



**Joe Barry  
K Of C  
Summer Picnic**  
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**Experiences  
Of A New  
Bandparent**  
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# HICKSVILLE ILLUSTRATED NEWS

Vol. 7, No. 6

Thursday, August 20, 1992

35 Cents

## Water District Urges Home Rule Support

By John W. Garger

In the midst of the western Nassau County residents battle with Jamaica Water Supply Company and the numerous plans by politicians to create a municipal water district for that area, the Hicksville Water Commissioners have urged Hicksville residents to support "home rule" in their water district.

The Hicksville Water District was created in August of 1921. Before that time a private company supplied Hicksville with water. The private company's facilities were inadequate and water pressure was often low. Because of the Hicksvillites' dissatisfaction with the private water company, more than 700 of them rallied together and petitioned the Town of Oyster Bay to create a public

water district for the Hicksville area. The district that was created was financed solely through the people of Hicksville, without financial help from either Nassau County or the private water companies.

The present day water commissioners, Gilbert E. Cusick, Nicholas J. Brigand, and Richard A. Humann, do not want to see the people of Hicksville be victimized by losing the responsiveness of the community water district or to be burdened by having to pay for a costly takeover of the water companies in western Nassau.

The commissioners' main concern is to keep the level of quality service and accountability that the Hicksville people have grown accustomed to. "Hicksville is self-sufficient," said Cusick. He points out that the commissioners have kept in close contact with the residents about their concerns and on matters that will greatly affect them. One example he gave is when they were mandated to put in effect a water conservation program. Under the law they had the right to decide on a program, but instead they sent out 16,000 questionnaires. Brigand recalled that the response of the community was amazing, close to 14,000 were returned. The Hicksville water commissioners have also taken trips to Albany to lobby legislators on behalf of the people of Hicksville.

Home rule gives people more of a feeling of input than in a larger centralized system. "Going from a smaller to a larger system there is a corresponding loss of input in the way government is run," said Joe Frank, attorney for the water district.

Having its own water district, Hicksville has grown accustomed to personalized service. The commissioners pointed out that they are always available to discuss problems people have with their water service. They also frequently appear before civic groups, service organizations, and the Community Council to discuss the state of the Hicksville Water District. Having an accountable system means that Hicksville's water quality is at the best possible level, according to the district's engineer. He mentioned that state guidelines for water quality allow for leeway when determining the safety of the water. But the Hicksville Water District starts correcting discrepancies as soon as they exist.

To date there are no specific plans for a county-wide water district. The latest legislation out of Albany calls for a Western Nassau Water District only to include those areas served by Jamaica Water.

The total assessed valuation of Oyster Bay has again surpassed that of North Hempstead. Seldin's records show that the value of Oyster Bay is \$1,083 billion, roughly half of Hempstead Town's \$2,098 billion and ahead of North Hempstead's \$993,849,111 valuation.

Oyster Bay also experienced a very slight increase in the amount of senior

(continued on page 6)



PHASE ONE of the Broadway Mall parking lot improvement project is complete. The multi-phase project will enhance the safety, beauty, and traffic flow of the mall. Besides engineering improvements, shrubbery has been planted along the southeast portion of the mall.

Photo by JW Garger

## Property Value: Nassau Down, Hicksville Up

By A. Anthony Miller

For the first time in almost half a century, the value of Nassau County's real property has dropped. But in Hicksville, assessed valuation actually increased slightly.

Figures released this week by Abe Seldin, the chairman of the county's board of assessors, show a drop for the 1992-93 assessed county-wide valuation from last year's \$4,120,821,335 to \$4,097,767,736.

The \$23 million drop, or 0.559 percent, represents declines among all three towns. Oyster Bay Town suffered the least decline, a drop of slightly more than \$3 million. North Hempstead was hit the hardest, with a \$10.3 million loss, while the loss in Hempstead was set at \$9.7 million.

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## B'Way Mall Begins Lot Improvements

By John W. Garger

Phase one of a multi-phase improvement program for the parking lot of the Broadway Mall has been completed this past week.

Motorists entering the mall from the William Street entrance off Route 106 will immediately notice smooth pavement, better traffic flow, and plantings on the new formed islands separating the roadway and parking lot.

The multi-phase parking lot improvement program is aimed at doing several things. It will improve the flow of traffic through the mall, increase safety, and add beauty to the surrounding area, according to Nancy Gilbert, marketing director of General Growth Center Companies, Inc., the management company that took over the mall in 1991. The other phases, which include more engineering improvements and perimeter plantings of greenery, will be completed over the next couple of years.

Phase one of the project has included work done on the southeast portion of the mall property. Initial work involved changing the curve of the entrance so that it is more conducive to safe traffic flow and in agreement with the original plans given to the town. The fire-lane along the south side of the building was also repaved and widened for increased safety in case of emergencies. The pavement along the entrance and next

to the southern side of the building was milled, defects in the slant of the roadway were fixed, and new asphalt was laid. It was a total renovation project said Gilbert who expects the new pavement to last for years.

The most significant part to community residents might be the plantings along Route 106 and along the median separating the parking field and the mall roadway. Locust, juniper, and pear tree plantings landscape the ground. "We are trying to do our part to beautify the community," said Gilbert. Traveling south down Route 107 all people see are signs, and concrete; planting greenery along the perimeter should make the mall more appealing.

The improvements in the pavement have already been realized. During the electrical storm that hit the island last Thursday no flooding occurred along the newly paved roadway, a spot that frequently flooded from even light rainfall.

General Growth Center Companies has been operating the mall since 1991. The three that head the Broadway Mall are native Long Islanders and want the mall to be appropriate for the area. Currently they are focusing efforts on attracting more tenants, as well as hosting several events for the public including a fall fashion show, and Hoop-It-Up three on three basketball.

*... Band students go out of their way to make their younger counterparts feel comfortable.*

—Karen Blicker-Band Parent  
See Story Page 3

## COMMUNITY QUOTES

*"It was a new experience and honor to represent Long Island."*

—Coach Meyer  
See Story Page 40

## HOMETOWN PEOPLE



Mr. and Mrs. Daniel Sharkey and Mr. and Mrs. William Sharkey

### Just Married

Rita and Bill Sharkey are happy to announce the marriage of their son, Daniel to Amy Bialecki on July 18, 1992. The festive celebration took place in Buffalo where Amy grew up and was employed as a manager in her mom's flower shop. Daniel is on the scuba team of the NY City Harbor Police and partner with his parents in their florist business in Floral Park. The newlyweds will reside in East Northport after their Hawaiian honeymoon.

### Gala 90th Birthday

A gala 90th birthday celebration given for Mrs. Louise Orlando by her six children was held at the Millergate Inn on August 9. She has been a Hicksville resident since 1947.

Among the friends and relatives joining in the celebration were Mrs. Orlando's 13 grandchildren and five great-grandchildren.

### Congratulations Graduate

Lafayette College announced that James Patrick Hooper of Indiana St. is a National Sojourners Award Distinguished Military Graduate.

A 1988 graduate of Chaminade High School, he is the son of Terry and John Hooper. He is a member of Delta Kappa Epsilon Fraternity. He will be commissioned as

a regular officer in the Army Ordnance Corps and will be stationed in Aberdeen, Md.



Robert and Stephanie

### Engaged

Mr. and Mrs. Les Wensler of Binghamton, formerly of Hicksville, announce the

engagement of their son Robert Linge to Stephanie Gares of Whitney Point, New York. Rob is a 1987 graduate of Hicksville High School. The couple is planning a summer 1993 wedding. Both work in the Binghamton area and will be living in Endicott.



Mathew David Whidden

### New Born

Dave and Annette (Sardi) Whidden are proud to announce the birth of their second son, Mathew David, on May 2, 1992. Mathew was 7 lbs. 13 ozs. and 20 inches long. He was welcomed home by his big brother Tommy, who is three.

Mathew and Tommys' grandparents, Carmella and Ernie Sardi of Hicksville and Howard Whidden of Dayton, Ohio, formerly of Levittown were present at his christening at St. Killian Church on June 7. Mathew's godparents are Aunt Tina Breihf and Uncle Paul Ragozino, both Hicksville residents.



Daniel Bradley

### Completes Course

Congratulations to Daniel Bradley upon his completion of the Construction Safety Inspector Course. Daniel spent a week in upstate New York early in the summer. Upon the completion of the course he was given an official Construction Safety Inspector identification card.

## Hicksville's New 1992 College Graduates

The following is a list of Hicksville residents who have recently graduated from college. The names were provided to the Hicksville Illustrated News by the colleges.

Scott A. Epstein, Lafayette College  
Youngblood Oh, CW Post  
Mija Yoon, CW Post  
Michael John Brigandi, SUNY Cortland  
Mary K. Mahoney, Western Maryland College  
Karen Cimino, CW Post  
Michael Olive, Boston University  
Michael W. Hoops, Boston University

### Mark Espanet, CW Post

Amy M. Britzman, SUNY Cortland  
Thomas W. Fink, Pace University  
David M. Laspalato, Pace University  
Janene Otten, CW Post  
Maria Perrillo, CW Post  
Michelle Sweeney, SUNY Cortland  
Madaline Ribaudo, CW Post  
Cynthia Mia Howard-Zalno, Pace University  
Cathy Savino, CW Post  
Tracey Tiernan, St. Bonaventure University  
Hiromi Yamaguchi, CW Post

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

## NEWSBRIEFS

### Community Council Annual Dinner

The Hicksville Community Council will be holding its 22nd Annual Dinner on Thursday, Oct. 1, 1992 at Antun's of Hicksville.

The evening will be highlighted by the presentation of the President's Award to Mr. Charles Montana, Jr. and the Community Service Award to The Hicksville Council of PTA's.

The 1992-1993 officers and directors of the Hicksville Community Council will also be installed. The new officers are: Marc Herbst, president; William Kelly, first vice president; William P. Bennett, second vice president; Councilman Thomas L. Clark, third vice president; Maureen Traxler, secretary; and Val Pakaluk, treasurer.

This annual event will be held in the Main Ballroom of Antun's at 7:30 p.m. Dinner will be served at 8 p.m. Tickets are \$25 per person.

Tickets are available from Val Pakaluk at 938-0630 or Ellie Draycott at 935-5793. Reservations will be accepted until September 21. Please make checks payable to the Hicksville Community Council and mail to PO Box 163, Hicksville, NY 11802.

The Community Council welcomes all members of the community. The dinner is their effort to gather together all people who are concerned with the betterment of Hicksville and to honor those who have contributed to our community throughout the years.

### Labor Day Parade Information

The Hicksville Fire Department announces its 64th Annual Labor Day Parade and Drill. Chairman of Labor Day 1992 is William Shuckmann. Honorary Grand Marshal is Charles DiStephano, tournament co-chairman is Gilbert Cusick, parade co-chairman is Patrick McGough.

The parade will take place on Sunday, Sept. 6 at 5 p.m. Following the parade there will be a block party on Barclay Street. The Labor Day Drill Competition will be held on Monday, Sept. 7 starting at 10 a.m.

Leading the parade will be chief Patrick Scanlon. The parade route starts at fire headquarters and heads west on Marie Street to Jerusalem Ave. South on Jerusalem to Old Country Rd. East on Old Country to Broadway. North on Broadway to West John St. West on W. John St. to Newbridge and South on Newbridge to West Barclay St. Refreshments will be sold at the block party.

### Hebrew Reading Crash Course

Congregation Shaarei Zedek, in conjunction with the National Jewish Outreach Program, is offering a Hebrew Reading Crash Course, free of charge, to its congregants and the local adult Jewish community beginning on Wednesday, Aug. 26. Classes will be held on five consecutive Wednesday evenings at 7:30 p.m.

Students will have the opportunity to learn the beauty of Hebrew by achieving mastery of the Hebrew alphabet. It's easier than reading English—and it's free!!

Call now and you will be reading Hebrew before Rosh Hashanah. What a beautiful way to start the new year. Everyone is encouraged to take advantage of this excellent opportunity. Reservations must be made no later than Aug. 21. Call the synagogue office at 938-0420.

# The Marching Band Beat Goes On

By Karen Blicker

It's a well known fact that the Hicksville High School Marching Band is a top-notch, exceptional group of musicians who have performed in some very exciting places, among them Disney World, Giants Stadium, and Canada. For years, I've heard rumors that the Band Parents Association was a truly dedicated unit of parents who work tirelessly and unselfishly on behalf of these kids. And here I was...about to embark on the [gulp] band parent expedition.

I began by volunteering for a half dozen committees within the association, which is headed by that organized whirlwind, Diana DePalma. I learned that all fund-raising efforts are quickly plowed back into the program for the students, whether it be for drinks after a sweltering Memorial Day parade or for boosting kits at Band Clinic in August. Was I crazy to volunteer when it might be easier to sit back and let someone else do the work? No way! Look what I'd miss. Monthly meetings are well attended, informational, interesting, and even fun. The enthusiasm is contagious. And with the tempting array of food at the summer meetings, I was reluctant to leave.

Dedication is important in band, and it's my opinion that this marching band separates the men from the boys (and girls). During the summer, three hour practices are held weekly. While it might seem like a big sacrifice for a teenager to make, remember that the band has 125 students; so both new acquaintances and old ties are renewed during the weekly gathering. Why, just this past week, as I sat in my trusty station wagon finishing a book I'd begun, I heard fantastic sounds echoing out of our high school halls. Tucking my novel away, I paused to listen. This was only their fourth practice, yet the group sounded great, and I was thrilled. Countdown to Band Clinic!

So far, from my observation (and I'm not called the eyes and ears of the world for nothing), the groups are broken down, by instru-



WHETHER IT BE band or color guard, Tuesday night means practice. Shown here are Ann Marie Huysmann, Michelle Huysmann, Robin Blicker, Cathy Licarsi, and Christine LaNasa. Karen Blicker relates her experience as a new band parent in the adjoining story.

ment, for practice. Any questions or thoughts are quickly and helpfully answered by section leaders, usually upperclassmen/women. In addition to the regular staff, several teachers have volunteered to come in for special sectional clinics with the students, offering the players a wide variety of expertise. One might feel that joining this large marching band might be intimidating for kids right out of middle school. Yet, somehow band students go out of their way to make their younger counterparts feel comfortable. Friendly is the buzzword here, and so incoming band members now anticipate that four day visit to the Poconos and Band Clinic.

Directors James McRoy and Jennifer Boltz's presence can be felt in every nook and

cranny of Hicksville High. Whether offering input at Band Parent meetings, or moving from one room to the next at practice, chatting with our kids, they seem to be everywhere. Their outstanding reputation was legend while our youngsters were in Middle School. Now we have a chance to meet the leaders of the band, firsthand!

If this all seems too good to be true, so far it is! And our children have taken a giant step, musically, by rehearsing and learning this year's marching band songs, perfecting them in Band Clinic in the Poconos, so that they'll shine in the fall competitions and make us proud. And, as they continue to grow in confidence, they'll receive an education in the spirit of teamwork, too. The Hicksville High Marching Band saga continues. Stay tuned.

# Board Sets Goals And Objectives

By John W. Garger

The Hicksville board of education held a work session last week to discuss its goals and objectives for the upcoming year.

School board president Helen Lafferty opened the meeting by explaining the purpose of the meeting and why the board needs goals. "Goals are statements of purpose and direction. They identify the standards and provide the framework on which to build and on which our administration can take action," said Lafferty.

Lafferty set up the framework for the meeting explaining that the board would set goals for four specific areas. The areas covered are students, administration, community, and staff. Lafferty also requested that the administration give the board a quarterly report on the progress of the board in meeting its goals.

The first goal discussed dealing with students was to monitor the completion of the sixth grade move to the Middle School. The second goal was a continuation of a district wide program of "people living together." The program deals with relationships between students and common problems that school age children have.

The third goal dealing with the students was to monitor and improve on a more thorough basis the elementary reading, remedial reading, writing, and skills enhancement programs to meet the needs of all the students in the district. A fourth goal is to review and promote all courses to better meet the needs and interests of the students.

The fifth goal pertaining to students has

the board of education asking the administration to encourage students to attend board meetings and committee meetings, and further requests the superintendent to establish a minimum of two meetings a year for the purpose of bringing forward representative students of the total school program to discuss all aspects of that school program.

During the board's goals for the administration the superintendent read his goals from the "State of the District Report" that he released earlier this year (see July 16 *Hicksville Illustrated*). The board agreed to adopt the superintendents goals as their own. They also added the following two goals. One, to establish a timeline for

(continued on page 29)

### Fire Memorial Unveiled



The Hicksville Fire Department and the Exempt Fireman's Benevolent Association recently dedicated a memorial for the organization's departed members. The memorial is located next to the main Firehouse on East Marie Street. On hand for the dedication ceremony of the memorial were Hicksville Fire Department chiefs, captains, and other department dignitaries and Oyster Bay Councilman Thomas L. Clark.

# DON'T SIT THIS ONE OUT! CONTINUE THE TRADITION

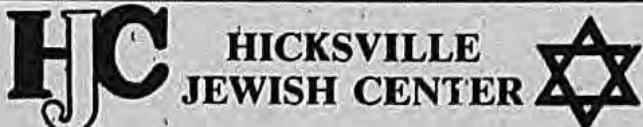
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COUNCIL MEMBERS and wives relaxing at the picnic. (LtoR) Mary Gallagher, PGK George Maguire, Anne Maguire, Jim Gallagher, and Mae Bode.

## Knights Of Columbus Annual Picnic

By Vincent Murphy PGK

On Sunday, August 2, the Joseph Barry Council 2520 held its annual picnic at Cantiaque Park. The day started with the celebration of an outdoor mass at 11 a.m. celebrated by the Council chaplain Fr. Peter Liu. He was assisted by Sam McCafferty, lecturer; and Joe Leo, Jr. as Altar Boy.

Following the celebration of mass and a short welcome of members and friends of Joseph Barry Council by Grand Knight Joe

Leo, Jr., the time for feasting, racing, laughing, and merriment began. The cooks, under the watchful eye of Tom Joyce, did a very good job satisfying the members and guests with the delicious food they prepared. Races were held for the children and young adults - with all of the children receiving prizes, thanks to chairman Olie Costello, PGK and his co-chairman Tom Joyce and John Kilganon.



COOKS FOR THE DAY Jim Howley, Jr. (left), Joe Burnsato (council lecturer,) and Steve Powell.

## St. Ignatius Loyola Annual Sock Hop

St. Ignatius presents its second annual "SOCK HOP" starring Shirley Alston Reeves, former lead of the Shirelles. Also featuring the Starlights, back by popular demand.

Sock Hop to take place on Friday,

September 25 from 8 p.m. to 1 a.m. at the St. Ignatius Auditorium. \$30 per person includes cold buffet, beer, wine, and soda. A cash bar will be available. There will also be door prizes and raffles.

Call 937-1560 for more information.

## Youth Council Flea Market

The Hicksville Youth Council will be holding an outdoor flea market at Hicksville High School from 10 a.m. to 5 p.m. on Saturday, Aug. 22.

MERCHANTS will display new items.

Everyone will find something they want or need. Come out and support the Hicksville Youth Council. For more information call 822-KIDS.



**GREGORY MUSEUM curator** Don Curran shows Janet and Danielle Moskos how to make a fossil. This was just one of the many fun events at the Festival of Fun held at the Museum on Saturday, Aug. 1. Watch for this and other exciting programs at the Hicksville Gregory Museum in the future.



**WHO NEEDS THE beach** when a neighbor's pool is open. On those hot summer days just bring your towels and jump in: (l to r) Patrick Kelly, Chris and Kevin Sheehan, Samantha Nichols, Nicole Metakis, and Morgan and Leslie Kelly.



**CELEBRATING ANNE** Evers' birthday. She and her husband had dinner at the Curtis House Restaurant. Shown here are (l to r) proprietress Alina, Richard and Anne Evers. Dick took an active part in selecting the many photos at the restaurant recalling scenes of bygone Hicksville history.



**SIX YEAR OLD** Nicole Metakis could not wait to help grandpa Dick Evers in harvesting his corn patch. Many homes have vegetable gardens along the side or in the rear of the property. Only 50 years ago most of Hicksville was covered with potatoes and corn.

## COMMUNITY CALENDAR

### Widows and Widowers

St. Bernard's of Levittown Widows and Widowers will be holding a general meeting at the VFW Hall on South Broadway in Hicksville on August 20 at 8 p.m. Call 938-7305 for more information.

### Class Of 67 Reunion

A 25 year reunion of Hicksville High School, Class of 1967, has been arranged for Saturday, August 22, 1992 at the Villa Victor Restaurant in Syosset. The cost is \$45 per person which includes cocktail hour, buffet dinner, DJ, and mailing costs. For more information call Pat (Ofenloch) Longo at 433-5279 or Peggy (Moldovak) Gill at 433-8607.

### Balsa Airplanes At The Gregory

Make and decorate balsa airplanes at the Hicksville Gregory Museum on August 22. Create a non-flying balsa replica of a Long Island historical airplane like grandpa flew. Paint and decorate your own. For ages 7 and up from 1:30 to 3:30 p.m. Workshop is \$6 for members and \$8 for non-members. Reservations are required. Call 822-7505.

### CPR Class

A community CPR class is being offered by the Long Island Heart Council on August

22 from 9 a.m. to 5 p.m. at their office at the Broadway Mall in Hicksville. Registration is \$45 per person on a first come, first served basis. Call 932-9360 for registration information.

### Days Of The Dinosaur Children's Workshop

Go back millions of years and relive the days of the "terrible lizard." Take a look at different dinosaurs. What did they eat? How did they disappear? Create a dinosaur model and dress up like a dinosaur! All at the Hicksville Gregory Museum on August 26. Ages 4 to 6 from 1 p.m. to 2 p.m. and for ages 7 to 9 from 2:30 p.m. to 3:30 p.m. Space is limited, reserve early. Members \$6, non-members \$8. Call 822-7505 for more information.

### Widows And Widowers Sociables Dance

St. Bernard's of Levittown Widows and Widowers will be holding a Sociables Dance on Friday, August 28 from 9 p.m. to 1 a.m. at the Elks Club on Barclay Street in Hicksville.

Price is \$10 per person and includes snacks, continuous dancing, open bar, cake, and coffee. For further information call 938-7305.

### Upcoming Greek Festival

Holy Trinity Greek Orthodox Church in Hicksville presents its Greek Festival from Friday, Sept. 11 to Sunday, Sept. 13. on Field Avenue off of New South Rd.

Enjoy the tastes of Greece. Special entertainment will include the Hellenic Dancers, and live Bouzouki music. The church will be open for the public to look and admire the beautiful icons of Pantocrator, Playtera, and the baptism and resurrection of the Lord. Free parking at LILCO.

### Oktober Fest

On Saturday, Oct. 24, the Hicksville Unit of the Steuben Society of America will be celebrating its annual Oktoberfest from 5 to 10 p.m. It will be held at the Wm. Grouse, Jr. VFW Post 3211 on S. Broadway in Hicksville. All are welcome to attend.

There will be four hours of music and dancing supplied by the Bavarian Lions, as well as a catered hot buffet with a number of delicious German specialties. The menu will include knockwurst, bratwurst, sauerkraut, baked chicken, red cabbage, string beans, almondine, tossed salad, fruit molds, relish trays, coffee, and dessert. Drinks will be available at reasonable prices.

For ticket information call Erick Kurz at 785-0582 or Bernie Woell at 868-9839.

### Sunday Funday Open House

Sunday, Sept. 13 from 1 to 4 p.m. Free exhibits, demonstrations, hands-on workshops, bake and white elephant sale, fun and games for children, adults, members and non-members at the Sid Jacobson Jewish Community Center (formerly Sid Jacobson-North Shore Y) 300 Forest Dr., East Hills. Call 484-1545 for further information.

### Understanding Anxiety Disorders

Anxiety, panic disorders and phobias are the number one reason people seek psychological help. Learn about the most devastating phobias of all, agoraphobia, during a presentation by the Anxiety Disorders Association of America at the Hicksville Public Library on Wednesday, Sept. 2 at 7:30 p.m.

### Long Term Health Care

On Tuesday, Sept. 8 at 1:30 p.m., a representative from the Consumer Services for the New York State Insurance Department will speak at the Hicksville Public Library on senior citizen insurance topics. Discussion will include nursing care/home care and Medigap insurance.

## Valuation

(continued from page 1)

citizen properties exempt from school taxes, from last year's \$4,806,751 to \$4,815,731 for 1992-93, an increase of 0.186 percent, or \$8,980. Oyster Bay, however, was the only one of the three towns to have an increase; Hempstead dropped \$235,000 and North Hempstead fell by almost \$52,000.

