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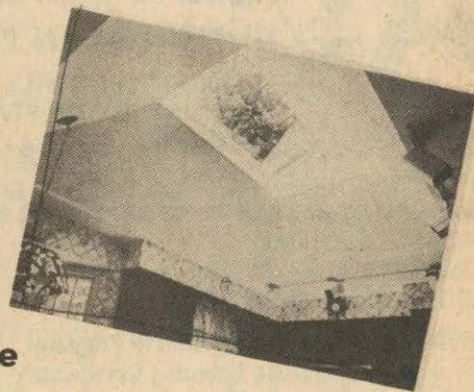
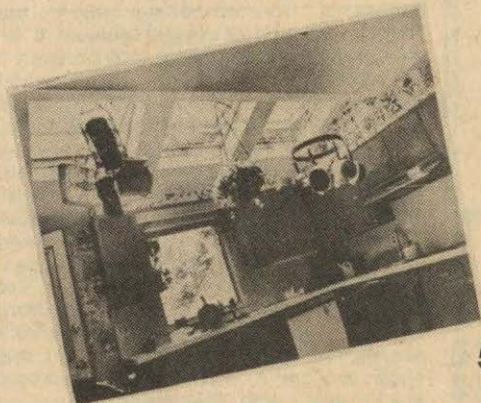
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Vol. 3 No. 7

HUNTINGTON
Town
Neighbor™

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**HUNTINGTON'S LARGEST
MAILED PUBLICATION**

Published by:
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Huntington, N.Y. 11743

David K. Benson - President
Dyan Joyce - V. President

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Dear Neighbor:

Much has been said about the passing of Harry Chapin. We're not sure we can say anything new but we can't seem to let it go. Something about his death deeply affected so many of us that it deserves closer study. We read Ruth Monsell's "Remembering Harry" (in this issue) and felt comfortable with the sentiments she expressed. With such a warm-hearted figure as Harry, it's obvious that we all feel as though we've lost a friend and we mean friend in the sense of the word that conjures up images of doing things together and actually having a personal relationship. In a sense, there is a relationship between a performer and his public and it's that aspect along with his accessibility that made Harry a "friend" of almost anyone who crossed his path. One of our favorite sayings which seems particularly appropriate at this time is: "And this too shall pass." We're just sorry that Harry's passing occurred so soon and so suddenly.

In a small attempt to carry on his work we have commissioned a signed and numbered limited edition of 250 prints of our cover portrait of Harry by Ruth Monsell. We will offer them for sale through selected galleries around town who have all helped with the project along with West Hills Printing who has donated the printing. All proceeds will be donated to P.A.F. Playhouse which we understand has been renamed the Harry Chapin Theatre Center of Long Island. You can find the

HUNTINGTON TOWN NEIGHBOR

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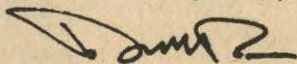
Remembering Harry
Astrology & Relationships
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ADVERTISER'S INDEX

details of this offer on page six of this issue. We hope you'll consider owning one of these portraits along with continuing to support the Chapin Theatre Center.

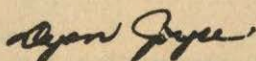
In keeping with the tradition of community involvement that was synonymous with Harry we have started a new section in this issue of the Neighbor called Community Forum. (See pages 14 & 15) We hope you will share your thoughts, ideas and ideals with us. We welcome all letters, long or short and hope that we can offer the community a place for lively discussion of a varied number of subjects related to our lives. This section continues the thrust of our Poetry and Artists Corner sections which are also designed for community inputs.

And now, if it's alright with everyone, we're going to take off a little early (after all it's still August) and go sailing. There's nothing quite like the combination of relaxation and exhilaration offered by piloting our little sailboat under a stiff breeze. We'll see you all Sept. 14th with our next issue.

Sincerely,



David K. Benson



Dyan Joyce



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HARRY CHAPIN

REMEMBERING HARRY

by Ruth Monsell

*"in short measures
life may perfect be."*

-Ben Jonson

What was it about Harry Chapin that made us feel his passing so deeply? I can only answer subjectively, but believe that my reaction was like that of many.

My family was cheerfully packing for a camping vacation when the news came. Throughout the days that followed, the quiet lakes and the refuge of lovely mountains were never enough to keep out the ache. It surprised me: first the tears, then the sense of deep loss we all felt. Even our 5-year-old, who was thrilled last February at his first Chapin concert, wept. I never imagined that the death of a popular singer could leave me feeling bereft of a dear friend.

But of course, he was so much more than another singer. First there was his charm. I found Harry instantly lovable, from his unruly curls down to his sneakers. They boyish grin always radiated abundant warmth. And I found, in my one personal encounter with the man (when I impulsively collared him to sit whilst I cut his silhouette at the Lively Arts Festival last year, just five minutes before his scheduled concert) that he was also a disarmingly down-to-earth and unpretentious person. This sincerity, combined with a kind of magnetic energy he had, drew audiences and supporters alike.

Next there was the impact of his songs. Harry's music was very special and became a permanent part of me. Plato wrote, "music and rhythm find their way into the secret places of the soul." Not before that week in the mountains did I realize how much Harry's music had touched my life.

The "story songs," which "Taxi" typifies, stay with me as do particularly good novels I've read. But I've been more moved by the lyrics which revealed Harry himself. Here was man with unusual sensitivity about human relationships who candidly shared his insights. Through "Sandy" and "Poor Damned Fool," for instance, I glimpsed him as a husband. "Tangled Up

Puppet" and "Dancing Boy" let me share the joys and doubts of parenthood with Harry. His philosophy came through in songs like "Dreams Go By." His indictment of our sexist society in "The Little Girls Grew Up Crooked" and "Dirt Gets Under the Fingernails" added tremendously to my admiration. His understanding astonished me. As a former teacher, I applauded Harry's ideas on education and his satirical attack on a stifling educational viewpoint in "Flower Are Red." I could go on.

It is small wonder after years of Chapin recordings filling my home that I felt he had become a friend, a kindred spirit -- not matter that I was one of a million anonymous fans. I treasured his music more after hearing his concerts, for Harry always communicated a contagious joy on stage. He had a good time and the audience felt the same.

And yet the music was only one facet of the man. There was also Harry the philanthropist and Harry the lover and promoter of the arts. As an artist I appreciated and respected his work enormously. It was reassuring to know that someone with spunk and perseverance was accomplishing something vital like keeping PAF Playhouse alive, if I didn't have time to. In his commitment to the less fortunate, particularly the world's hungry, he was a paragon of what most religions hold up as the ideal. He lived out his convictions. The caring was never abstract; it was translated into action as energetic as Harry himself.

His concert schedule, illustrates Harry's popularity with fans everywhere, and all Long Island honored him at Hofstra on August 11. But we in Huntington held a special fondness for him. We didn't need to live on Locust Lane to feel that we were neighbors; Harry was everywhere: packing 'em in at the High School (yes, another benefit), entertaining at the fellowship or nursery school, holding fund-raisers for the public in his own home, signing autographs on tote bags, giving pointers to young guitarists, exhorting us to dig deeper for PAF, community causes, world-wide causes ... the list goes on. Harry just gave and gave, with little thought to personal gain. In this materialistic and pessimistic age he stood for values we seldom see in action. He was ours. And we were proud. He praised Huntington as "extraordinary" though he was the most extraordinary embodiment of its spirit.

Now he's gone. But I believe it's critical to realize how much he has left

to give! His music will live, of course, but even more important are the challenges he left us. The necessary processes of change he stood for have to go on. He made me a little more confident that I too can pick up a thread of that challenge and weave a little part of a better social fabric -- no matter how my talents may compare with his. Harry believed all of us have something to contribute and he proved how great a difference one person can make -- even in a too-brief span of years. I, for one, am inspired -- and grateful.

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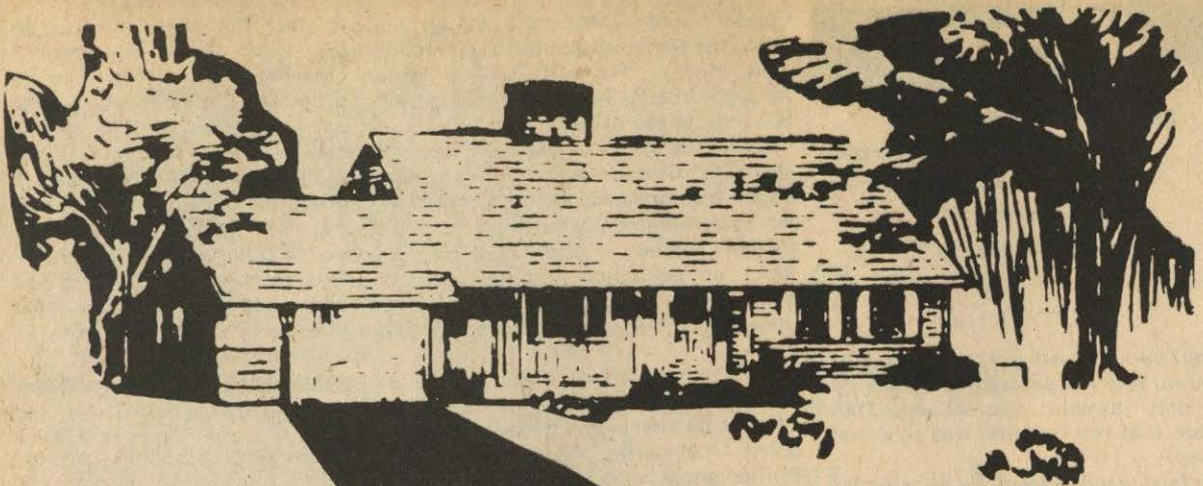
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ASTROLOGY

RELATIONSHIPS & ASTROLOGY

by Carol Reimer

"Of all the elements, the Sage should take water as his preceptor. Water is yielding but all-conquering. Water extinguishes Fire or, finding itself likely to be defeated, escapes as steam and reforms. Water washes away soft Earth or, when confronted by rocks, seeks a way around...It saturates the atmosphere so that Wind dies. Water gives way to obstacles with deceptive humility, for no power can prevent it following its destined course to the sea. Water conquers by yielding; it never attacks but always wins the last battle."

As this beautiful message relates, Water, synonymous with Love and Emotion is the sustaining, healing, nurturing element in our lives. Loving and relating to others give meaning and fulfillment to our existence. Relating to others is not only fundamental but necessary and we are able to conceive of ourselves as individuals through comparison with that which we are not. Relationships are the foundation of personal satisfaction of one kind or another and are necessary for our growth and happiness.

