emerald Homes in Houston, Dirks borrows her brontosaurus from the wall-covering border and blows him up dramatically to fill the end wall.

Even a non-artist can scale up any motif by using graph paper ruled so a quarter of an inch equals a foot. You transfer the design, square by square, to the wall, chalk your guidelines and paint.

Children's rooms are great fun to play with. Not only do the young occupants respond to bright colors and offbeat ideas, they keep on growing up from one ambience to another. This means you'll keep changing their environment, so there's none of the worry about "investment decorating" that so often fossilizes our sense of fun in more serious rooms in the house.

Q. We were flooded out this summer — like half the people in the country! — and need some help

getting our lives back in order. This may not be your kind of question, but since the first thing we have to do is repaint every room on the first floor, we need information on the best kind of paint to use over water-damaged surfaces. Also important: Is there anything we can do to combat the awful mildew odor that's all through the house? — L.W.R.

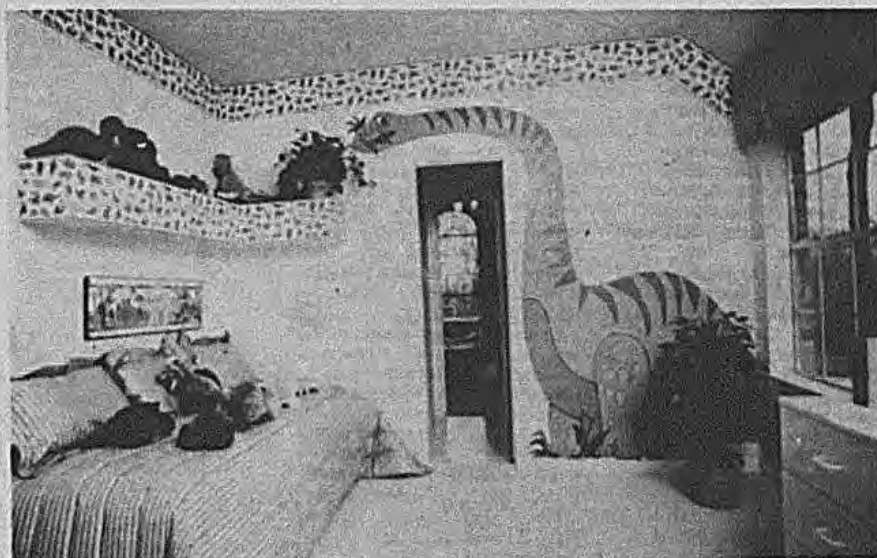
A. You're right that this is not my usual kind of decorating question, but you're also right that smart decorative products can go a long way toward solving problems like the ones you were left with when this summer's waters finally receded. The experts at Wm. Zinsser & Co. of New Jersey have been giving painting tips since 1849 or so, and they've been

quick to respond to problems caused by the floods of 1993.

Their advice: Once surfaces are thoroughly dry (test with a moisture meter you can buy at the hardware store), prime before painting with a shellac-based primer. The shellac will keep stains from leaching out and marring the top coat. The shellac will also help seal away musty odors and eliminate mildew, Zinsser promises.

If you're repainting your entire house, however, shellac-based primers would seal things up too tightly.

Since you'll want to talk specifics about your own problem, here's the number for the technical hot line the company has set up: (908) 469-4605.



DINO SOLUTION — Making child's play of a problem doorway, Denver designer Lolita Dirks painted a brontosaurus that "nibbles" the plant on the wallpapered shelf.



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Help Wanted

CHILD CARE /HOUSE-KEEPING. Live-in needed in my NHP home for two children, 2 & 8 years old. Mature, non-smoker with clean driver's license & checkable references. English/Spanish. 488-5402. wO2

PERSONAL ASSISTANT - SINCERE & dependable. Experienced secretary, pay bills, errands, driver's license, shopping, trouble-shooter. Well organized homemaker & health oriented cook. Live in or out. Call 294-9741 gO3

P/T SALES CLERK, local video store. Must be available weekends & evenings only. Please call Bill 484-2978 wO1

P/T CLERICAL - small accounting office. Ideal for high school or college student. 747-5809 wO1

CLERK-TYPIST - Full or Part Time, word processor. Will train, law office, Williston Park. 248-0991 wO2

GARDEN CITY COMPANY looking for stock person, either mature high school or college student preferred. P/T flexible hours. Call (516)328-7800. gO1

FILE CLERK F/T OR P/T. Filing, photocopy, and some telephone work for Garden City law firm. Call 741-8005. gO1

HOUSEKEEPER IN GARDEN CITY. P/T woman w/car. Cleaning, laundry, local errands, Mon-Fri. 1-5 p.m. Non-smoker. Experience and references required. 747-4264 evenings. gO2

TUTOR: 5TH GRADE MATH Two days per week. NYS Certified. References required. Please leave name and phone number. 747-6406. gO2

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. 746-7300. wO4

P/T - MATURE WOMAN TO MAKE designer jewelry. No training necessary. Must have good eyesight, be reliable, non-smoker, English speaking. Please call 742-5779 wO1

ENGLISH SPEAKING WOMEN NEEDED for household chores: Cleaning, ironing, wash, errands etc. \$10/hr. Must have own transportation. Call 741-6616, leave message. wO3

BABYSITTER WANTED - MATURE woman needed 3 days per week 8 AM - 6 PM to babysit infant in my E West Hempstead home. Experienced/references a must. Own transportation, non-smoker. Call/leave message (516)538-8317 gO1

CHILD CARE WANTED - Mature, loving, responsible, energetic woman to care for my 3 year old girl & 18 month old boy in my Garden City home. 8:30-5:30, some flexibility in days. Non-smoker, fluent English & recent references. Must have car to take children to activities. 437-3872. 5 PM - 10 PM gO1

TEMPORARY FULL TIME - 6-8 weeks, M-F, Inc. Village of East Williston - Department of Public Works - Call 746-0782. 9:00 a.m. to 4:30 p.m. wO1

SECURITY GUARD P/T, Pleasant surroundings. Ideal for senior citizen. Evening & Weekends, all others need not apply. Day 585-6932, evenings and weekends, 549-9094. WFTN

Help Wanted

DENTAL ASS'T CHAIR-SIDE. Orthodontic practice. PT - possible FT position. Good salary, benefits. Experience helpful. Friendly atmosphere. 484-1197. Roslyn area. w54

BABYSITTER. H.S./College student needed in my Roslyn home. Two afternoons and some Sat. nights. Own transportation 484-8835. wO2

LOVING, RESPONSIBLE woman needed for my 2 children, ages 8 and 10, in my home, weekdays, 3:30-6:30 p.m. Must drive own car. Call 625-8437 after 7 p.m. gO3

BABYSITTER NEEDED 2 days a week in our NHP home. References required. 775-7210. wO2

SECRETARY/ADMINISTRATIVE ASSISTANT. CPA firm, experienced, personable with typing & computer skills including WordPerfect & Lotus 123. Must be able to take care of ordering supplies, phones, billing, vendors, etc. Salary negotiable based on experience. Please send resume & salary history, along with copy of ad to K. Ruckh, 238 Mineola Blvd., Mineola, N.Y. 11501. We will call you for appointment, if resume is acceptable. wO1

TEACHERS WANTED TO TUTOR: High School Biology, Chemistry, Earth Science, Physics, Social Studies, AP History, Mathematics, SAT Verbal, SAT Math. 741-3550. wO1

CHILD CARE WANTED for 3 year old & infant in my Syosset home 4 days a week, 7:30 A.M.-6 P.M. own car, good references, non-smoker. 921-6125. gO3

BABYSITTER WANTED MON. - Fri. 10-3, Garden City office. 248-5255 days, (718) 641-6057 eves. gO4

RETAIL SALES - ICE cream store/candy store, Roosevelt Field. F/T & P/T positions, all hours. Manager and Assistant Manager jobs available. Good starting salary. Call 294-5868 or apply in person to Chocolate Box/Haagen Dazs in Roosevelt Field. gO4

P/T ASS'T WANTED FOR WILLISTON PARK eye doctor's office (Optometrist). Monday 10 to 6, Thursday 5 to 9. Will train, if need be. (516) 747-8857. wO1

P/T LEGAL SECRETARY - Three (3) full days a week. 2 secretary office. Some steno, dictaphone typing. Will train & salary open. 741-0333 wO1

Help Wanted

DATA BASE MARKETING Communications for firm looking for bright "Anchor" for Mineola office. Must be independent, responsible, and possess problem solving skills. Good typing skills a must; knowledge of WP 5 a plus. P/T 30 hours weekly. Mail resume to P.O. Box 182, Carle Place, NY 11514 or Fax to (516) 741-3131. hO2