Seldin also released figures that show that the Hicksville School District gained 0.233 percent in value, to \$129,406,070 for 1992-93, from last year's \$129,104,427. The increase is just \$301,643, he said.

The taxable assessed value figures serve as the basis for the 1992-93 school taxes in every Nassau County district, except Glen Cove, which levies its property taxes using its own assessment roll.

An increase in the taxable assessed value of a school district helps to moderate any in-

crease in the tax rate caused by increased spending, said Seldin. Conversely, if the taxable value of a school district goes down, the tax rate may increase even though spending does not.

Seldin attributed the general decrease to several factors, including "very little new construction of either residential or commercial projects in the past year," which he said was "due to the general state of the economy and the real estate market," and not unique to Nassau or Long Island.

"The county continues to lose taxable assessed value because of the way the state Division of Equalization and Assessment assesses special franchise property," said Seldin, explaining that the special assessments are the basis for the taxes utility companies pay to have their poles and wires on publicly-owned rights of way. He added that 1993 is also the last year of a state-mandated four year phase-out of property taxes on some public utility equipment previously defined as taxable under state law.

## Support Groups At Community Hospital

### Alcoholics' Anonymous

The local chapter of Alcoholics Anonymous meets every Friday evening at 7:30 p.m. in Conference Rooms A and B at Syosset Community Hospital.

Alcoholism is a chronic behavioral disorder manifested by the repeated drinking of alcoholic beverages in excess of dietary and social standards. In addition, this disorder can severely impair a person's health, social standing, and economic functioning.

These weekly gatherings of Alcoholics Anonymous will provide those in attendance with the professional support and guidance needed to overcome an addiction to alcohol. For more information, please call the Community Affairs Office at (516) 496-6527.

Syosset Community Hospital is a voluntary, not-for-profit, community hospital affiliated with North Shore University Hospital, LaGuardia Hospital, and the

Health Insurance Plan of Greater New York. Blue Cross, Blue Shield and all other health insurance programs are accepted at the hospital.

### Overeaters' Anonymous

The local chapter of Overeaters Anonymous meets Saturday and Sunday evenings between the hours of 7:30 p.m. and 9 p.m. in Conference Rooms A and B at Syosset Community Hospital.

Overeating can be controlled with appropriate lifestyle and habit changes. Proper diet, behavior modification and regular exercise are the three key elements of effective weight management.

These weekly gatherings of Overeaters' Anonymous will provide sound nutritional information designed to avoid complications in weight management. For more information call the Community Affairs office at 496-6527.

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UNDER THE direction of Ms. Hillary Sperber, the Trombone/Saxophone Ensemble perform "Fidgets" by Eugene Brusillo. Grandparents/special people watch and listen with delight.

## A Day For Grandparents/Special People

Although the new school year is just about upon us some special children deserve attention for an event held in their school at the end of the last school year.

Dutch Lane School held its annual Grandparents/Special Persons Day on June 5. This day is dedicated to all grandparents/special persons who have students attending Dutch Lane Elementary School.

The PTA cordially invites all who attend

to a breakfast buffet, including tea, coffee, iced tea, bagels, doughnuts, fruit, and cookies, in Dutch Lane's all-purpose room.

Afterwards all guests are invited into the gymnasium where a concert and sing-a-long is held. At the conclusion of the concert the grandchildren/special children escort those attending to their classrooms where they learn all about their child's education.

**Don't miss the Crossword Puzzle!**  
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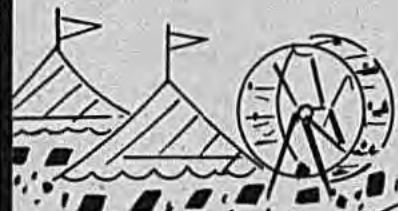
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## CAN YOU SPOT THE DEER TICK ON THIS PAGE?

**R**eactions to its bite can feel like the flu initially, and cripple like arthritis when a condition known as Lyme Disease is involved.

If you spotted the deer tick at the base of our question mark, congratulations! If not, let's just say you're not alone.

Why focus on something no larger than the head of a pin?

Because the deer tick is the most common carrier of a growing-and-difficult-to-diagnose medical problem known as Lyme Disease. And it's a lot more than a touch of the flu.

Lyme Disease is a bacterial infection that, if left untreated, can lead to damage of your heart, joints, and nervous system.

The deer tick lives in wooded, grassy, and bushy areas. If you jog, picnic, golf, hike or camp, you may be at risk of being bitten and infected. Your pets can also carry the tick.

At first, Lyme Disease may feel like the flu. In many cases it may be accompanied by a red, bull's-eye rash around the bitten area.

Up to a year after the bite, the disease can cause ear and eye pain, heart flutters, and joint swelling.

Still later, mild to crippling arthritis, stomach cramps, weight change, and a wide variety of other conditions may occur.

But the good news is: Using modern antibiotic therapy, Lyme Disease can be treated and further damage prevented.

For more information on Lyme Disease, or for the names of physicians in your area who treat Lyme Disease, call this toll-free number:

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## Local High School Students Honored At FBLA National Leadership Conference

Michael Chang and Joaquin Ezcurra, of Hicksville High School, were awarded top prizes at the Future Business Leaders of America (FBLA) National Leadership Conference, a professional association for students pursuing business careers. Michael was awarded first place, nationally, in the Introduction to Business competition, a written competition that tests for the knowledge of all aspects of business (law, marketing, mathematics and various business principles). Joaquin was awarded first place, nationally in the business English competition, a written competition that tests for the knowledge of grammar, spelling and various business formats.

Michael and Joaquin also placed first in these competitions on the district and state level before representing New York State on the national level. Both are sophomores at Hicksville High School. Their adviser is Mr. Ed Sullivan.

Individuals, state teams, and local chapters are encouraged to compete in any of nearly 40 different events representing a wide range of activities and the business and leadership development focus of FBLA-

PBL. The winners of these highly competitive and prestigious awards are selected from among FBLA-PBL's membership of 270,000 students and represent some of the best and brightest of today's youth.

The 6,000 plus delegates to the National Leadership Conference participated in a structured, four-day meeting that included business and leadership training workshops, personal development programs, and the election of national officers. Speakers at the conference included Captain Gerald Coffee, retired naval officer and Vietnam POW and Carlos Arboleya, vice chairman of Barnett Bank in Miami.

Future Business Leaders of America-Phi Beta Lambda, Inc. (FBLA-PBL) is the national business education association that prepares students for careers in business and business education. Its members, belonging to more than 12,000 chartered chapters, include students from the United States, the Virgin Islands, Puerto Rico, and Europe. The Future Business Leaders of America is the high school division and Phi Beta Lambda (PBL) is designed for post-secondary and college students.



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## LIRR Promoting Pedestrian Safety

"Come on, man, what are you doing? Let's go down to the crossing," the anxious adolescent implores as his voice cracks in the eerie stillness of the night.

"Look, man, I'm outta here," the cocky, self-assured Kenny snaps at his friend as he scales a chain-linked fence separating them from the tracks — setting in motion a tragedy just waiting to happen.

It's scene — literally — right out of a movie, the Long Island Rail Road's newly-released Public Service Announcement promoting pedestrian safety while crossing the tracks.

LIRR President Charles Hoppe announced the release of the PSA at the premier screening held today at the New Community Cinema in Huntington. The PSA depicts, in a dramatic way, the danger — and sometimes fatal consequences — of crossing the tracks at locations other than designated, protected crossings.

"All too often, the LIRR's tracks are used as a convenient shortcut, without a full understanding of the risks involved," said President Hoppe. "Hopefully, this fast-paced, hard-hitting message will raise the awareness level of the inherent danger in crossing tracks at locations not protected with crossing gates. We need to get the message out that pedestrian track crossings should only be made at gated areas."

Entitled "Kenny Was Cool," the PSA dramatizes how a seemingly harmless decision to "take a shortcut across the tracks" can prove to be a deadly one. The fictional, central character, Kenny, is a high school student who has everything going for him — he's confident, well-liked by his peers and the star of the basketball team. Walking home from the post-game victory celebration, he hops the fence to cut across the tracks, shrug-

ging off the protest of his friend. Losing his footing while running along the railbed, Kenny falls into the path of an oncoming train. The PSA, narrated by Bill Boggs, ends with the warning "Do yourself a favor, stay off the tracks!"

In 1991, 521 pedestrians throughout the United States lost their lives, and another 525 were injured, while improperly crossing railroad right-of-ways. The number of pedestrian rail fatalities on Long Island was nine in 1991.

To address this, and other rail safety issues, the LIRR offers a series of safety education programs free of charge to schools and community groups in Nassau, Suffolk, Queens and Brooklyn. Last year, the LIRR's safety education program was shown to over 90,000 students, teachers, and members of civic and fraternal organizations. The LIRR hopes to reach an even broader audience with the new Public Service Safety Announcement.

"Kenny Was Cool" is being distributed to local television and radio stations by the LIRR and will be available for broadcast beginning this week. The New Community Cinema, entering into its 20th year of serving the film community on Long Island, will continue to show the PSA at its theaters in Huntington.

The PSA was filmed by the Equitable Production Group on location at Holy Trinity High School in Hicksville and in Woodmere, Long Island.

The LIRR released the new safety Public Service Announcement in conjunction with National Operation Lifesaver Day, May 13 — a day set aside each year to focus attention on railroad crossing safety issues.

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# Good Vision: A Back To School Basic

By J.W. Garger

For children starting a new school year, a professional eye examination should be a back to school basic along with new shoes and other supplies, according to Dr. Shari Dukoff, O.D. of Woodbury Optical Group in Hicksville. Although all students receive the standard eye chart examination from the school nurse, Dr. Dukoff says that this examination is not able to fully check the health of the eye.

Many young students, as well as adults, can benefit from vision therapy. Vision therapy is an individualized treatment program used to improve or eliminate conditions that might hinder a child's learning process. It involves a series of exercises to help with the comfort and quality of vision.

Many children with learning related visual problems have 20/20 distance eyesight. Charts test only one of the many aspects of vision. A common visual problem symptom that might be helped by vision therapy is blurry vision. Although this may be a signal that the child needs glasses, that might not be sufficient or appropriate to correct the child's problem. Another difficulty a child might have is seeing double as they read or look far away. A child may or may not report that they are seeing double, but they may be rereading lines, skipping lines, getting headaches, or eyestrain or be very slow in reading. Visual perception could be another problem a child may have. A child may not be able to distinguish various objects as being the same or different than each other. The child may not be able to distinguish the letter b from the letter d or may print all or many of his letters or words backwards. This difficulty is often associated with the lack of visual awareness of the differences and similarities between objects. This condition



**VISION THERAPY** might be the difference between good grades and great grades for your child. Going beyond the standard eye exam certain vision problems can be helped by vision therapy. Here Dr. Dukoff, of Woodbury Optical, works with a child on vision therapy exercises.

can be helped by therapeutic vision therapy.

We are well aware that seeing is the fundamental basis for a child's learning. In fact, 80 to 90 percent of all information that we deal with enters through our eyes. Reading, spelling, chalkboard work, writing, and performing mathematical computations are among the various visual tasks children perform all day long in school. Therefore, a significant segment of the learning process is dependent upon our visual system. With all the best intentions, many people take the standard eye chart test, unaware of visual disorders that do not surface during such an examination. These disorders may affect their entire lives.

At Woodbury Optical, Dr. Dukoff works with school-age children and adults who benefit from vision therapy. Through individualized programs patients are taught exercises that help with the comfort and quality of vision. Dr. Dukoff and trained teachers help patients using workbooks, computer programs, and other treatment plans depending upon the need of the individual.

Dr. Dukoff has seen reading skills enhanced, children reading more, and school test scores increase due to the success of this program. If you would like more information about vision therapy contact the Woodbury Optical Group.

## Need Extra Copies?

The following stores sell the *Hicksville Illustrated News*.

West John Street Deli	390 W. John St.
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Seven Eleven	125 Bloomingdale Rd
Deli Deli	599 S. Broadway
Cards and Nuts	224 Old Country Rd
Reflections Cards	368 Old Country Rd
F and M Deli	99 Levittown Pkwy
Seven Eleven	500 Old Country Rd

## OBITUARIES

### John L. Ehman

Long time Hicksville resident John L. Ehman died August 13, 1992 at age 76. Cofounder and co-owner of the Firestone Dealer Store from 1945 to 1980, he was an active member of the Hicksville Methodist Church. Received the Silver Beaver Award as a Boy Scout Leader. A retired Lt. Col. in the Air Force Reserves, he was an avid fisherman.

Preceded in death by his son Thomas in 1958, he is survived by his wife Mary, of Fort Meyers, Florida; son James of Skaneateles, NY; and many nieces, nephews, and cousins. Services will be private.

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# Animals Find Safe Home In New Shelter

By Kathy Gerber

In the year and a half since the Town of Oyster Bay opened its modern animal shelter in Syosset, some 900 dogs and 893 cats have been cared for within the facility.

Sixty-five percent of these animals were either adopted or redeemed by their owners. The purpose of the animal shelter, according to town policy, is to provide food, shelter and medical care to as many homeless cats and dogs as possible in the hopes that these animals will be adopted.

Oversight of the operation of the animal shelter is the responsibility of the deputy commissioner of the Division of Environmental Control, Anthony J. Maurino. The town spends a "considerable" amount of money every year on veterinary fees, said Maurino. Last year these fees added up to \$15,000, he said.

The animal shelter contains two wings with 30 dog cages each and a soundproof room containing cages for 24 cats. Animals can remain at the shelter for as long as there is sufficient space.

Currently occupying one of the wings are 28 American Eskimo spitz dogs seized by the police from a Farmingdale home. The dogs were brought to the town's shelter where they will stay until the courts decide what to do with them, said Henry Bailey, assistant director of the animal shelter. Bailey added that there is already a waiting list of 55 individuals who have expressed interest in adopting these animals.

Bailey began working for the town at its old animal shelter 25 years ago, just two weeks after he got out of the army. His father was the director at the last shelter until 1978. His grandfather was the elected dog catcher.

for the Town of Oyster Bay.

"I've always liked animals," said Bailey, who also worked with animals while serving in Vietnam. The army used Labrador retrievers and rottweilers, which were trained to kill, to accompany them on their patrols in the jungles of Vietnam, said Bailey, who was in a combat infantry unit. These dogs could smell the enemy and detect land mines, said Bailey. "I think they've saved my life," he said.

Beth Faughnan has worked as the receptionist at the animal shelter since it opened. One of the highlights of her job, she said, is reuniting lost pets with their owners. The shelter holds dogs and cats for five days

before making them available for adoption.

Thankful pet owners who retrieved their lost pets at the animal shelter have sent bouquets of flowers and thank you notes to the workers at the shelter "because we've taken care of their animals," said Faughnan.

Anyone interested in adopting a pet from the shelter might want to tune into a show called *The Family Pet* which airs on News 12 every Saturday and Sunday at 8:30 a.m. and 2:30 p.m.

The show is hosted by Dr. Jonathan Greenfeld of the Syosset Animal Hospital. As a regular feature, the show displays pictures of animals from area shelters which are up for adoption.

Dr. Greenfeld said he recommends adopting a pet from a shelter. He said, because these dogs are older, their personalities have already formed. Potential owners can tell what a dog is like by handling the animal on the spot, he said. These dogs are also more likely to be house trained, he said.

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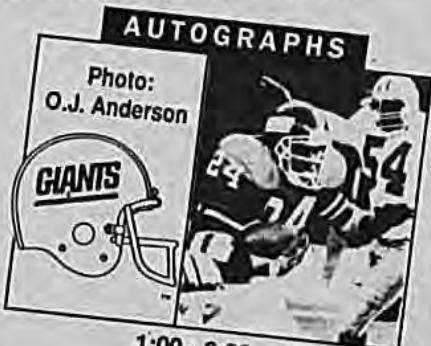
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## SPECIAL INTERESTS

### "Pennies For The Inn"

The second annual "Pennies For The INN" campaign was a huge success. Developed and co-chaired by Grace Anton of Anton Community Newspapers and Thomas Dixon Lovely, Chairman of the Board of Directors of Fidelity New York Bank, the program was conceived to encourage Long Islanders to contribute to a long established charitable organization which helps the homeless and needy on Long Island: The Interfaith Nutrition Network.

Long Islanders were asked to collect pennies in their home and bring them, in bags or boxes to any Fidelity New York branch. Fidelity issued receipts to contributors, consolidated all coins and presented all funds to the INN. In all, more than 375,000 pennies, or \$3,750 was donated by generous Long Islanders, slightly more than last year's campaign.



PICTURED LEFT TO RIGHT: Mike Moran, executive director, Interfaith Nutrition Network; Grace Anton; Frederick J. Meyer, executive vice president, Fidelity New York Bank; and Thomas Dixon Lovely, chairman of Fidelity's board of directors.

#### Free Health Fair At South Oaks

Free cholesterol testing, computerized body fat testing, blood pressure screenings, entertainment and refreshments will be part of the fourth annual Family Health Fair, "Wellness Works," at South Oaks in Amityville, Aug. 30 from 11 a.m. to 3 p.m., rain or shine.

The fair will feature more than two dozen offering information on such topics as stress evaluation, crime prevention demonstrations, relaxation techniques and information about drug and alcohol abuse.

In addition, there will be raffles for a first aid kit, and a home safety security package that includes a smoke detector and night lights. Also, for the first time this year, fairgoers will be eligible for a free grand prize drawing for a weekend getaway at the Radisson Hotel in Melville.

Arrive by 10 a.m. and join the 5K run or come at 1:30 p.m. and participate in the Health Walk. The entrance fee for the race or the walk is \$10 and includes a commemorative tee shirt. A 1K fun run for children starts at 9:30 a.m.

For more information, call 264-4000, ext. 2333.

South Oaks Hospital is located at 400 Sunrise Highway in Amityville.

#### Support Group For The Unemployed

Sudden or long-term unemployment can be devastating both emotionally and financially. A motivational group is now being offered by the Family Counseling and Education Center on Wednesdays, from 10

Mrs. Anton joined Thomas Dixon Lovely in stating "Homelessness and hunger, while not visible to all of us every day, are major problems in our country, our state and even on Long Island. We were pleased to see such generosity on the part of many hundreds of contributors who donated a dollar or two, to more than \$100 of pennies to this worthwhile campaign. Many contributors were particularly pleased to participate as their pennies took up space, they didn't know what to do with them, yet they couldn't throw them away."

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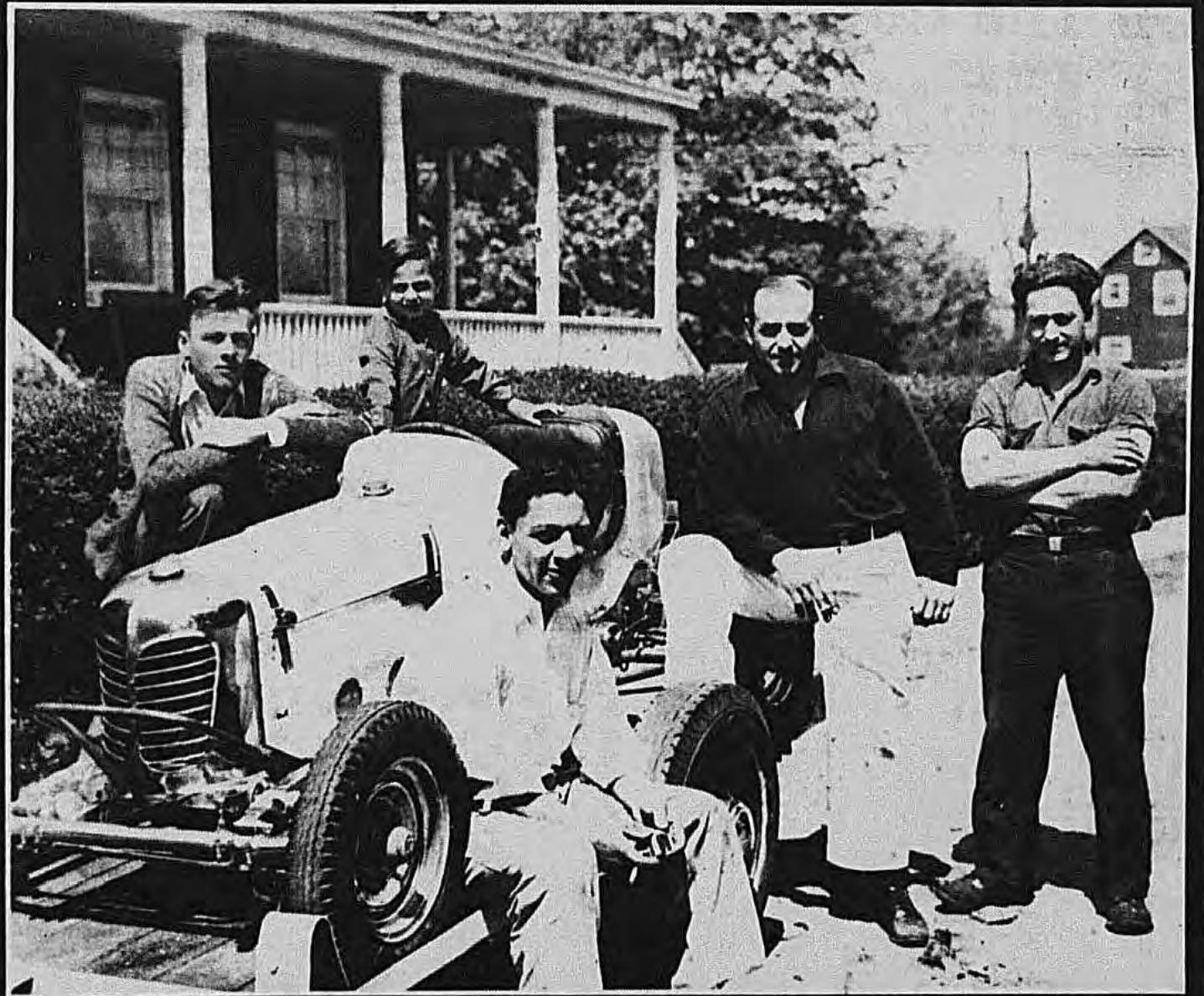
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ANTON COMMUNITY NEWSPAPERS OF LONG ISLAND



A Peek At The Past

# Hicksville



# Mike Caruso And The World Of Race Cars

The following information was taken from a talk given by Mike Caruso Jr. about his dad at the dedication of the Mike Caruso Race Car Exhibition at the Hicksville Gregory Museum during the summer of 1982.

Mike Caruso was born on March 4, 1899 in San Pedro, Italy. He came to the United States with his parents the following year. When his father died in 1912, he was forced to quit school and work to help support his mother. With only a sixth grade education behind him he went to work in a Brooklyn auto garage and

quickly became an excellent mechanic.

The first automobile race he saw was one held at the Sheepshead Bay, Long Island Board Track in 1916. The first "race car" Mike constructed was made from a "world record" motorcycle engine which was the first to exceed 100 miles per hour and was mounted on a make-shift car.

In September of 1922 Mike married Rose Adessio and moved from Brooklyn to Hicksville in 1923. The young mechanic started in business by operating an auto garage but soon found he could make a better living buying used cars and selling them, either as parts or as complete cars. In 1927 he founded his Hicksville Auto

## Wreckers.

The first car Mike Caruso owned, which was used exclusively for racing, was a sprint car he bought in 1927 from Harold Stillwells in Oyster Bay. This car was equipped with an Anstead engine. In 1929 he built his first race car, also a "sprint car", with a Riley engine. Caruso constructed a second sprint car soon afterward and competed at various tracks in the New York area (Riverhead, Deer Park, and Flemington, NJ). He raced these sprint cars until 1935 when he built his first midget racing car. This four cylinder Bugatti "black number six" midget racing car took only a month to build, but won the 1935 Eastern Auto Racing Association Championship, with Johnny Duncan of Lawrence at the wheel. This win launched Mike Caruso on a long course of highly successful race car competition in which his skills as a mechanic and designer led him to numerous championships.

Throughout his career, Mike was a pioneer in automotive engineering. A very resourceful mechanic, he used his auto wrecking yard business in Hicksville as a ready source of parts needed in the development of powerful racing engines. Hicksville Auto Wreckers was one of the largest junk yards on Long Island in the 1930s and later became one of the best known yards in the United States. His junk cars were obtained from the Gold Coast estate owners on the north shore.

Mike Caruso achieved much success in auto racing through his association with the Offenhauser engine. The "Offy" engine was a more modern double overhead car engine which was very reliable due to the availability of engine parts. It must be understood that earlier racing engines were modified pleasure car engines, while the "Offy" engine was designed and built strictly for racing.