There are many various kinds of relationships to experience in this life. Each offers its own demands and rewards. For example, mutual attachment is characteristic of the ideal relationship mother baby, since the helpless little one could not survive without the love and nurturing of the mother. Both mother and baby feel upset when separated and feel good when they are close as they are very sensitive to each other's smallest discomfort. It is the most beautiful and unselfish love to observe even as the child grows and develops. Both play an important part in the relationship. Both need each other to grow and function and exchange love and understanding and respect.

Unfortunately, many of us cannot relate to happy childhoods and loving, nurturing, supportive parents. We carry emotional scars and deep anxieties and feelings of being unaccepted and unloved. We unconsciously build invisible walls so that other people cannot hurt us and we block-out any love other people wish to give us.

Years ago, our society demanded we suffer silently. The "stigma" that accompanied an individual who sought psychoanalysis was irrevocable. Today, there are numerous magazine and newspaper articles dealing with the difficulties people experience in getting along with their children, mates and other people in general. We are

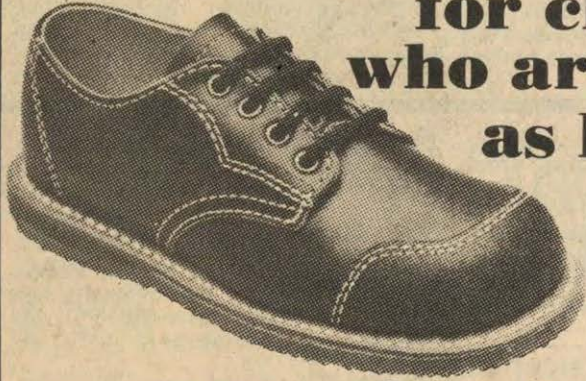
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learning painfully that until we deal with our problems openly, we cannot and will not find the solutions. We must not be afraid to open up and release our fears and repressions so that we can identify with them the reasons for our outward behavior. It is to our advantage to obtain this awareness and self-understanding. We can blame the world, our environment, our parents, childhood, etc. and continue to be unhappy. Or we can realize that the world we experience is the world we are prepared to experience. We, as adults, create our own world and can change it through our understanding of ourself and others, and through the transformation of our thoughts and attitudes.

One of the tools we may employ for greater understanding and awareness is psychology and under its present name it is a very new science. Yet psychology is one of the few reliable maps we have. In its deepest sense, psychology has existed for long time under other names, the earliest of which was astrology. The word derives from two Greek words -- psyche, which means soul, and logos, which means wisdom. The study of the human soul was the province of astrology long before it became the province of anything else. The oldest and the youngest science seem to be forming a curious marriage. The late psychologist Dr. Carl Gustav Jung studied many areas of unusual phenomena and in his research he not only found that astrology worked but that it was the root-science of all psychology. He postulated that the human psyche is a self-regulating system that maintains itself in equilibrium as does the body... (conscious-unconscious). Everything that is not contained in the conscious or outward expression (ego) in the life is suppressed or lays dormant in the unconscious. He also maintained

that the primary expression of the subconscious is the SYMBOL. A symbol suggests or infers an aspect of life which is inexhaustible in interpretation and eludes all of the intellect's efforts to fix or contain it. A symbol sparks a response from us at an unconscious level as it brings together associations that are not logically connected. This is why when we wake up and remember a dream, it usually does not make sense at first as there are so many unrelated aspects to the dream. If the dream was very painful we will quickly forget it. Other times we may reflect on it and slowly a meaning will become obvious. Yet if we were to tell it to someone else that person might get a completely different message due to their interpretation of its symbols, since most symbols are unique to each individual. Even a trained professional cannot be absolutely sure as to the meaning of those symbols and how they relate to an individual's own mind. I am trying to make you aware of how unique we all are.

This uniqueness is also apparent in the interpretation of an individual's astrological pattern and aspects that his natal chart offers.

Astrology is enjoying a renaissance. But its real value is not in the popular misguided conception of forecasting the future. It has a much more important role in becoming a tool of immense power in the exploration of the human psyche. The successful predictability of anything varies according to its level of complexity. A human being is the least predictable of all because of his complexity. He has reason, emotion, free will, and detachment and all play an important part in his behavioral pattern.

What the birth information can offer is perhaps a greater insight as to the hidden factors buried in the subconscious. Most are so subtle that one is not consciously aware until he

experiences a traumatic event in his life ... divorce, death, separation... and he is forced to face & deal with the reasons for compulsive behavioral patterns that are often harmful and are certainly obstacles to personal happiness. It will also symbolize what type of relationship one desires or is capable of having. If an individual experiences many problems or the same problem in relationships, changing partners is not going to affect or help the problem. The individual must be made aware of the reason he attracts this situation or response.

There are basic reasons for relationships; alleviation of loneliness, satisfaction of desire, continuity of the species, protection for the individual and for society. But like the word "love" the experience is very personal and varies with each one of us.

We must all in the end, accept the consequences of our choices and they are never as simple as they seem. The growth of a person is slow; it begins at birth and ends at death. It requires a lifetime's nurturing and cannot be hurried. Love is an experience and we must learn to respect and live up to its commitment. It is not something that can be turned on and off like a water faucet. Love is God. Love is You. Love is Life. Love is happiness.

Carol Reimar lives in Huntington and is a practicing astrologer. We invite any one who has a question about their relationship with another person to write Carol c/o the Neighbor, anonymously if you desire. Be sure to include as much back ground. Information as you can and give birthdates and places of both people along with birth times if available. We will print selected replies in future issues of the Neighbor and will disguise the birthdates and background information so that no one who knows you will recognize your situation.

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GALLERY VIEWS

by Pat Olds

Studio 395, owned by Dick Shanley, Don Hicks, John Douksza, and Abby Rust is located next to the Mobil gas station some distance before you get to the cluster of shops in Cold Spring Harbor. I missed their opening exhibit, but like many galleries, there is still lots to see between special exhibits.

John Douksza was minding the studio when I dropped by. His specialty is making silver jewelry. A bracelet of cast element attached to forged wire with a Mother of Pearl stone is called "Angelica". A pendant with suggestions of writings and topped with a Black Jade is called, "Message of the Sentinel". A ring called "Grotto" has the effect of eroded rock and caves. Pendants with Painted Jaspers stones by Mother Nature to resemble desert scenes has detachable pins or can be worn as necklaces. There is a bracelet with forged wire base with a looping counterpoint to the main lines with a red coral stone attached. There is a pin in Oval form with an abstract form in it. "A Late Form" is a winged shaped pendant in sterling, one side is smooth, the other is feathery in texture.

The woodworks of Dick Shanley are made of walnut. Sculptured in shape and smooth to the touch as well as the eyes. The dove-tailed joints fitting so smoothly as to appear as decoration to the design as well as the mark of fine craftsmanship. I viewed the collectors chest with eleven drawers.



BIRTH OF TIME 1 by Nancy Baldwin

The work of guest artist, Nancy Baldwin's porcelain sculpture "Birth of Time 1" is a capsule shaped sculpture with a layer of material or substance suggesting water, upon a watchband is layed and a baby's hand holds the face of the watch up. (See Photo). Another porcelain has a baby's leg and foot with three corn stripped of outer husks located where the leg joins the body and a tiny seated male figure is called "The Farmer Who Lives At the Foot of the Mountain". Both pieces suggest sexual as well as Biblical thoughts.

The Serigraphs of Joan Rogers are abstract shapes broken into two colors, dark blue and yellow ochre with vertical lines over the total.

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The Collagraph titled "English Landscape" by Sylvia Wolff has more color to it and resembles a section cut out of an ant farm colony.

Abby Rust has Acrylic paintings that are compositions of rectangular shapes in shades of brown.

Lillian Dodson's ceramic sculpture "Falling Oranges" is of a gunny sack filled with oranges draped over and spilling contents of a few oranges that look quite edible. "Used Sneakers" have all appearances of a well worn and smelly pair preserved for whatever memories they hold.

Linda Adato has etchings titled "Workspaces" which opens the viewer to the shower curtain in the bathroom and then leads the eye to a room beyond and a window which views another window in a brick building. "Writings" shows some notes open on a table and the cast light and shadows from a window to the floor. Her detailed work holds all the mystery of a novel.

Alice Wansor's "Wild Basket" is circular in shape with Cemans Vine woven on the outer edges in a loose matter with both stems and tops extending outward. (See Photo)



WILD BASKET by Alice Wansor

Marie Wynn has whimsy ceramic elephants trumpeting with trunks up which is a good note to close with. The chuppy elephants seem to announce that there is much to be seen that I haven't mentioned in this article. The Gallery hours are 12-5. Open on Sundays.

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Community

REPORT TO ANIMAL DUMPERS

The three kittens dumped on 25A Main Street Huntington, two dead and one lived. Black twelve week old dumped on a side road off Oakwood Road is still struggling to live, suffering from acute malnutrition, upper respiratory infection. Cost to date-\$62.00 for veterinary fee and medication.

The large orange cat dumped at Huntington RR Station, after 2 weeks of leaving food every day finally came out of hiding and could be picked up, he was suffering from cuts and bites and was put into the hospital, had both front feet lanced and abscesses drained, scraped and sewn up. He is doing well and has been adopted. Cost \$85.00

Lovely 11 month old female, pregnant and delivered kittens the same night she was found. Suffering from mammary infection due to lack of proper food during gestation period, kittens had to be fed by hand with supplementary diet. Cost \$67.00.

The black cat about 1 year old dumped (had been declawed) survived in back yards and garbage cans. She turned into an unadoptable biter. She is so freaked out from her experience of trying to survive with no defense due to being declawed, she will have to be put down. Everyone who has seen her will not adopt her as she is terrified and tries to bite.

Also the little 8 week old tiger found rummaging in the garbage cans behind a restaurant just off main street has gone blind from malnutrition. To be put to sleep as no one will adopt a blind kitten.

The 7 year old cat left in a box in front of a store on Main St. Attention dumper: Your note said she was spayed and declawed. But you failed to tell her name, what she had been eating and/or if she has any medical problems. She has dehydrated and lost weight as she will not eat the various foods offered to her. She is in the hospital now. Perhaps we have not found the food she is used to or she is just broken hearted and misses her family.

I do not know what dumpers of animals think happens to them, but I have news for you, its not pretty. Starvation, malnutrition, bitten up and beaten up by other animals, abused and stoned by people and chased away, is the most terrifying experience for any animal. With all the tree spraying many little animals hidden and searching food at night time have been contaminated by chemicals and suffer the most

agonizing deaths by poison.

Animal dumpers must think that there is a fairyland out there and dream that the world is wonderful for all dumped animals, **not so.** The majority of abandoned animals are killed, or turned into shelters that must destroy them. Those who do not get adopted must make room for the thousand more turned in. There is just not enough room at a shelter and not enough money to cope with the animal over population problem.