LOVING, MATURE, non-smoking local woman with car to care for my 2 children in my Garden City home. Tues., 2:30-7:30, Thurs., 2:30-6:30, possibly a third afternoon. Flexibility with schedule necessary. References. Please call 354-7414 gO3

REAL ESTATE DESK space available for highly motivated experienced agent. Extremely attractive commission split. Call for details. All inquiries strictly confidential. Sedacca Realty 747-0020 wO1

SECRETARY - ADMINISTRATIVE Assistant. CPA firm. Experienced, personable with typing and computer skills including Lotus 123 and Word Perfect. Must be able to take charge of ordering supplies, phones, billing, vendors, etc. Salary negotiable based on experience. Please send resume & salary history along with copy of this ad to K. Ruckh, 238 Mineola Blvd., Mineola, N.Y. 11501. We will call you for an appointment if resume is acceptable. gO1

LOOKING FOR RESPONSIBLE Person to watch my 2 children, 4 1/2 and 3 in my Garden City home on Wednesday mornings from 9 a.m. to 12 p.m. and every other Saturday evening. 741-4346. gO4

CHILD CARE NEEDED, Mineola, 2 children. Dependability/punctuality a must. References, own transportation, English speaking. Mon. and Thurs., 4:30-7 p.m., flexibility/permanent. 742-9448. gO4

Situation Wanted

HOUSECLEANER, VERY RESPONSIBLE, Excellent experience & references. Please call at 485-0443 gO1

CERTIFIED HEALTH HOME AIDE. Looking for work as Aide or Companion in Non-smoking home, 10 years experience. Excellent references. Mid to South Nassau County only Call Maria (516)481-3994 gO1

Situation Wanted

NURSE'S AIDE, HONEST, responsible, hardworking, experienced seeking job to work day or night. Call Marjorie at 292-6813. gO1

HOUSECLEANER AVAILABLE. Tues, Fri. Experience, reference. Call 873-1920. gO1

CERTIFIED NURSE'S AIDE/COOK, FT, P/T, day or night. Will care for your elderly loved one in your home, or will cook & deliver supper or dinner. Experienced, references. 731-7193 Barbara. gO1

HOUSECLEANING AVAILABLE for Monday, Thursday, Friday and weekends, a.m. Good references. Call Haydee (516) 546-3094 Leave message. gO1

MATURE LADY WITH more than 20 years experience, good references, own transportation, looking for housecleaning job by day. Call anytime 485-9041 gO1

EUROPEAN LADY LOOKING for work - Child Care. Excellent references, own transportation. Please call 742-8954. gO3

MATURE AND RELIABLE, Christian woman seeks job as companion to elderly person. Can live in or live out. Checkable references will be provided. Contact Vinetta at (718) 845-8006. gO2

HOUSECLEANER AVAILABLE - Experienced with references. (516)565-1383 gO3

POLISH PEOPLE LOOKING for cleaning job in Garden City. Experienced. References. Own transportation. Call (516)564-9627 gO3

CHILD CARE AVAILABLE IN MY MINEOLA HOME. PT/FT, non-smoker. Experienced. References available. 742-7830 wO3

NURSE'S AIDE WISHES WORK for sick or elderly. FT, PT, weekends, and will also do night work. Will do food shopping, chores. Have good references. Have car. Reasonable rates. 747-1716 wO3

HOME HEALTH CARE seeks position with elderly person. Full time or part time, day or night. Experience & good references. Call (718)523-7842 gO3

TWO IRISH NURSE'S Aides seeking employment in Garden City area. Call leave message. (516)483-0853 gO3

Situation Wanted

CHILD CARE AVAILABLE
NYS certified early childhood teacher with Master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wo2

IRISH AMERICAN CERTIFIED Nurse's Aide/Companion. 14 years experience. Will work any hours. Excellent references. Please call before 12 noon and after 6 in the evening, up to 11 PM. 746-4745 or 746-0948 wo1

RESPONSIBLE WOMAN SEEKS housekeeping/companion weekend position. Excellent references. Call 718-868-1733, late evenings. W-S-4

ENGLISH SPEAKING WOMAN AVAILABLE FOR HOUSEHOLD CHORES: Cleaning, ironing, wash, errands etc. Reasonable rates. References available. Call (516)741-6616. Leave message. wo3

QUALIFIED BABY NURSE or companion to live in or out with reference. (718)337-7734 (day or night) wo3

HOUSE AND OFFICE Cleaner/Nurse's Aide. 10 years experience. Excellent references, own transportation. Call Connie (516)746-3781 gc03

HOUSE CLEANER AVAILABLE Ten years experience. References available. Own transportation. Call 747-1367. Leave message. gc02

NURSE'S AIDE AVAILABLE - Full time. Experienced with references. Please call (516)489-9251 gc03

HOUSECLEANER AVAILABLE. Excellent references and experienced. Call 292-2190 Days. 378-3707 Nights gc03

THE AMERICAN MAID House-Office-Apt. cleaning. Mon.-Sat. Call any time. References available. 742-6009, Anna. Only \$50, any size house. Own transportation. gc02

SCOTTISH LADY SEEKS Work, companion/child care/light housekeeping. Live out. References. (718) 805-5841 wo4

I AM LOOKING for housecleaning job 5 days a week. (516)564-0410. You can call anytime. My name is Lumyn Moreno. gc04

TENDER, PRECIOUS, LOVING CARE for your two month/2 year old. 17 years experience. Many loving references. Educational environment. 352-6472. L.I. Jewish Hosp. area. wo2

BABYSITTER AVAILABLE WITH good experience and references available in my Mineola home. English speaking. Lunch and snack available. Please call and ask for Flavia 294-5304 before 4 PM, after 9:15 PM gc04

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. gc02

I AM LOOKING for housecleaning job Tues, Thurs, and Saturdays, after 1:00 P.M. (516)766-7727. My name is Izobel Meno. gc04

MATURE, HONEST & RELIABLE Nurse's Aide seeks job working for elderly, five days per week. Call after 9 p.m. (516) 485-6276. wa5

POLISH LADY, RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick or elderly. 538-2647. gc04

MATURE NON-SMOKER is available for yardwork and non-major home repairs in exchange for room/board Saturday and Sunday. No pets. Call Andrew at 683-5111, M-F, between 8AM and 4:30PM. ho4

CHILD, INFANT CARE in your home. Mature woman, former teacher, non-smoker, own transportation, experienced, references. Available immediately, Mon-Fri. Call (718) 527-7108. gc04

CERTIFIED RELIABLE NURSE'S AIDE of the year available to work 8 a.m. to 6 p.m. Mon. thru Sat. (718) 5904 during day. (516) 221-4388 at night. gc02

EXPERIENCED LADY TO care for elderly or babysitting. F/T, P/T or Weekends. Call (718) 526-6898. gc02

CERTIFIED NURSE'S ASSISTANT seeks position, Days/Nights. Own transportation. 565-1416. gc02

EAST WILLISTON ONLY. I live in East Williston and have current local references. I need extra money and will clean your home on Tues. and/or Thurs. for \$50. Also, baby sitting \$6. an hour. 742-6114. Call Mon. to Fri. wo2

CERTIFIED MATURE IRISH WOMAN available to take care of your sick, bedridden or elderly. Please call 741-8619. wo2

HOUSECLEANER AVAILABLE Experienced, references, own transportation. 538-1946. Please call after 6 p.m. gc02

A MALE LPN IS SEEKING to care for the sick and elderly at home during the day. Own transportation. Call Agu at 223-2667. gc04

POLISH YOUNG LADY desires domestic employment, days only. Best references, 327-0069. gc04

PROFESSIONAL HOME CARE, P/T hours AM or P/T hours PM, geriatrics only. 294-9519 after 3 p.m. gc04

Situation Wanted

BABYSITTER - CHILD CARE Retired, licensed, professional nurse will care for your child F/T Mon., Wed. & Fri. Good references, own car, non-smoker. (718) 276-0655. gc04

Real Estate for Sale

GARDEN CITY BEAUTIFUL lg. split, 3/4 BRS, 2 Bths., New EIK, Cath. LR/Fpl., DR, Den, Fin. Bsm., 2 Car Gar., 70x100 fenced yard, new driveway, porch, walk. Convenient to park, RR, Shopping. Low taxes. Priced to sell! \$335K Owner 747-6386. gc01