The year 1938 was significant for Mike Caruso. This was the year he bought his first "Offy" engine. He mounted it in a midget, and won the 1938 AAA Midget Championship with a young Paul Russo driving the white Caruso number five. Russo went to win much fame in both sprint cars and Indianapolis type cars.

In 1946, the efforts of the Caruso racing team, which now included Mike Caruso, his wife Rose, and his sons, Louis and Mike Jr., was now racing eight times a week.

Probably one of the most revolutionary innovations Caruso conceived occurred in 1950. The ingenious mechanic decided to "stretch" his number two midget into a sprint car, the racing car-type intermediate

between midget and Indianapolis race cars. This was a midget with a wheelbase lengthened and a regular 110 cubic "Offy" engine supercharged with a 1923 Mercedes Benz racing car blower. This concept was strictly experimental, so new it literally shook the racing world from coast to coast.

After 1953, the Caruso racing effort was scaled down as a result of Mike's other business activities. The wrecking yard, as well as the Gulf gas station, took quite a bit of Mike's time. In the years that followed, racing was undertaken more for the enjoyment of it, rather than as a seven day a week business.

Mike Caruso, still the innovator, kept his hand in racing until the 1970s. It was now a hobby for him, and he experimented quite a bit.

The year 1978 brought great distinction to Mike Caruso. He was elected to the Eastern Old Timers Auto Racing Club

## On The Cover



The cover photo shows Hicksville's own Mike Caruso standing next to his first number 5 Offenhauser race car on West Barclay Street in 1938. Mike was well known for his business, Hicksville Auto Wreckers, and for his building and racing of cars. Pictured are (LtoR) Honey Purick, Mike Jr., Mike Caruso, Tommy Calandrillo, and Paul Russo (seated).

Photo courtesy of the Hicksville Gregory Museum History Collection.

**He used his auto wrecking yard business in Hicksville as a ready source of parts needed in the development of powerful racing engines.**

Hall of Fame at Flemington, NJ. This honor was a tribute to his many contributions and years of hard work on the behalf of the sport of auto racing.

Mike and Rose were the parents of five children: Rose, Frances, Florence, Louis, and Michael Jr.

He spent most of his final years between Hicksville and Las Vegas, where he owned a residence. He died on February 9, 1982 at 82 years of age.

Editors Note: His daughter Florence, better known as Flo Gries to *Hicksburg Illustrated* readers, reports that the Smithsonian Institution has requested one of her father's cars. Her brother Mike Jr. is getting one ready.

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The Hicksville Chamber of Commerce, is a volunteer membership organization through which the business, commercial and industrial firms, professional leaders and institutions of Hicksville work together to make Hicksville a better and more prosperous place in which to work and live.

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Membership information may be obtained by writing the Hicksville Chamber of Commerce at 10 West Main Street, Hicksville, NY 11801. To Join, contact Mike Matranga, Membership Director at 747-8282.

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# Hicksville Athletic Club November 21, 1909



This photo of the Hicksville Athletic Club is courtesy of Edward Schluter, Jr. Most of the members are not identified. Edward Schluter is on the bottom row fourth person in. If anybody can help with the rest of the identification write to the Hicksville Illustrated News.

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1. If a fire occurred while you were sleeping, the smoke would awaken you.

A. true       B. false

2. What is the number one cause of home fire fatalities?

A. lightning       B. smoking materials  
 C. cooking equipment       D. electrical equipment

3. Where do the majority of fire deaths occur?

A. school       B. home  
 C. work       D. vehicles

4. Which of the following time segments accounts for the largest number of home fire deaths?

A. midnight to 4 AM       B. 4 AM to 10 AM  
 C. 10AM to 6 PM       D. 6 PM to midnight

5. When do the largest number of home fires and associated fatalities occur?

A. spring       B. summer  
 C. fall       D. winter

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### Answers

1.  B.

False. Smoke probably will not awaken you and may very likely put you into a deeper sleep. Therefore, it is vital to have working smoke detectors in your home. Make sure your family knows the sound of the smoke detector and the correct way to respond.

2.  B.

Smoking material fires cause more than 200,000 fires and 1,200 deaths each year in the U.S. More than 90 percent of these deaths involve careless use or disposal of smoking materials. Use deep ashtrays and douse butts with water before discarding. Check under cushions for smoldering butts. Never smoke when drowsy. Keep matches and lighters out of the reach of young children.

3.  B.

About 80 percent of all U.S. fire deaths occur in the home. Install smoke detectors on every level of your home (particularly outside of the sleeping areas), test them monthly, and change batteries at least once a year. Consider installing an automatic sprinkler system for more protection. You may also want to purchase fire extinguishers and learn how to use them safely and effectively.

4.  A.

Nearly one-third of all home fire deaths occur between midnight and 4 A.M. This underscores the importance of smoke detectors, which can give you advance warning of a fire and provide extra time to escape. Develop and practice a home fire escape plan that includes two ways out of every room and an outside meeting place.

5.  D.

The months of December, January, and February are dangerous because of the increased use of heating equipment. Holiday firesafety is also an issue during this time. Choose a fresh tree and keep it watered, and don't place it near heat sources or exits. Use only tested and approved electric lights and don't overload outlets. Never leave candles or lighted trees unattended.

# 1947 Hicksville High Basketball Team



BACK THEN what we know today as the Middle School was the High School. Playing for the team in 1947 were (back row, L-R) Wesley Moseman, Bob Bean, Herman Rigby, Lou Kaji, and Peter Zelher. (Front row, L-R) Dick Wesnofske, Bobby Thomas, Steve Hoda, and coach Lou Millevolte.

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# A Look At Hicksville's Schools – Early 1920s

The following appeared in the "Catalog of the Hicksville Public Schools" for 1926. The article was entitled "A Resume of the Work in the Hicksville schools Since September, 1923."

## New Building- Junior Senior High School

The people of the village, by request of the Board of Education voted an appropriation of \$20,000 for a school site and \$250,000 for a new Junior Senior High School. In the fall of 1923 it was found that it would require an additional appropriation of \$95,000 to construct the building as planned and to properly equip it. This made \$345,000 available for construction. This extra appropriation was voted, and in December 1923 excavation was started. The cornerstone was laid April 26, 1924. During the Thanksgiving recess in 1924, the high school was moved to the new building, and on Monday, December 4, 1924, the new building was occupied by the students of the Junior Senior High School 7,8,9,10,11, and 12 years.

## Relief of Congestion

It was necessary in September, 1923, to

use four rooms in the former parochial school and also one room in the fire department building for five of the grades. Those five grades were moved back to the Nicholai Street School on December 4, 1924, when room was made by the removal of the Junior Senior High School pupils to the new building.

## Commercial Course

Soon after schools opened in September, 1923, it was discovered that many pupils found it necessary to leave town and travel to Jamaica, Brooklyn, or New York to take work in commercial subjects.

In October, the Board authorized the teachers committee to engage a commercial teacher and a business course was offered for the first time. In September, 1924, the commercial department had grown to the extent that another teacher was added to this department and forty students had enrolled for a four years' business course. Some of the

students, who received their business training in this school, are now holding responsible and well-paying positions in this village or in New York City.

In the Nicholai Street School, owing to the crowded condition, we were somewhat handicapped in this work, but in the new building we have a well equipped commercial department.

## The school in 1924-25 turned out a girls' basketball team that won the championship

## Night School

Early in the spring of 1924, a night school opened and instruction was given in English (Americanization work), bookkeeping, and typewriting for thirty evenings. Three day school teachers were engaged in this work.

This proved to be so popular and the demand for its continuance so great, that the Board voted to make the night school permanent and plans were made and an appropriation placed in the budget. The same work was continued during the year 1924-25 and mechanical drawing, Spanish, and house-

hold arts have been added to the courses given. The night school is in session Monday, Wednesday, and Thursday evenings. In addition, starting in the fall of 1924, the gymnasium has been opened to the public on certain evenings. The ladies meet from 8 to 10, on Monday evenings, the men the same hour on Wednesday evening, of each week. Miss Ketterle, the physical training teacher, has charge of the ladies' class and Mr. Roland Kinney, athletic coach, has charge of the men.

## Home Economics

In the new building, rooms were planned for household arts. Equipment was purchased and in February, 1924, the Board authorized the engaging of a domestic science teacher. Hot lunches were served at noon for the first time. A reasonable charge is made and this department is self-supporting.

At the present time 125 girls are taking the work in Home Economics. Much interest is manifested in this department and satisfactory work is being done. A class of adults is also taking course work three evenings each week during night school.

## School Nurse

A school nurse was employed during the year 1921-22, but the work was discontinued, however, at the end of the first year. In August, 1924, at the annual meeting, the people of the district voted to again take up the important work of the health of the child, and the Board authorized the engaging of a school nurse.

It is impossible, in this report, to discuss the importance of the health work in the

*Continued on page 6A*



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# A Look At Hicksville's Schools - Early 1920s

Continued from page 5A

schools. The fine spirit of cooperation on the part of the pupils, teachers, parents, and people of the community shows their appreciation of its value. The medical inspector has completed the examination of all pupils for this year. During the last two years we have taken advantage of the opportunity to have a dentist, employed by the Junior Red Cross at Mineola, attend to the examination of teeth of all pupils in the schools. Slips are sent to the parents showing the condition of the teeth of the child. If parents desire to have work done by the

Junior Red Cross dentist, they so state and only a nominal charge is made. The work for this year has been completed.

## Athletics

In the fall of 1923 outdoor basketball courts were constructed for the girls and boys. This started the interest in basketball and inter-class games were played for the first time. Girls' and boys' teams were organized. Owing to the lack of a gymnasium and athletic field, baseball had been the only sport possible to offer the students along the line of athletics.

With increased facilities and added equipment, the school in 1924-25 turned out a girls' basketball team that won the championship of the league.

While the boys were not so fortunate, under able coaching, a good fast team for the first year was turned out and all were proud of the showing they made.

Inter-class games are encouraged, and the benefits of athletics for all and not for the few are emphasized.

This year, 1925, found our school starting on a new adventure when Coach Kinney trained a football team and played the

first schedule of games. The team, while not heavy in average weight, proved to be fast and made a creditable showing for the first season.

School work is made predominant and athletics the secondary consideration. In order to be on any team in athletics, a satisfactory standing in school work and conduct is required. These regulations are made by the athletic association, which consists of all students in the school. High standards of sportsmanship are encouraged and secured, the students giving their hearty cooperation.

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# Hicksville's History Timeline

**1648** Robert Williams purchased present site of Hicksville and vicinity from Indians on May 20.

**1745** Williams Purchase (or plantation) surveyed and divided into smaller portions.

**1797** William Stewart commissioned by New York State Legislature to survey the boundaries of townships, caused Cantiaque Rock to be placed at its present location. Rock was hauled there by "several yoke of oxen."

**1830** Elias Hicks, famous Quaker preacher, died and was buried at Jericho on Feb. 27. He was born at Rockaway on March 19, 1748.

**1836** Long Island Rail Road built a single track line from Jamaica to Hicksville. Popularly considered the real start of the community.

**1849** Frederick Heyne, a German immigrant, purchased 1,000 acres near the rail-road station. Shortly after, streets were marked out, lots sold and home building began.

**1850** First public schoolhouse erected.

Meeting called in the home of Frederick Heyne on Newbridge Road to organize religious society known as the German Lutheran Church; today called Trinity Lutheran Church. Meeting held on March 3, document of incorporation signed April 1.

**1853** Union Chapel built. This simple structure was located on Broadway near the present site of the Church of Christ. Various denominations used the chapel while their own chapels were being built.

**1855** Hicksville opens its own post office. Previous mail was delivered by stage coach to Jencho.

**1859** Cornerstone laid for St. Ignatius Loyola R.C. Church on Broadway, Aug. 21, although Hicksville was one of a group of communities served as a mission as early as 1854. Property of church site was donated by Henry Pasker.

Railroad line from Hicksville to Syosset opened. In 1963 the LIRR purchased the stock of this line.

**1860** First cemetery incorporated known as Heitz Cemetery.

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## 1963 St. Ignatius Loyola Cheerleaders

**1963 ST. IGNATIUS LOYOLA** Cheerleaders placed third at the annual CYO Cheerleading Competition held in January, 1963 at St. Joseph's High School in Brentwood. Pictured are: (top row, LtoR) Pattie Zinkham, Valerie Scapperotti (captain), Diane Nedel, Barbara Rowkowski. (Bottom row, LtoR): Debbie Rugiero, Kathy Walsh, Joan Knight, and Laureen Thomas.

**1864** Cornerstone for German Lutheran Church laid on March 3. This building was on the south side of Nicholai Street. The wooden structure stood until 1931 when the present stone structure was erected and dedicated.

**1883** Meeting held at Union Chapel on Dec. 9 to organize First Reformed Church of

*Continued on page 8A*

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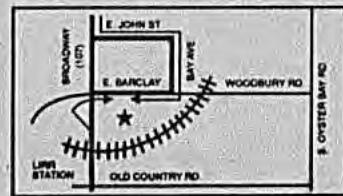
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## Hicksville's History

Continued from page 7A

Hicksville.

1890 Cornerstone laid for Community Reformed Church on Dec. 3.

St. John's Protocry on Hicksville-Jericho Road founded. Property deeded by Bernard Earle of Hicksville.

1893 Hicksville Fire Department organized on Feb. 15. There were individual fire companies as early as 1869.

1896 First telephone set up in Hicksville in July. Established in Taliaferro Drug Store on west side of Broadway, just north of the railroad tracks.

1899 Holy Trinity Episcopal Church organized on Sep. 1, when several families held services for the first time.

1900 Methodist Episcopal Church organized in March (now called Hicksville Methodist Church). First Methodist services held in Hicksville on July 12, 1899.

1901 Hicksville School District created Feb. 21.

1902 Hicksville Fire District created by resolution of Nassau County Board of Supervisors on August 22.

1910 St. Stephen's Lutheran Church organized Jan. 6, when services were first held at the home of Henry Hohorst.

1914 High School created at Hicksville. Regents certificate granted by the University of New York on June 25.

1919 Hebrew Congregation Shaarei Zedek Anshe of Hicksville incorporated on Feb. 28.

1922 Approval given by State Water Power and Control Commission to create the Hicksville Water District, municipal system replacing private water company which supplied the community for many years.

1923 Ground broken for high school building on Jerusalem Avenue on Nov. 26.

1927 East Street School building dedicated in November.

1936 First centennial celebration held, Oct. 11 to 17, to mark arrival of the railroad 100 years before.

1938 St. Mary's Ukrainian Catholic Orthodox Church founded.

1940 William M. Gouse, Jr. Veterans of Foreign Wars Auxiliary formed.

1941 "Pickle Works" fire in Jan. at the abandoned Heinz Factory on Bethpage Road. The water supply was almost drained extinguishing the fire.

1947 Hicksville Civic and Community Association founded to promote good citizenship and the betterment of the community.

1948 Hicksville celebrates its 300th anniversary, May 15-22, in Tercentennial Week.

Note: the above information was from the *Hicksville's Story, 300 Years of History*, by Fred Noeth and other sources.

TAMKO CELOTEX

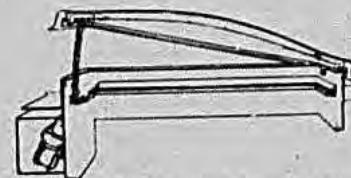
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## 1960s SPORTS HIGHLIGHTS

1961 Vince Coletta named a soccer ace. Gary Sonossian a "smokeball artist" is signed by the Washington Senators.

Hicksville High School soccer team took North Shore section one championship.

1962 Chris Coletta signed by the Red Sox.

Jim Irwin, a pitcher, named to the All-County team

Dick Hogan's High School Baseball

team took Division I title.

1963 St. Ignatius Cheerleaders place third in annual CYO Cheerleading Competition.

Rob Cerone playing with Idaho Falls team of the New York Yankees.

Gary Sonossian playing with class A club in Leniston.

Chris Coletta's first season with the Waterloo class A club of the Red Sox.

Ivars Bemberis finished second in New

England College wrestling championship (147 lb. class).

Dartmouth's Ray Sontag is making a fine reputation on the gridiron.

1964 High School baseball took second place in Division I.

Track and field records at high school shattered. Team tied for division title with 8-1 record.

1965 Bruce Develeaux took county gymnastic competition tumbling title.

1966 Varsity football is Nassau County and New York State champions. Jeff Doolittle named All-Long Island quarterback.

Swimming pool opens at Cantique Park.

**EDITOR'S NOTE:** A special thank you is extended to Richard Evers and the Hicksville Public Library's Local History Collection for supplying many of the photos and information contained in this history special.

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# From Wheat To Cucumber To Potato

Hicksville's farming past is as rich as the soil of the grassy plains used to be.

One of the early experimental crops was sugar cane. Several businessmen in the area operated a molasses factory, but the whole experiment was found to be unprofitable. Grains was the favorite crop of the early settlers, wheat was an especially popular crop. The early farmers in the 1880s also grew vegetables for their own consumption and to sell to the few hotels and boarding houses in the area. By 1888 the principal crops were rye, corn, potatoes, cabbage, and cucumbers. Farmers would sell their crops at the markets in Brooklyn. Milk trains also departed with about 125 cans of milk each morning from the railroad depot.

In the 1890s the Heinz Company built a pickling plant next to the railroad tracks on Bethpage Rd. Commonly referred to as "the pickle works," the Heinz Company kept many farmers in business growing cucumbers, tomatoes, and cabbages. Heinz was not the only pickling company in Hicksville. Other plants were located on Duffy Ave. and also on South Broadway. Around 1912 a blight struck the pickle crops and severely reduced the crop supply for the factories. Soon after the Heinz factory closed its doors. That building stood until 1941 when fire destroyed it.

Following the decline of the pickle crop farmers turned to the potato. Hicksville did its part for the fine reputation that the Long Island potato would have. For several decades farmers made a living growing the potato until the United States Depart-

ment of Agriculture discovered a parasite in some of the soil of Hicksville. The golden nematode organism attacked the roots of potato and tomato plants. Safety measures were put into effect while the problem was studied, but farmers were scared of another blight similar to the

pickle crop blight.

About the same time as the nematode problem came into being, land speculators started making offers for the farmers land in order to built houses. By 1959 practically all farms were gone.

The only remnants of Hicksville's farm-

ing past are the photos of prominent Hicksville crop growers and the small patches of vegetables that many families have alongside or in back of their houses.

(Research information taken from *Hicksville, Today and Yesterday* by Richard Evers.)



WORKERS on the Henry Schreiber, Dutch Lane Farm in the 1930s.

Photos courtesy of the Local History Collection of the Hicksville Public Library.

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# Hicksville, A Peek At The Past

Hicksville, A Peek At The Past  
1992 is Published by Long Island  
Community Newspapers

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MIKE MATRANGA Sales  
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TAMMY SAUTER Page Designer

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

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## What Hicksville Is Reading

### Fiction

- 1) *All Around The Town* - Mary Higgins Clark
  - 2) *Pelican Brief* - John Grisham
  - 3) *Jewels* - Danielle Steel
  - 4) *Gerald's Game* - Stephen King
  - 5) *Scuples Two* - Judith Krantz
- Non-Fiction
- 1) *Diana: Her True Story* - Andrew Morton
  - 2) *Eleanor Roosevelt* - Blanche

### Weissen-Cooke

- 3) *A Return To Love* - Marianne Williamson
  - 4) *Diana in Private* - Lady Colin Campbell
  - 5) *Truman* - David McCullough
- Videos
- 1) *Company Business*
  - 2) *For The Boys*
  - 3) *Let Him Have It*
  - 4) *Cape Fear*
  - 5) *The Butcher's Wife*

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## County Gives Senior Residents Tax Break

### By A. Anthony Miller

A number of items benefiting area residents were considered and approved at the only scheduled meeting this month of the Board of Supervisors, held Aug. 10 in Mineola.

The board approved passage of the budget for the Nassau Community College, after determining that to do so would not result in a tax increase; expanded the senior citizen tax exemption program; and enacted a local law, creating a home improvement restitution fund to be financed entirely by contractors.

The hours-long meeting began on a strident note, when dozens of unemployed construction workers loudly chanted *We Want Jobs* for several minutes after the supervisors and County Executive Thomas S. Gulotta walked into the room.

The \$102.9 million Nassau Community College (NCC) budget contains a \$2.7 million increase from the current budget, which will be realized through adjustments in tuitions and from attrition, leaving the property tax levy for the college the same as it is this year. Currently, the average county homeowner pays about \$49 annually toward the college in taxes.

In lobbying for its passage, NCC President Dr. Sean Fanelli noted that the school, which educates more than 23,000 students, will experience a freshman class next month that "will have 30 percent of the college bound June '92 high school graduates" from the county. Applications for the fall semester increased 25 percent over last year, said Dr. Fanelli, adding that student tuition, which represents 31 percent of the college funding—another 27 percent comes from the county and a like amount from the

state—will rise by \$200 per year, bringing the annual tuition rate to \$1850.

The budget was passed over some opposition from some residents, including William Schroeder of Rockville Centre, who criticized professors who, he said, will soon earn \$90,000 annually for a 30 week work year, work 15 hours per week, and receive free hospital insurance.

No one addressed the board on the issue of the expanded tax break for Nassau's seniors, who must be at least 65 years of age to take advantage of the plan. Under a sliding schedule of benefits the board approved, seniors will receive a 10 percent exemption if their incomes are below \$21,300, and the exemption will rise to 50 percent as income drops to \$16,500. This plan only applies to county taxes.

After the bill was passed, Gulotta urged local municipalities and school districts to adopt similar proposals "in order to achieve meaningful tax relief for our senior homeowners." Seniors who have questions about details of the cut may call the county's Board of Assessment at 535 2377 or 535 2790.

The Home Improvement Restitution Fund requires each contractor to pay a one-time fee of \$50 which will be used, up to \$5,000 in any one instance, to compensate a homeowner who obtained but cannot execute on a judgment against a licensed home improvement contractor.

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## Sports Shorts

(continued from page 40)

A three-session seminar will be held Wednesdays, October 14, 21, and 28 from 8 to 9:30 p.m. at the Hutton House building at CW Post College. Learn how to avoid injuries through proper stretching and strengthening exercises, as well as anaerobic and aerobic conditioning. This course, taught by Glen Head chiropractor Michael Remy, will also focus on sports nutrition, myths of exercise and injuries, and constructing an exercise routine. Remy has authored a number of articles on posture, exercise, and injury prevention.

Hutton House Lectures at the CW Post Campus offers non-credit courses in the arts, humanities, and sciences. The cost for this program is \$50. Pre-registration is required. To register or for more information, call 299-2580.

## State Games

(continued from page 40)

the Catholic League finals this past year.

Arnone, also a Hicksville graduate and player under coach Meyer, is the assistant varsity coach for Hicksville lacrosse and football, and coaches middle school basketball. He said he was impressed with the level of play and the whole atmosphere of the games. "The only thing the Empire Games can be compared to is a smaller version of the Olympics."

The coaching contingent from Hicksville enjoyed the experience of working with the best of Long Island and look forward to being part of the team that brings the gold to Long Island next year!"

## Letters

(continued from page 12)

ation at all: they reported that I said, "He had golf privileges without having to pay dues or initiation fees." To quote me completely out of context, particularly never mentioning why he was a privileged member, not only was completely false, but it tarnished the illustrious reputation of my late husband—which is both cruel and inexcusable. Also, to assume he had control over the membership policies at the club is preposterous and insulting to both the club and the memory of my late husband. Everyone who knew him knows, in both private and public life, Francis Anderson represented honesty and integrity to the nth degree.

They never asked me about the "no interest" accounts they refer to. I've been told that with regard to "some" very active in-and-out accounts, in lieu of the banks not charging a service charge for each and every transaction they pay no interest. My husband did not start this policy, and it is still going on today.

Their article lacked any evidence to support their accusations, and it is obvious their intentions were quite different from how they represented themselves. I feel now that through me they were only looking for more angles to attack Harold McConnell.

Lillian N. Anderson

*Editor's Note: Anthony Marro, editor of Newsday, explained that Newsday stands behind the veracity of its story relating to problems in the County Clerk's office. He told the Hicksville Illustrated News that his reporters told Mrs. Anderson that they were writing a story on the county clerk's office, and that no misrepresentation had occurred.*

## Objectives

(continued from page 3)

meeting the Compact for Learning in advance of the 1994 deadline; and two, the placement of special education classes throughout the district's schools to best serve the overall needs of the students and a program of orientation for the acceptance of these programs and students.