There are alternatives to dumping, there are alternatives to over population. First: If you have not neutered your animals that is the first thing to do. Do not deceive yourself that you are different and can always get your litter adopted. It is much better to spay and neuter then to find out later you are wrong and become desperate and end up dumping. If you do not neuter your animal you are only adding more problems to the already over burdened surplus animal world.

It is better to put to sleep humanly unwanted litters than to dump. To some this may sound cruel, but from personal experience seeing the mangied, damaged, starved and suffering animals, this is a far crueler way to die then just going to sleep under the guidance of a veterinarian. The local animal shelter will receive your litter and keep them for adoption and destroy only when over populated or sickness occurs. But again they can only take in what they have room for.

Second: If you have permitted your animal to become pregnant there is no harm to the animal to abort and and spay immediately as soon as you know of your animals condition. Pregnancies may also be safely terminated until term.

Third: Be a responsible pet owner, become informed regarding the truth about over population, and if you have added to this over population be responsible enough to solve the problem yourself. Spend your own time and money. Do not look to the already burdened shelters to solve your problem for you. **REMEMBER THERE ARE MORE ANIMALS THAN THERE ARE HOMES FOR THEM, DO NOT CONTRIBUTE TO THE ANIMAL POPULATION EXPLOSION, PLEASE SPAY OR NEUTER YOUR PET.**

You can find Jean Fox at Peticular Pet in the North Country Village Shopping Center on East Main Street and she is always happy to help pet owners with their problems.

BIKE SAFETY PROGRAM UPDATE

Reporting progress on a Town Wide Bike Safety Program initiated in the Spring by Sammis Real Estate and Insurance organization, Quentin Sammis said that he was pleased with the activities that have taken place and expressed hope that various Townships, schools and community would continue to focus efforts on bike safety education and training.

To date a number of school groups have held "Bike Rodeos" in Huntington, and inquiries received from YDA, scouting, schools and other groups indicate more Rodeos by year's end.

The neighbors received a copy of the Traveler's Insurance Co. Bike Safety program Kit which among other interesting items included the following description of some typical bicycle accidents.

Karen applied her hand brakes and lost control of her bicycle. She went down an embankment into a creek and fractured her shoulder.

As Jimmy was riding his bicycle downhill, the front wheel of his bicycle suddenly became loose and twisted. Jimmy lost control and crashed, fracturing his knee.

Bob was riding a bike without a chain guard when his foot caught between pedal and chain, he fell, suffering a concussion and skull fracture.

Ten-year old Pat was riding her bicycle uphill when one foot slipped off the pedal. She fell on the hard pavement and fractured her arm.

Michele was riding her bike alongside a friend's. As her friend moved his bike to the right, the two front wheels locked together, causing Michele to fall. She suffered a concussion and fractured her wrist.

MR. DOLLAR WINNERS

We are happy to announce the winners in our Mr. Dollar Coupon Drawing. All 20 of these lucky people will receive a \$25 certificate from Foodtown of Northport good toward the purchase of groceries at Foodtown of Northport. We have listed the merchant where the winners deposited their coupons in each case. Watch for more Mr. Dollar coupon book mailings in the future.

Adele Vaccaro, Centerport
Ms. Harriet Tuthill, Greenlawn
C. Waller, Huntington Sta.
Jan Woodard, Centerport

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Forum

Tony was riding John home from school on the handlebars of his bicycle. Because John blocked Tony's view. Tony ran the bike into a parked car. Both boys sustained severe bruises.

These case histories illustrate the major accident patterns associated with bicycles.

They are:

1. **LOSS OF CONTROL** - This occurs because of faulty brakes; riding too large a bike; riding double on banana seats, rear fenders, handlebars or the horizontal top tube on a man's bike; stunting; and striking a rut, bump or obstacle.

2. **MECHANICAL AND STRUCTURAL PROBLEMS** - These include brake failure; wobbling or disengagement of the wheel or steering mechanism; difficulty in shifting gears; chain slippage; pedals falling off; and spoke breakage.

3. **ENTANGLEMENT** of a person's feet, hands, or clothing in the bicycle.

4. **FOOT SLIPPAGE FROM PEDAL.**

5. **COLLISION** with a car or another bicycle.

6. **A NUMBER OF BICYCLE ACCIDENTS INVESTIGATED BY THE CONSUMER PRODUCT SAFETY COMMISSION INVOLVED PEOPLE RIDING DOUBLE, SO AVOID CARRYING PASSENGERS.**

Each year there are more than 400,000 bicycle related accidents in the U.S.A. requiring emergency room treatment. Of these, over 40,000 are serious injuries. Make sure your children are riding safe bicycles and know how to ride them safely. If your group or organization would like to conduct a Bike Safety Rodeo please contact and call Sammis Real Estate or Insurance office for a copy of the Traveler's Bike Safety Kit including full directory for organizing a Bike Safety Rodeo.

TARs VISIT WASHINGTON

Four members of the Huntington Township Teenage Republican Club attended a seven day leadership conference in Washington, D.C. The conference was held at Mount Vernon College. The club's President Jim Handy, a Junior at Walt Whitman High School, Steve Horwitz, a Junior at Huntington High School and Magnus Walsh, from Cold Spring Harbor High School, left three days before the conference on June 18th, to meet with our Senators and Representatives.

At LaGuardia Airport on our way out we met with our Congressman Greg Carman and posed for pictures and spoke briefly before our New York Air Flight 25 left for D.C. Airport.

The next day in Washington we headed to the White House for a Congressional Tour which included the Diplomatic Reception Room, The Red Room, Green Room, East Room, Dining Room and The Hall of First Ladies. After the White House we took the Metro (Washington's Subway) to Capital Hill where we met with Congressman Bill Carney, Senator Al D'Amato, Senator Daniel Patrick Moynihan, Senator Bob Dole, Senator Sam Hatacara, and Senator Howard Baker, Jr. We then spent time with Congressman Carman's Staff, who we had worked with during his election campaign.

Then on Friday we went sightseeing to the monuments, the Treasury Department, Fords Theater and the JFK Center.

On Saturday it was off to Mount Vernon College where we met up with Cathy Barfoot, Vice President of The Huntington Tars and who is a Freshman at Holy Family High School. At the conference we heard from several speakers of national importance including: Lyn Nofziger, Political Assistant to the President, Elizabeth Dole, Special Assistant to the President, Secretary of Transportation Drew Lewis, John Burke, Special Assistant to the Director of the FBI, Congressman John LeBoutillier, Congressman Phil Crane, Congressman Jack Kemp, Senator James Abner, Senator Mack Mattingly, Senator William Armstrong, Richard Richards, National Republican Chairman.

We also spent a day on Capital Hill with our Senators and Representatives. The most rewarding part of the trip was the Rose Garden Reception with

President Reagan at the White House.

President Reagan spoke to our group of one hundred and twenty-five TAR Leaders from all over the country. He (The President) welcomed us to the White House and thanked us for the work we have done for the Republican Party and how he loves young people getting involved in politics. He also said he is feeling well but that he had a small cold from the White House Air Conditioners.

At the conference we also held Seminars on Leadership and membership, fund raising, organization, campaigning and voter registration. After our graduation ceremonies it was back to New York.

The Huntington TARs have been an active part of the Republican Party for two years now.

The philosophy behind our club is to get teens involved in Government, Politics and Political Campaigns.

To better our club and the teenagers of our community we need teenagers to join our club. This is an open invitation.

As a Teen Age Republican...

You'll have the opportunity to meet new friends with whom you will have a common interest.

You'll be invited to hear and meet some of today's major political figures.

You will acquire, if you participate, a far greater understanding of what goes on in American politics.

You will have a chance to participate in campaigns - and help elect candidates of your choice.

You'll make lasting friends working side by side with others in political activities. Most TAR groups have an active social program as well. Most important of all, you will be supporting, in a real way, the cause of responsible government.

For additional information call Jim Handy at 271-6807

PUBLISHER'S NOTE:

We intend to devote this space in every issue to your thoughts on our community or our lives in general. We welcome letters, long or short on all subjects but home this will not turn in to a pothole report or neighborhood nuisance session. Please type or write neatly.

Joan Smith, Centerport
Rita Barry, Huntington
Mrs. F. Griem, Greenlawn
Jean Tice, Northport
Linda Reynolds, Northport
Mrs. Betty Mesaro, Huntington Sta.
Mary Smith, E. Northport
Karen Beebe, Huntington
Louise Heitz, Greenlawn
Mrs. N. Lobasso, Huntington
Jody O'Donnell, Eaton's Neck

Robert Madden, Huntington
Walter J. Valentine, E. Northport
Fanny Sevast, Northport

John Titterton, Huntington
Susan Plumm, E. Northport

Carvel, Greenlawn
Thrifty Beverage
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REFLECTIONS

by David K. Benson

I sat in a darkened movie theater some nights ago and watched images of light spawned by another man's mind flicker through the dust filled air to fall on the passive white screen looming before me. Sound waves carefully synchronized with the moving light reverberated through the vast people filled cavern and vibrated themselves into the recesses of my brain. The silent observer which seems to always reside in a littler corner of my head had to marvel at the ability of this light and sound combination, created in another time and space and stored on strips of plastic, to evoke such a strong response from my emotions. Laughter and tears seem to come much more easily to many of us sitting close in a crowd than when living in "real life". My silent observer kept reminding me that this was an artful reproduction of life, a drama carefully concocted by a creative team of writers, technicians and actors. A creation designed to do exactly what it was doing - touching my emotions. The analytical part of my mind then led me to an even more powerful understanding of what is happening to us in our technology filled world. As a matter of fact I sat there in the theater town between the drama on the screen and the goose bumps and tingling sensation that always seem to accompany a new level of understanding of life. That understanding is simply this: technology separates us from life.

Lets look at some examples. Sitting near me, watching the movie discussed above, was a casual acquaintance who occasionally leaned over to share his enjoyment of the movie with me. I found this real life person an intrusion on my communion with the images of light and sound surrounding us. Now, some will argue that the intrusion was real and improper, but looking back on it, I'm not sure. Here was a flesh and blood person reaching out to me and I preferred to lose myself in the images floating on the screen. I think many of us often bury ourselves in technological creations as a way of retreating from life. Look at the family that watches TV together. The interaction is with the glass and transistors and play acted situations emanating from the ubiquitous idiot box and not with the real live people surrounding you. The TV is on while I'm writing this and I'm having trouble concentrating on the page when the Jeffersons are cavorting through their imaginary lives and the laugh track keeps punctuating their lines.

To pursue my original stated theme - there is a dimension in live entertainment that can never be

duplicated over the air waves or through a projector: the interaction between performer and audience as anyone who has ever attended a Harry Chapin concert can tell you.

A technological creation closely related to the TV which has quickly woven itself into the mainstream of American living is the electronic game.