CARLE PLACE: MINT CAPE - 4 BRS, large EIK, mudroom, 2 baths, large den, deck, oversized corner property. New windows, carpet & alarmed. \$179,000 owner. 742-8069 wo3

FRANKLIN SQUARE COLONIAL 3BRS, 3 full Baths, FDR, LR, Family Room, EIK, low taxes, separate basement entrance. Maintenance free. 352-2339, \$220,000. gc03

GARDEN CITY CHERRY Valley 1 BR, first floor, quiet location. New kitchen, new bath, fully carpeted. \$69,000. Maintenance 74% tax deductible. Must see. Call 294-2255 (day) or 248-5066 (evening) gc03

MAIN STREET, REMSEN BURG. Historic 5 BR, 5 Bths., Separate guest sec. New Furnace, hot water heater, well, pump and newly painted. Deep secluded, wooded lot. Owner anxious to sell at \$340,000. 325-0562. gc01

CHARMING DUTCH COLONIAL, built 1928. Updated and immaculate, featuring 3 BRS, 1 1/2 Bths., LR/Fpl., FDR, sunporch/den., EIK, Fin. Bsm., 2 car detached garage. Low taxes. Low \$300's. Principals 673-1910 after 7 PM. gc02

EAST MARION SOUND-FRONT: European kitchen overlooks great room and screened-in porch. There is also a more FLR and DR, four BRS, and two Bths., Outstanding view and sunsets. \$575,000 Southold Waterfront: three BRS, 2 Bths., LR/Fpl., Fam. Rm., sliders to a cathedral ceiling screened-in porch overlooking New Suffolk. Small cottage, walk to beach & boating. Needs work. New cesspools, and well. \$79,000

Southold Soundfront: two BR cottage plus guest room. Very private. A special location, stable bluff. Spectacular views. \$325,000 Marilyn Lang Realty 734-6472-734-6690.

GARDEN CITY ESTATES Split, 3BRS, 2 1/2 Bths., FDR, LR, FR, EIK, 2 Car Garage, Alarm. Low Taxes. Walk RR, quiet street. By owner \$375K. 747-1645. Leave message. gc04

ST. MARTENS TIMESHARE, Pelican Resort, red time week #30, 94 years left. \$7,000 firm. 776-0041. gc04

Real Estate for Sale

GARDEN CITY IMMACULATE Western Section Cape. 4 BRS, 3 baths, LR, DR, kitchen, finished basement, all new windows, new siding. Walk to 2 train lines. owner \$310,000 Call eves 775-3668. Principals only gc01

OK BEACH - WATERFRONT - Tired of the Hamptons? A smart alternative: a year-round home on the Fire Island inlet. Private beach, mooring, multi-level decks, 3 BRS w/great views, 2Bs, Greenhouse w/jacuzzi & shower. Fully modernized. Private parking. Easy access to all Parkways. Town of Babylon. Principals only. \$295,000 518/661-8324 gc02

MONTAUK, 2 RM FURNISHED Co-op. One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell, Asking \$37,000. Great rental history. 724-5572. gc03

THE TIME TO BUY is today. Lowest mortgage rates since 1968 have reduced monthly costs to 65% of 1990 costs. Buying now is much cheaper than renting. Perfect house for young family. Charming colonial. Quiet street. New large EIK, 3 good sized BRS, 1 1/2 Bths., LR w/fpl, DR w/French doors to deck, sunporch (den), finished basement w/wall-to-wall carpet (playroom), 2 car detached garage, alarm, new roof, newly painted exterior. Taxes approx. \$3300. Great value at \$290,000. Will sell fast. Principals - 873-1910 gc02

FRANKLIN SQUARE - NEW Townhouse, by Owner. 3BRS, 2 1/2 Bths., move-in condition. Skylight. New carpeting and tiles. Full basement, CAC. \$169,000 negotiable (516)488-3287 gc02

GARDEN CITY SOUTH - Brick Cape, 3 BRS, two full baths, Florida room, modern EIK. 50'x100'. Owner must sell. Principals only. \$185,000. 747-6827, evenings. gc03

MATTITUCK - ELEVATED Seclusion - Privacy plus is yours in this rustic 6 rm. home snugled on wooded hilltop near Long Island Sound. Great Rm, family-style Kitchen, 3 big BRS, 2 tile Baths, all in excellent condition. Gas heat, insulated, Fpl, porch, deck, appliances. New Exclusive - See Soon, \$159,000 Nassau Point - \$186,000 - The price is right. Nestled on treed 1/4 acre plot, R.O.W. to Beach/Boating, this beautiful home offers 7 large rms, spacious LR, FDR, Dine-in Kitchen, Den, 2Bs, Fla. Rm., Bsmt, Fpl, Garage. See A.S.A.P. Mattituck Waterfront Beauty - Just reduced \$40,000. Gracious 2-story home on creek to Bay, suitable M/D or Rental Income. Roomy 5 rm. apt. on 1st floor, 2 rm. studio apt. on second floor, 2Bs, 2 decks, bsmt, garage, 6 appliances. Now Only \$199,000. Hurry! Bookmiller Real Estate, 722-4423. gc01

Real Estate for Sale

JAMESPORT CEDAR SHAKE, 2 story home with deeded bay beach. 4BRS, 2 1/2 Bths., LR/Fpl, FDR, FR, enclosed porch, large deck. Reduced to \$179,000

Southold Waterfront Expansive Custom Cape in mint condition. Features LR/Fpl, FR/Fpl, FDR, Lg. EIK with Mexican tile floors, 4BRS, 3Bs, sailboats welcome. Professionally landscaped. \$475,000 Mattituck Georgian Colonial on 1.3 acres. Light & Airy LR, DR, EIK, Master BR & B plus 2BRS & 1 1/2 Bths. Reduced to \$199,000 Southold Waterview Custom home. LR/Fpl, FDR, FR, Lg. EIK, 3BRS, 3Bs. Steps to sandy beach. \$279,000. Lewis Realty, 734-5533, 298-4600, 765-5810. gc01

JAMESPORT, WALK TO Sound Beach, Superb Ranch, mint condition, lg. Master Suite with sitting room, additional 2BRS and 3 full Bs. LR/Fpl, dining area. Handsome decks & landscaping. Asking \$199,000

Southold Creekfront with easy bay access. Cozy retreat on private road, Great Room, 2BRS, 2Bs, extensive decking, dock & peaceful views. Our exclusive \$275,000 Cutchogue Exclusive Irreplaceable Fieldstone Manor home on magnificent property. Large Cathedral LR, Den & generous rooms. Granite pool, deeded dock, total privacy. Prestigious area. Asking \$750,000

Southold Exclusive Main Street, zoned business, shy 1/2 acre. Perfect for professionals. Best location in town. Presently 3 family. Ask \$255,000 Marion King Realty, 734-5657. Call for our New Brochure. gc01

ST. JAMES TOWNHOUSE, Adult Community, Fairfield, 6 yrs. young, updated, expensive improvements, 3 large BRS, 2 1/2 Bths., jacuzzi, whirlpool tub, LR, DR, stereo intercom, closet organizers, many amenities. F/T security guard, 2 miles to RR and Smithhaven Mall, 3 pools, tennis, billiard room, own community bus, CAC, ceiling fans in all rooms, 3 storage attics. Low taxes, golf nearby. Greatly reduced. \$189,000. Owner 584-7820. gc04

GARDEN CITY, LARGE dormered Cape. 5BRS, 2 1/2 Bths., finished basement, Oil Hot Water, possible Mother / Daughter. Low taxes. Quiet, convenient location. \$279K. Rent \$1,600. 747-6392. gc04

SOUTHOLD - LAUGHING WATERS Attractive hide-away home in a secluded community. 3BRS, 2Bs Ranch with a large country kitchen w/Fpl. A private beach and dock. \$295,000

Wading River - an attractive neighborhood on acre lots. Well constructed Cape: 10 rooms, 4BRS, 2 1/2 Bths with expansion area (16 x 20), large country kitchen, 2 zone oil HW heating. Assumable 7% mort. Asking \$215,000. ERA Victorian Realty, 369-8515. gc01

Real Estate for Sale

HAMPTON BAYS - 3/4 ACRES. Exclusive cul-de-sac development. Asking \$75,000 by owner. 742-5115. gco3

CUTCHOGUE EXCEPTIONAL 3/4BR Home on lush, landscaped & wooded acreage. Beautifully appointed for gracious living in exclusive area. Motivated seller asking \$215,000. Wine Country Realty, 734-7760. gco1