In the area of community the board adopted three goals. The first is to close an elementary school and to better serve the educational needs of the students. Another

was to formulate a before and after school age childcare program at each elementary school for implementation in the 1993-94 school year. The final goal under the community area was to upgrade the image of the high school and the entire district with a definite public relations program highlighting the accomplishments of the students.

Under staff the lone goal was the settlement of all open contracts.

## Girls Softball

(continued from page 40)

Nolan had two hits a piece; and Jennifer Mackey, Theresa Waddell, Cathy Micalizzi, and Gloria Lee each came through with a hit.

On the field, Erica Corso, Kristen Brennan, and Lisa Camillieri supplied fine defensive plays; and Christine Rutsky and Christine Nolan shared the pitching duties for the day.

For the Giants, Beth Leary and Stephanie Mitas had the big hits and shared the pitching.

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Peter T. Dunn	Barbara Hughes	Dorothy Milacek	Robert A. Schwartz	Bernard Winters
Eileen Evans	Steven Humphrey	John T. Moran	Harriet Seijo	Joann & Wayne Wright
Eagle Class of Temple Beth El Nursery School	Rose Hyman	Muriel Moran	Joan Shurley	Amelia Mae Wolf
Richard Esposito	Edward A. Jakult	C. Markowitz	Shirley Siegal	Loretta Zops
	Robert M. Jenove	Kristine Mott	Gerda Siegler	Margaret Zuba
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# ARTS & ENTERTAINMENT

## ATTRACTI ONS

**Thursday, Aug. 20-**  
**Sunday, Aug. 23**

Hofstra USA Productions will perform *The Dresser* at the Emily and Jerry Spiegel Theater. Tickets are \$8. For more information, call 463-6644.

**Friday, Aug. 21-Sunday, Aug. 23**

A family festival will be held on the grounds of the Nassau County Museum of Art. Featured will be a juried arts and crafts exhibit, rides, ethnic foods and dancing. Admission is \$5/car. For more information, call 484-9337.

**Saturday, Aug. 22**

Wynton Marsalis will give a concert at 8 in Planting Fields Arboretum, Oyster Bay. Tickets are \$25, \$20 or \$15. For more information, call 922-0061.

**Sunday, Aug. 23**

The American Red Cross will hold an Antiques and Collectibles Show and Sale from 9-5 at the Cold Spring Harbor Community Center. Admission is \$2. For more information, call 499-7586.

**Sunday, Aug. 23**

The Long Island Philharmonic Orchestra will give a free concert at 8 at the Lakeside Theater in Eisenhower Park. For more information, call 624-7120.

**Monday, Aug. 24**

Chinese/American Night will be celebrated at Eisenhower Park's Harry Chapin Lakeside Theatre. This free concert will begin at 8. For more information, call 542-4442.

**Wednesday, Aug. 26**

The Long Island Horticultural Society will hold a meeting at 8 in the Hay Barn at Planting Fields Arboretum, Oyster Bay. The guest speaker will be garden columnist Felder Rushing. For more information, call 757-8433.

**Through Aug. 24**

The work of naturalist/photographer Gary Randorf will be on display at Planting Fields Arboretum, Oyster Bay.

**Through Sept. 6**

"Conventional Abstracts" will be exhibited at the Graphic Eye Gallery, Port Washington. For more information, call 883-9668.

## Getting Real With Larry Rivers

By James O'Donnell

Curious. It was as if I recognized dozens of the pieces in the current Larry Rivers show. But I didn't recognize any of them. How could that be?

"What you recognize are the ideas behind these pieces, not any of the pieces themselves" my companion told me. "Larry Rivers is like that. He draws from many of the art movements of the last fifty years, and references dozens more. I mean, the man's eclectic."

And yet...

Certainly, the current Larry Rivers exhibit, which opened at Nassau County Museum of Art in Roslyn Harbor last week, is an art show of international proportions. Certainly, Larry Rivers may be found in the art history books your sister, daughter or grandson has to buy this fall at the college bookstore. And certainly the sheer size, variety, energy, wit and talent displayed in the exhibit is such to give your average visitor that over-stimulated glazed stare twenty minutes after entering the building. You know the look — the look of one who has seen too much greatness, and must shut down all receptors.

And yet the work of Larry Rivers is informative not only as a reference point for a variety of art movements, but ultimately because it asks the viewer its own set of unique questions about art, reality and the relationship between them.

Larry Rivers, the visual artist, entered the art world in the late forties, working both in concert with and in defiance of the eras of Abstract Expressionism, Pop Art and Minimalism. His own man, he brought elements of each of them into his own staggering production, mixing and combining forms with technical proficiency and singular intelligence.

To illustrate his work, 114 of Rivers' representative works from the period 1954 to 1990 have been assembled from leading museums and private collectors for the current show. And an astonishing lot it is, ranging from the artist's fascination with cultural and commercial iconography (Napoleon, Charley Chaplin, Camel Cigarettes, Fred Astaire) to the highly personal world of the artist and his peers; from an apparent drive to master classical modes of artistic to a stubborn reluctance to become subject to any one form.

Eclectic? Yes. Confusing. Possibly. But certain concerns seem to recur. Consider the man's concern with portraiture, for example.



LARRY RIVERS and his work will be the focus of a Nassau County Museum of Art exhibit Aug. 16 through Nov. 15. The exhibit will include this piece "Golden Oldies: Dutch Masters," 1978, charcoal, pencil, colored pencil and acrylic on canvas.

Numerous pieces combine an interest in the classical techniques of Old Masters, yet often they are coupled with personal elements that bring the classical concern right down into the world of the artist. Thus, portraits of his first mother-in-law (Berdie), friends and even self-portraits contain in them a concern for mundane details which are at once iconoclastic and also validating.

Or consider the way that Rivers explored the manner in which classical topics were restructured through commercial American culture — as, for example, his portraits of Daniel Webster, Dutch Masters, and more. Rivers' seemed to search for the originating realities hidden within commercial pop cultural iconography: Dutch Master Cigar boxes, Beaux Arts characters on French Money.

Then too, Rivers' incorporation of words into visual arts forms clue as to what preoccupies the artist. The story goes that Larry Rivers walked out of the Cedar Bar in 1959 with a poem wrapped in a menu. The resulting artwork which was its outcome combines clever exploration of the compositional aspects of popular American commercial products; a concern with pure exploration of the formal elements of line, shape and color;

or; but also the search behind the manufactured connotations to be found in objects of our culture, and toward the "real world" meaning within them.

Even when you consider the distinct body of work — his recapitulations of the highly stylized world of Japanese art — the question of art and reality emerges. Along with his work in the area of movie characters, there is a distinct sense that Rivers is doing more than expressing adoration for the unreal. The man is subtly asking the viewer if, in fact, something real does not lie behind even these well-tooled pop images.

What is real? And what has been reconstructed and handed to us via the mechanisms of Popular Culture? An abiding concern of the artist, to read the work. I get the feeling that Larry Rivers is vitally concerned with the relationship between the real world, and the world is depicted through artistic renditions. He seems to want to tell the world that he realizes that for all it explains, art serves also to step between us and the real world.

The Larry Rivers exhibit runs August 16 - November 15, 1992 at the Nassau County Museum of Fine Arts just off Route 25A in Roslyn Harbor. Call 484-9337 for details.



### Fiddler Comes To Plaza Playhouse

*Kevin and Phyllis Harrington's Plaza Playhouse in Old Bethpage is pleased to present the musical, Fiddler on the Roof, now through Sept. 5. Curtain times are 8:30 p.m. Fridays and Saturdays and 3 p.m. Sundays. Ticket prices are \$16 for Fridays, \$18 for Saturdays and \$15 for Sunday matinees. For more information, call 694-3330.*

### RECOMMENDED...

*Friends of the Arts has announced its 1992-93 Great Performance series which will take place at LIU's Tilles Center. The series begins Oct. 3. Performers include James Galway, Prague Chamber Orchestra, St. Louis Symphony and the Cleveland Orchestra as well as a recital featuring Isaac Stern and Yefim Bronfman. Subscriptions for all six concerts are \$159 for Section A and \$149 for Section B. For information or to receive a free brochure, call Friends of the Arts at 922-0061. The series marks the 20th anniversary of Friends of the Arts.*

... "Jacques Brel Is Alive and Well and Living in Paris" returns to LI in a special preview Sept. 25 and 26 at CW Post's Tilles Center. Watch for more notices. . . The 10th annual Islip Jazz Festival presented by International Art of Jazz will be held Aug. 29 and 30 at Heckscher State Park. The two-day, free event will feature Saffire: The Upset Blues Women, Dick Hyman with Rags, Stride and Broadway Jazz and The Joey DeFrancesco Trio. For all concert information, call International Art of Jazz at 632-6590.

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## Contract Bridge By Steve Becker

### A Crucial Guess

West dealer.

Neither side vulnerable.

**NORTH**

♦ K Q 8  
♦ A 7 6  
♦ Q 10 7  
♦ 10 9 6 3

**WEST**

♦ J 7 5 3  
♦ K 10 5  
♦ A K 9  
♦ Q 8 4

**EAST**

♦ 6 4  
♦ 4  
♦ J 8 6 4 3 2  
♦ A 7 5 2

**SOUTH**

♦ A 10 9 2  
♦ Q 9 8 3 2  
♦ 5  
♦ K

The bidding:

West North East South

1 NT Pass 2 ♦ 2 ♠

Pass 3 ♠ Pass 4 ♠

Opening lead — king of diamonds.

It goes without saying that point count helps you enormously in the bidding, but it is not so well known that point count can also be very helpful in the play. Take this deal where South gets to four hearts after West opens a weak notrump, showing 12 to 14 points. West leads the king of diamonds and shifts to a low spade.

Declarer plays low from dummy,

overtaking the eight with the nine in order to lead the queen of hearts. When West covers with the king, South wins with dummy's ace and continues with a heart to the jack, learning in the process that West has a trump trick coming.

Declarer must now try to hold himself to one club loser. To accomplish this he enters dummy with a spade, leads a club towards the K-J, and then has to guess what to play after East follows low.

If East has the queen, South should play the jack; if East has the ace, South should play the king. It is a crucial guess, and to solve the problem declarer turns his attention to point count.

He can tell from the opening lead that West had the A-K of diamonds (seven points). He knows from the play at trick two that West also has the jack of spades (one point), since East would have covered dummy's eight with the jack if he had it. South also knows that West had the king of hearts (three points), bringing his point count in three suits to 11.

It follows that West cannot have the ace of clubs, which would give him 15 points. Accordingly, South goes up with the king of clubs and makes four hearts.

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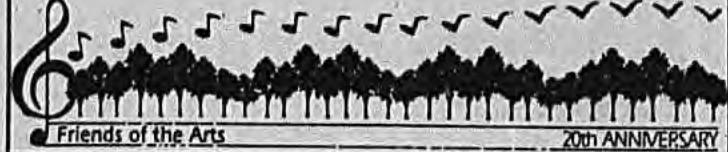
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\*All concerts are rain or shine. No refunds.





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# Vietnam Veterans Of America Car Wash



VIETNAM VETERANS of America, Nassau County Chapter No. 82, member Mitch Ryan of Hicksville and Marie Dlugos, Chair of the Veterans Helping Veterans Committee, prepare to wash Mitch's car at the chapter's recent annual car wash. The money raised from this charitable event goes toward helping the committee provide food, clothing, and heating oil to veterans in need.



THE VVA, Nassau County Chapter No. 82, Veterans Helping Veterans Committee (LtoR) Marie Dlugos, Rose and Ray Flanagan and their son Brian, all of Hicksville; and Jo Ann Broska and her mother Fran, also of Hicksville.

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DRAY



**CONTEST WINNER** — Phyllis Smith (center), a Lindenhurst resident, was recently chosen as **On Target's** fortunate \$200 contest prize winner. Ronnie Walsh sales rep (left), and Tibby Baren, office manager (right), presented this lucky lady with her prize. **On Target**—Long Island's leading direct-mail gift certificate company based in Westbury, NY, serves retailers and professionals all along the east coast. Look out for your packet of **On Target** gift certificates in order to be eligible to become their next prize winner. For further information contact **On Target** at: (516) 333-1600.

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## SPORTS SHORTS

### Late Registration For Hicksville American Soccer

It is not too late to sign up for Hicksville American Soccer. Leagues for ages four to 17 years old. Let your children experience the recreation of the world's most popular sport. Soccer not only is the best all-around sport for children, but its fundamental skill training is applicable to all other sports.

Registration covers fall and spring season, trophies for each season, winter indoor tournament, fall uniform, opportunities for tournament teams and for travel teams.

The new soccer directors pledge a program that is more in touch with the membership's needs.

For more information look for the ad in last week's *Hicksville Illustrated News* or call the following people: registration, Kevin Berg (931-2495); boys commissioner, Gary Breitton (938-2359); girls commissioner, George Bruno (735-7194); travel teams, Dean Camarinos (931-8610).

### Pitching In To Meet Summer Blood Needs

On August 28, the New York Islanders, Nassau Veterans Memorial Coliseum and *Newsday* are joining with Long Island Blood Services (LIBS) to host a blood drive, at a time when the blood supply is critically low. The drive will be held at the Nassau Coliseum in Uniondale from 2 to 7 p.m. All of the sponsors encourage sports fans and non-sports fans, regular donors and first-time donors, to come out to donate.

As a token of thanks, all blood donors will be offered a choice of two tickets for the Islanders September 22 home game against the New Jersey Devils or their September 26 game against the Buffalo Sabres.

Players from the Islanders will be on hand during the drive to meet and greet donors, give autographs and take pictures with the donors.

The vacation season is usually a time of shortage in blood supply on Long Island. Our area hospitals need 800 pints of blood each day to provide for the needs of Long Islanders.

"Our sports fans have proved to be very supportive of their neighbors in the past," said Meg Ferrer of Long Island Blood Services. "At last year's December drive we collected over 600 pints of blood, and we saw similar turnouts from fans at the New York Mets and the New York Jets blood drives."

To donate, you must be between the ages of 17 and 75, in good health, and weigh at least 110 pounds. LIBS encourages all those eligible to donate, and to bring a friend to donate.

For more information and to pledge your blood donation call 1-800-933-BLOOD.

### Weekend Athlete Seminar

Whether you spend your weekends on the tennis court or at the 18th hole, your chances are you've suffered a common sports injury. In many cases, sprains, strains, aches, and pains never go away and can hinder your leisure activities.

(continued on page 29)

## Three Coach At Empire Games

By John W. Garger

Hicksville was well represented in lacrosse at the Empire State Games, not by players, by coaches. Bill Meyer, Chuck Arnone, and Bill Dunn coached the Long Island Lacrosse team along with Kal Wynot of Friends Academy.

The Empire Games, held in Albany, is the equivalent of the Olympics for New York State. Lacrosse is only one of the many sports played at the games.

Meyer, the head coach of the Hicksville varsity team since he founded the program in 1963, was chosen as a coach in early June. Less than two weeks later Arnone and Dunn were brought on board to round out the coaching staff. Arnone is the assistant varsity coach at Hicksville, and Dunn, a former Hicksville lacrosse player and current resident, is the head coach at Kellenberg High School in Uniondale, where he originated their lacrosse program. Other Hicksville notables involved with the Long Island lacrosse program are George Fox and Robert Kenney. Fox, a graduate of Hicksville, is the coordinator of the Long Island lacrosse region and Kenney, Hicksville athletic director, is the director of the Long Island lacrosse region.

The team brought to the Empire Games was of very high quality. The players were selected, by a committee of coaches, after two weeks of tryouts. The team then practiced together for three weeks, including one week at the Four Star Lacrosse Camp at Lehigh University in Pennsylvania.

In all 450 kids attended the tryouts; 29 players were chosen, 20 to attend the games and 9 alternates. Hicksville standout Danny Melody made it to the final 50 cuts, and Mike Delpencio and Rob Walker made it to the final 100.

The Long Island team made it to the finals, but lost a tough one to the Hudson Valley team, who they beat one night earlier. In its first game, the LI team beat Western New York 12-10. They then handily defeated the New York City team 21-4.



**EMPIRE STATE GAMES** Long Island Lacrosse team coaches (l to r) Kal Wynot, Chuck Arnone, Bill Meyer, and Bill Dunn brought the LI team to the Gold Medal round. After an 8-8 tie, the Hudson Valley team scored in sudden death overtime to secure the gold.

head coaches in attendance.

Coaching the Empire team ranked high on coach Meyer's list of highlights of his career. In 1983 he was named the USA Coach of the Year, in 1992 he won his 300th game and his team made it to the final four. "Although no Hicksville kids were on the team, having Hicksville involved in the games points out the importance of lacrosse in Hicksville and that it is worth striving to be a part of."

Bill Dunn, a Hicksville High School graduate and former player for coach Meyer, said that anyone who can get involved in the Empire Games should, either as a participant, coach, or spectator. A former assistant coach at Hicksville, Dunn has been at Kellenberg Memorial High School for five years. He was named Catholic High School Coach of the Year, and coached his team to

(continued on page 29)

## PAL Girls' Softball Highlights

On July 27, the Mets, of the PAL Girls' Softball junior division, won a very exciting game against the Dodgers 17-15.

Most of the scoring was done early in the game. The game was tied at nine after three innings. The Mets scored six runs in the fourth inning to take the lead; and then they held off the Dodgers' rally to win the game.

The hitting was supplied by Allison Clarke and Christine Nolan with three hits and three runs scored each; and Christine Rutsky, Theresa Waddell and Courtney Halloran, who each had two hits and four runs batted in. Also contributing on offense were Jennifer Mackey, Kristen Brennan, Dana Wisnieski, Jamie Rog, Cathy Micalizzi, and Eric Corso, who had one hit each. Lisa Camillieri had three walks and scored two runs; and Crystal DeFritas played well at the catcher position.

On August 4, the Mets defeated the Giants 9-8 in a game that was well played by both teams. The lead changed hands throughout the game; as both teams fielded well.

The Mets' Allison Clarke and Christine Rutsky had three hits each; and Christine (continued on page 29)



**METS TEAM** picture: (L to R) front: Katrina Biener, Gloria Lee, Jamie Rog, Lisa Camillieri, Christine Nolan, Jennifer Mackey, Crystal DeFritas. Second row: Courtney Halloran, coach Phil Clarke, Dana Wisnieski, Cathy Micalizzi. Back row: coaches Bob DeFritas, Rich Nolan. Missing: Kristen Brennan.

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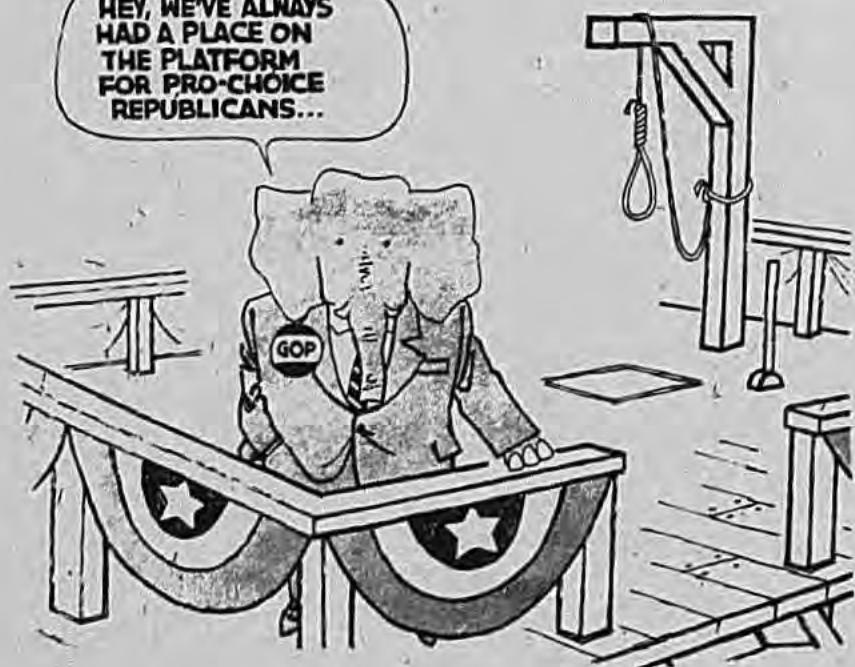
SEE PAGE 3



## THE QUESTION OF THE WEEK

Do you think the abortion issue will be a deciding factor for voters in the Presidential election?

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

## Most Callers Don't Want More Ed. Dollars

Most callers to Input did not think that more federal funds should go to education in answer to this question: "Do you think that more federal funds should go to education? Here are some of the answers:

### MISMANAGEMENT

No. The problem is not the lack of federal funding. It is public school mismanagement. For example, in New York City only 32 percent of the budget goes to classroom teachers. The rest, 68 percent, goes to non-teaching people with titles such as deputy assistant to the associate principal for administration. R. K.

### FEDERAL CONTROL

I do not think that federal funds should be expanded for education because I believe education is best on a local basis. We have some complaints now about schools. If the federal government were giving funds, running things would be worse. M. V.

### DO BETTER SOON

I think it is a sign of what we hold important to see the billions of dollars given for all sorts of projects including foreign aid when our schools are in need of a revamping so that we can regain our place in the world. It is shortsighted to use all that money for Star Wars and then not have anything left for schools and colleges. We will have to do better in the future. B. D.

### WASTED MONEY

There is so much money now wasted in education on programs that are really not necessary for an education, yet we neglect the basic reading and mathematics. I can't see for instance, how students who are not at least in the middle of their class should be encouraged to be in varsity sports. Yet many of the enthusiastic groups that support schools only count the team wins and not how literate the team is. K. N.

### ONLY TAX FUNDS

It really does not matter whether you call the funds federal or state. All of the funds come from taxpayers. The trouble with federal anything is that people on the local level would regard them as throw-away funds that won't influence the tax rate so they would be more apt to use them for things that are not vital. D. B.

### TEACHER BACKLASH

I would be for more funds state or federal to education if I were sure that the increase would go to teaching students. But we have a problem with a highly organized teachers union that frightens the school board and while the rest of the wage-earning taxpayers are trying to get by on a slow economy the teachers get more. This is really the source of the animosity. The taxpayers feel that they have been strongarmed into paying raises that are out of line with what other people get. This, when viewed with the greater number of holidays, vacations and benefits that teachers get makes it difficult for people to vote for budgets. They are generally shown as being people who want to deprive the students of a good education but in reality those who vote down budgets often feel that they are trying to get teachers in line with other wage earners. J. B.

### BETTER USE

Yes. We will probably hear a multitude of ideas to fill up the budgets for education during the upcoming campaigns. But I am afraid that rhetoric will do more to buy votes than to get a better education. I am not sure we need more money for education, just a better use of what we are now spending. F. N.

### HOW MUCH CAN WE AFFORD

Frankly, I think that as a nation we are developing a phobia on education. There are so many contradictions on the subject that it is difficult to apply logic to the subject. Needless to say, every sensible citizen and taxpayer knows how important education is to the welfare of the nation. But, not everyone feels that the available public funds from all sources are adequate to meet their concepts of the most demanding and deserving distribution of such funds. The unions for one, can't think in terms of any solution to the educational demands other than an unchallenged increase in the salary structure for the teachers. That being an accepted fact, there is not much room left to address education cost increases in non-teaching departments as we have found out in our community. Even the Governor of New York feels that Long Island has sufficient income to permit reductions in State aid creating a serious economic educational problem in our Village for one. Obviously from our own experience in Garden City, our School Board doesn't feel that our funds are adequate due partly to the reduction from public sources. But, taxpayers can afford only so much especially under today's economic circumstances. However, in order to address the "Question" properly and fairly, it would be impossible without a detailed and factual appraisal of the current as well as contemplated or needed educational requirements and its impact on the financial health of the nation not overlooking the existing huge national debt. P. G. S.



# Discovery!



## Are You Helping Or Hindering Your Child In School?

By Frederick Von Burg

"I've tried keeping him in on weekends. Nothing seems to work. I don't want to hear about him from the school anymore." That was the response of Mark's mother when she received a call from his sophomore English teacher around the second week in October. What she didn't realize was that she was the vital link between the school and the home, and that if she failed, chances were Mark would fail.

No reason to despair. Children are very resilient (but not insensitive) and Mark's mother can probably undo the damage. If she gets her husband involved, the chances are even better. It does take patience, though, and above all, consistency.

Mark is now in his fourth stage of mental development as outlined by Jean Piaget, the noted child psychologist. This means you can reason with him; the only trouble may be that he forgets, or chooses to ignore, his good resolutions, arrived at when he reasons with you. If the "forgetting" or ignoring persist, you'll have to have a few negative consequences ready to help him remember.