From hand held, to coin operated, to TV attachment they have invaded with mind sapping insidiousness far exceeding the science fiction tales of alien invaders (Maybe they are alien invaders?) Yours truly is not immune to this onslaught. Several years ago a broken back forced me to spend several months in bed and one night a friend brought his Atari over to cheer me up. I was so entranced that I finagled one for myself the very next day. I spent many hours practicing until I could beat the thing. Looking back on the experience it is annoying to me that I wasted so many hours communing with the TV set just as I now see the kids lined up in front of the coin operated monsters that are popping up in stores and restaurants all over town. (The aliens are growing - now we have to feed them too!) The principle here is the same - a retreat from life. The game is predictable. After you've played it a few times you know what is going to happen. It is also a way for the player to make him or herself feel good. Get a better score and you can use the achievement to temporarily wipe away thoughts of inadequacy, failure or lack of love. The problem is that the good feeling doesn't last very long and soon you need a still higher score to feel good.

Lets look at another area where technology separates us from life - the automobile. (I'm attacking a lot of sacred cows here aren't I?) How does your car separate you from life? Its fairly obvious when you step back and look at this process of transportation. You close yourself into a box of glass and metal, turn on the radio and control thousands of powerful explosions a minute just by pressing on the accelerator. Is anyone really aware of what is happening around him while he is driving? I'm talking about the pistons screeching up and down in the engine, the molecules of oil and metal sliding against one another, the forces absorbed by the suspension system, the number of revolutions each minute each wheel bearing must make, the tremendous friction generated between the road and the tires and the huge amount of air displaced when traveling down the highway at 55 mph. In short, the automobile is an incredible piece of machinery which most of us take for granted - at least until it malfunctions. And we have demanded that it's designers hide all these processes from us. We want to travel down the road at 55 or 75 mph feeling like we were sitting in our living room. And in large measure

Continued

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"Not Good With Any Other Offer"

that is exactly how it does feel. We sit in smoke filled isolated splendor able to interact with others only with a smile and wave (or frown and fist) unable to feel the earth beneath our feet or the wind on our face.

OK! It's time to put things in perspective. In reading back over what I've just written it seems as though I'm against technology. Not true! I'm just going about the business of consciousness raising. I'm against the use many of us make of technology. We too often use it to retreat from relationships and isolate ourselves from nature. Of course, there are many ways to retreat from life without using technology. One can bury oneself in work or sleep or exercise or superficial acquaintanceships or books and magazines. But you have to admit that the temptation of technology's toys is a powerful addition to our repertoire of evasions.

Certainly the proper use of the modern marvels that we take so much for granted can broaden our horizons and let us accomplish what we must to survive more efficiently, which in turn will give us more time to devote to "real life" relationships with both people and nature.

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HUNTINGTON HISTORICAL SOCIETY Welcomes New Members. If you are an expert with knowledge to share or a novice wishing to learn help us wave the flag for Huntington. Call 427-3981 for more information.

GAS GUZZLER, CLUNKER - Van, Truck, Station Wagon Needed - the Huntington Village Youth Development Association (HVVDA) could use a working, inspectible vehicle to transport our kids to field trips and for the pick up of supplies and equipment. So don't sell that vehicle, rather donate it to an agency which serves the Youth Community of Huntington Village. Your contribution is tax deductible. Call Joe or Gary - 271-8350.

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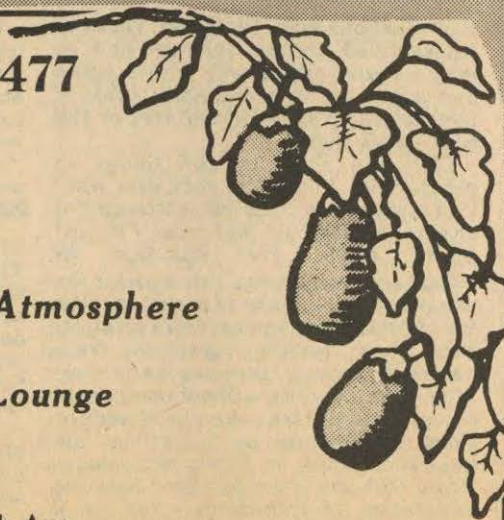
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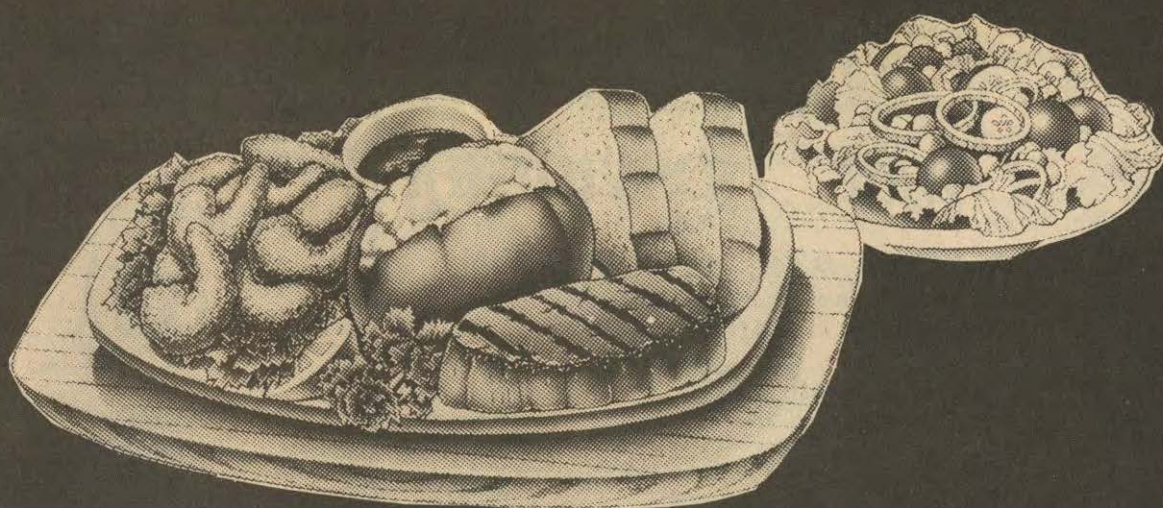
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SALAD BAR NOT INCLUDED

It's sliced ham on top of Swiss cheese on top of a boneless breast of chicken pattie, with a juicy steak on top of that. Also includes a baked potato or french fries and Sizzler toast.

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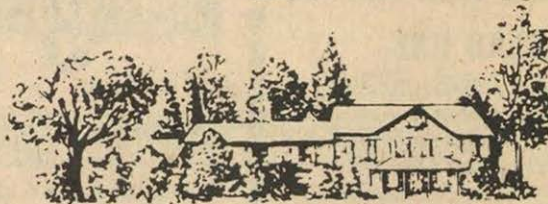
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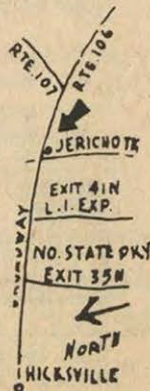
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ROOM - CAPACITY TO 150

Dining Out

A RESTAURANT GUIDE BY FOOD CRITIC BARBARA RADER

NEWSDAY ... 000

WOK'S: 665 West Jericho Tpke.,
Huntington 673-8655.

Assessment: Large, attractive Chinese restaurant with excellent food; professional service.

Days Open: Seven, for lunch and dinner.

Price Range: Specialties from \$5.75 to \$9.95. House special dinner at \$9.95 per person (two or more); family dinner at \$6.95 per person. Full bar, credit cards. Wheelchairs accommodated.

How to Find It: Located on the north side of Route 25, west of Route 110.

The restaurant, large and sprawling, has been attractively decorated with Chinese motifs-gold wooden plaques on neutral grasscloth; bright red, blue and gold dragon

frieze on ceiling beams. And fortunately for the diner, there are niches here and there to dine in so that one doesn't get the feeling of being in huge convention hall.

The chef at Wok's is a master at flavoring his dishes. The servers on two recent occasions were pleasant and wanted to please. The menu offers generally northern, Szechuan and Hunan cooking, along with some Cantonese standards. Usually, when I see a range this wide on the menu, I worry. The cooking of north or Mandarin is different from the south or Cantonese. The former uses heavy sauces and sugar; the latter is light and delicate, with stir-frying making up the basis of the cooking techniques.

However, such specialties as lemon chicken, orange beef and double sauteed pork turned out recently to be marvelous. Lemon chicken has a few variations, and this one-with pieces of sauteed chicken in a light lemon sauce that was properly tart yet slightly sweet-also had an accompani-

ment of slivered celery.

An appetizer of spicy cucumber-marinated Chinese cucumber with a topping of fresh coriander was different and interesting. The orange beef-sliced tender fillet of beef sauteed in a hot and sweet-sour sauce-was, again, properly spicy with a hint of sweetness without being overly cloying.

The chef has on hand Peking duck (for \$19), and I'm saving that for another column, when I'll be doing a survey of restaurants offering this, plus a how-to on how to eat it.

Excellent vegetable dishes are to be had here, too, including dry sauteed string beans, in a spicy brown sauce; spicy bean curd, eggplant in a dark brown sauce with hot peppers, and-if you ask-broccoli sauteed with wood ears and served with a rich brown sauce. Super. And for dessert, they will make banana or apple fritters for two or more. Definitely a place to put on your list of interesting restaurants.

christopher street

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POETRY

TINHORN
by Erique Hedberg

See me now for what I am and the, for
what I have been.
See me now, this warrior of romance
who has countless battles fought.
Look upon this soldier now and see the
blood-warm lips
That spoke unto his lady foes the
language of their passion
And subdued their last pure bastion
And which among their coldest
hearts,
Did not surrender to his touch, did not
flame and scorch the plaintive world.
For see me now, standing confident and
proud - the warrior of romance,
Yet look within and see the fear that
that trembles and hides so deep
inside
And touch my heart, caress it once, and
feel the countless scars.

"I'M AFRAID"

by Barbara Williamson
Centerport

I'm afraid of tomorrow:
of lost and lonely friendships,
of a moment wasted,
of a sweet love of long ago.

I'm afraid of the dark:
of getting lost in the crowds,
of not seeing where to go,
of not knowing how to get there,
of missing something important along
the way.

I'm afraid of a song:
of it hurting as the words go along,
of a tear coming with a melody,
of a happiness that I can't seem to find.

I'm afraid of a touch;
of it feeling good,
of what I might feel,
of what I might do.

I'm afraid of giving;
of not giving enough,
of not getting anything back,
of getting something back and not
realizing it.

I'm afraid of the unknown,
of love,
of getting hurt or too close,

I'm afraid... .. help me

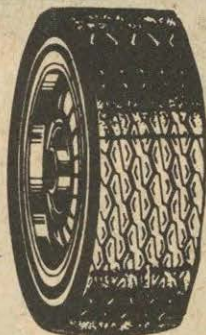
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by David Benson

Soft and Warm - The darkness creeps slowly into my brain, mingles with daylight stored from another time, gently washes over memories and begins to spread through my body.