GARDEN CITY, OXFORD BLVD. Colonial 5 BRS, 4 1/2 Bths., LR/FPL, FDR, Den, Hugo Mod. EIK, Full Bmt, Attch. garage, 1/2 acre. Asking \$795,000. Flexible owner. Fin. to fit your needs. 248-2450 gco2

ENGLISH TUDOR IN ESTATES. Unique Split layout - 5 flrs; LR/FPL, DR w/built-ins; EIK for 2; 3-4 BRS; 1 1/2 baths; fin. basement; 1 car garage. Screened porch; manicured yard; excellent closets/storage; easy maintenance. 40'x100' plot. Prime location: near schools, trains, stores. \$289,000. Call: 747-4572 gco3

GARDEN CITY BARNES Bulk Ranch. 4/5 BRS, 3Bs, lg. LR/FPL, DR, Study, New EIK, new appliances, enclosed breezeway. Many built-ins, 1/2 acre. Walk to shops & RR. North central. Owner, \$335K. 747-2047. gco4

STEWART MANOR HI Ranch. 6 BR, EIK, 2 full baths, fin. basement, LR, DR, Panelled Den/FPL, Florida rm., 1 car garage. Mid \$200's. Owner 775-9472 gco2

MUST SELL, GARDEN CITY vicinity. 3600 sq. ft. commercial building on 6700 s.f. lot. Rented. Good income. Sale by owner. 485-7348 or iv. message. gco1

GARDEN CITY ESTATES, BLVD. address, Contemp. 4 BRS, 2 1/2 Bths., LR/FPL, DR, Den, EIK, 2 Car Garage. Beautiful private yard. Walk RR. \$359,000. Owner 741-0154. gco3

SOUTHERN MAINE SANFORD Lakefront Cape, 4 yrs. old. 3 BRS, 2 Full Bths., Landry. Rm., screened porch, skylights, Anderson windows, winterized & furnished. 120' frontage on steady spring fed lake. Close to shopping. Located only 20 minutes from coastal area of Ogunquit & Kennebunkport. \$129,000. Please call collect (407) 253-9673. gco4

AREA FORECLOSED PROPERTIES. Nassau Home & Co-Ops \$30,000 to \$50,000 below market value, offered w/no points, low closing costs. Seen by appointment. For current list send \$5.25 to Area Foreclosed Properties, P.O. Box 1622, Mineola, N.Y. 11501 h03

GARDEN CITY NEW on market mint split, in prime western location, 3BRS, 2 1/2 Baths, EIK, 2 car, awning patio, new windows, siding, alarm. Walk R/R. Serious principles only. Leave message 326-6944 \$395,000 h04

Real Estate for Sale

GARDEN CITY RANCH, CAC, 3BR, 3B, Deck, Jacuzzi, Finished Basement/Wet Bar, Cedar Closet, Hepa Allergy System, 1/2 Acre. Walk to LIRR. \$379,000 neg. 352-0608. gco3

GARDEN CITY SOUTH Brick Cape, 3BRs, 2 full Baths, Florida Room, modern EIK, 50'x100'. Owner must sell. Principals only. \$185,000. 747-6827. Evenings. gco3

Co-Op For Sale

MINEOLA-HORTON HOUSE CO-OP, spacious 3rd fl., front corner, 2 BR, 1 bath, full DR, EIK. Newly renovated & newly decorated. Walk in closets, oak floors. Parking available. Walk all. Principals only. \$108,000. 294-5964. wo2

GARDEN CITY CHERRY Valley Co-op, 1 BR, first floor, CAC, EIK, dining area, large LR, updated bath. Asking \$60,900. 742-7642 or 294-8638. gco1

GARDEN CITY, SECOND floor, 1BR Co-Op in mint condition. Spacious and sunny. Reduced \$54,900. 294-7496. gco3

MINEOLA JR. 2 BR CO-OP, LR, DR, Euro modern kitchen, indoor garage parking. Low maintenance. \$750 redecorating bonus. \$81,000. Owner (516) 742-0229. gco1

FLORAL PARK - LOVELY location. 1 BR near North Shore Towers. Maintenance \$329 includes heat. New wall-to-wall. Convenient commute. Safe neighborhood. Scenic view. \$54,000. 922-8144. h01

GARDEN CITY 2 BR Cherry Valley Co-Op \$109,000. Principals only, second floor, new carpet. Excellent condition. Call 747-5226 gco3

CO-OPS & CONDOS 2 BIRCHWOOD COURT Top Of The Line, 1 BR, 1 bath \$89,000

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

LR, ULTRA/MEIK, 2 BRS, 1 bath \$112,000
2 BRS, 1 bath, CAC+ Wash & dryer \$118,000
Hamilton Gardens

1 BR, 1 bath, lg EIK, LR, foyer \$85,000
LR, DR, EIK, 1 BR, 1 bath \$105,000
Second St. Hamilton Gardens

EST. SALE, 2 BR, 2 baths, Front \$140,000
Mineola's Harrison House 2 BRS, 1 bath, CAC, Landry, 1 gar \$129,000

Mulford Place LR/FPL, DR, den, 1 BR, 1 bath corner \$85,000
Lg Foyer, 2 BRS, 2 baths, EIK, LR, DR \$75,000

Stewart Franklin 2 BRS, sunny, LR/FPL, DR, EIK, want offers LR/FPL, DR, EIK, 3 BRS, 2 baths, Rent or \$225,000
Stewart House ALL NEW 2 BR, 1 bath, kit, LR, DR \$189,000
Dougall Fraser Real Estate 248-6555 gco1

Co-Op For Sale

GARDEN CITY SPACIOUS 1BR Apt., elegant elevator building, modeled kitchen and bath. Many extras. Leave message for owner 248-2947. gco3

ALBERTSON CONDO TOWNHOUSE, luxuriously appointed, 2 Br, 2 1/2 baths, jacuzzi, terrace garage. Albertson Railroad Station. \$215,000. Sedacca Realty 747-0020 w01

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. gco4

GARDEN CITY, CHERRY VALLEY, 1st floor, 1BR, quiet location, new kitchen, carpeting, low \$60's. Maintenance 70% deductible. 458-5718. gco2

STEWART AVENUE - BEST Apartment in town. 3BR, 2B, LR w/fpl, FDR, maintenance \$1112/month. Attractive financing. \$195,000. Days (212) 841-7887 Evenings & weekends 516-746-4165. gco2

MINEOLA LARGE 1 BR, (865 Sq. Feet) Walk to RR, shops 24 hour security, parking. Many custom features. \$108,000. Principals only. (516) 746-1065 gco1

Real Estate for Sale

Even HOUSE

SOUTHOLD, 3,150 SQ. FT., 6 year Mint Custom Hi-Ranch, 4BRs, 3Bs, EIK, LR/FPL, Lg. Den, Walk to Beach, School, Town. Reduced to \$210,000. Sat. & Sun. Oct. 2 & 3, all day at 440 Pine Neck Rd., Southold (off Main Bayview Rd., off Route #25). gco1

Real Estate For Rent

OFFICE SPACE FOR rent. Ideal location, Garden City vicinity. Beautiful office suites, 150 sq. feet - 3,500 sq. feet. owner (516) 538-7476 gco2

GARDEN CITY / HEMPSTEAD, Cathedral Gardens. Rental: 1 BR, EIK, wall to wall carpet. Newly renovated, heated garage, walk to all. \$800 monthly. 294-6419 evenings. gco3

FRANKLIN SQUARE, big BR, LR, dining area, EIK, private entrance. New carpet/paint. Between Hempstead Tpk./Southern State. All conveniences. Mature, non-smoker, business single. \$750 plus electricity. 328-9175 gco3

WEST HEMPSTEAD / WILDWOOD Section - Walk-in Apt., 3 full rooms, EIK, BR, LR, full Bath, A/C, own thermostat, wall to wall carpet, freshly painted. Prefer single or professional couple. No pets, no smoking. 481-0738 after 6pm. gco3

Real Estate For Rent

TWO FEMALES LOOKING for third to share house in Mineola. 3 BRS, 1 1/2 Bths., Fpl. Walk to LIRR & Winthrop \$460 plus. Smokers OK. Nov. 1 occupancy. 873-9241. Call evenings. gco3

WILLISTON PARK - SECOND floor of legal 2 family house. Separate entrance. 1 Br., LR, pullman kitchen, plus unheated finished attic loft. \$750. includes heat. 741-5059 w03

MINEOLA: LARGE ROOM for rent - Share a bath. Private entrance, near all transportation. Quiet area. Call 248-0596, leave message. w03