That means applying and enforcing such rules as staying in the house on weekend evenings (children of junior high school age especially enjoy socializing) or being isolated for two hours in his room on a school night. These are standard practices which only work if you're consistent. This implies, of course, that there is no television watching or radio listening - only reading, school assignments and chores to fill in the time. It is a good idea not to give the child or teenager his own television set. Then you can eliminate TV on school nights.

Unless Mark needs professional help for a manic condition, that should get you started. But what about the more normal children, the ones whose parents want them to stay that way? Here are some do's and don'ts that will insure a good, basic parent-teacher relationship, which in the end is the basis for the child's way of sizing up the situation. It will determine how much effort he or she will expend on his school work. You don't expect Mark to work for a teacher whom you've knocked.

### SOME DO'S

1. Do check up on your child's homework. The teacher may not give homework every night, and in high school, not every teacher gives homework. But if there is no homework consistently, let the teacher and administration know that you want homework in order to keep track of your child's progress and to get him or her in the habit of doing the extra work which will be required later on. He or she may be doing well now, but later on the subjects get more difficult, and in order to keep up with the work the child will require that great compensator - home study, which flows from homework.

2. Do support your child's teachers when they call up for help. Teachers are usually reluctant to ask the parents for help since they consider it a reflection on their own competency. Yet there are situations that are beyond the ability of any one teacher, and the school administration may or may not be a helpful one. The parent is in many cases the last resort, and as the person on whom the child is most dependent, the parent packs the most clout. He or she, by the consistency of his or her love and the constancy of his or her care has established a relationship the child is reluctant to risk losing.

3. Do be consistent in any disciplining. This usually means being middle-of-the-road in your strictness, because you don't want to put yourself into a situation where you have to back down. As a negative reinforcement many parents have good intentions of

keeping their offspring indoors for the evenings of two weekends, for example, but by the second weekend they've forgotten or they give in. This is not consistency. Your word should be reliable, and it should not require a written contract to make you keep it.

5. Do demand that the child respond to the first request. This is just another way of maintaining your credibility with the youngster. Some parents either repeat requests or fail to check on their execution. The result is that the child will not act unless he has a request repeated ten to twenty times, a habit that can be a disadvantage in school where the teacher simply cannot comply with this kind of reaction from thirty or thirty-five kids.

If the child feels confident the parent can be manipulated, he or she will greatly increase the range of misbehavior. "The teacher is picking on me," and "Everyone else was doing it" are standard manipulative excuses. Playing one adult against the other, teacher against administrator, administrator against parent, all are devices that manipulative students can and do use. They feel no remorse because often they aren't aware it is wrong.

### SOME DON'TS

1. Don't immediately side with your child in any dispute with the teacher. Modern society is built on a degree of faith (faith in the pilot, faith in the doctor, faith in the elevator manufacturer, etc.), and your child's teacher deserves some faith. You don't and you can't take the time to educate thirty children, so at least give the person who does it some backing. If there is question about the fairness of a teacher's decision, speak to the teacher - don't make him or her look bad in front of the principal. And believe it, there are some rules which must be applied whether the teacher thinks your child is the most darling of his or her pupils or not.

2. Don't assume your child will take care of his end of education. Children develop too many other priorities. In the classroom it sometimes seems more important to play the clown for peer approval or attention. In high school few want to risk appearing to be the teacher's pet by cooperating with the classroom regimen. Social needs overshadow educational needs. At home the TV seems more inviting than homework. The parent must keep track, and often must provide the failing motivation. Helping your child establish a homework routine is one of the biggest contributions you can make.

3. Don't do the homework for your child. You can help him over the rough spots, if you know what you're doing, or suggest a solution when he or she is stuck. But if you do the homework, or most of it, you're only teaching dependence rather than independence. And the goal, believe it or not, is to make the child independent of you. The day is coming when you want that child to function on his or her own.

Every child learns at a different rate. What home study does is compensate for the extra time needed by some children to fully absorb the lessons. He or she may have been absent, or on a field trip while other classes were still in session, and consequently the work must be made up individually. Teachers usually pace the curriculum to the average student in the classroom. But the work required by the syllabus may not permit this, and so again, the pace may be too fast for the average student, requiring home study to fill in for the exercise and familiarization that are necessary.

If you follow these rules, you'll have avoided some of the cardinal sins of parents of school-age children. You'll also be giving your children an advantage that should last them well beyond college, and both you and they will be happier for it.

### ABOUT THE AUTHOR

Fred Von Burg lives in Syosset; He has just retired after 31 years in public school classrooms and has spent many summers working with kids. He has contributed to many publications. This is his second contribution to Discovery.

# DINING GUIDE

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## READER RATINGS



### Wine Talk

By Richard Nalley

For those who love the rich, buttery, oak style of California's reserve-style Chardonnays, times have never been better. Even in the less-than-wonderful 1989 vintage, improved winemaking, better vineyard siting and perhaps older vines resulted in some beautiful Chardonnays.

The 1990 reserves, from a rich vintage that is probably California's best in five years, are simply off the charts.

Here's the catch — the price for some of these wines is off the charts, too.

To restore at least some semblance of reason, I've limited the choices below to wines priced at between \$18 and \$25.

While this clearly puts them in the "special occasion" category for most of us, who knows when you might feel like celebrating daylight savings time, Tuesday night with Wednesday off, or Napoleon's birthday?

Top 1989 Chardonnays priced at \$18 to \$25 previously reviewed:

Cahors Mt. Haras; Robert Mondavi Reserve; Kistler McCrea Vineyard, Ganser Estate; Chateau Weltner Estate; Kistler Estate; Sterling Winery Lake Vineyard; Long Berenger Private Reserve; William Hill Reserve; Kistler Sonoma; Clos Pegase "Homage"; Domaine Michel Merryvale Reserve; Forman.

Highly recommended:

Matawan Creek; Cavelson; Flora Springs "Barrel Fermented"; Grgich Reserve, Chalone Estate; Saarford "Barrel Select"; Kistler Durrell Vineyard; DeLoach; Ferrari-Carano; Byers Reserve; Morgan MacGregor Vineyard; Iron Horse; Sequoia Grove Carneros; Sequoia Grove Estate.

1989 Chardonnays \$18 TO \$25 reviewed this week:

Two famous wineries best known for their reds made perhaps their greatest Chardonnays, ever despite the rainy fall of 1989: Ridge Vineyards and Cakebread Cellars.

The world-class Ridge 1989 Chardonnay, Santa Cruz Mountains, is a huge (13.9 percent alcohol) wine, but one marked by a distinctive fine acidity under its pearlike fruit and barrel effects of butterscotch, vanilla and smoke.

Cakebread took the opposite tack with its 1989 Chardonnay Reserve, Napa Valley. The wine doesn't have overwhelming intensity, and Cakebread didn't try to ratchet up the "impressiveness" factor by laying on a heavy load of toasted oak. It is instead a beautifully balanced wine with lots of flavor satisfaction.

Acacia's 1989 Chardonnay, Maria's Vineyard, Napa Valley-Carneros, is one of the best wines to come out of the normally excellent Carneros in a less-than-excellent Carneros year. There is a citrus and tropical fruit brightness to the wine that is tempered down from this bottling's usual intensity, and works very nicely.

I call it a toss-up with the 1990 Acacia Marina below (they seem to have been released at about the same time): the '89 has knit together better, the 1990 has more peach to it.

Recommended 1990 Chardonnays priced at \$18 TO \$25:

Another famous red wine winner — in several recent vintages arguably California's best — is Stag's Leap Wine Cellars, which put it all together with the 1990 Chardonnay Reserve, Napa Valley.

# DINING GUIDE

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

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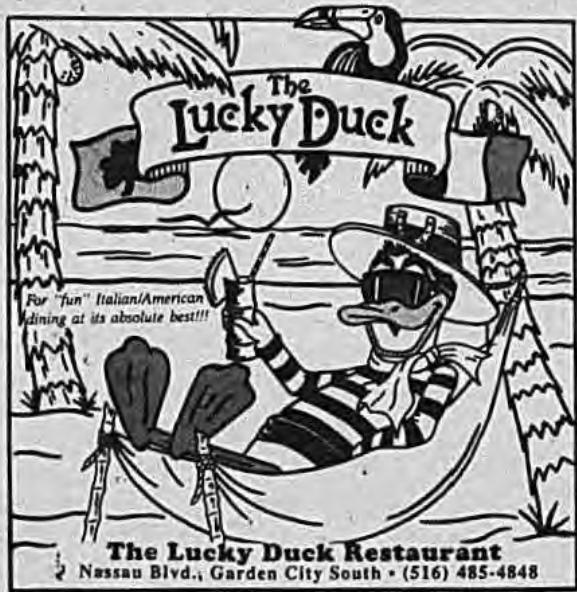
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# DINING GUIDE



## ENTERTAINMENT CLIP ART



"It wasn't just a bad movie...it made my VCR melt down."



## Vegetarian View

By Margaret Wing-Peterson

Warm days and long evenings beckon us to eat lightly — a signal for salads. However, "salad" is more than head lettuce with a dash of tomato. Let your curiosity go and try some different produce items.

If you like to stick with the leafy greens, try other varieties of lettuce. Head lettuce or iceberg lettuce is basically "crisp water"; it provides lots of crunch but few vitamins and minerals.

Better bets, nutritionally, are the dark-green leafies — romaine, green leaf lettuce, red leaf lettuce or the butterheads, Boston and bibb. Spinach is terrific; many who won't touch it cooked find the raw leaves tender and more appealing.

Young savoy cabbage can be thinly sliced to eat raw. For a peppery punch, try watercress, chicory, curly endive or even young mustard greens. Use these sparingly, mixed with a larger proportion of one or two of the milder-flavored lettuces.

To dress up your greens, toss in whatever you please: diced jicama, cooked or raw broccoli and cauliflower, minced green chillies, citrus sections, different mushrooms and sprouts, low-fat cheese, beans, potatoes, even cooked grains like rice, barley or cracked wheat.

Salads are forgiving; they can take leftover cooked vegetables and even defrosted frozen vegetables. There are few dishes that make better use of your preparation time and extra food.

Eating your produce raw or lightly cooked also means you'll probably get more of the food's original nutrients. But don't subject your cut vegetables to a long bath with lots of water; vitamins can be soaked out. And watch the fat-loaded condiments. There's often more calories in a tablespoon of dressing than in that plate of unadorned mixed vegetables.

### POTATO SALAD WITH A TWIST

1 pound green beans, cut into 2-inch lengths  
4 large potatoes, unpeeled and scrubbed  
2 green onions, sliced  
½ small red pepper, chopped  
½ small green pepper, chopped  
2 tablespoons olive or salad oil  
2 tablespoons white wine vinegar  
1 to 2 large cloves garlic, crushed (to taste)  
1 small red onion, thinly sliced into rings  
½ teaspoon dried oregano  
Freshly ground black pepper to taste

Yields 3 to 4 entree-size servings.

Cook beans and potatoes until just tender. Cube potatoes. Cool vegetables until warm and place with green onions and red and green peppers in bowl; set aside.

In jar, combine remaining

# DINING GUIDE

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Continued On PAGE 8A

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Joanne Starkey, N.Y. Times 6-6-81

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## READER RATINGS

Q. We are not wine drinkers. If we're giving a party, what kind of wines should we stock in order to take care of our wine-drinking friends' pleasure - from cocktail hour through dinner? W.L.

A. For the cocktail hour you might have on hand dry or sweet sherry, or dry or sweet vermouth, or any of the popular "aperitifs". Many choose a glass of dry white wine at the cocktail hour (either chilled or "on the rocks").

For the first course, or to drink with any fish, salad, chicken, veal or fruit, a chilled white wine is nice (such as Chablis, Soave, Riesling, Chenin Blanc, Pinot Chardonnay).

For the meat or game course (or the salad with cheese), serve a Burgundy, Bordeaux, Chianti, Cabernet Sauvignon or Zinfandel at a cool room temperature (from 60 to 70 degrees).

Rose wines should be chilled, like white wines. A rose is best served with a light dish and is more popular in hot weather than in cold.

For dessert you may serve the same wine you had from the previous course. Or if it's something festive like an anniversary, dessert time is the moment to bring on the champagne (the drier the better!).

Some people enjoy a sweet wine with dessert such as port or a sweet sauterne or sherry, but one seldom sees this custom followed anymore in this country.

Q. In a good restaurant that we attended recently an accordian player came around to each table and asked whether we had any requests. My wife made a request and the musician played it. Is this music provided by the restaurant or should I have tipped? J.B.

A. Generally the musicians are paid by the restaurant to entertain all of the diners. But when you make a special request it is expected that a small tip will accompany the request. In this case \$1 would have been a fair amount.

Q. Is it allowed for a restaurant to include a tip, automatically, on the bill for food ordered? A friend and I had that happen recently and resented it because the service was very poor and we felt a tip was not in order. Please answer.

A. No. In this country the custom is not to add any tip to the bill and unless the menu stating the prices clearly says that this will be done it is not correct. Most people would not be happy with that system in the U.S. because diners have always had a flexible tip system in which they could give a better tip for better service and if this is not kept then the tip is just a fee.

Q. What is the proper use of a butter knife?

A. A butter knife should be used only for buttering breads or corn on the cob. If the diner wishes to add butter to his potatoes or other dishes he should use his dinner fork, not the butter knife, for this purpose.

## KITCHEN HINTS

### Homemade fruit sherberts are the tastiest

At times they are too soft.

Here's how to firm them up:

1. Freezing is impeded by too much sugar (in the fruit or the sugar syrup) or alcohol in fruit liqueurs that were added for flavor.
2. Stir the puree well, add water; amount depends on degree of softness.
3. Mix well with whisk or fork; refreeze.



# DINING GUIDE

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## Vegetarian View

Continued From PAGE 5A

Ingredients: shake to blend. Pour over vegetables and toss gently to mix well. Cover and chill well.

### SUNSHINE SPINACH SALAD

3 cups torn romaine lettuce

or other salad greens  
3 cups torn raw spinach  
1 orange, sliced  
1 cup diced jicama or 1 (8-ounce) can sliced water chestnuts, drained  
1 cup sliced mushrooms  
1 small red onion, thinly sliced into rings

Yields 4 to 6 servings.  
In large bowl, combine all ingredients. Chill until serving time; toss with favorite homemade or commercial low-calorie herb dressing.



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# MICROWAVE MAGIC

Desiree Vives

Spaghetti with sauce is one of those dishes just about everyone seems to love. It can be simple enough for a busy weeknight family meal, or dressed up for a party with red wine, mushrooms, spicy Italian sausage and fresh herbs.

In a bygone era, pasta sauces simmered all day long on the stove top — and if you have the time, this is a delightful way to cook.

But for today's busy cook, there are many varieties of canned and bottled sauces that can make a quick and satisfying meal in a jiffy. You need only heat the sauce in your microwave and it's ready to serve over a bed of steaming pasta.

Or microwave your own quick and easy meatless marinara sauce:

Combine 2 tablespoons olive oil and  $\frac{1}{4}$  cup chopped onion in a 1-quart microwave-safe casserole. Microwave at HIGH (100 percent power) setting 2 to 3 minutes, to soften onion. Add 2 (8-ounce) cans tomato sauce, 4 cloves minced garlic,  $\frac{1}{4}$  teaspoon each dried basil, oregano and parsley flakes, and a dash each of salt, pepper and sugar. Cover and microwave at HIGH (100 percent power) setting 4 minutes, stir. Reduce setting to MEDIUM (50 percent power) and microwave 6 to 9 minutes longer. Makes about 2 cups.

Dining alone? To heat 1 cup spaghetti sauce, place in a microwave-safe container and microwave at HIGH (100 percent power) setting 2 to 3½ minutes (microwave 1 to 2 minutes for  $\frac{1}{4}$  cup sauce).

Extra sauce? Just freeze in a round container, then defrost later for another meal. To defrost 3 cups frozen spaghetti sauce, microwave at LOW/DEFROST (30 percent power) setting 10 to 13 minutes, breaking up and stirring several times. Let stand, covered, 5 to 10 minutes, then microwave at HIGH (100 percent power) 5 to 8 minutes, to heat through.

Low-Cal Pasta Sauce saves on fat and calories by using ground turkey instead of beef. To really cut down on calories, omit grated Parmesan cheese and serve over cooked spaghetti squash instead of pasta.

Easy Spaghetti Sauce with Meatballs dresses up plain commercially bottled sauce with olive oil, onion, basil and your own seasoned meatballs.

**LOW-CAL PASTA SAUCE**

- 1 pound ground turkey
- 1 small zucchini, shredded
- $\frac{1}{4}$  cup diced onion
- $\frac{1}{4}$  cup diced celery
- 2 cloves garlic, minced
- 1 (1-pound) can stewed tomatoes
- 1 (8-ounce) can tomato sauce
- $\frac{1}{4}$  cup chopped fresh parsley
- 2 tablespoons red wine
- 1 teaspoon dried basil
- 1 teaspoon ground dried oregano



gano  
 $\frac{1}{4}$  cup grated Parmesan cheese  
 Hot cooked pasta for 4 or 5

Yields 4 to 5 servings.  
 Preparation time: 10 to 15 minutes.

Cooking time: 18 to 28 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power); MEDIUM (50 percent power).

Combine ground turkey, zucchini, onion, celery and garlic in 2-quart microwave-safe casserole. Cover and microwave at HIGH setting 5 to 8 minutes, stirring twice, until meat loses pink color and vegetables are just tender.

Stir in all remaining ingredients except cheese and pasta. Cover and microwave 8 to 10 minutes at HIGH setting, stirring twice, until sauce is heated through. Stir in grated Parmesan cheese, cover and microwave at MEDIUM setting 5 to 10 minutes longer, or until sauce thickens. Let stand, covered, 5 minutes before serving over hot cooked pasta.

## EASY SPAGHETTI WITH MEATBALLS

1 pound lean ground beef  
 1 egg  
 $\frac{1}{4}$  cup fine dry bread crumbs  
 $\frac{1}{4}$  cup minced onion  
 1 tablespoon milk  
 1 teaspoon dried parsley flakes  
 2 cloves garlic, minced  
 1 tablespoon olive oil  
 $\frac{1}{4}$  cup chopped onion  
 2 (1-pound) jars commercial spaghetti sauce  
 1 (4-ounce) can mushroom stems and pieces, drained  
 $\frac{1}{4}$  cup grated Parmesan cheese  
 1 teaspoon dried basil (optional)  
 Hot cooked pasta for 6 or 8

Yields 6 to 8 servings.  
 Preparation time: 15 minutes.  
 Cooking time: 15 to 20 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Combine first 7 ingredients in medium-size mixing bowl; mix well with hands and shape into 18 small meatballs. Arrange meatballs in 10-inch glass pie plate. Cover with wax paper and microwave 5 to 8 minutes, or until meatballs lose pink color, rearranging halfway through cooking time. Drain off fat, cover and set aside while preparing sauce.

Combine olive oil and onion in 2-quart microwave-safe casserole. Cover and microwave about 2 minutes, to soften onion. Add bottled sauce, mushrooms, Parmesan cheese and basil. Stir well, then add meatballs. Cover and microwave 8 to 10 minutes, to heat through. Let stand, covered, 3 minutes before serving over hot cooked pasta.

# FOR TEENS

By Willard Abraham,  
 Ph.D.

Dr. Abraham: I am 16, and I was going out with a boy who is 17. We were going out for several years. Then we broke up because he was cheating on me with another girl. Now he is coming back and beginning to get together again.

If other boys say "Hi" to me, he tells them not to talk to me because I'm his girlfriend. And there is another problem. He won't admit that he used to love me.

Should I take him back, or what? — Upset

Upset: A number of things worry me about him, including his cheating on you, his jealousy of other boys who want to talk to you and his not admitting how he felt about you earlier.

However, if you like him enough, you might want to give him another chance — but only if the cheating is entirely over and he relaxes when other boys talk to you. Tell him that if he cheats again it's over for sure.

If he shows that he really is fond of you, that may be more important than his admitting in words how he used to feel. "Feeling words" are hard for some boys to use.

Dr. Abraham: I'm not thin (far from it), but maybe my blood is because I feel cold even on some warm days. My friends think I'm nuts because I wear warm jackets or sweaters practically all the time. There they are in their flimsy blouses and I'm bundled up even though we live where it is usually warm.

It's so hard to look cute and feminine when I'm freezing like that. The boys don't pay any attention to me, either when I'm alone or with the other girls.

So what's the answer? I sure need one. — Lonely

Lonely: The best answer could be a visit to your family physician to check on the cause for your feeling so cold.

So consider that important step. When a solution to that problem has been found, think about some other steps: Solving the weight issue you hinted at having (a topic also to discuss with your doctor) and shopping for some attractive clothes.

Dr. Abraham: My dad came across a little porno paperback cartoon book in my room, and he was really upset. Then he said what he usually says to me when he is upset, "I'm disappointed in you."

I guess he is, but if he understood teens he

wouldn't be. Besides, he shouldn't have gone through my stuff, so I'm disappointed in him.

I guess kids like me ought to be even more careful in the future. — Angry Guy

Angry Guy: You're right to want your privacy, but in his mind he may think he's right to do some checking up on you. A lot of parents feel that way because of the problems many teens face in today's world (I imagine you know what they are) and the parental concerns and responsibilities that relate to them.

Sometimes a discussion of an issue like this may help clear the air for both people, but only if it is agreed to by both of you and if it can be done calmly. An alternate is to let the incident fade away, which it probably will do, at least partly, in time.

It can also provide the basis for an interesting conversation between the two of you when you are older.

Dr. Abraham: I have known for a long time that my brother is autistic.

So what I want to ask you is this: How can I find out if there is anything new that might affect him?

A specific resource that you might ask about in a visit or telephone conversation with that individual is a publication that he or she may have or can easily get. It is titled "An Update on Autism: A Developmental Disorder," published by the American Academy of Pediatrics as a supplement to its May 1991 issue of *Pediatrics* magazine.

"During the last decade considerable advances have been made in ... research of autism."

"... still no definite answers, and an effective treatment remains elusive ... these advances have provided new and important clues."

"... many more boys than girls."

"Among the symptoms:

"Autistic children seem unaware of other persons' feelings toward them and of the negative impact of their own behavior on others ... deficits in communication and language ... ask the same question repeatedly when they fully know its answer."

"Most investigators (researchers) now agree that autistic children have a wide range of intellectual competencies ... from profound mental deficiency to superior intelligence."

# Cooking Corner



## An introduction to olive oil

By Laura Daily

An old Spanish proverb says, "Let the salamander be a spendthrift for oil, a miser for vinegar, a statesman for salt and a madman for mixing."

Though many of today's consumers have been swayed to the benefits of cooking with olive oil, few still realize that there is an entire library of oils from which to choose.

"Sixty varieties are grown within the Mediterranean basin, with Spain being the largest producer of olive oil in the world," explained Michael Rowland, spokesman for Foods From Spain.

His words surprised attendees at the recent Food & Wine Classic in Aspen, Colo., many of whom had assumed Italy was the be-all and end-all for olive oils.

More surprising was the revelation that some Italian olive oil producers import Spanish oils and slap their own labels on them before exporting to the United States.

Regardless of origin, all olive oils are not created equal. Vast differences in color, taste and viscosity separate oils, even across categories like extra-virgin.

"I'm nuts about olive oil," confesses Helen Studley, cookbook author and owner of the famed La Colombe d'Or restaurant in New York City. "I like to cook with it because you can heat it to a higher temperature than butter and it won't burn, making it perfect for a quick saute of chicken, fish, veal or steak."

While a virgin olive oil might be appropriate for sauteing, Studley points out that "because extra-virgin olive oil has its own distinctive smoky flavor, it's best in salad dressings or as part of a sauce."

Studley also chides cooks who insist on using only Italian oils with Italian dishes or French oil in a Provencal recipe.

"That's a form of snobism. Spanish, Italian, French — they're all wonderful. If it's good, it's good."

So, how to distinguish between olive oils?

Simple. The bottle holds all the answers.

\* Read the label. There are four categories of olive oil: virgin, extra virgin, pure and extra light. Virgin and extra virgin are from the pure "juice" of the olive.

Pure and extra light are made from refined oils. Fruity virgin oils are added to pure, while extra light is fortified with extra-fruity virgin oil. Generally, extra-light olive oil is mildest in flavor. Extra-virgin is the most flavorful.

\* Examine the oil's color. Green-dark reflections signal a fruity and tender-tart oil because the olives haven't reached maturity.

Glints of golden yellow mean the olives were harvested late in the season for a sweeter result.

\* Experiment with different brands. Like fine wines, olive oils vary depending on origin, variety of olives, climate, soil and extraction techniques.