Senses start to dull, the ache in my heart merges with the black in my head and fades into another space.

The soundless sound echos through my body bridging the gap between dark and light, connecting paths, opening doors.

Ah - this thing we call sleep is not what it first seems.

ERIQUE HEDBERG

It was the first week in August and all through the town we Bain de Soleilled

changing white skin to brown - While in their backyards

some swam and some dove others went shoredide to West Neck, Fleets Cove-

The children were nestled all snug in the sand

while mothers sat chatting with Nestea in hand

and Copper-toned endlessly in hopes of a tan-

With mom in her two piece and I in my one

did we languidly pass our days in the sun -

It was the sun made me lazy and had taken it's toll

so through the cool shady village did I lie surely stroll -

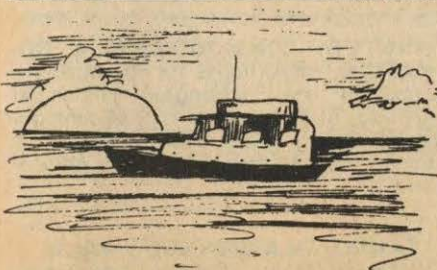
Yet from inside the stores I heard such a clatter

I flung open the door to see what was the matter

Then what with my wonderous eyes did I find

families sun-burned and sad-faced under "BACK TO SCHOOL" signs.

It is with this enduring memory that I must say good-bye to Huntington and the opiate of summer to once again head back to college. I sincerely hope that you are enjoying this new column as much as we enjoy presenting it to you. We hope you will continue to explore with your pens and write from the heart.



D. BIEDERMAN '81

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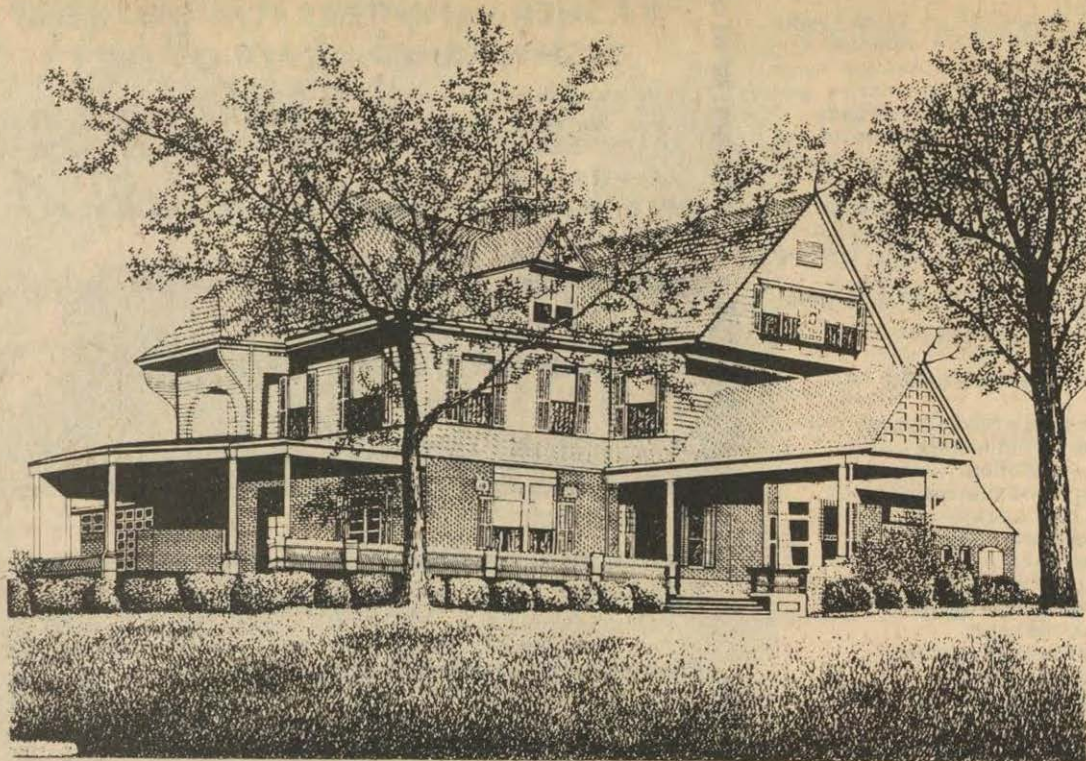
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Sagamore Hill, Oyster Bay, N.Y.

William Deriegibus sent us this beautifully detailed drawing of Sagamore Hill, Teddy Roosevelt's summer home with a modest little note offering it for our artists corner. When we stopped into chat with him in his Huntington home we found him amidst a number of oils he was in the process of completing from portraits to landscapes to abstracts. He graduated from Friends Academy in 1972 and attended both Ithaca College and Cornell University. A number of his works are on display at the Cafe' Harlequin in Sea Cliff now thru September.

B. REITMAN BLACKTOP Huntington's oldest and largest blacktop company. Driveways, parking lots, hot patched, repair, hand sealed 135 West Hills Road, Hunt. Sta. 549-5455.

WHEN WE MAKE A MISTAKE we make a mistake. Ask the folks at All Tite Replacement Window Co. - they'll tell you. We goofed up their location twice in a row. It's 870 E. Jericho Tpke, Hunt. Sta. in the Post Plaza Shopping Center. We're sorry Vinnie & Victor. Hope we got it right this issue.

SHIRLEY HARRISON-BROWN, Owner/ Broker of Worth Real Estate, announces the move of her offices to 52B Wall Street. (rear of present location-facing Manufacturers Trust Drive-In). Mrs. Brown will restrict her activities to listing and sales by appointment only. Phone Number remains 423-4400.

EMPIRE LOVE SEAT & wing chair \$150.00 each. Brass & marble lamps, picture frames, best offer. 271-6823.

FIRST VANDERBILT INVITATIONAL CONCOURS - the Vanderbilt Museum will host the First Vanderbilt Invitational Concours on the golf course of the Vanderbilt Estate. This car show will be presented by MG Club L.I. Chapter from Noon until 5 PM Sunday, August 23rd. The show will be open to any car and participation in the show will be by pre-registration only. For registration information contact Richard Mooers, President at (516) 499-7378 or (516) 423-6339.

COMPUTER Operations & Programming Course beginning to advanced 5 weeks - \$49.00. Call Carl Pizzo, Radio Shack 271-3963.

WANT TO HELP the American Cancer Society, have fun and learn something new? Volunteers needed to staff Thrift Shop at 1785 New York Avenue, Huntington Station. You can help out any Mon. through Sat. from 10:00 A.M. to 4:00 P.M., or if you can donate any saleable items just drop by on any Friday morning. For further information call 420-1111, ext. 512.

WANTED: CONSIGNMENTS & DONATIONS of Antiques for the Museum Shop of the Huntington Historical Society. SHop receives 1/3 of consignment selling price. Tax deduction on donations if items warrants it. We will buy.

STAINED GLASS WINDOW PANELS, Victorian Design, Tiffany Style, Hand-crafted by Joseph Fazio 368-7227.



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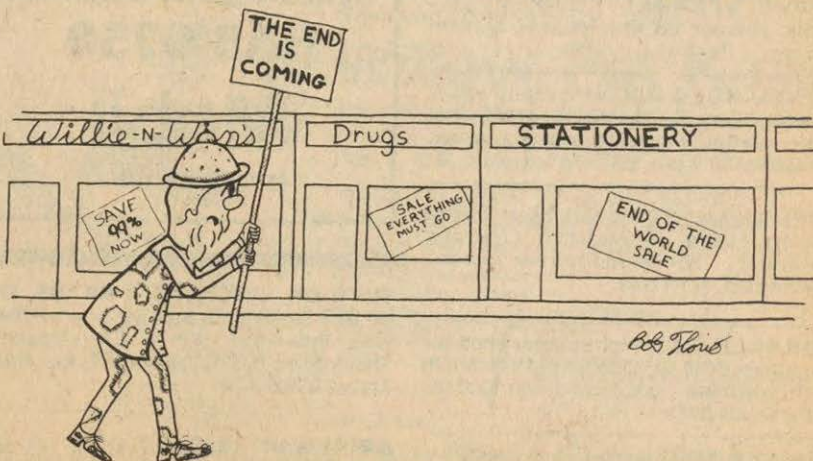
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QUILTERS UNANIMOUS, Quilt Club Meeting 2nd Tues. eve of every month of 1981. Anyone interested in quilting - as stitchers or folk-art enthusiasts - please phone 271-6936 and let us hear from you. Trips to Quilt and Crafts Shows, Museums, Fabric Houses are planned 8 PM - K of C Hall Wall St. Huntington.

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INSURANCE

by George Rousseau

NO FAULT - AN EXPLANATION

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Each accident victim is promptly reimbursed by his insurance company for economic loss -- up to the stated limits of the policy, of course -- without regard to who is at fault. Money to pay hospital and medical bills is provided, lost wages are reimbursed, and survivors' benefits and funeral expenses are paid promptly. Insurance originated as a collective kind of protection. Everyone pays into a fund from which the few who suffer losses are reimbursed. Under the No-Fault system, those who suffer losses in an automobile accident are reimbursed without delay. Not months later; not after savings have been depleted. Not after a person has been forced by necessity to settle for less than actual losses. Protection under No-Fault is comparable to that provided by a combined Life insurance and Accident and Health insurance program. The direct-payment plan removes reward and punishment as considerations. Its purpose is caring for the accident victim, not fixing the blame.

New York State No-Fault law provides a minimum of \$50,000. medical reimbursement to each person in your automobile; included in that amount is \$1000. a month wage reimbursement, not to exceed 3 yrs., and \$25. per day additional services (should you need help at home etc.) Total benefit not to exceed \$50,000 per person. We recommend that you pay an additional \$2.00 to cover guest passengers who may travel with you out-of-state. We also recommend that for a few dollars more, usually \$4.00 to \$6.00 to increase your No-Fault per person coverage to \$75,000, \$100,000 & \$150,000, which will increase wage reimbursement accordingly to \$1500., \$2000. or \$3000. per month.

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Continued

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Fault covers Property Damage, IT DOES NOT! Remember, in no event does No-Fault cover any Property Damage claims (damage to your car, other property etc) This must be covered under your own collision coverage or paid for by the responsible party. No-Fault only applies to Medical claims & resultant wage loss. However, No-Fault doesn't eliminate Legal Responsibility for the accident. A person retains his right to sue in certain instances, thus the importance of carrying high limits of liability insurance.

George L. Rousseau is head of the Huntington Insurance Agency and Real Estate firm bearing his name and has served the Huntington Community for over 30 years. For further information you can call the Rousseau Agency at 421-1486.