MINEOLA APTS, 1-2 BRS, very clean, large rooms, quiet. Convenient to RR & Hospital. Suitable 1 or 2. Gas heat. \$850. 747-6392. gco3

FLORAL PARK, 2 BR Furnished, second floor, solarium, private entrance. Vacant October 1. perfect for newlyweds. \$850 not including utilities. Owner 352-6433. gco3

FLORAL PARK, 1 BR, Second floor, terrace. Modern kitchen and bath, garage. 2 blocks from RR. Available immediately. No fee. \$795. Must see. Leave message. 437-7245. gco3

WILLISTON PARK: 1 BEDROOM APT. LR w/alcove, large modern EIK, Bathroom, wall to wall carpeting, blinds, fairly new appliances, 1 parking spot, use of yard. Charming. Must See. \$750 (firm), includes gas. Call owner 746-2392. wa3

WILLISTON AREA: 2 Br. Apt. finished basement, laundry, quiet, convenient \$1,100. 378-3739 early AM or evening w01

GARDEN CITY 2 BR, 2 baths, finished basement, FPL, washer/dryer, dishwasher. Professionals desired. Walk to RR & stores. No pets. \$1,500 includes all utilities. 10/1 occupancy. (516) 489-9890 gco1

GARDEN CITY, 3 ROOMS second floor. LR/BR, EIK, full bath, wall to wall, A/C. \$775 utilities included. Available Oct. 1. 481-9377. gco1

HEMPSTEAD/CATHEDRAL GARDENS Newly renovated 1BR Co-Op with custom bar area. Apartment facing beautiful tree-lined street. Walk to shopping & mass transit. Garage space available. Must see. \$850 per month. Please call 486-7052. gco4

MINEOLA, TOP FLOOR, 1BR, 1B, LR, dining area, kitchen, lots of closets. Across from Winthrop Hospital, near RR. Avail. Nov. 1, \$875. 873-1236. Leave message. gco4

FLORAL PARK - A LOVELY 2BR Apartment with garage. \$900 a month. No pets. Call 488-5332. gco4

GARDEN CITY SOUTH - Large furnished room. Walk-in closet, private bath, small refrigerator, air conditioner. Near all. Female preferred. Call 483-2095 evenings 6-8 pm gco4

Real Estate For Rent

GARDEN CITY BORDER - Large, Bright 1BR Apt. in luxury building, on site parking, modern kitchen, bath, A/C, \$800. No fee. 489-3010 days, 483-7449 eves. and weekends. gco3

GARDEN CITY SOUTH - Large 1BR, LR, EIK, full Bath, wall to wall carpeting, second floor, private entrance. Mature working person preferred. No pets. Reference & security. \$725 utilities included. Huge storage space. Near all. Available Oct. 1. 483-8913. gco3

WEST HEMPSTEAD/GARDEN CITY border. Lovely, large Furn. Rm. w/Bth., Priv. Entrance. Centrally located. Suitable for non-smoking professional male. Immediate occupancy. Security & references. \$400 monthly. 489-5941. gco1

ALBERTSON: LARGE FURNISHED Room. Large walk in closet. Private entrance. Refrigerator, W/W. Share bath. Prime location. Non-smoker, male preferred. \$85.00 per wk. 741-8588 w04

MINEOLA/WESTBURY/HEMPSTEAD: 2 Beautiful, 1 BR. Apts. \$650 & \$675 a month. Special Superintendent Apt. \$550 a month.

2 BR. Apts. \$825 to \$985 a month
Albertson: Luxury 4 BR. house, 3 baths, plus many extras. \$2100 a month. Royal - 742-3355 w01

MINEOLA GARDEN PLAZA - 2 BRS, 2 baths, large sunny rooms. Best location. New kitchen, bath, carpets. Near everything. 24 hour security. Immediate occupancy \$1,175. 747-6522 gco4

GARDEN CITY NUMBERED St. area. Col. 4 BDRM 2 bth, fam. room DR an easy living Ranch with lots of light OR a "twin" to that great Victorian you saw with the big wrap-around porch OR whatever you have been searching for - consider having it built to your specifications on "one of a kind" approved 1/2 acre building lot in Central. Call Anne Hagen, Molloy Realty (516) 741-1754 for more information. By appointment. Asking \$340,000. If not in, leave message gco1

APARTMENTS AND HOMES in Garden City and surrounding area. From \$600/mo. to \$2,000/mo. Call Anne Hagen, Molloy Realty (516) 741-1754 for more information. By appointment. If not in, leave message. gco1

CHARMING 3 BR ENGLISH TUDOR, Garden City. 1 1/2 Bths, new EIK, LR, DR, all new heating, gas burner, new stove. 60x100. \$1,800 monthly. Also for sale. Principals only. 739-6102. gco1

FOUR ROOM APARTMENT, Floral Park, all new including new carpeting. Private entrance, nice neighborhood. Single business person, non-smoker a must. \$650/month. Available Oct. 1. (516) 352-3190. gco2

Real Estate For Rent

GARDEN CITY / HEMPSTEAD, SPACIOUS 1 BR CO-OP apt. for rent or sale. New kitchen & bathroom, wall to wall throughout. Security building, garage available. Rent \$875 per month. 746-4451 gc01

WESTBURY: SALISBURY PARK Drive, BR., LR, Kit/Combo, W/W, thermostat, 2nd floor. Private entrance. Near stores and parkway. Non-smoker/pets. Working single, security. \$600. Please call after 6 p.m. 746-7236. w04

GARDEN CITY LOVELY, garden furnished room. Private entrance, bath. Mature, non-smoker preferred. References. (516) 746-0018 gc04

CATHEDRAL GARDENS/ GARDEN CITY Border: 1 BR apt. located on quiet cul-de-sac block. Near all transportation, shopping & schools. Separate entrance, EIK, Cable TV, fully carpeted. \$600. 486-0625. W-0-2

GARDEN CITY/HEMPSTEAD 2BR Apartment. Roomy, Renovated Kitchen and bath. DR, spacious LR, wall-to-wall carpet, large patio, near LIRR and shopping. \$925/month. 354-7669. gc02

APARTMENT FOR RENT. Tudor Gardens, 1BR, top floor, southern exposure. \$1400/month. Days 212-841-7887, Evenings & weekends 516-746-4165. gc02

GARDEN CITY SOUTH area. Main floor of house. 2 BRs, Kitchen, LR, DR, full bath. \$1200/month includes utilities. One month security. Available November 15. 486-4647. gc02

MINEOLA/GARDEN CITY BORDER, modern 1 1/2 BR, oversized, furnished CO-OP apartment. All amenities, parking, cooking gas & heat included. Carpeted, A/C. Walk to RR & hospital. \$1,100. available Oct. 1 747-5703 gc01

GREAT NECK - LARGE home to share. Professional only. Separate BR. Close to LIRR, market and shopping. Kit. washer/dryer privileges. Rent \$500 + \$50 utilities. 482-5203 Leave message. gc02

WEST HEMPSTEAD/PRIME area. Large sunny room, furnished, private house. Share kitchen, bath, non-smoking, professional female only. \$90 a week. 564-4566. gc01

WEST HEMPSTEAD, SUNNY 1 BR, second floor, 3 rooms, lots of closets, private entrance, no pets, non-smoker. Available immediately \$700/month. 483-8919. gc02

WEST HEMPSTEAD, VERY nice 3 rooms, wall to wall carpeting, private entrance, ground floor. Walk to all. \$710 pays all. Owner 638-5257. gc02

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

Vacation Rental

SANIBEL ISLAND - SMALL COMPLEX on W. Gulf Dr. 2 Br. 2 bath Condo. Sleeps 6. Fully equipped kitchen. Beach access to Gulf, tennis courts & swimming pool on premises. 725-4679. Weekly rental. w05

MT. SNOW, VERMONT, 5 months ski season rental from owner. Large, fully equipped condo at Timber Creek. Hot tub, sauna, sleeps 8. Beautiful Club House with all amenities on premises. Full shuttle bus service to lifts. Call 741-1824. gc04

MARCO ISLAND, FLORIDA. Franco Village, 2 BR, 2Bths., Condo. Steps to Gulf Beach. Pool. Weekly/monthly. 718/352-5798. h04

MT. SNOW/HAYSTACK, large fully equipped 4 BRS, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or week-end. Call 466-6120 gcD3