For example, Italy's Badia A Coltibuono comes from the heart of the Chianti Classico region, resulting in full-flavored, typically peppery Tuscan extra-virgin olive oil, best consumed uncooked. Yet the same company also blends a mild extra-virgin oil under the Lorenza de' Medici label that can be used to dress more delicate foods and that retains its flavor when frying.

Spanish oils are defined by production zone. Catalonian oils, like Lerida and Montserrat produced in the northern region, are smooth, sweet and herbaceous. Oils labeled Giralda, Carbonell, Al tamira, Goya and Musa from the southern Andalusian region have a notable "peppery" taste.

And if you're game to try a truly exquisite olive oil, Spain's L'Estartell will be celebrating the Columbus quincentenary by producing a limited-edition olive oil taken from trees at least 500 years old. Only 1,492 cases are being produced, with each case and decanter numbered.

The hand-crafted glass tabernas decanters come with glass stoppers and are packed in individual gift boxes made from Gallicanpine. Cost is about \$60, and they are available through the Williams-Sonoma catalog, as well as fine gourmet stores nationwide.

Here is a selection of recipes where olive oils play a significant role.

Cookbook author Helen Studley says anyone can make flavored oils using favorite herbs. Here's her simple recipe for one using basil.

### BASIL OLIVE OIL

2 bunches fresh basil  
1/4 cup olive oil  
1/4 cup canola oil

Yields 4 servings.

Wash basil thoroughly, making sure to remove all dirt and sand. Parboil basil for 20 to 30 seconds, then shock it under cold water.

Place basil (leaves and stems) and oils into blender and run for 10 minutes.

Remove mixture from blender and allow to steep overnight at room temperature. Then sift mixture through coffee filter. The oil, tightly covered in a glass jar, may be stored at room temperature for up to 2 weeks.

- GARLIC SOUP**
- 6 cloves garlic, peeled
- 1/4 cup plus 3 tablespoons olive oil
- 1 teaspoon sweet paprika
- 2 cups plus 2 tablespoons meat or chicken stock (made from bouillon cubes)
- 24 thin slices of day-old French bread

Yields 4 servings.

Cut garlic into slices and saute in oil without letting them brown. Stir in paprika and add broth immediately to prevent it from burning.

Allow to cook for 5 minutes and then add bread. Cook for 15 minutes over low heat.

### SALMON AND SEAFOOD CEVICHE

10 ounces virgin olive oil from Spain  
2 tablespoons sherry vinegar  
7 ounces salmon, coarsely diced  
3 ounces shrimp, coarsely diced  
3 ounces scallops, coarsely diced  
3 ounces whole shrimps  
3 ounces onion, chopped  
3 ounces green pepper, chopped  
3 ounces corn on the cob, cooked and drained  
2 tablespoons fresh chopped coriander (cilantro)  
2 tablespoons fresh parsley  
Salt and pepper to taste  
Very thinly sliced onions for garnish

Yields 6 servings.

Mix oil and sherry vinegar and add rest of ingredients. Salt and pepper to taste. Place for at least 1 hour in a very cold place.

Serve on dishes and garnish with thinly sliced onions. Tabasco sauce can also be added if desired.

\*\*\*

Scarpa means "shoe" in Italian. Legend has it that some beggars stole a couple of chickens, killed them with their shoes, then plucked, dressed and cooked the birds on the spot. True or not, this is a dish fit for both beggars and kings. Italian bread and baked eggplant are fitting accompaniments. This recipe comes from "The Chicken for Every Occasion Cookbook" by Helen Studley and the editors of Consumer Reports Books.

### CHICKEN SCARPARIELLO

4 whole chicken legs (thighs and drumsticks)  
1 cup olive oil  
8 cloves garlic, thickly sliced  
1/4 cup white wine  
1/4 cup chicken stock  
1 lemon sliced in half with one of those halves sliced  
1/4 cup chopped parsley

Yields 4 servings.

Wash chicken parts and dry with paper towels. Separate thighs from drumsticks. Heat oil in deep skillet; add chicken. Sear pieces to crisp, golden brown, about 3 minutes per side. Remove chicken to separate dish and drain fat from pan.

Toss in garlic and cook until brown and nutty. Return chicken

to pan. Add wine and stock; cook, uncovered, for about 20 to 25 minutes.

Squeeze lemon half into broth, then toss lemon slices into pan and cook for another 3 minutes. Just before serving, add chopped parsley. Spoon equal portions into individual soup bowls and serve.

This is an easy dish that needs to be made ahead of time and keeps well. This recipe is from "A Restaurant Celebration: Tales and Recipes From La Colombe d'Or" by Helen Studley, to be published by Crown in fall 1993.

### MUSHROOMS PROVENCAL

2 pounds fresh Porcini mushrooms  
1/2 cup extra-virgin olive oil  
1/4 cup dry white wine  
Salt and white pepper to taste  
1/2 teaspoon fresh thyme (or 1/4 teaspoon dried)  
1/2 teaspoon coriander seeds, crushed  
1 bay leaf  
1/4 medium-size onion, diced

Yields 6 servings.

Remove bottom of mushroom stems. Wipe mushrooms with damp cloth. Cut into quarters.

In saucen, combine all other ingredients for marinade. Heat thoroughly, letting mixture boil. Remove from heat. Add mushrooms. Marinate in refrigerator for 2 days.

To serve, drain mushrooms and adjust seasoning. Serve at room temperature.

### PASTA WITH PESTO SAUCE

1 pound spaghetti  
1 cup basil leaves  
2 cloves garlic, peeled and chopped  
2 tablespoons pine nuts  
2 tablespoons grated Parmesan cheese  
3 tablespoons olive oil  
Salt to taste

Yields 4 servings.

Cook spaghetti in plenty of boiling salted water. When it is al dente, remove from heat and drain.

Put all ingredients for pesto into blender, add a trickle of water and blend everything together until the sauce is thick and creamy. Warm while spaghetti cooks. Pour over spaghetti.

### TORRIJAS (Sugar-Coated Fried Bread)

4 1/4 cups milk  
1 small stick of cinnamon  
7 tablespoons sugar  
1 loaf French bread, cut into thick slices  
2 eggs, beaten  
Refined olive oil  
Sugar for dusting  
Powdered cinnamon for dusting

Yields 6 servings.

Bring milk, cinnamon stick and sugar to a boil. Discard cinnamon stick and pour liquid over bread slices, making sure they are thoroughly soaked.

Dip bread slices in beaten egg and fry in abundant hot olive oil on both sides. Drain on wire rack.

Roll in a mixture of sugar and powdered cinnamon.

# Garden Talk

By C.Z. Guest

Some annuals, such as impatiens, tolerate shade. Most require a minimum of seven hours of sun. Choosing a site that receives full sun allows gardeners to plant the widest selection of annuals.

Do not plant sun-loving annuals in a place that is shaded during noon hours. If shadows from a tall building or tree block the sun during midday, it may be better to choose shade-tolerant plants for the location. Plants recommended for shaded areas perform best in a partially or lightly shaded area. Even shade-tolerant plants may experience stress and fail to flower if they do not receive any direct sunlight.

Annuals often are classified as either cool-season or warm-season plants. Warm-season annuals thrive in heat if irrigated properly, while cool-season plants can be grown if plantings are timed so they mature during cool weather.

Some annuals don't mind heat as long as their roots are cool. An easy way to reduce soil temperature in a hot, dry location is to add lots of organic matter.

Organic medium reduces evaporation of moisture and cools the soil. Deeply dug garden beds are also cooler than shallow soils; roots are able to reach farther down into the soil and remain cool.

Beginning gardeners may find it easier to buy budded annuals rather than starting from seed. Look for plants with deep green leaves and compact growth. Although flowering annuals are the most attractive, choose plants whose buds have not yet opened.

Believe it or not, most annuals

will actually come into bloom more quickly if planted green. In addition, never judge a plant by its height. Quality transplants are short and have thick stems with side branches close to the base.

Most gardeners transplant budded annuals just after the last average day of frost in their area. If put out earlier, a protective layer of burlap or newspaper may be necessary to protect tender plants against the threat of frost. If you wait longer, transplant them when conditions are cool, such as on cloudy days or in the late afternoon.

If annuals begin to wilt, water immediately or the plants will die. Check garden soil regularly — every day if temperatures are warm.

Here's an easy way to check soil moisture: grab a handful of soil and squeeze it. If particles cling together, there is adequate soil moisture. If particles separate and feel dry, the soil needs to be watered.

Some tall-growing plants, such as sunflowers, may need staking to keep them upright. When tying stems to stakes, use a twist-tie rather than string. String has a tendency to cut into stems. Twist-ties are easily looped into a figure eight. This allows stake and stem to stand parallel.

Adding a splash of color or an entire new look is easy to do with adaptable annuals. And no matter which ones you choose to fit your fancy, with proper care and well-prepared soil, your flowers are sure to bloom brightly.

## GARDEN TIPS



### Planting tips

- Warm-season annuals thrive in heat if the soil is irrigated properly; cool-season annuals should be planted to mature in cool weather.
- Reduce soil temperature in a hot, dry location by adding lots of organic matter to the soil.
- When buying transplants, choose plants whose buds have not yet opened; quality transplants are short and have thick stems.
- Check soil moisture regularly by grabbing a handful of soil and squeezing it; if particles separate, it's time to water.

Bachelor's button  
*Centaurea cyanus*  
■ Will tolerate dry soil conditions.

# Our Children

By Willard Abraham, Ph.D.



## Tips on car travel and kids

Q. We try to be good parents, but we are worried about taking our two small kids on an auto trip to visit some close relatives far from where we live. Because we can go through beautiful country (from the West to the Midwest), we decided to drive rather than fly. Flying would be easier, of course, but driving can provide the beauty as well as local transportation when we get to each relative's town.

Please help us with any ideas you have for keeping a 4- and 6-year-old (both boys) under some control and reasonably satisfied. They get along quite well with each other at home, but being in the car may be something else.

We're planning to leave soon, so please give us some of your usual practical advice.

A. "Are we there yet?" is a traditional anxious question kids ask, sometimes almost before you're out of the driveway. Their constant concern over being kept in an automobile can be a vacation spoiler, but it doesn't have to be.

Their short attention span could be a problem, of course, and even changing scenery isn't always helpful.

Here are some tips provided by Geoff Sundstrom of the Automobile Association of America. (More complete information on the child/auto travel issue is included in their "Travel Activity Book," available at most AAA offices and many bookstores.)

- Make sure children are dressed comfortably in non-confining play clothes that are cool or warm enough and that you won't worry about if food spills or melts on them.

- Keep a variety of snacks on hand, including raw fruit and vegetables, low-fat crackers and cookies.

- Pack a favorite toy or two. Familiar playthings are reassuring and calming for children away from home.

- Bring along an instant camera. You or the children can take photos of attractions you visit or stops along the way, creating a photo travel log. The excitement of taking and watching instant photos develop can provide hours of auto travel fun for children.

- Let them choose a radio station they like, changing them as you move along. If your car has a cassette player, bring recorded stories and songs that are family favorites.

- Stop frequently, about every two hours or 100 miles, planning stops at interesting sites, like a park, special store or attraction. Try to involve your children in planning rest stops.

Another source for child travel suggestions is the Shelcore Corp., which adds these points to the recommendations above:

- Call ahead for reservations and plan to stop in the late afternoon to enjoy the facilities such as a pool or playground.

- During extended road trips, consider taking a 90-minute break to see a movie that the kids would enjoy watching.

- Make up car games that will help pass the time, such as counting different color state license plates.

Shelcore's address is 120 Ethel Road W., Piscataway, N.J. 08854-5967 (attention Gary E. Johnson), for more child travel information.

Q. Our son, who is 19 years old, finished high school last year. He has a delightful girlfriend whom he wants to marry as soon as possible.

We have no question about her, but he is a total puzzle to us. He is lazy, has never even kept a part-time job and has no plans for the future. What his girl sees in him is beyond us, except perhaps his good looks and a kind of cute sense of humor.

Because she seems to have good judgment in other directions, maybe there is some hope in their relationship. She seems to have firm plans to go to college.

How do you think we should act toward this situation?

A. Very carefully. If there is any possibility of your diplomatically encouraging them to delay their marriage, you might cautiously bring that idea into the picture.

Except for that factor, a hands-off approach may be best. The last thing you might do is anything that would alienate either of them — especially that girl! She may be the making of him.



# Our Children

# Kids Home Newspaper



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

By J.R. Rose -

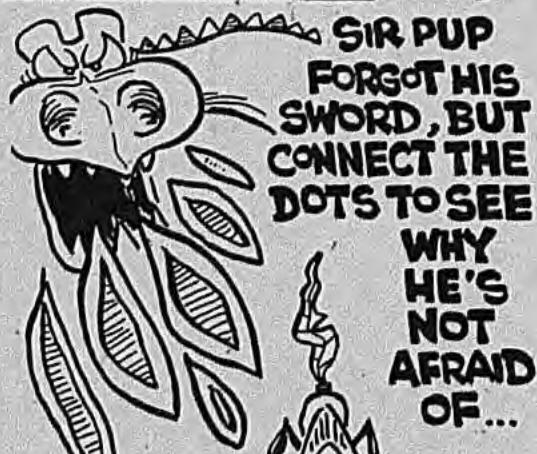
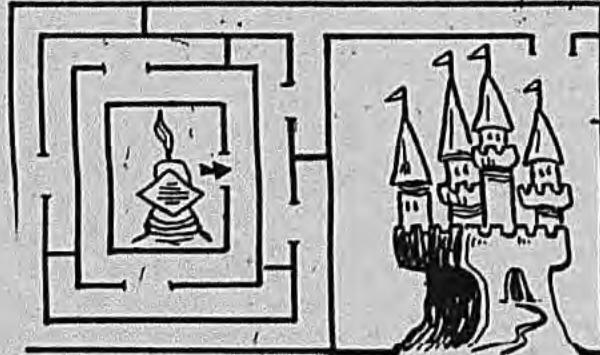
## DRAW IT!

DRAW A SWORD IN  
HIS HAND SO  
HE CAN  
BATTLE A  
DRAGON.

DRAGON?

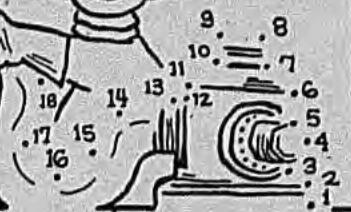


HELP THE KNIGHT FIND THE CASTLE!



SIR PUP  
FORGOT HIS  
SWORD, BUT  
CONNECT THE  
DOTS TO SEE  
WHY HE'S  
NOT AFRAID OF...

THE  
FIRE -  
BREATHING  
DRAGON!



IT DOESN'T BOTHER KNIGHTLY PUP  
THAT DRAGON-FIRE COULD BURN HIM UP!  
PLEASE SOLVE THIS CODE AND YOU WILL KNOW  
JUST WHY HE ISN'T WORRIED SO!



A	O	B	•	C	△	D	▲														
E	■	F	□	G	■	H	○	I	=	J	✓	K	☆	L	◆	M	◊	N	○	O	□
P	□	Q	○	R	✓	S	□	T	○	U	□	V	○	W	○	X	○	Y	..	Z	=



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WHAT ANIMAL COOKS  
WITHOUT A STOVE?



## HEALTH WATCH

### Most women wear the wrong size shoes

Eighty-eight percent of women wear shoes that are at least one size too narrow for their feet, resulting in bunions, corns and other foot problems.

#### Tips for finding more comfortable shoes

- If shoes don't feel comfortable when first tried on, don't buy them. You'll just hurt your feet while trying to break them in.
- Shop late in the afternoon or evening when feet are most swollen from the day's activities.
- Shoes should be 1/4 to 1/2 inch longer than the longest toe.
- Try shoes on before purchasing.
- Don't buy shoes that rub corns or bunions, or any that squeeze tender spots.



#### How new biopharmaceutical drug works

Cold soiled antivenoms produce antivenom that binds snake venom toxins, neutralizing them. This antivenom then enters the lower body of the snake. Antivenom is also produced in the snake's body, which is believed to assist the snake and make it less potent when it is bitten.



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## THE HEALTHY GOURMET

By KT Saedaker

Soup is so versatile, so low in calories and fat, so delicious, so easy to fix, it deserves to be on the menu at least once a week. I mean on the menu as the main event.

For one thing, authorities agree that dieters who include soup in their regimen lose weight faster and more easily than those who don't. For another, soup is so filling and satisfying, it doesn't feel or taste like diet food. In fact, it can seem quite festive. Especially fish soups. Not enough is made of these treats, and it should be.

An interesting gumbo, a subtle clear fish soup, a rich Spanish soup, made ethnic by the addition of green peppers, tomatoes, cayenne and wine, are recipes to cherish and repeat. Even cooks who tremble at the thought of dealing with trout or haddock have courage when they realize it is just dumped into an aromatic broth.

Don't be put off by the number of ingredients in the following recipes. Nothing exotic is included, and it's just a matter of putting everything together.

You'll be glad you did.

#### SEAFOOD GUMBO

- 4 cups hot water
- 1½ teaspoons cayenne pepper or to taste
- ¼ lemon, sliced
- ½ pound shrimp, shelled and deveined
- ½ pound oysters, drained, save their liquid
- 3 cups fish or chicken stock
- ½ cup crab meat
- ½ cup safflower oil
- ½ cup flour
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon chopped shallot or green onion
- 1 tablespoon chopped fresh parsley

Yields 4 to 6 servings.

Each serving has about 190 calories, 10 grams fat, 85 milligrams cholesterol and 220 milligrams sodium.

Put hot water, cayenne pepper

and lemon in saucepan. Add shrimp and oysters and cook about 5 minutes until shrimp are pink. Turn off heat and let stand, covered, for 3 minutes. Then drain, saving that liquid.

Add oyster liquid and enough chicken or fish stock to drained liquid to make 7 cups. Add crab meat to shrimp and oyster mixture.

Heat oil in large, heavy pot over low heat. Add flour and cook, stirring constantly, until this roux is deep brown, about 15 to 20 minutes.

Add onion and garlic and slowly add stock mixture. Bring to a boil, stir constantly until thickened. Add seafood, shallots or green onion and parsley. Heat through.

Ladle into serving bowls and serve.

#### HADDOCK BROTH

- 2 quarts cold water
- 2 pounds fish scraps and bones
- 1 onion, coarsely chopped
- 3 stalks celery, coarsely chopped
- 2 bay leaves
- 2 whole cloves
- 2 peppercorns
- 1 teaspoon dried thyme
- 2 or 3 sprigs of parsley
- ¾ pound haddock boned, skinned and cut into bite-size pieces
- 2 bunches watercress, trimmed and chopped to make about 1 cup

Yields 2 to 4 servings.

Each serving has about 90 calories, no fat, 50 milligrams cholesterol and 100 milligrams sodium.

Put water in large saucepan and add fish scraps and bones. Bring to boil. Add onion, celery, bay leaves, cloves, peppercorns, thyme and parsley. Lower heat and simmer for half an hour.

Strain liquid and measure out 4 cups. Save rest for another use. It freezes nicely.

Add diced haddock to 4 cups strained broth and simmer slowly until fish is cooked, about 5 minutes. Add watercress and allow to wilt. Serve immediately.

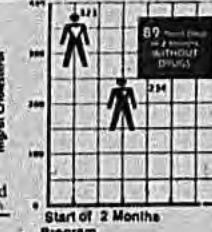
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# Here's How

By Gene Gary



## Dry air helps fight off mildew

Q. We recently purchased a home near the ocean. The climate is damp and I am constantly fighting mildew in our closet spaces. Even though the area seems dry, I find traces of mildew frequently and the closets retain a musty odor. What can I do to prevent this condition?

A. You need to decrease the dampness and increase air circulation.

Start by cleaning out the closet and airing out all of the items you have had stored within. Clothes should be freshly washed or dry-cleaned.

Boxes such as shoe boxes and their contents should be aired. Wash down the walls and interior of the closet with chlorine bleach and water.

## Decor Score

By Rose Bennett Gilbert



Q. As a graduation present, my mother is letting me redo the attic into a studio apartment to use while I teach for a couple of years. Because I've been living on my own, I'd like this to look like my "own space."

I want to know how to go about organizing an all-in-one room so I can have guests. Also, what do I do about the ceilings? Right now, they're painted dark because nobody had been living up there. — L.M.

A. Since seeing is believing just how much livability you can pack gracefully into a small space, study the photograph we show here. It's of a room that functions much larger than its floor space would predict, thanks to skillful planning by New York designer T. Keller Donovan.

He has organized the room around a sofa (it could be a sleeper in your case). By putting the sofa in a window niche, it not only saves space, but also becomes the focal center of action, framed for extra impact by the tie-backs on the window behind it.

More professional pointers you can crib from Donovan's skillful design solution:

- Armless "slipper" chairs, as they're called, are much less bulky than regular club chairs but just as comfortable.
- Small tables offer maximum comfort and convenience in minimum space.
- Ditto for the swing-arm lamps.

Be sure to air-dry the interior before replacing any of the contents. A good fan is advisable for the drying-out period.

I recommend leaving a 60-watt light bulb burning at all times. Be sure that it is positioned so that it is not touching clothing or other stored contents that might create a fire hazard. An 18-inch space is advisable.

Instead of a burning light bulb, you can install a small low-wattage electrical rod made specifically for this purpose. One such product is called a "Golden Rod" and is available from marine supply dealers.

If possible, replace wooden shelving with wire racks and install louvered doors. If you are un-

mounted on the wall to free up table space.

• A strong angular thrust, achieved by the dramatic black-and-white faux zebra rug, serves to push the walls apart and add energy to the room.

About that dark ceiling: As you can see, the designer has chosen to go against conventional wisdom that all walls, including the ceiling, should be light colored when space is at a premium.

By painting it dark, he paints it "out," visually speaking, because his room is narrow and tall. If your ceiling is on the low side, however, I'd opt for something lighter.

Q. I have a funny little bathroom with a footed tub against the wall. My husband says I can keep the tub only if I can figure out some way to add a shower (he refuses a bath!). But I don't know how without losing the effect of this old-fashioned tub. What should I do? — S. McG.

A. You'll need a ring shower rod that surrounds the tub on all sides (unless there's a tile wall you didn't mention). Two shower curtains, a liner and a decorative exterior curtain, should be both practical and attractive. The liner (or liners since you may need at least two to wrap the entire tub) will go inside (obviously), but the top curtain can go all the way to the floor.

It will be particularly attractive if you mount the circular shower rod close to the ceiling so

able to install louvered doors, try to open the closet doors periodically to let the closet air naturally.

You also can purchase small commercial dehumidifiers, which will help remove moisture by absorbing excess dampness.

These are the chemical variety,

not the electric dehumidifiers that are suitable for larger spaces and which tend to be too strong for small closet spaces. Chemical dehumidifiers are readily available at houseware stores or marine supply dealers.

Q. Our condominium has textured walls. I would like to wallpaper several rooms, but I do not know how to prepare these walls for wallpaper. Do you have any suggestions?

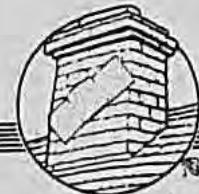
A. Previously, one of our readers offered this suggestion:

"A good way to smooth a textured wall is to apply two thin coats of drywall joint compound with a wide knife, letting the compound dry completely between coats. Some light sanding is sometimes needed between coats."

Apply a good primer to the walls, and you are ready to apply wallpaper."

# Here's

# How



A. Indeed, there are several, the largest of which is the American Society of Interior Designers (ASID), which has 49 chapters around the country.

The ASID is making an effort to encourage homeowners like you to use the services of a design pro, and has published a small brochure that will help you answer some of your questions. Call them in Washington, D.C., at (202) 546-3450 (or fax your request for information at 202-546-3340).



SECRET SPACE — Designer T. Keller Donovan coaxes a lot of living space from what had been storage space at the top of a vintage house.















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# ANTIQUE OR JUNQUE



## Oak secretary is a winner

By James G. McCollam

Q. I have enclosed a picture and description of an oak secretary with a drop-leaf front, curved glass door and embellished with a lion's head on the drop-leaf desk. It also has a lion's head as a shelf support.

Will you please give me the value of this piece of furniture?



A. Your asymmetric secretary was made in 1900 and would probably sell for \$500 to \$600.

A similar secretary was awarded a prize at the Columbian Exposition in Chicago in 1893.

Q. This mark is on a Limoges cake platter I received from my aunt. It is 15 inches long and 13 inches wide. It has yellow, pink, white and purple chrysanthemums painted on it. What can you tell me about my platter?

LIMOGES  
  
FRANCE

A. Your cake platter was made in Limoges, France, by Mavaleix

& Granger in the early 1900s. It should be worth around \$115 to \$125.