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TIRED OF SITTING HOME! Like people, have you thought about a career in Real Estate. Will train. Call Mr. Rousseau 421-0077.

EXCLUSIVE BEST BUY IN TOWN! Fountainville Colonial on a very private shy half acre. Large country kitchen, den, living room, three bedrooms, 1 1/2 baths. Needs some TLC. Priced well below the area at \$79,900. Sammis 673-9696 til 10 p.m. RELO, World Leader in Relocation.

WATERFRONT Colonial, 9 rooms, formal dining, library, breakfast nook, maid's quarters, 3 bedrooms. Guest cottage, 3 car garage, 2 barns. Sandy beach, deepwater mooring. \$475,000. Adelaide Byers 261-6700.

HUNTINGTON SPRAWLING FARM RANCH with income. 1/3 acre 2 car garage, 4 bedrooms, 2 bath. Must be seen \$77,500. Cardel Realty 423-4545.

CENTERPORT. Nine room maintenance free, energy efficient home, offers an English Courtyard surrounded by utmost privacy. New kitchen, wood burning stove, four bedrooms and two baths. Easily a Mother / Daughter. \$84,500. We're your Snug Harbor when it comes to home buying. 427-8300.

HUNTINGTON LEGAL 2 FAMILY live inexpensively!! Two seven room apartments near Cold Spring RR, shopping & schools. Hi 90's. Cole Realty 271-2900.

COUNTRY HIDEAWAY Farm ranch, very private 2 acres. 40' pool, cabana. 3+ bedrooms, formal dining, eat-in-kitchen, 2 1/2 baths, 2 car garage. Beautiful setting, low tax. \$164,900. Adelaide Byers 261-6700.

THINKING OF SELLING we'll do more than a simple market analysis. Will do a FULL APPRAISAL. Call Cardel Realty 423-4545.

LET'S MAKE A DEAL! Delightful CAC Dutch Colonial on a lovely cul-de-sac in Northport. Four bedrooms, 2 1/2 baths. Perfect condition. Now listed at an affordable \$119,000. Bring offers! Sammis! 673-9696 til 10 p.m. RELO World Leader in Relocation.



WATERVIEW Panoramic views to Connecticut and beyond! 2 fireplaces, deck, Florida room, porch, 3 bedrooms, dining room, family room, 3 baths. Private, wooded plot. Gorgeous sunsets. \$190,000. Adelaide Byers 261-6700.

HUNTINGTON WINCOMA Former Gatehouse. Old World Charm Dutch Col. Livrm w/ fplc, form dinrm, 4BRs, 2 bths, 2 car, 2 enclosed porches, gas heat, no taxes. All this + beach/mooring & owner financing. \$165,000 Apts only thru: HANLEY & WRIGHT 516-421-2424.

HUNTINGTON NORTH 25A Prestigious Beaupre. Spacious widevine 4 bedroom Ranch, inground pool, 1 acre wooded hills. Our listing-transferee. \$208,000 Cole Realty 271-2900

HUNTINGTON BAY AREA. A touch of genius inspired the decorating and design of this eight room custom home. Energy efficient with Solar hot water. New custom kitchen. Verdant half-acre. Comfortable taxes. Beaches, yacht clubs nearby. Only \$127,500. We're your Snug Harbor when it comes to home buying. 427-8300.

HUNTINGTON HOLLY HILLS Contemporary Col-mini estate, choice wooded 1 ac-4 bdrm-brick walks-patios-inground pool-near village. \$199,000 COLE REALTY 271-2900.

FIRST OFFERING Sprawling 127 ft all brick custom ranch on over 2 wooded acres. Ideal for pool & tennis. 4 bed, 2 1/2 ba, FR & library. 3 car gar. CSH school dist. \$275,000. All apts thru Hanley & Wright, 142 E. Main Street, Huntington 421-2424

PRICE BREAK! Spic n' span cedar Colonial with assumable mortgage. Three bedrooms, two baths, den and family room. Finished basement. School District No. 13. Now only \$69,900. Sammis 673-9696 til 10 p.m. RELO, World Leader in Relocation.

HUNTINGTON \$109,000. Best investment! North of 25A! Walk to beach from this lo maintenance bright Contemporary Ranch. Cathedral ceilings, brick fireplace, central air, 2 car garage, immediate occupancy. Must be seen. Exclusive! Appointments thru HANLEY & WRIGHT 516 / 421-2424.



HUNTINGTON HARBOR. Mint nine room custom colonial with private beach and mooring. A lovely home surrounded by tall trees and eye-catching landscaping. Transferred owner's company pays commission. \$109,000. We're your Snug Harbor when it comes to home buying. 427-8300.

RENTALS

Unfurnished Homes

HUNTINGTON SOUTH - 3-4 bedrooms, washer, dryer, dishwasher, finished basement SD No. 13, Oct. 1 \$875.

DIX HILLS - 4 bedroom acre + washer, dryer, SD No. 5, 2 zone heat 9/1 \$800; 5 bedroom SD No. 13 9/1 \$1200; 4 bedroom 1 year old SD No. 10 \$1200 option to buy; SD No. 5 South-Economy 3-4 bedroom ranch finished basement, wet bar \$850.

MELVILLE - 3 bedroom, 1 car garage \$750.

NORTHPORT - 3 bedroom, 9/1 \$600.

FT. SALONGA - 3-6 bedrooms on (2) acres, barn suitable for horses - Shepherd's Delight - Present Offers

SYOSSET NORTH - 4-5 bedrooms, stone fireplace, knotty pine 1/2 acre \$825

CHESTNUT HILL 673-6003

Apartments

HUNTINGTON VILLAGE APTS, 2 bedroom \$525; 2 bedroom duplex \$650.

COLD SPRING HARBOR, 2 bedroom, unfurnished, \$700s including utilities.

EAST NORTHPORT, 3 bedroom mint condition \$550+

NORTHPORT, 2 bedroom, fireplace \$650+

DIX HILLS, 2 bedroom, furnished October 1st \$650 All.

MELVILLE, 5 bedroom duplex \$600 all.

CHESTNUT HILL 673-6003

Winter Rentals

EATON'S NECK - 3 bedroom furnished, all appliances, Family 19 / 1 \$1400.

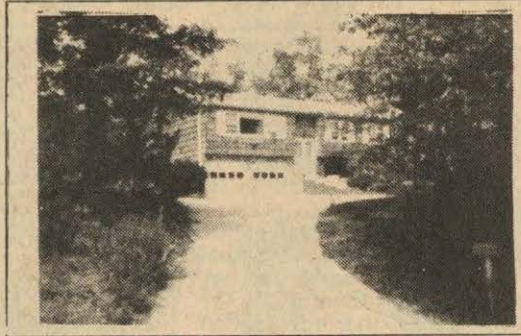
HUNTINGTON BAY - Waterfront 4 bedroom duplex. Furnished \$900 Singles or Couple

CHESTNUT HILL 673-6003

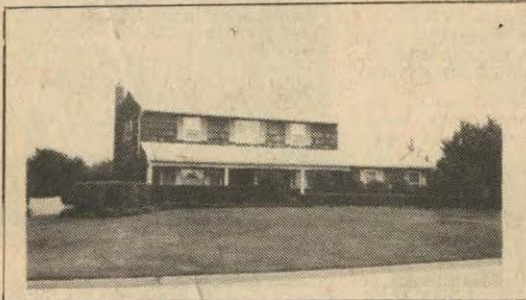
COW HARBOR REALTY, INC.



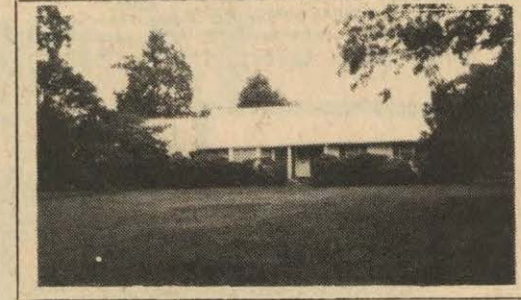
UNIQUE CONTEMPORARY RANCH. Four/Five bedrooms, 4½ baths, Livingroom with fireplace, den, Interesting levels and angles, vaulted ceilings, Insulated glass walls. Total tranquility. \$350,000.



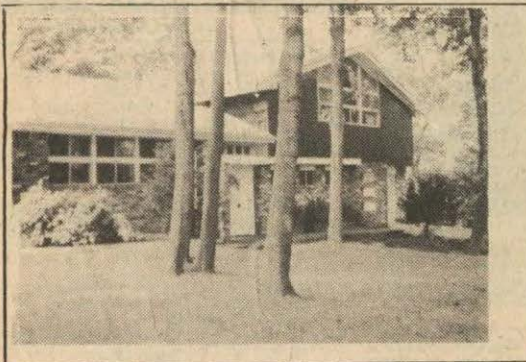
FORT SALONGA S.D. No. 4. Unique four bedroom home with 3 full baths, cathedral ceilings, parquet floors. Familyroom with fireplace. On over ½ acre. \$107,500.



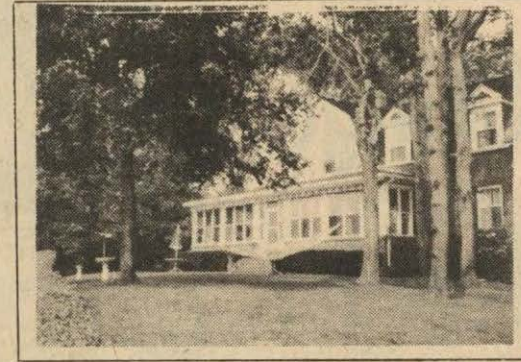
WATERVIEWS!! Prime area. Beautiful Colonial on over one acre. Beach & Mooring. \$250,000.



TWO GORGEOUS ACRES with 16x32 inground pool and cabana plus large Farm Ranch, den with fireplace, 2 car garage. More! Prime area. \$198,900.



CALIFORNIA REDWOOD CONTEMPORARY Four/Five bedrooms, Livingroom with fireplace. Outrageous Master bedroom suite with cathedral ceiling and suite with cathedral ceiling and lots of glass. On one gorgeous acre. Reduced!



WATERFRONT SUMMER RECIPE on a sandy shores edge place one superb old 8 charming trick home. Add 4 bedrooms, including a Master bedroom suite with fireplace + 2 other fireplaces. Include incredible and breathtaking views of L.I. Sound. Accent with sunset dining on the glass enclosed wrap around porch or dawn dipping from 175' of beautiful and private beach. Precious at \$375,000.