POCONOS - CAMELBACK Mountain 1750 feet up and easy 100 mile drive from Nassau. Townhouse w/3BRs, 3Bs, full kitchen, dining area, GR w/ipl, loft, skylight, 15 mile deck view. Ski on/of 27 trails, 50' from front door. Clubhouse w/pool, sauna; fall foliage weekend \$350. Ski season Jan. to Mar. 15. \$5,000 + electric. 747-7019. gc02

KISSIMEE, FLORIDA VACATION Condo, 2BRs, 2Bs, fully furnished, washer/dryer, heated pool, tennis. Minutes to all major attractions. \$400 a week. Call 957-0684. gc03

SANIBEL ISLAND, FLORIDA. Tropical Gulf Paradise. Sundial Beach & Tennis Resorts. 2,000 foot beach, 5 pools, jacuzzi, soft tennis courts, golf, fishing, boat/bike rentals, bike/jogging paths, supervised children's activities available, gourmet restaurants, superb shopping, world famous shelling, 35 min. to Ft. Myers Jetport. 1,2,3 BR with full Kitchens. Rent daily, weekly, etc. 746-2211. gcD3

MONTAUK FALL GET-AWAY special 4 nights \$255. a couple. 2 rm. suite, heat, full kit. Sleeps 4. Walks dining, shopping. Hundred feet to beach. Also for sale \$37,000. Immaculate. Call 724-5572. gc03

SHAWNEE, PA. - 7 BR Large Riverside home on ten acres. Roomy, comfortable and fully equipped. Scenic location bordering national recreation area. Especially accommodating to groups. Available for fall holiday season and ski groups weekends, \$700 - 248-4963. gc02

Real Estate Wanted

NYC COUPLE SEEKS 3-4 BR Colonial, Mott Section of Garden City. Ready to sign contract. High \$300's. No brokers please. (212)752-5750 gc03

Real Estate Wanted

FAMILY WITH 2 young children, seeks Garden City home with 3/4 BRS in the Estates section west of Nassau Blvd. & north of Stewart Ave. or Western section. Ready to sign contract. High \$300's. No brokers please. (718) 748-5798. gc01

GARDEN CITY ESTATES North of Stewart. Tudor only. \$400's. Principals or brokers. (718) 680-3540. gc01

ADELPHI STUDENT SEEKS room in exchange for light work or house-sitting. Call George, 288-8803. gc03

SINGLE PROFESSIONAL MALE looking for furnished room in Garden City. Private entrance, private bath. Please call (914)937-6425 w04

COUPLE WITH YOUNG Child seeks home in Garden City, western section only. 3/4 BR. Colonial, quiet street. Low \$300's. Leave message with address & phone number. Principals only. (718)886-6251 w04

FAMILY SEEKS NORTH Fork home. Peconic bayfront only. 3 plus BRS preferable. West of Southold only. No brokers. 294-8592 gc04

MALE NON-SMOKER, 30's seeks studio or 1 BR Apt. in Roslyn Heights, Great Neck, Mineola, Floral Park or New Hyde Park. Must have full kitchen. Quiet and clean. Oct. occupancy. Willing to share with female. 822-8736. h03

COUPLE WITH YOUNG CHILD Seeks home in Garden City only. Prefer 3/4 BR Colonial on a quiet street. Mid \$300's. Leave message with address & phone number. Principals only please. 747-3607 gc01

FAMILY SEEKS GARDEN CITY home in Estates or Western Sections only. Prefer 3 or 4 BRs on quiet street. Low to Mid \$300's. Please leave message with address & phone number. Principals only. (718) 347-5324. gc02

APARTMENT WANTED. Professional couple, newlywed, seeking apartment for October 1st, up to \$850. References available. No basements. No brokers. Call 488-7219. gc02

EAST WILLISTON: FAMILY of four seeks home to rent in the E. Williston school district, from November to June. We will lovingly care for your home. Please call collect. (207) 829-6496, Maggie. w02

APARTMENT WANTED - LARGE 1 or 2 BR, w/garage & yard for prof. couple w/small, non-barking dog. (516) 873-3908. Leave message. hc02

QUALIFIED BUYER INTERESTED in Garden City Colonial Cape, 3 BRs, EIK, LR/ipl, quiet location. Low to mid-\$300's. Please reply to: Box H, 821 Franklin Ave., Garden City, 11530. gc02

Real Estate Wanted

NYC FIREMAN & FAMILY looking to return to Williston Park. Sellers only. No real estate, Please! Call Lou 718-347-1249. W-0-2

For Sale

WEIGHT BENCH, MARCY 5100. Up to 150 pounds. \$75. 741-4048 h03

YAMAHA PROFESSIONAL STUDIO upright piano, Model P116S. High gloss, ebony. Mint condition. 4 years old, under warranty. \$2,900. (516)483-8913 gc03

STAIR CLIMBER, PRECOR -718. Like new. Retail \$299. For Sale \$150. 741-3105 gc03

FIREPLACE, FREE STANDING. Perfect for winter retreat. Best offer. Maple dining table/5 chairs \$200. 248-1694 gc03

TRIPLED DRESSER & FRAMED mirror, Castro convertible loveseats (\$100 each) Adjustable bed frame (\$20). Call Janice (516)741-6616. Leave message. w03

GLASS KITCHEN TABLE, New, 48" round, from the Door Store, \$275. Four Contemp. Chairs, \$200. 747-5665. gc04

COLLECTION - AMERICAN INDIAN Ceramics. Hand-painted, can be purchased individually or in groups. 486-5729. gc04

KITTINGER DESK SET Finest center cut Honduran mahogany Georgian desk & knee hole credenza. Excellent condition. \$10,000 neg. Asking \$2,500. 741-4412. gc03

SIZE 3X & 4X NEW OR RARELY worn women's clothing, winter & summer. Private home. Calleeves. 326-9775. gc03

PUB SET - 42" ROUND, 41" high table w/4 chairs, faux butcher block top, blond wood chairs. 5th chair available. \$600 value. Excellent condition. Asking \$250. 741-4412. gc03

WICKER HEAD BOARD for a "full" size bed. Two 8x10 China oriental rugs, one in mint condition. Best offer. 741-5628. gc03

GET A JUMP on the season! Unused, purple and black, 146 cm, 11 1995 K2 snowboard with black K2 bindings \$210. Contact 742-4069. gc01

ONE GREY PERSIAN Lamb jacket - size 12. One brown Persian Lamb jacket - size 12. Both in excellent condition. Reasonably prices (516)742-9477 gc03

ASSORTED FURNITURE FOR Sale: In-House office furniture, drafting table 36"x72" - \$50. Single ped laminate desk w/chrn legs - \$25. Matching credenza - \$25, laminate work surface tops 42"x60" and 36"x72" - \$20 each. Xerox 2300 (needs drum) - \$75, 36"-6 shelf high wood bookcase - \$50. 747-7439. gc02

For Sale

ANTIQUE IRON THREE quarter twin bed, all white, restored. Unique finials. \$590. Antique pine blanket chest w/door and drawer. \$490. Call 248-4181, Fri. thru Mon. daytime. gc02

BALDWIN ACROSONIC SPINET piano, mahogany finish. Good condition. Price neg. Evenings 294-1103. gc03

DRUM SET, 9 piece slingerland, black/chrome finish. 5 Zeldjen symbols. all hardware. Tama seat. Extras. \$850 neg. 481-4627. gc03

FURNITURE-MINT CONDITION. Solid cherry shaker serving cart, matching wash stand & mirror, 42" round Heywood Wakefield table & five chairs & one leaf. Hitchcock black painted dry sink & rocking chair. Pine bedroom incl. matching desk & chs. White sectional, sewing ma and other misc. items. 485-9153 for appointment. gc01

SLEEPER SOFA - 84", 1 yr. old. Paid \$750. Best offer. Cream & peach stripe. 741-3936 w01

ATT-PC 6300 - Color monitor, printer, MS-DOS 3.2, 640 KB-RAM. \$800 firm. Call 742-4417 w03

Car For Sale

1985 CADILLAC EL-DORADO, 66K miles, original owner, loaded, burgundy, garage kept. \$4,000. Call 248-2952 gc01

1990 ACCURA INTEGRA LS, 3 door, 5 speed, A/C, stereo, white, sunroof, 40,000 miles. Excellent condition. \$10,900. (516)352-3775 gc01

1990 HONDA ACCORD Excellent condition, \$10,500. 248-8142. gc03

'87 VW CABRIOLET CONV., 38 K miles, 5 speed, red/black top, Benz, phone, A/C. Mint. \$8,800. 746-1064. gc04

1989 RED VW GTI, 16 valve, 2-door hatchback, 5 speed, 50,000 highway miles. AC, cruise control, power brakes & steering, sunroof, stereo/benz, excellent condition. (212) 473-2788. \$6,900. gc04