Q. At a recent antique show I saw a silver napkin ring with three wheels and a cherub on top. It was priced at more than \$300. Isn't that unrealistically high?

A. Probably not. Figural silver-plated napkin rings are extremely popular with collectors. Here are some typical prices:

- Two girls climbing ladder, \$400.
- Monkey dressed as a man, \$265.
- Two dolphins, \$200.
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- Cat with ring, \$150.
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## Points on Pets

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

**Q.** We are expecting our first child in a few weeks. We are worried about whether our 12-year-old Welsh corgi will accept our baby. Our dog has really been our first child. She sleeps in our bed, eats with us and, generally, has the run of the house.

**A.** It is impossible to predict how your dog will react to your new baby. Dogs react differently to newborns, depending on the dog's personality. Some dogs become protective of the new family member while others become quite resentful. "Sibling rivalry" often is experienced in situations like yours.

There are some simple things that you can do to prepare your dog for the new baby. If you are not going to allow your dog to sleep with you after the baby comes home, you should break her of the habit now. Perhaps you can buy the dog its own bed and force it to sleep in it now.

Exposing your dog to your friends' children often is helpful. You should keep a leash on your dog and provide very close supervision while introducing your dog to the children. Allowing a baby to cry in the presence of your dog

will help condition it to the sounds of a newborn.

You should allow your dog to visit the baby's nursery so that the new furniture, wall coverings and smells will not be strange when the baby arrives.

When the newborn arrives, allow the dog to sniff the baby's feet and gradually get acquainted with the new family member. Try not to be overly protective. However, never leave the baby alone in the presence of the dog. Even very well-mannered dogs sometimes misbehave.

As the new baby grows, teach it respect for the dog. Do not allow the baby to pester the dog.

If your dog acts hostile toward the baby, you will have to provide alternative housing for the dog. A new doghouse and exercise run may be necessary until the child is old enough to become friends with the dog.

## Points on Pets

### The World's Most Beautiful Grandchildren



This is Jessica Ashley Ingegno, 2½ years old. Her parents are Susanne and Frank Ingegno, from Concord, California. Grandparents are Camille Ingegno and the late Joseph Ingegno of Garden City.



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## Aunt Tilly's Corner

While I was away this summer, I went on a whale watching cruise. The boat took us way out on the ocean. The captain explained to us that the secret to locating whales was to watch the birds hovering over the water. Those birds enjoy eating the same thing the whale does and feed on whatever the whale leaves behind. So when they are seen in a large group dining in a certain part of the ocean, there is most likely a whale close by picnicking on the same thing!

Sure enough a whale did plunge out of the water. Several porpoise played hide and seek in the same area too for about a half hour. It was an experience well worthwhile to witness firsthand, the huge inhabitants of the ocean.

Your friend  
Aunt Tilly

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## YOUR SOCIAL SECURITY

### Check amount may change each month

By William M. Acosta

**Q.** I receive Supplemental Security Income checks. This month I didn't get as much as last month. Why is this? — C.H.

**A.** The amount of your SSI check may not be the same every month. A change in your income or living situation may cause a change in the monthly payment you receive two months later. When a change in the payment amount occurs, you will receive a notice explaining the reason for the change.

If you have any additional questions about your SSI payment, Social Security will be happy to discuss them with you. The toll-free telephone number is (800) 772-1213.

**Q.** My husband will soon begin to receive Social Security benefits on his own account. Will the income that I earn from my travel agency cause his benefit amount to be lower? — J.A.

**A.** No. Your husband's Social Security benefit is affected only by his earnings, not those of other family members. It is only his earnings from employment and self-employment that will cause his benefit amount to be reduced. Income from savings, investments, pensions or insurance does not count.

**Q.** My 47-year-old sister recently lost her husband. She tells me she isn't eligible for widow's benefits. Why? — M.B.

**A.** Social Security pays widow's

benefits to surviving spouses who are age 60 or older, 50 if disabled, or at any age if they have a child of the deceased under age 16, or disabled, in their care.

Unless your sister has in her care a child under 16, or disabled, who is entitled to a child's benefits, she would not be eligible for widow's benefits.

**Q.** How much will Medicare pay for prescriptions my doctor orders for me? — B.C.

**A.** Medicare does not cover most drugs that your doctor prescribes for you as an outpatient. There are certain exceptions: For example, pneumococcal vaccine to protect against viral pneumonia, hepatitis B vaccine for those exposed to that disease and immunosuppressive drugs to prevent rejection following a Medicare-covered organ transplant.

Of course, Medicare does pay for drugs you receive as a hospital inpatient and as a patient in a skilled nursing facility or a hospice. Contact your Medicare carrier for additional information.

## YOUR SOCIAL SECURITY

Name.....

Subject.....

# Back To School and College

## Special Features

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## KID KULTURE

### Don't forget museums, theater, music

By Letitia Baldridge

We should be concerned over our children's growing lack of interest in cultural matters (which, let's face it, only reflects our own). Television and Nintendo games supersede opera and ballet in small people's lives to the point where one might think we are raising a nation of turtle-worshippers.

How can our lives be enhanced by our rich cultural heritage if no one appreciates it?

It's understandable that many children prefer to play rather than practice the piano, but when they're not practicing the piano, and when they're not exercising outdoors, but instead are watching rented horror movies, perhaps we should do something about it.

If we maintain the present lack of cultural enthusiasm (both in attendance and in financial support), our future promises to be bleak. Think of the quality of life without great museums, the theater, opera, ballet and concert halls.

• Getting your child to a museum.

Most museums have special programs for children, with specially trained volunteers ("docents") to guide them through their experience. (One woman wrote me several years ago, complaining there was no docent program in her city's museum, and she asked me what should be done. I replied with a two-word answer: "Start one." She did, and now it is

in full operation on Saturdays, with a full complement of children enjoying everything from treasure hunts in the museum to art history slide lectures, complete with slides of great works of art juxtaposed with cartoon slides of Snoopy and the Muppets.)

A child may protest at first, having to devote some of his or her precious free time to a museum, but then almost always becomes an enthusiast — particularly if a parent or relative is involved. There are scrapbooks to be made with postcards of paintings, sculpture and objects of art that have been admired in the

local museum.

A child may be asked at the dinner table what his favorite thing is in the museum, and in explaining it, he becomes proud to be able to articulate his thoughts. When he becomes an adult, he will also be a supporter of the museum.

• The theater.

Check out from the public library a copy of the play you and your child will be seeing at some matinee. A traditional thriller like "Dial M for Murder" is fine, but so is a Shakespearean play.

If you read the script together and discuss it before you and your child attend the performance, you'll sense the enthusiasm and energy generated by that young person sitting next to you.

• The concert hall.

Buy or borrow the tape of compositions to be played at an upcoming concert to which you will take your child. Borrow from the public library an interesting book on the life of at least one of the composers whose music will be played. If you read it before and can make an interesting, amusing synopsis of that life for your child, he will probably be much more excited when he hears the music in the concert hall.

Encourage your child to learn about musical instruments and to take any music appreciation classes that may be offered in your town — particularly in your child's school.

• The ballet.

Before you see the local ballet perform, borrow the tape or record of the music from a friend or from the tape library, if there is one in your town. A few days before the performance, listen to the music and discuss the story of the ballet. Then watch your child experience it. He or she will already be familiar with it, and with that recognition will come utter delight as the spectacle unfolds onstage.

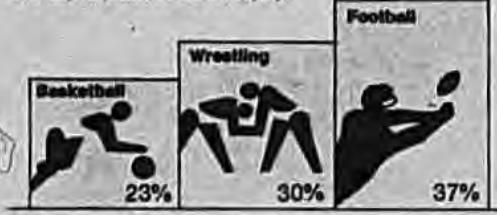
If your child is not enthusiastic the first time he or she has been exposed to a cultural event, try it a second time. By the third time, the child will probably be "hooked."

## SCHOOLFACTS

### Over 1 million teens are injured in school sports each year

Experts indicate that supervised athletic play will result in up to 100 injuries per U.S. high school this year.

Percent of players lost to at least one day of practice due to injury:



SOURCES: National Athletic Trainers Association; Changing Times magazine

# How to choose the right school

Maybe you're choosing an elementary school for the 6-year-old who's due to enter first grade this fall. Or perhaps you're moving to a new town or simply looking for a school that will improve on the one your child already attends.

The point is, this quest is a lot more difficult and intimidating than judging whether a nursery school has enough fingerpaints.

You take the obligatory tour of the prospective school and hear the usual information about what a wonderful place it is. Then the principal turns to you and asks if you have any questions. This is the moment you become tongue-tied.

Maybe you manage to ask what time school is dismissed for the day or how much school lunches cost. But all the good questions you thought of on the way to the school have, like Algebra II, completely flown out of your head.

Here, then, a list of good questions for parents to ask the head of a prospective school. All may not be pertinent for every school/child/parent, but the ones that are applicable to your situation are guaranteed to get the kind of answers that will help you make the right decision.

- How much emphasis is put on testing in the classroom and on national standardized tests?

A school's attitude toward tests can tell you a lot about how it's structured academically, how often your child will be called upon to "perform" and what you as a parent can expect to see in terms of concrete "results."

- What is the school's procedure regarding discipline?

It's smart to find out when and how a school disciplines children, and why the school feels such measures are important before you're faced with a real-life disciplinary situation regarding your child.

- What's the policy on homework?

You'll want to know whether homework is left to each teacher's discretion or whether there's a schoolwide policy. Also: Are assignments usually creative ones or standardized forms; how much is too much?

- How do parents get involved with the school?

Are parents free to enter and leave the school throughout the day? If so, how does that affect security measures? What sorts of parent associations exist? When are important meetings held, and how does the school accommodate the schedules of two working parents? How can parents who work full time be involved in their child's education and class activities?

- What happens when a child is ahead of/below the class?

Rather than simply asking whether children get individual attention (the answer will always be yes), ask specifically what measures the teacher and school take if a child falls behind or springs ahead in his schoolwork. Tutoring? Extra homework? Special sections in class based on ability? Help from other students? Or what?

How a principal reacts to this question can tell you a lot about the school, you'll know how to keep making it work for you and your child.

## SCHOOLFACTS

### Many U.S. kids lack medical care

Many U.S. families, especially Blacks and Hispanics, lack complete medical care or medical insurance.

White    Black    Hispanic

Children who have not seen a doctor within a year:

16.6%	25.1%
-------	-------

SOURCE: Children's Defense Fund

Children who never have had a routine physical:

3.5%	4.2%	9.2%
------	------	------



EDUCATIONAL ROULETTE — Checking out a school's facilities is an important part of finding the right educational environment for a child.



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## KIDS' HOME LIBRARY

# Books, videos, magazines for learning

By Debra Lee Baldwin

"Reading aloud is one of the best-kept secrets of good parenting," advises Barbara Bush in *Ladies' Home Journal* magazine.

"It has tremendous impact on a young mind and gives youngsters a head start on their education. Children often gain more than learning skills, however."

"Reading teaches sharing and involvement. It brings families together and makes children feel loved."

The reality is, however, that many kids would just as soon watch TV. And busy parents are tempted to let them.

But if you possibly can, pull the plug and open a book. The benefit to your kids — and to your relationship with them — will be well worth it.

### HOOKED ON BOOKS

Alan Alda's favorite childhood book was "The Legends of King Arthur." Erma Bombeck favored "Heidi," by Johanna Spyri. Ann Landers liked "Charlotte's Web" by E. B. White. Bette Midler preferred Lewis Carroll's "Alice in Wonderland."

No doubt you also remember books that enhanced your early years — and you'd like your children to have similar memories.

The key is to start them off thinking that books are a treat. Reading should represent a time to snuggle, laugh, look at wonderful pictures and listen to your voice.

Unfortunately, children who haven't had a pleasant introduction to books tend to associate them only with school and often view reading as a chore.

Young children like to have the same book read to them over and over — so choose books of quality that are worthy of repetition (and which won't bore you silly).

Some suggestions for toddlers from *Working Mother* magazine: "Goodnight Moon" by Margaret Wise Brown (new from HarperCollins is a sturdy board edition); "Mister Momboo's Hat" by Ralph Leemis (Cobblehill Books); and the lavishly illustrated "Michael Foreman's Mother Goose" (Harcourt Brace Jovanovich).

For preschoolers: The marvelously amusing "If You Give a Moose A Muffin," by Laura Joffe Numeroff (HarperCollins); "The Salamander Room," a science story by Anne Mazer (Knopf); and "Sheep in a Shop" by Nancy Shaw (Houghton Mifflin).

Early grades: "Dinosaur Babies and Playful Pandas," from National Geographic; "Borreguita and the Coyote," a Mexican folktale by Verna Aardema (Knopf); and a retold Greek legend, "Wings," by Jane Yolen (Harcourt Brace Jovanovich).

Whether your source is a bookstore or library, look for wonderfully illustrated books with amusing characters and/or riveting stories; young children especially appreciate words that rhyme (and these also are fun to read aloud).

For a comprehensive guide to books to share with children, consult the recently published "For Reading Out Loud" by Margaret Mary Kimmel and Elizabeth Segal (Dell).

And don't overlook audio cassettes. These often are narrated by a famous "voice," have wonderful sound effects and come with a book to follow along with.

From Lightyear Entertainment is "Stories to Remember," a series available on audio cassette, compact disc and videocassette. Titles include "The Snow Queen," "Pegasus," "Noah's Ark," and "Merlin and the Dragons."

### TUBE TREATS

OK, you can't ban television altogether. Nor would you want to.

But do limit viewing time. One hour per weekday and two hours a day on weekends is more than enough TV time for children, advises family expert T. Berry Brazelton in *Family Circle* magazine.

"I would bend the rules only when special educational or seasonal programs are scheduled," says Brazelton, "and then I'd make every effort to share the viewing time with them."

*Child* magazine recommends these channels or programming specifically geared for all-together family viewing: Showtime's "Familytime;" the Discovery Channel; the Disney Channel; PBS' "The Wonderworks Family Movie;" and the Family Channel.

There is also the Learning Channel, which presents a world of ideas to learners of all ages, and Nickelodeon/Nick at Nite, with kid-oriented entertainment.

Videos you rent or buy will turn the tube into a venue for classics and quality viewing.

Several that *Working Mother* considers "sensational" are: "Sing, Hoot & Howl With the Sesame Street Animals" (Random House Home Video); Walt Disney's "Fantasia"; "The Lion, the Witch and the Wardrobe" (Public Media Video); "Madeline's Rescue and Other Stories About Madeline" (Children's Circle); "Merlin and the Dragons" (Lightyear Entertainment); and "The Tiger and the Brahmin" (Rabbit Ears Productions).

### MOTIVATING OLDER KIDS

Yes, you can read-aloud to your teens. Select short, amusing items or newsy articles that target their interests.

Encourage newspaper reading by placing the funnies or humor columns (such as Dave Barry's "Ravings") next to your teen's cereal bowl. Subscribe to a magazine that kids can't resist: *Computer Reports for Kids*, *Sassy*, *Kidsports* or *Mad*.

If your children readily read Dickens or Swift, count your blessings. But if they view books as boring, tempt them with these: "The Cartoon History of the Universe" by Larry Gonick (Doubleday); "The Way Things Work" by David Macaulay (Houghton Mifflin) or "The Far Side Gallery" by cartoonist Gary Larson (Andrews and McMeel).

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## EXERCISE OPTIONS

By Mike Dale

When you're playing ball as a kid — whether it's basketball or baseball — there's nothing worse than being picked last on each team. It makes kids feel like hams or, worse yet, complete failures.

And so it goes with kids and sports. Children often think their self-worth is directly tied to success in sports and other physical activities.

Children want to be the best at anything: Athlete of the Year, Science Fair winner, the most Popular Person, etc. Coinciding with this desire is the explosion of organized sports for children.

The number of kids playing on United Soccer Federation youth division teams, for example, grew from slightly more than 100,000 in 1975 to more than 1.5 million in 1989. The number of girls on softball teams more than doubled from 1980 to 1990.

But there's a double-edged sword working within the process. Most kids start with a burst of enthusiasm but soon quit in frustration. Part of the problem stems from the pressure to perform and to win.

The Vince Lombardi adage, "Winning isn't everything, it's the only thing" could soon become the biggest youth sports misnomer as kids, in their desire to beat the competition, suffer emotional strain and physical maladies in their quest for excellence.

### PUSHY PARENTS

Success in sports measures other victories in adults' lives. It's hard for parents not to impress this notion upon youngsters.

Pressures arise for kids, say experts, when parents emphasize all-star teams and winning, rather than developing social and motor skills appropriate for individual sports.

Pediatricians specializing in sports call this phenomenon "sports abuse." Statistics support the label.

A study conducted by the Massachusetts Department of Public Health notes that sports-related injuries are second only to falls as

## Sports and fitness advice for kids

the leading cause of emergency room visits by injured children ages 3 to 19.

One of the problems is that coaches get children before they're ready to start a sport and then label them as incapable. Parents, therefore, must make sure that the sport chosen for a child is appropriate for his or her stage of development.

### PROPER SPORTS

Different sports require different skills and children develop at altering rates. So there are no hard and fast rules about when to let a child plunge into organized sports.

Many pediatricians and other sports experts believe that children should not play regulation games on full-size fields until they're at least 9 or 10. Until that time they should be learning basic skills, such as kicking a soccer ball or hitting a tethered T-ball.

Some sports are simply physically safer when a child is older, too. Competitive swimming, for example, sees a lot of injuries in children because they swim 6,000 to 10,000 yards per day. That's standard for college athletes but not for pre-pubescent with little muscle mass.

The problem, of course, that reality doesn't always jive with experts' recommendations.

Seven-year-olds play tackle football in full gear, just as children on high school teams. And 10-year-olds play full-court basketball with 10-foot-high nets.

Still, pediatricians urge parents to take the initiative and lobby their school districts and local teams to institute modified rules for children.

### LIMITED SKILLS

Just how limited are motor skills of youngsters? Pediatricians contend that kids don't have the physical ability to learn the skills needed for organized sports until the age of five.

To take swimming as another example. Infants and toddlers enrolled in swimming classes are too young to learn competitive strokes. And in baseball, toddlers

who throw a ball turn out to be no better at it when they get older than those who never practiced.

According to the American Academy of Pediatrics, parents who insist on trying to teach athletic skills to children under the age of five often take all the fun out of the activity and discourage them from taking it up later.

Another problem: children are often clumsy and uncoordinated. Most six- and seven-year-olds aren't coordinated enough to hit a pitched ball with a bat. But kids of this age do very well at learning

basic gymnastic skills, like balancing, running and jumping.

Five-year-olds, meantime, have undeveloped hand-to-eye coordination. Which is why you see soccer games where little kids cluster around the ball in a beehive fashion, attempting to kick the ball.

Children of 9 and 10 may be able to hit a baseball or shoot a basketball through a hoop, but they don't have the attention span to concentrate during long practices in groups.

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## NOT JUST NOTEBOOKS

By Sharon Williams

You've a lot to learn if you think the tools for school begin and end with a handful of No. 2 pencils.

After all, you probably own a personal computer, briefcase, calculator, paper goods, writing instruments and, perhaps, a fully equipped home work space — all there to help you take care of business both at home and at the office.

So, why shouldn't Junior enjoy the same type of help with gear designed to promote school success?

An entire classroom of possibilities await, from student-friendly school supplies and kid-size desks to hands-on projects and high-tech learning toys.

Following are a few of the newest innovations:

## SMARTTEST SUPPLIES

Once, any old notebook would do.

But, with today's vast array of choices, today's kids don't have to settle for plain-Jane school supplies. Instead of taking a one-size-fits-all approach, today's suppliers are addressing kids as individuals with individual tastes.

Back-to-schoolers, for instance, can find their favorite cartoon characters, animals and rock stars on notebook covers, while those who favor a coordinated look can find ring binders, pencils and pens, spiral notebooks and other supplies in mix-and-match colors and patterns.

Colorful stickers, erasers in whimsical shapes, pencils and pens that double as toys and

## Learning habitats and school supplies

games, pocket personal organizers and adhesive note pads with clever graphics and sayings are among the essential extras.

There's also a trend toward Earth-friendly school supplies. Examples include earth-tone paper supplies made from 100 percent recycled fibers, and lacquer-, varnish- and plastic filler-free pencils made of wood from sustained-yield cedar forests.

## TAKE IT ANYWHERE

Carting all that homework home is more a psychological burden than a physical one for today's students, given all the creative totes designed to hold books, papers and the like.

From denim book bags to neon-bright backpacks these totes offer roomy interiors, water- and stain-proof fabrics and finishes, pockets galore for pencils, water bottles and lunches and child-size handles and straps designed to ease the load.

Fanny packs, meanwhile, are perfect for transporting smaller goods, such as pencils, keys and calculators. As fashionable as they are functional, these packs are especially handy for those commuting to school via bicycle or skateboard.

## STUDY SPOTS

A place of one's own is essential to study, say many teachers and parents.

Thus, more students now head to their personal study spaces when it's time for homework, rather than making due at the din-

ing room table.

With the right equipment — shelves, bookcases, desk and chair — school 1992-

— almost any area can be converted into a study space. Consider a quiet corner, the space under an elevated bed, a little-used closet or a nook beneath a staircase.

Handy parents could make such a conversion themselves. Another option: hire an interior designer or contractor to help design the study space.

In the desk department, there are literally dozens of offerings to consider, such as scaled-down desks and ergonomically designed chairs that make it possible to hit the books comfortably, and desk systems that combine drawers, computer table and files in a neat, expandable unit.

Do-it-yourselfers could easily dress up an unfinished desk with colorful hues and graphics, or create the simplest desk by suspending a board between walls or over some crates.

## TOY TUTORS

The bleeping and blipping going on in study hall these days are really no surprise when one considers the bevy of high-tech learning toys available to students.

Among the assortment: calculators geared to specific ages; speaking dictionaries; electronic encyclopedias; language computers, and easy-to-use typewriters with memory, dictionary and correction capabilities.

The ultimate high-tech study aid, of course, is a personal com-

puter. Since accompanying software can be found in practically any subject imaginable, computer buffs can become whiz kids in geography, math and English with programs that are almost as much fun as computer games.

## ON-LINE CONNECTION

Personal computers are solitary creatures. Their knowledge is limited to the programs you have on hand. But a bounty of information is just a phone call away.

With a modem, telephone line and communications software, you can dial up on-line information services and access data base computers around the globe.

The most popular consumer-oriented dial-up service is CompuServe, which offers a wide range of information services from books in print to Associated Press news clippings to up-to-date stock market reports. CompuServe charges by the hour; a typical charge when using a moderate-speed modem is \$12.50 per hour.

CompuServe maintains a large network of access numbers; you may live in an area serviced by such a number. If so, you can avoid long-distance and special-access charges.

You should note that some data bases available on CompuServe cost extra. The price varies, and you are always told the cost ahead of time. Serious research doesn't come cheap.

See your computer dealer for more information on CompuServe, or you can purchase a start-up pack that includes free access time to CompuServe at many bookstores and software stores.

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You don't really mind. You remember your own adolescence; decades can't erase the hopes, fears (and peers) of those high school years.

And with a passion you barely believe your own parents felt (surely they did, but you were unaware of it at the time), you want to help.

Yet it seems your teen meets your advice with indifference. Take heart, Mom, Dad and step-parents. You're needed now more than ever.

### HOT TO BE COOL

Grandma sent such a lovely sweater. Just his color, perfect fit, goes with everything.

He won't wear it.

"It's not cool," he says with a shrug, opting for baggy shorts, a too-big T-shirt and a baseball cap turned backward.

What's a parent to do (besides insisting on a cordial thank-you note)?

Give him an adequate clothing allowance — generous enough to finance a cool pair of high-top athletic shoes — and gently suggest to kindly relatives that department store gift certificates may be in order.

Much of what your child considers cool may seem absurd to you; some of it just might please you. For example, it's majorly cool to be Earth-friendly. You'll notice notebooks made of recycled paper and clothing made from unbleached organic cotton.

But a truly confident kid isn't terribly concerned with cool. Well-adjusted teens create trends; if they take up boxing, ballet, others will follow (or watch with admiration).

### COMMON PITFALLS

What if your child suffers from adverse peer pressure? Encourage him or her to join a "safe" group — perhaps band, drama or a team sport.

If this doesn't work, make arrangements for your child to see a school adviser or a professional family counselor.

A visit to a sympathetic general practitioner also may work wonders. Perhaps your daughter is preoccupied about her physical development, or your son is mortified by his acne.

Not only can a doctor easily resolve health concerns common to teens, she can be wonderfully reassuring (even if she says the same things you've said already!).