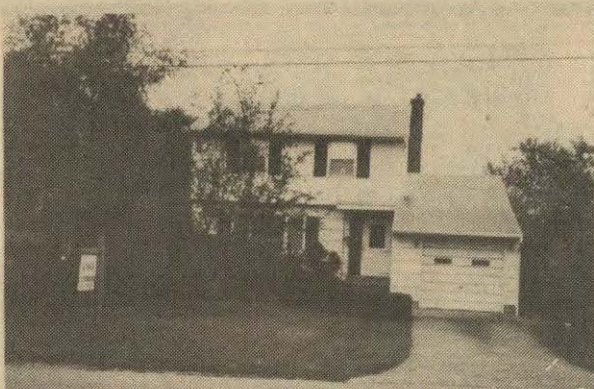
COW HARBOR REALTY, INC.

232 E. Main St. Huntington

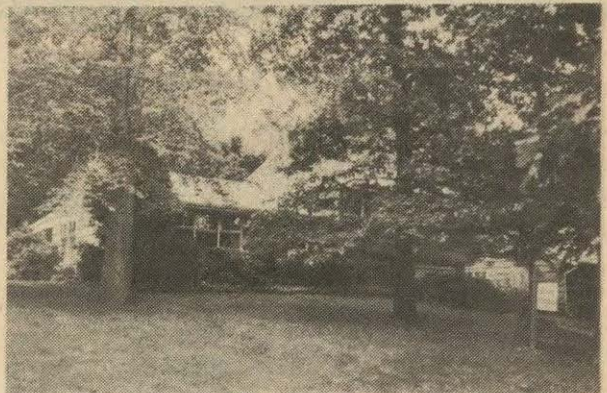
673-8384

THE SAMMIS SAMPLER

SELECTIONS FROM HUNDREDS OF REAL ESTATE LISTINGS



SOUTH HUNTINGTON - SUPER CLEAN! Mint Condition! 3 bedroom colonial home on private, fenced 1/3 acre with pool. Eat-in country kitchen, dining room, huge family room, garage, full basement. **\$62,990.**
DIX HILLS/WEST HILLS OFFICE 673-1800



HUNTINGTON NORTH: Solid brick home in private 1/2 acre plus setting. Family room with fireplace, new kitchen, 3/4 bedrooms. Cool screened porch. Gas heat. Don't miss it! **\$128,000**
HUNTINGTON OFFICE 673-9696



OUTSTANDING VALUE! Easy one-floor living on beautiful grounds in prime area. Entry hall, living and dining rooms, fabulous family room, 2 baths. Energy efficient. Assumable mortgage. **\$99,500**
NORTHPORT OFFICE 757-4800



SOUTHDOWN - WINTER WATERVIEW. Super 3 bedroom colonial on an acre offers den, library, and full length deck. **\$165,000**
COLD SPRING HARBOR OFFICE 367-4500

RENTALS: Mrs. Barclay 367-4774, Mrs. Holthusen 673-9708
Miss Toula 757-4868 or Mrs. DeSantis 673-1827

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COLD SPRING HARBOR: 93 Main St. 367-4500
HUNTINGTON: 1 East Main Street 673-9696
NORTHPORT: 408 Fort Salonga Rd. (25A) 757-4800
DIX HILLS/WEST HILLS:
238 West Jericho Turnpike 673-1800
RELOCATION: 381 New York Ave., Huntington, N.Y. 11743

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NORTHPORT VILLAGE HOMESTEAD

Enjoy a walk to the park on the harbor, to the beach, to merchants row. Enjoy the beauty and comfort of this 4 bedroom, 2 bath home. Charming living room/fireplace, country kitchen and family room. Let us introduce you to a serene way of life. \$92,000.

NORTHPORT OFFICE

261-6800



EXCLUSIVE WEST NECK AREA...

Offers you this lovely 4 bedroom Colonial situated on 1/3 acre, with screened-in porch, family room and eat-in-kitchen. Convenient to Shopping and beaches. Separate office of 3 rooms and 1/2 bath included in this price of \$155,000.

HUNTINGTON OFFICE

549-4400



BEAUTIFUL WEST NECK AREA

A blending of the old and the new make this 4 bedroom Colonial one of the most charming homes in the area. Delightful family room with floor to ceiling fireplace, formal dining room and spanking new kitchen are but a few of the outstanding features of this captivating home. Owner is relocating. September occupancy ... \$162,500.

COLD SPRING HARBOR OFFICE

692-5400

Carll Burr, Inc.



HUNTINGTON SOUTH - CUSTOM COLONIAL

One acre of wooded property is the setting for this huge center hall colonial. Large sunny living room, formal dining room, center-isle kitchen, expansive family room, first floor laundry, 5 bedrooms, 3 full baths. Kidney shaped pool. \$139,900

DIX HILLS OFFICE

427-9191

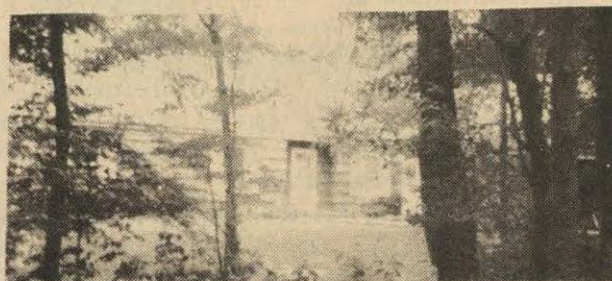


INVESTMENT OPPORTUNITY

3 Bedroom, 1 1/2 bath older Colonial, 2/3 Acre, 2 car garage. Convert to legal two family or sell extra 50 x 240 building plot. Convenient location. Low maintenance. Taxes \$690. \$79,990

NORTHEDGE NORTHPORT OFFICE

757-8400



WOODED SPLENDOR

Centrally air conditioned custom farm ranch set on an acre, overlooking golf course. 6 bedrooms including master suite with dressing room. 4 spectacular baths. Gourmet kitchen, oak cabinets, center island. Save on heating bills with 2 heat pumps, wood/coal stove. Truly a Very Special Home!!! Asking \$169,000 on one acre or \$225,000 on three acres.

COMMACK/E. NORTHPORT

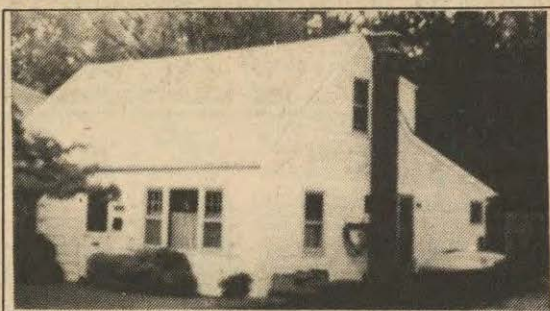
499-4100

Chestnut Hill Realty Ltd.

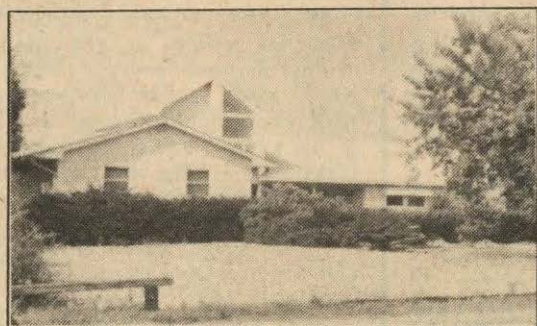
EXCLUSIVES



COMMUTER'S SPECIAL 4 Bedroom, 2 bathroom home on quiet tree lined street. Convenient to Cold Spring R.R. Station, parkways, shopping. Exclusive \$78,500.



CHARMING NEW ENGLANDER 5 Bedrooms, 1½ baths, living, room, dining room, eat-in kitchen, full 1/3 acre, low taxes, convenient to mall and parkways - \$58,500.



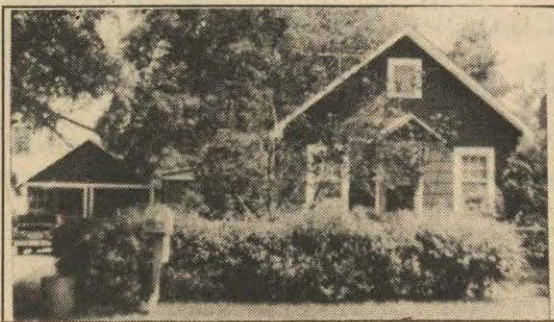
WATERFRONT CONTEMPORARY Beachlovers beauty with its own sandy beach and private lake. 5 bedrooms, 4 bathrooms, huge great room with fireplace, den, study, family room, aerial master suite, all-round water views, 3 car garage, 3+ acres, plus many quality extras. Only \$330,000.



EXECUTIVES DREAM HOME 5 Bedrooms, 3 baths center island kitchen, den w/fireplace, living, dining room, study, year-round garden room with indoor waterfall, gym, Hollywood basement, sauna, free-form inground pool, tiered brick and stone Japanese gardens, central air and more on lavish acre. \$269,900.



LIVE RENT FREE 3 Bedrooms, formal dining room, eat-in kitchen, den, 1½ baths, plus separate studio apartment. Convenient to trains, parkways, shopping - Only 59,500.



BEAUTIFUL BEGINNER 2-3 bedroom dollhouse with detached 2 car garage. Florida room for outdoor entertaining. Convenient Melville Locations, near parkways, 110, and mall. Half Hollow Schools very, very low taxes - Only \$55,000.