1981 CADILLAC FLEET-WOOD Brougham, seagreen, power steering, power brakes, power windows, new tires. AM/FM, good mechanical condition. \$1,500 neg. 867-5661, evens & weekends. gc03

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

Car For Sale

1989 BUICK SKYLARK - Custom 4 Dr., Red, V-6, Automatic, PS, PB, A/C, Stereo, tilt wheel, security lock. 46,000 original highway miles, new brakes, tires, exhaust. Showroom condition. \$8,195. 742-2709. w01

LEXUS '92 SC 400. Black/Gray leather, all factory options, including phone. \$37,500. 877-1813. gc02

1983 CADILLAC, 4 DOOR Sedan. 741-5677. gc03

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Wanted

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. gc05

LOOKING FOR LOVING family for two West Highland Terriers (Westies) one male (1 year old), one female (2 years old). Would prefer to keep them together. Call 248-6682. gc03

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FOUND: ADULT NEUTERED male cat, taupe w/ tan markings. Needs his home. Been feeding him since July. If yours, or want to adopt, call 747-3687. gc02

FOUND, GREY & BLACK Tabby cat. Has flea collar, house cat, 6 months old. Found in parking lot behind Seventh Street on Sept. 22. 739-3154. gc04

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012, 294-8900 or 748-0240 for rates and information.

Bazaar

NORWEGIAN BAZAAR, SATURDAY, Oct. 16, 2-8 p.m. Sponsored by Roald Lodge, Sons of Norway. Handmade and Norwegian items, baked goods, snackbar. American Legion Hall, 734 Woodfield Rd., West Hempstead. gc03

Garage/Tag Sale

YARD SALE - GARDEN CITY at 115 Weyford Terrace (between Stewart & Stratford Ave. Friday & Saturday, Sept 10 & 11, 9 AM - 4 PM Moving. Everything must go even the house plants. gc01

GARAGE SALE: SAT., Oct. 9, 9-12 at 223 Roxbury Rd. Garden City (off Main Ave.) Furniture (some from the '50's) exercise, equip., records, deep freezer, lots of odds & ends. Rain or shine. No previews. gc02

GARAGE SALE OCT. 16, 10am-4pm. 138 Hayes Street (West of Stratford Ave.), Garden City. Sofa, two matching chairs, area wool rug, end table, wood coffee table, large chandelier, lamps, many household items and much more. Raindate Oct. 17. gc03

WILLISTON PARK MULTI-FAMILY GARAGE SALE: Assorted clothing, crystals, linens, collectibles. Something for everyone. Saturday, October 2, Cornwell Ave., between Lafayette & Center St. w01

GARDEN CITY ALMOST new Garage Sale. Video cameras, furniture, bikes, clothing, toys, housewares & much more. Sat., Oct 2, 9 AM - 3 PM at 104 Wyckham Rd. (off Stewart Ave.) Raindate Oct. 9. gc01

MOVING: October 2nd & 3rd, Saturday & Sunday, 10 to 5, 74 Round Hill Rd., Roslyn, E. Hills, between Roslyn Rd. & Glen Cove Rd. Oak furniture, bed linens, legal office supplies, sharp copier, IBM Selectric II, kitchen, loaded garage, tools, deck furniture. Priced to sell. w01

GARAGE SALE: TABLE tennis, other children's toys, games, books, clothing, etc. Household items and more. Sat., Oct. 9, 10 am-4 pm. 104 Meadow St., Garden City. gc02

SATURDAY, OCT. 2, 9 A.M.-6 P.M., at 81 Kingsbury Rd., Garden City. Furniture, curtains, bedspreads, clothing, patio, furniture & lots of miscellaneous. gc01

GARDEN CITY GARAGE SALE Oct. 2, from 9 to 4, 57 Willow St. (off Washington Ave.). Girls BR set (2 beds), Kitchen set, LR furniture. Linens, clothes and much more! gc01

YARD SALE, SMALL APPLIANCES, blankets, bedspreads, bric-a-brac. Sat. & Sun., October 2 & 3, 11-4 p.m., at 371 Litchfield Ave., Elmont (cross street is Arlington Ave.). gc01

Garage/Tag Sale

SATURDAY, OCT. 9, 9 A.M.-4 P.M., at 84 Third Street, Garden City. Furniture, household items, books, silver & much, much more. gc02

SAT., OCT. 2, 10-3 PM at 77 Garden Street, Garden City (corner Clinton Rd.). Everything including the kitchen sink. Dishwasher, 2 refrigerators, stove/microwave oven, exhaust hood, queen brass bed, household items, etc. gc01

GARDEN CITY SOUTH - SAT., Oct. 2, from 9 to 3, at 664 Second Place (off Roxbury Rd. South), furniture, knick-knacks, household items, coats and much more. gc01

GREAT YARD SALE - Quality household goods and many toys at very cheap prices. Saturday, October 2, 10 a.m.-4 p.m., at 105 Sackville Rd., Garden City (near Country Club). gc01

Sat., OCT. 2, 9-4 P.M. at 208 Brixton Rd. Garden City (betw. Merrilion & Somerset). Tools, pine BR & LR set, furniture, 20" bike, scooter, 185 skis with boots, 36" storm door, electric heater, redwood set, drapes, appliances, guitars, books, frames, much more. gc01

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Novenas

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. F.S. gc01

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. R.J. & S.J. gc01

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. R.E. w01

PRAYER TO THE BLESSED VIRGIN (Never known to fail), Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. A.M.L. w01

Novenas

NOVENA TO ST. JUDE
 Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. A.W. cool

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



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EXCURSIONS



SEPTEMBER 26-OCTOBER 2, 1993

AMERICAN BEER WEEK

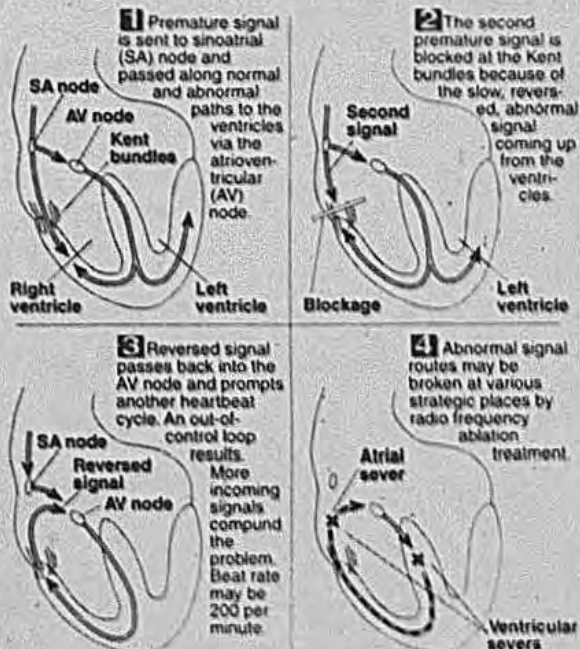
... A week to hop to a frothy glass ...

SOURCE: CHASE'S ANNUAL EVENTS

DISCOVERY

A fast and dangerous beat

Tachycardia, often caused by Wolff-Parkinson-White syndrome, is caused by a short circuit in the heart's nerve pathways. Surgeons are learning to zap this problem away with radio waves.



SOURCE: Scientific American Medicine

Kids Home Newspaper

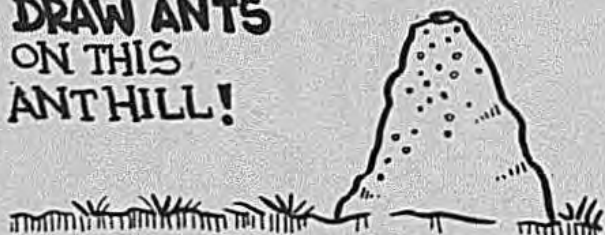


Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

DRAW IT!