Good nutrition, too, is crucial — as is adequate sleep. Make sure there are plenty of healthy snacks available, see to it vitamins are taken, and enforce "lights out" at 11 p.m.

### THE ACADEMIC ASPECT

The point of high school isn't to be Miss Popular or Mr. Personality — although it sometimes seems

that way.

Learning is really what it's all about. Especially if your teen is planning to go on to bigger and better things.

If the future (career, security, family) seems remote to your adolescent, let her experience reality in the form of a minimum-wage summer job. Or let him take over the grocery shopping and food preparation for one week.

Your child might perform volunteer work — at a hospital, rescue mission or a day-care center that serves homeless families. The experience will be an eye-opener, (and, who knows, just might impress a college admissions board).

Speaking of college, it's closer than you think.

"Make a point of meeting with your child's high school guidance counselor as early as possible and no later than the end of her freshman year," advises Charles J. Shields, author of "The College Guide for Parents" (College Board).

"Don't worry about being regarded as a pushy parent," says Shields. "Counselors prefer that parents take an active role in a student's pre-college planning. By doing so, you will be knowledgeable about your child's progress, and you and the counselor can develop rapport."

The counselor will help locate information your child needs to register for admission tests, help plan a schedule of classes each semester, make information about colleges available, evaluate your child's performance in light of her possible college choices and help you learn about the financial aid process.

According to Shields, a pattern of course work that will meet the requirements of most institutions includes:

- Four years of English.
- Three years of math (two of algebra, one of plane geometry).
- Two years of science (biology and chemistry, plus physics if your child is considering a science-related profession).
- Two years of history.
- Two years of a foreign language.

### THE SENIOR SLIDE

Who can blame them?

They're finally seniors — and they think they're gods on Mount Olympus. (They see juniors as barely tolerable, sophomores as beneath contempt and freshmen as slime.)

Seniors rule the school, dude.

And once they've been accepted to an institute of higher learning, long before their final report cards come out, they naturally lose all desire to hit the books.

"There's a widespread myth that colleges hardly look at an applicant's last-semester course work."

"But don't let your teenager fall for this one. Colleges always stipulate that their acceptances are conditional pending a review of the applicant's last-semester course work and grades."

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# BEYOND THE BASICS Work, play, ideas for after school

By Sharon Achatz

After kids have spent a full day with the three Rs — reading, writing and 'rithmetic — the hours after school generally are devoted to a more favored R:

**Recreation.**

This sometimes comes in the form of structured activities — such as team sports or club meetings for teens and preteens, or after-school camps for elementary-age kids.

Other times it means time alone at home — or at a friend's house or the playground.

Whether in organized activities or free-form play, creative ways with after-school hours begin with a careful consideration of a child's interests and temperament.

**TEENS AT WORK**

While teens generally are happiest choosing on their own from the wide range of school-sponsored, church and volunteer activities available — or entirely avoiding structured activities in favor of just hanging out with their friends — many may need help locating that all-important after-school job.

Some suggestions from "Get Real: A Student's Guide to Money and Other Practical Matters" by James Tenuto and Susan Schwartzwald (Harcourt Brace Jovanovich):

- Check newspaper ads, including alternative and community papers, weeklies and "throw aways."

- Ask family members, friends

and school counselors if they know of anyone looking to hire a bright, hard-working student.

- Go door-to-door to small businesses, telling the manager you're looking for work.

- Donate time to a worthy cause. Volunteering might help you meet the right people — people who could reward hard work with a job.

**PRETEENS AT PLAY**

Preteens and elementary students — with the limited autonomy that comes with youth — need much more parental guidance in deciding how to fill after-school hours.

Parents of kids who crave organized games and play would do well to stay informed on the variety of after-school camps offered by parks and recreation departments, churches, colleges, YMCAs and private individuals.

Some are subject-specific and short in duration — such as daily hour-long swimming or chess lessons — others are more generalized day-care programs that offer a mix of crafts, free play and organized games for several hours after school until working parents come to pick up the kids.

In addition to after-school camps, there are a variety of classes, clubs and events designed for kids from kindergarten to college age — such as Boy Scout and Camp Fire Council meetings, music lessons, dance classes, riding instruction, bowling leagues, Little League baseball and skating.

ing-rink dances.

**FREE-FORM PLAY**

Even if a child craves organization, experts advise that parents ensure he has ample time for free play with other children — a visit to the playground or park is a best bet. Psychologists believe that informal social interaction is the best way for kids to develop strong interpersonal skills.

They also recommend that parents encourage children to engage in some unstructured, solitary play, in the belief that too much forced socialization can leave little room for an imagination to grow.

On the other hand, parents of kids who prefer to play alone — especially those who supervise themselves as latch-key kids — are well advised to offer at least some guidance on filling after-school hours.

**IN-HOUSE DIVERSIONS**

The book "How to Get Kids to Help at Home" by Elva Anson (Ballantine) gives suggestions for creating game-based goal charts that outline daily chores. Anson also offers specific suggestions as to chores appropriate for various age groups.

Other suggestions include:

- Keep a library stocked with project-based books such as "Child's Play 6-12: Instant Activities, Crafts and Science Projects for Grade Schoolers" by Leslie Hamilton (Crown Publishers) and "Rainbow Writing: A Journal with

Activities for Budding Young Writers" by Mary Euretig and Darlene Kreisberg (Dream Tree Press).

- Set up an art spot in the house equipped with plenty of paper, markers, crayons, glue, scissors, watercolor paints and other "found" materials such as empty egg cartons and strawberry baskets, hangers, cereal boxes, fabric scraps.

- Have plenty of free-form play props readily available to spark kid-directed, imaginative play — including costumes, balls, puppets, clay and block sets. Kids 6 years and older will appreciate more organized games as well, including card and board games.



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## Volunteer activities

With issues such as pollution, animal rights, the homeless, the abused and the environment being given prominent discussion at the dinner table and in the schoolhouse, many kids today have become concerned crusaders looking to change the world for the better.

For kids from 6 to 16, community service and volunteerism are growing trends — whether organized in a schoolroom, between a few friends on the playground, at a club meeting or by a scouting or church leader.

Here's a sampling of what kids and young adults around the United States have done — and can do — to make a difference:

- Collect toys for children living in homeless shelters or public parks.
- Collect clothing and blankets for the homeless.
- Adopt a local beach, river or empty lot and clean it up.
- Collect non-perishable food for a local soup kitchen or shelter.

- Visit elderly shut-ins at nursing homes or do chores for shut-ins at their own homes in your neighborhood.
- Collect aluminum cans and give the proceeds to charity.
- Dress in a book-character costume and read to children in the hospital.

- Plant trees at local parks, abuse centers or shelters.

- Make environmentally friendly shampoo and household cleaners from recipes outlined in books such as "Projects for a Healthy Planet" by Shar Levine and Allison Grafton (John Wiley & Sons).

- Start an animal rights club with ideas from books such as "Kids Can Save the Animals!" by Ingrid Newkirk (Warner Books) and "A Kid's Guide to How to Save the Animals" by Billy Goodman (Avon Books).

- Start a neighborhood food bank for the homeless or elderly.
- Organize a school recycling center.

## SCHOOLFACTS

### What teachers earn

Average salaries for public school teachers last year.



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4. New York	41,600
5. California*	39,598

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50. Arkansas	23,040
51. South Dakota	22,363

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LEARNING EXCELLENCE

## Smart studying and academic tips

By Sharon Williams

Undoubtedly, you want your child to receive the best education possible during elementary, junior high and high school. And — as a parent — you're ready to go to bat for him.

But, you're concerned that if you hit, run and score for your little one too many times in terms of homework, teacher intercommunications and study enforcement, you'll send your young student off to the academic benches unintentionally.

It's a valid concern, say experts, since the trick in promoting learning excellence in a child lies largely in the parental balance of under- and overdoing it.

So, no, you probably won't be doing his homework or going to school for her.

But, since the concept of youngsters going it completely alone during the school years largely has gone the way of the one-room schoolhouse, you won't be sitting on the sidelines, either.

Experts say that if you're willing to work with your child, you're more than halfway there.

Following are a few examples of ways to make a difference in our child's education during these formative years without overpowering or overwhelming your youthful scholar:

### SMART STUDY

You can begin promoting smart study habits in a child from the time he's a preschooler, say experts.

By reading to your child daily as soon as he can sit still for the experience, you'll instill a natural love of books and teach word recognition — both which will prove invaluable during the school years.

Many childhood development experts say this daily reading period should continue through the third grade.

The parental role in supervised study should be one of a helpful monitor, say experts.

Begin by seeing that your child has a consistent time and place to study — a well-lit, well-stocked place that's quiet and comfortable.

Then, encourage your child to write down all homework assignments in a daily log, and to bring both the planner and all the materials necessary to complete the work home from school each day.

By checking the planner, you can see that assignments and tasks are completed, and that any work to be handed in is in place to arrive at school the following day.

You'll also do your child a favor by teaching him to study efficiently.

Instead of just plowing through chapters, for example, many experts say that a child should read the review questions at the end of the chapter, then skim the chapter for key ideas and words before actually reading it.

Older students need to be good critical thinkers as well as good note takers. Help your student evaluate and analyze what he has read by asking stimulating questions, and encourage him to focus on key ideas and concepts by repeating them aloud.

A consistent system of rewards and consequences can prove helpful when pushing good study habits. Work with your child to develop a plan he feels is fair, such as a point system that offers extra privileges when adequate time is spent on study.

Not all learning takes place at a desk.

Thus, parents should look for ways to provide out-of-classroom learning experiences.

Some examples? Plan a field trip to your child's favorite museum or visit a new one. Schedule an evening at the ballet, opera, concert or theater. Take a trip to a nearby music or Shakespearean festival.

Even a visit to the library can be a learning experience. Schedule a tour of the facility, spend time helping your child research his favorite animal or hobby, or simply go with him to check out a new book.

Your child needs some extra help in math, but you were never good with numbers. Or, Junior is having trouble succeeding on tests, and you're not sure what to do.

Extra help is on the way — in the form of private tutors, schools and clinics. There are learning centers that help children prepare for test-taking, schools that offer supplemental instruction in subjects such as reading and math, and even workshops that teach parents how to help with homework.

If your child's teacher feels he needs some private assistance, or if you'd like to see him do better in a certain subject, you might consider hiring a private tutor.

Check with your child's teacher and school district for names of qualified tutors who can help your child while keeping with his course study at school.

Both parents and children also may benefit from self-help books such as "Ron Fry's How to Study" (Career Press; 1991), "Where Do I Put the Decimal Point" by Elisabeth Ruedy and Sue Nirenberg (Avon; 1990) and "1001 Ways to Improve Your Child's Schoolwork" Lawrence J. Greene (Dell; 1991).

Sometimes, you probably wish you could just do it for them.

But, many learning experts say that since children learn so many essential emotional and behavioral skills from homework, parents should strive to take an interested, but somewhat back-seat approach.

In other words, don't just do the homework yourself when the going gets tough, and avoid getting in over your head when you offer help.

## Educational computers for all ages

By Gordon McComb

It's time to think seriously about shopping for the best buys in lined paper, notebooks, book covers, clothes and all the other odds and ends that go with a modern education.

While you're at it, don't forget the new computer.

Personal computers are taking an increasing lead in school life, particularly for high school and college students. Computers are being used to prepare reports, finish homework and perform routine research. When used creatively, they take the humdrum out of learning the three R's and make education fun and rewarding.

If you or someone in your family is going to school and you don't yet have a home PC, you may want to think about adding one to the back-to-school budget. The computer you buy doesn't need to be for educational use only. While you have it, you can use it for balancing the household budget, bringing home your own work from the office, even playing games.

So you've decided that a computer for the hotshot is a good idea. But before racing out to the computer store, take a moment to assess your needs, your budget and your goals. You'll want to choose a computer system carefully and with restraint. Not all personal computers will do, and you can spend money foolishly on hardware you don't need.

### THE BEST COMPUTER

Certain computers have been branded "education" machines, mostly because their price or marketing has landed them in classrooms. The two premier educational computers are the Apple II and the Commodore 64, both of which are functionally deceased.

While these machines are still manufactured, they are no longer supported by active software programming. Whatever programs you use, you'll have to make do with existing products. Don't look for new updates.

Of the major brands, that leaves the IBM PC (and its various clones and work-alikes), the Apple Macintosh, the Atari ST and the Commodore Amiga. All are capable computers, and all are well-suited for use in education, whether it's at home or in the classroom.

Because of the stiff competition in the IBM PC market, prices are the lowest for the myriad PC compatibles now available. If you look carefully enough (and don't mind buying mail order or at computer swap meets), you can buy a generic PC clone for less than \$600. This includes a disk drive, monitor and keyboard. All you add is software to make it run.

Besides cost, the biggest advantage of a PC compatible is availability of software. New programs are constantly coming out for the PC, and the best sellers (such as WordPerfect and Lotus 1-2-3, the premier word processor and elec-

tronic spreadsheet packages) are regularly updated.

The Apple, Atari and Commodore machines each use proprietary operating systems. This limits the copycats, which in turn removes competition. You know what that means: higher prices. Plus, the unique operating system requires software specially written for the computer.

Because the markets for these computers aren't as large as the IBM PC, there isn't as much software development. That limits your selections.

While you can purchase special hardware and software that forces these machines to use IBM software, such "emulators" often are more trouble than they are worth.

The advantage of the Macintosh, ST and Amiga computers, however, is their modularity in design. The PC is a piece-together kind of computer, where you can mix and match add-ons in an almost infinite manner.

The offers by Apple, Atari and Commodore, on the other hand, use specially matched accessories. These accessories (such as hard drives, monitors and extra memory) often carry a premium price, but they are guaranteed to work with your computer.

Only you can decide which computer is right for you. Weigh carefully the questions of price, software availability and expansion — that is, upgrading with more bells and whistles.

### SOFTWARE FOR SCHOOL

Computers aren't complete without software. Buying programs is a personal matter, and no one can tell you which word processor, data manager or electronic spreadsheet is the best. Your unique requirements dictate which is "best," and you won't know which programs you should buy until you personally investigate what's available.

While you're looking, you may want to avoid the high-priced popular programs, such as WordPerfect and Microsoft Word. These are favorites in the business world, where features are king, but few students need all the extra weight. Save yourself some cash and look at the less-expensive software.

You can buy top-notch programs for less than \$100, often even far less. For example, Spinaker offers their Better Working line of midpriced productivity software. The word processor — the centerpiece of any educational computer system — has all the features needed to prepare homework and reports.

You can add additional programs as the need arises.

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## HEALTHY CHILDREN

### Keep your kids from getting sick

By Mike Dale

You're not the only one with stress.

Today's children are under an increasing amount of tension. They're supposed to get good grades, participate in after-school projects, fit into their parents' breakfast schedule and fend for themselves.

More than ever before, children are coping with the stresses of living in a family torn by divorce, or with only one parent, or in squalor. And in some cases, kids as early as 9 years old are experimenting with drugs and alcohol, and joining gangs.

"The social fabric has torn; the web has ripped," says Richard Louv, author of "Childhood's Future" (Houghton Mifflin).

All these stresses add up to one fact.

"Children are less healthy today — physically and mentally — than they were 25 years ago or even 10 years ago," says David Elkind, professor of child study at Tufts University.

Stress isn't the only health issue. Children need proper checkups for hearing, eyesight and an overall physical before they start school to be sure any physical ailments don't interfere with learning. Up-to-date vaccinations are equally important.

#### COPING WITH STRESS

Recent studies by the National Institute of Mental Health and the Institute of Medicine found that 35 percent of American children under the age of 14 suffer stress-related problems at some point.

Some of the problems are physical: recurring headaches and stomachaches. Others affect behavior. They include lack of concentration, loss of self-confidence, temper tantrums, forgetfulness, crying and yelling, avoiding friends and depression.

Not surprisingly, boys and girls use different methods to cope with stress. Boys become aggressive and physical, while girls rely more heavily on emotional behaviors and social support.

But both sexes find three common ways to relieve stress, according to studies: social support — talking to a parent, hugging a friend or asking for support; cognitive behaviors — thinking about it, reading, writing, talking to oneself, planning what to do, thinking positively, and avoidance behaviors — running away, ignoring it and changing the subject.

The least effective behaviors are yelling, screaming, talking back, crying, pouting, getting angry, feeling sorry, cracking knuckles, biting nails and twisting hair.

#### CHILDHOOD FEARS

Children's anxieties are not only normal, many of them are predictable. Experts recommend certain techniques for helping your "fraidy-cat" become a brave lion when monsters, witches and bogymen drop in for a visit.

Childhood fears can be tough for

adults because they often seem so out of proportion to reality that adults don't know how to react.

The first step is understanding what to expect and when to expect it.

In the first three years of life, for example, fears center on feelings of vulnerability — or "instinctive fears." Certain creatures, especially dogs, induce terror in kids of all ages.

As children begin to understand the idea of cause and effect, fears become more "imaginative." A child who loves taking baths may suddenly refuse to get into the tub because he thinks he'll go down the drain.

#### What to do?

First of all, don't pretend a fear doesn't exist. Acknowledge the fear without being overly sympathetic or mocking. Likewise, scolding and punishment put the kid in a no-win situation.

Once the root of a fear has been determined, help your child develop a strategy for coping with it. Play techniques can be effective, too.

For instance, a child afraid of playing with dogs may begin mastering that fear with a new set of toy animals. Every time children conquer a fear, note experts, they gain a powerful sense of competence.

#### CHILD SAFETY

Children are born with every sense but a sense of danger. Every month, more than 8,000 kids ages 14 and under are killed.

Traffic accidents, falls from bikes, playground equipment and skateboards, team sports-related injuries, chemical and fire burns, drownings, poisonings and chokings — all are common ways children get hurt.

Many safeguards seem like shopworn cliches, but they always bear repeating: Never permit a child under 5 to swim alone or unsupervised; take CPR training; children riding bicycles should wear safety helmets; stop and look both ways before entering traffic, either on foot or while riding; athletic children should don recommended safety gear — protective goggles and helmets for baseball players, knee and wrist braces for skateboarders.

#### FIT KIDS

Nine out of 10 parents believe that their children are physically fit. But two out of three children fail to meet a minimum standard for fitness set by the President's Council on Physical Fitness.

In fact, experts say one-third of all 10-year-olds have at least one of the following: an elevated blood cholesterol level or high blood pressure, a smoking habit, no exercise routine or obesity.

School-based physical education and health classes may seem like the answer, but studies show that elementary school students spend only two to three minutes vigorously exercising in the average gym class period.



**DRESSING LESSONS** — Other fashion trends may come and go, but schoolchildren always love denim. *Shown here: Jeans by Lee.*

## DRESSING LESSONS Back-to-basic fashion for school

By Sharon Achatz

Back-to-school clothes — for both teens and kids — are getting back to basics: comfort and versatility.

When prioritizing a shopping list, that means stocking up on denim jeans and jackets, T-shirts, cardigans, turtlenecks, sweats and leggings.

Denim is a wardrobe must-have — it goes with almost anything. Jeans pair equally well with turtlenecks or Ts, collared shirts of flannel or lace, rugby pullovers or crew-neck sweats. For boys, jeans are best when simple, loose, slightly oversize and comfortable. Although girls tend to wear jeans cut a little trimmer, comfort and simplicity are key for feminine fashion as well — gone, for the most part, are the leather, lace and bejeweled jean decoration of previous seasons.

Unisex denim jackets also are popular, especially layered over shorts, skirts, sweats — anything but denim jeans. Today's trend is away from matched-outfits, whether in denim, sweatshirt or cotton knit fabrics.

The "in" way to wear sweats, for example, is to combine a crewneck top with jeans, or pair a sweat bottom with a long-sleeve T-shirt.

Other versatile mix-and-match separates with a strong showing this season are turtleneck and mock turtleneck tops, leggings, stirrup pants, overalls, jumpers and elastic-waist-and-ankle baggies. They're all great for layered looks that are the foundation of comfort and versatility — perfect for keeping warm on chilly mornin but that can be set aside for recess racing or after-school events.

For example, Gina could layer trim leggings and an oversize T under a jumper and a cardigan. Doug could layer sweats or overalls and a denim jacket over

shorts and a turtleneck. Peel away the leggings and cardigan, sweats and jacket, and they'll be comfortable in the warmer afternoon sun as well.

Essential to successful layered dressing is a large carry-all bag or knapsack for storing discarded layers and toting them safely home. Anything black is a best bet for teens and preteens, as well as back-to-nature prints. Elementary-age kids may prefer neon brights.

Other winning ways to keep warm, aside from denim jackets and classic cardigans, are hooded nylon anoraks (jackets with hoods) and hooded sweat shirts.

Beyond such basics, every season has its fads. To pinpoint the season's trends in each community, watch for specially featured items or displays when heading out to shop. They're what merchandise buyers are predicting will be hot — everything from shirts to skirts, shorts to shoes, and hats to hair accessories.

For schools with a uniform dress code, such trendy accessories are the best way for kids to make the grade — in the form of punchy socks, shoes, jackets, hair ribbons, suspender, book bags or lunch boxes.

When dealing with fashionable fads, parents are well advised to favor their child's opinion. Kids must feel comfortable with peers in order to be happy, and most fads can be affordably had by shopping at off-price outlets.

If a child requests a particular clothing item not within the family budget, parents can offer alternative choices in similar colors and styles — allowing even younger children to choose among options a parent has pre-selected. Kids often feel happier if they make the final decisions themselves. With teens, parents may offer to pay a portion of the cost with the teen making up the difference from their allowance or by doing extra work around the house.

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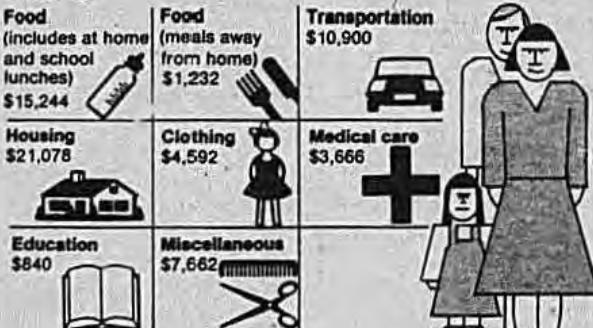
\* Based on all-inclusive (tuition, fees, room, board, books, transportation) private college costs \$14,326 per year in 1989-90. Figures assume an 8% increase in costs per year and an 8% pretax return on investments.

SOURCES: T. Price Rowles Assoc. Inc.; The College Board; Good Housekeeping

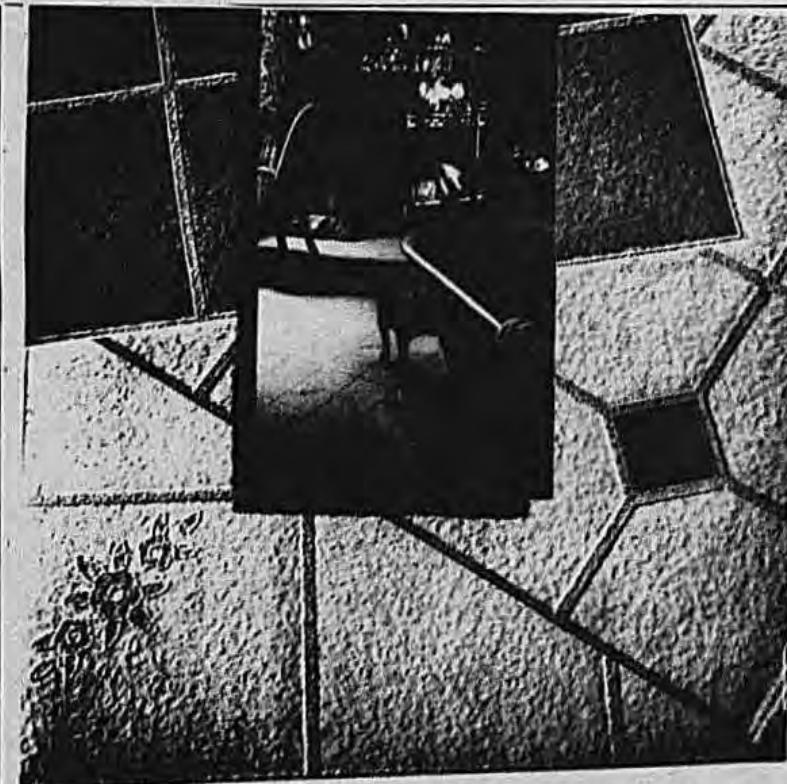
## SCHOOLFACTS

### How much it costs to raise a kid

Typical costs for an American family to raise a child from prenatal to college age.



SOURCE: U.S. Department of Agriculture; New Marriage magazine



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