**DRAW ANTS
ON THIS
ANT HILL!**

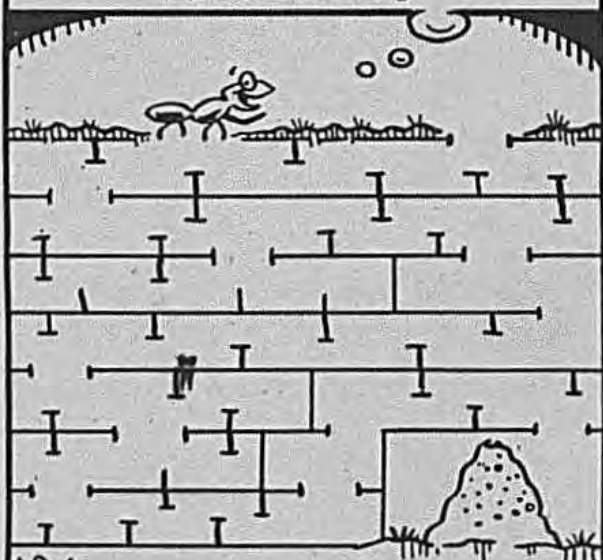


SOME ANTS BECOME LIVING STORAGE
TANKS TO HOLD FOOD FOR THE
WHOLE COLONY'S USE IN EMERGENCIES.
THEY EAT UNTIL
THEY GROW INTO
SUCH **HUGE BALLS**
THAT THEY CAN
HARDLY MOVE!

CHOMP!
CHOMP!



**HELP ME FIND MY
ANT HILL!**



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IN FACT, THE ANT IS VERY SMALL!
HIS BODY ISN'T VERY LONG
BUT IT SURE IS SUPER-STRONG!**

HOW MANY
ANTS
CAN YOU
FIND?



A	N	T	S	S
A	N	T	T	T
N	N	A	N	N
A	N	T	A	A
A	S	T	N	A



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WHICH INSECT IS AN OFFICER?

**TEN-
SHUN!**

**AN
ARMY ANT!**



PUP THANKS KRIS KILLINGER OF CENTREVILLE, VA.

ANTIQUE OR JUNQUE

By Anne McCollam



Jardiniere from France

Q. We have a porcelain jardiniere that has been in our family for at least 70 years. The mark on the bottom is "W.G. & Co. — Limoges, France."

It is 11 inches high and also 11 inches in diameter.

In your opinion, what is the approximate value of our jardiniere?



A. Numerous factories have made fine porcelains in Limoges, France, since the late 1700s. According to the mark on your jardiniere, it was made by Guerin-Pouyat-Elite Ltd. in the early 1900s. This firm was founded in 1870 and is currently still in operation.

Your jardiniere might sell for \$300 to \$350 in good condition.

Q. The enclosed mark is on the bottom of my pitcher. It is approximately 8 inches high and is decorated with gaudy flowers of cobalt blue, green and rust against a white background.

The handle looks like a green-and-rust snake with its head attached to the upper side of the pitcher.

Could you please identify my pitcher and place a value on it?



A. Allertons Ltd. in Longton, Staffordshire, England, manufactured porcelain and earthenware

from 1859 to 1942. This mark was used in the years between 1929 and 1942.

Your pitcher is a 20th century version of the Gaudy Ironstone made in England in the 19th century. It might sell in the \$55 to \$65 range.

Q. I have an Art Nouveau bronze table lamp. It is a figure of a woman standing on a base. She is holding her right hand up to her head, left arm down and left knee slightly bent.

Behind her is a branch with leaves, which curves up and over her and holds the glass globe for the light bulb. The lamp is about 24 inches tall and works. Behind the figure are the words "France — Aug. Moreau."

Could you please tell me the vintage, origin and value?

A. Auguste Moreau was a French sculptor born in the 19th century. Bronze lamps were sometimes cast from his original sculpture.

Art nouveau is the term for a style popular from around 1890 to 1905, and identified by curving, flowing lines.

Your lamp was made in the early 20th century in France. The value would probably be about \$300 to \$900.

Q. I found an unopened deck of playing cards in my mother's attic. On the cards is a woman in a striped shirt, holding a bowling ball being offered a bottle of Coca-Cola. Across the top of the cards are the words "Coke Refreshes You Best!"

What can you tell me about my cards?

A. Collecting playing cards is a good deal. It can be both enjoyable and profitable. Your deck has a crossover value since it would be of interest to collectors of both Coca-Cola memorabilia and playing cards.

When purchasing decks of cards, it is important to look for those in very good condition and unusual designs.

The Girl with the Bowling Ball was made in the early 1960s. Your complete deck would probably be worth about \$65 to \$75.



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Points on Pets

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

Q. How is parvovirus spread among dogs? Are some breeds more susceptible to the disease? Most of the dogs in our neighborhood are allowed to run free. We are worried that our dogs will be exposed to parvovirus.

A. Parvovirus is a highly contagious disease of dogs. The virus attacks the cells of the intestinal tract, white blood cells and, in some cases, the muscles of the heart. Dogs of all ages and of all breeds are susceptible to parvovirus. Parvovirus infection has been reported throughout the entire United States and throughout many other parts of the world.

Parvovirus is spread by dog-to-dog contact. Therefore, places where dogs congregate, such as dog shows, obedience trials, breeding and boarding kennels, pet shops, humane shelters, veterinary clinics, parks and playgrounds, are places where the spread of parvovirus is likely to occur.

Dogs confined to one house or yard and that are rarely in contact with other dogs are far less likely to be exposed to parvovirus.

The fecal wastes of infected

dogs usually contain large amounts of infective virus. The virus is resistive to environmental extremes and survives for long periods in the dog's surroundings. Parvovirus is readily transmitted from place to place on the hair or feet of infected dogs.

Parvovirus is a serious disease of dogs, and prompt treatment by a veterinarian should be obtained. All dogs that are allowed contact with other dogs should be vaccinated for parvovirus. Your veterinarian can recommend the best vaccine and vaccination schedule for your particular dogs.



POINTS ON PETS

JUNIOR EDITION

CONTEST PICTURE



CHEER UP MATE!
WE ARE NOT
DEAD BROKE,
WE STILL HAVE
TWO BITS!

TRY FOR A
BIG PRIZE!
COLOR THIS
DRAWING.

Aunt Tilly's Corner

Last weekend our school hosted the first marching band competition of the season. The band parents began the day by decorating the bleachers with flags and balloons. Food stands were set up along with ice cream, sodas and many other goodies to eat.

By noon, bus loads of bands from several different schools began to arrive with all their instruments, equipment and colorful uniforms. It was a sight to behold as each lined up like wooden soldiers to perform in turn, on the football field. At the end of the day each band returned for the retreat, marching together onto the field to receive their awards.

I wonder if you like to pretend you are marching in step to music. Maybe you play an instrument. Perhaps one day you will belong to a marching band.

Your friend,
Aunt Tilly

RULES

BOYS AND GIRLS

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, October 8, 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

How Medicare is financed

By William M. Acosta

Q. How is Medicare financed? — S.N.

A. Medicare Hospital Insurance (Part A) is financed mainly from a portion of the Social Security payroll tax (the FICA) deduction.

The Medicare part of the payroll tax is 1.45 percent from the employee and 1.45 percent from the employer on wages up to \$135,000 in 1993.

Medicare Supplementary Medical Insurance (Part B), which is optional, is financed by the monthly premiums paid by enrollees and from federal general revenues.

The monthly premium, which is subject to change annually, is \$36.60 in 1993. The premium pays about 25 percent of the cost of the Part B program, and general tax revenues pay about 75 percent.

Q. Does Social Security have any publications for people who are interested in retiring in the future? — A.N.

A. Social Security produces about 100 publications. Many of these publications are available in Spanish.

"Understanding Social Security" is a booklet that provides a comprehensive overview of the Social Security, Supplemental Security Income (SSI) and Medicare programs.

We also provide a separate booklet for each major program we administer: "Retirement,"

"Disability," "Survivors," "Medicare" and "SSI."

These are just a few of the many publications available. Whatever Social Security issue you're interested in, there's probably a pamphlet to help you understand it better.

To get copies of these, or any Social Security publication, please call our toll-free number, (800) 772-1213, or visit your local Social Security office.

Q. Can benefits paid to my spouse or child reduce those paid to other family members who also receive benefits on my record? — P.L.

A. Yes.

There is a limit to the amount of money that can be paid to all other family members on your Social Security record. The limit varies, but is generally equal to about 150 percent to 180 percent of your basic benefit.

If the sum of benefits due your family exceeds this limit, the benefits to all family members, except yours, will be reduced proportionately.

YOUR SOCIAL SECURITY



This is my beautiful granddaughter Bridget McDonagh. She will be one year old on October 2. She is also the granddaughter of MaryAnn and Joe McDonagh of Garden City, and her parents are Mary and Tom McDonagh of Garden City.

Bridget Skelly
New Hyde Park



The most beautiful grandchildren are Ashely and Ryan Zeeck. They live with their parents Carol and Randy Zeeck in Murfreesboro, Tennessee.

Grandfather or Opa
William Zeeck
Hicksville