Chestnut Properties
QUALITY APPRAISALS

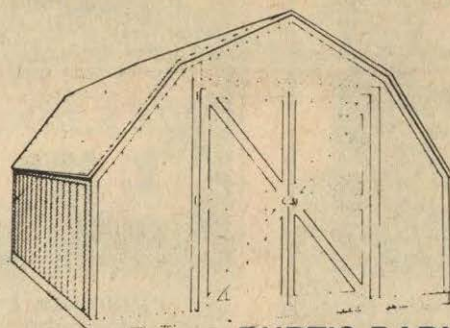
Resales & Rentals Residential-Commercial
EXECUTIVE RELOCATION SPECIALIST
673-6001

99 East Main Street Huntington

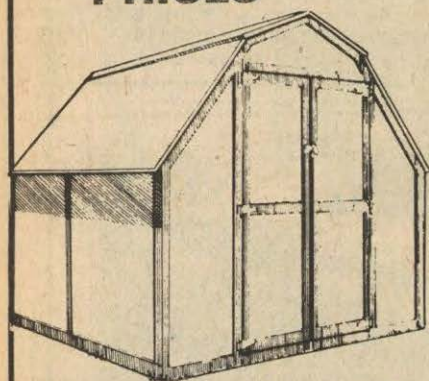


WINTER'S COMING

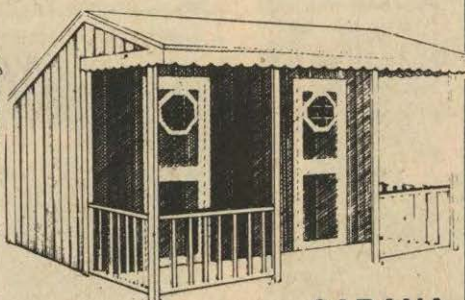
**BURT'S
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STILL
AT 1981
PRICES**



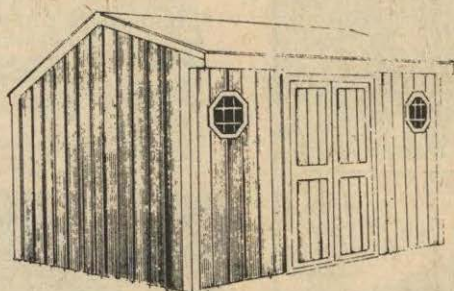
BURT'S BARN



BABY BARN



CABANA



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to last like a house**

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- C. Completely Installed

*Comes with assembly instructions

BURT'S BARN
BABY BARN
CABANA
CARRIAGE DESIGN

12'x8' • 12'x12' • 12'x16' • 12'x20'
8'x8' • 8'x10' • 8'x12'
12'x10'
8'x10' • 10'x10' • 12'x10' • 16'x10'

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HEALTH

by Nathaniel H. Goros

HTN Carolyn CG4 Rep. 5
Weight & Health (Disk 4)

8 nt sans 13 pi. wide
WEIGHT AND HEALTH
by Nathaniel H. Goros

Weight, health and compulsive eating are completely interrelated. We're programmed early in life to experience these problems when we fail to learn how to eat and live in accordance with the laws of nature and our biological requirements. By the time we're forty, we should have eaten some 40,000 meals most of which are wrong for us. Even the best machine in the world breaks down under the weight of such poor maintenance.

The body's struggle to accommodate food not natural to it's adaptation drains nervous energy (enervation) which leads to poor elimination. The toxic wastes that subsequently build up in the system and in the bloodstream (toxemia), are the underlying cause of almost every disorder, disease and abnormality known to man.

Three things result from enervation and toxicity. Deterioration accelerates wherever toxic wastes lodge. Efficiency and functioning power is reduced. The basis for abnormal weight and disease is established. As poor nutrition and enervating living habits continue, vitality is drained and energy dwindles. Toxic wastes, malnutrition and low energy triggers the need for constant pick-ups. These generally take the form of sweets, refined starches, coffee, tea and tobacco. These excite an overinsulin response (from already tired glands). This leads to unstable blood sugar levels that when too low is known as hypoglycemia and when too high as diabetes. Unreliable sources of energy motivates compulsive snacking and overeating that continue to excite glandular action unnaturally calling for a bigger and more frequent "Fix" in order to wring another round of energy from tired glands. This is how we get on the vicious cycle with it's grave implications of overweight, degeneration and disease.

As self-destructive practices continue mounting, toxic wastes get completely out of hand overwhelming the body's "Lines of Defense" (liver, kidneys, endocrine glands, etc.) The body tries to eliminate this tide of life-threatening poisons (auto-intoxication) by pressing other organs not designed for

Continued

HUNTINGTON TOWN NEIGHBOR

elimination into service. Organs pressed into substitute service (vicarious elimination) include the skin, mucous membrane (lining of most organs), and all orifices including the nose, throat, ears, mouth and womb.

Skin eruptions (pimples, acne, boils, blackheads, etc.) are merely end-points or exit-points for wastes unable to escape through normal channels (about 90% of Americans are constipated). Respiratory problems (allergy, post-nasal drip, nasal catarrh, sore throat, sinusitis, tonsillitis, etc.) are caused by stored wastes and the attempted exiting of wastes through outlets not designed for this purpose. Menstrual problems occur from much the same cause. Breast tumors are often lipoprotein waste end-points. Colds and flu are cleansing methods on the part of the body to bring toxic wastes down to manageable levels. The "itises" (inflammation) develop when acids and other irritating substances of wastes, condiments, etc. come in contact with the delicate membranes that line all organs. Deeper tissue is also affected and blood is rushed to the area in order to help avert cell destruction.

Continued indulgence in cause leads to two things. The "Lines of defense" (liver, kidneys, glands, etc.) become exhausted so that chronic conditions become degenerative. What is commonly viewed as "disease" is nothing more than a heroic effort on the part of the body to get rid of life-threatening wastes and to heal itself (cleansing and healing means) To treat "disease" as an enemy and try to suppress it with medication, serums, antibiotics, etc. instead of fasting and resting the body and letting it run its own course is suicidal.

We've seen how abnormal weight, ill-health and disease spring from the same cause rooted in wrong eating and living practices. We've seen how these problems are all part of the same complex of disorders. What then can be done to help restore normality? When the causes are eliminated and the right conditions conducive to recovery are instituted, the body is given the opportunity commence the restorative process.

It has a big job to do. It has to cleanse, heal, repair, regenerate and normalize itself, but I can assure you, given the right regime, the body will start taking these constructive measure from the first day. This is because nature seeks to perfect all her creatures. Even when they've strayed from the path of conformance with her laws. As long as the point of no return has not been

reached, a second chance awaits.

No artificial, or superficial program will do. It takes a very special program of eating and living, that's why deprivation methods such as calorie and carbohydrate counting, appetite suppressants, distorted and unbalanced diets are doomed to fail (although they often provide false hope through surface changes) when it comes to permanently correcting the conditions that brought on abnormal weight problems. Similarly in health problems. Drugs, medication, pills, stimulants, tonics, etc. can only palliate and suppress. They can never contribute to the body's desire and ability to restore normality.

The correct program of eating and living attends to all of these problems at one time. Given the right, natural program, remarkable changes can be

looked forward to. Weight should normalize with remarkable speed (the body abhors excess weight). Even long standing health problems can remit. Literally a new person can emerge. It is worth everyone's efforts, overweight or not to seek out and follow such a program. It can provide a new lease on life.

Dr. Nathaniel H. Gorus is Executive Director of Wonder Diet in Huntington Village. He has helped thousands of overweight Long Islanders for the past five years with his program of natural eating and living. For further information call 423-4840.

PROBLEM WEIGHT CASES - ATTENTION: Lose up to 30 lbs. first month. Stay elegantly slim, youthful, naturally. Money-back guarantee. Natural Wonder Diet 423-4841.



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GR78 14 71.73
HR78 15 76.76
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RECIPES

by Dyan Joyce

Although the hot weather is still with us, there are times when we want to serve a special dinner. Beef Bourguignon is what I surprised David with on his recent birthday. Everyone loved it - so much so that there were no "leftovers" to refrigerate!

Beef Bourguignon

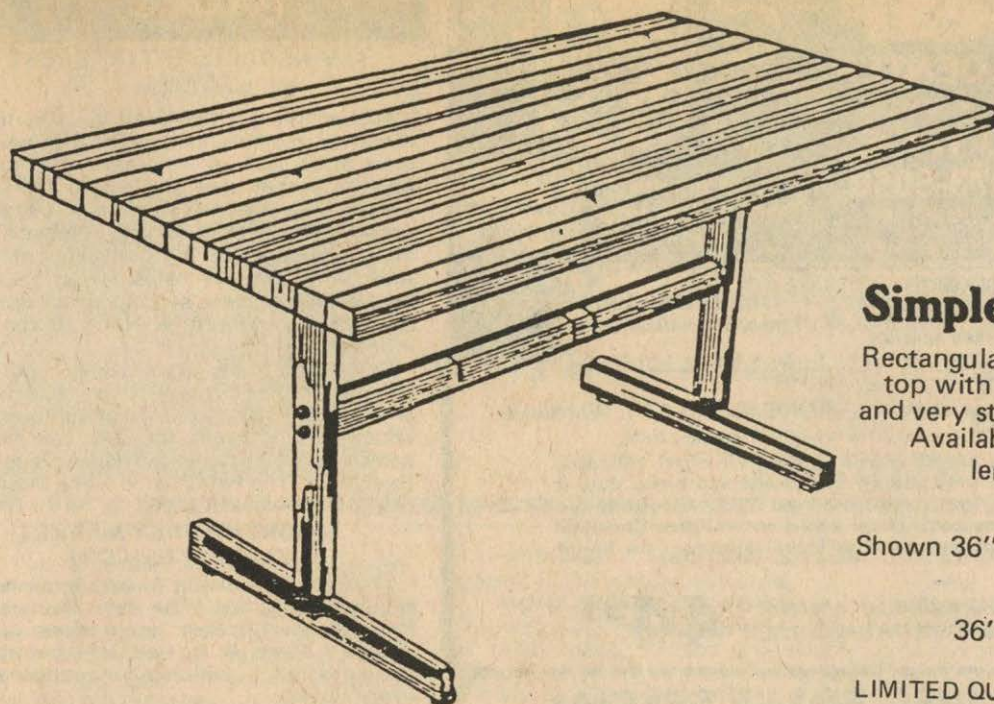
4 slices bacon
1 t. salt
1/2 t. dry mustard
1 C. red wine
1 C. consomme
1 bunch carrots
4 cloves
1/4 t. salt
3 T flour
1/8 t. pepper
3 lbs. round steak cubed in 1 inch squares
12 small white onions
2 bay leaves
1/4 t. thyme
1/8 t. pepper
1/2 lb. mushrooms

Preheat oven to 325 degrees F. Fry bacon over medium heat in large frying pan for 5 minutes. While bacon is frying combine 3 T flour, 1 t. salt, 1/8 t. pepper and 1/2 t. dry mustard in a sturdy paper bag. Dredge 3 lbs. cubed round steak in this mixture and set aside. Saving the fat in the pan, remove the bacon and dry on absorbent paper. Brown beef in bacon fat for about 10 minutes, turning occasionally. Mix 1 C. red wine and 1 C. consomme in medium pot. Bring to a boil and let simmer for 5 minutes. Peel 12 small white onions and set aside. Place browned beef in large casserole. Add onions and consomme - wine mixture. Cover casserole and place in oven for 1 hour and 20 minutes. Then add carrots, 2 bay leaves, 4 cloves, 1/4 t. thyme, 1/4 t. salt and 1/8 t. pepper. Cover again and cook 25 minutes. Add washed and stemmed mushrooms to casserole and recover. Turn oven heat up to 350 degrees and heat casserole about 10 minutes. Add bacon bits and heat another 5 minutes.

Served with your favorite garden vegetables and a delicious fresh salad you have a meal fit for a king!

BRAND NEW TIRES - \$20.00 at New York State Discount Tire, with our ad this issue. 1763 N.Y. Ave. Huntington Sta. 423-8880.

FREE WHEEL ALIGNMENT at Calmas Motors with our ad this issue. 243 New York Ave, Huntington HA 1-4309.



Simple and Sturdy

Rectangular butcher block table top with trestle base in all oak and very sturdy in construction. Available in width of 36 in., lengths of 4 and 5 ft.

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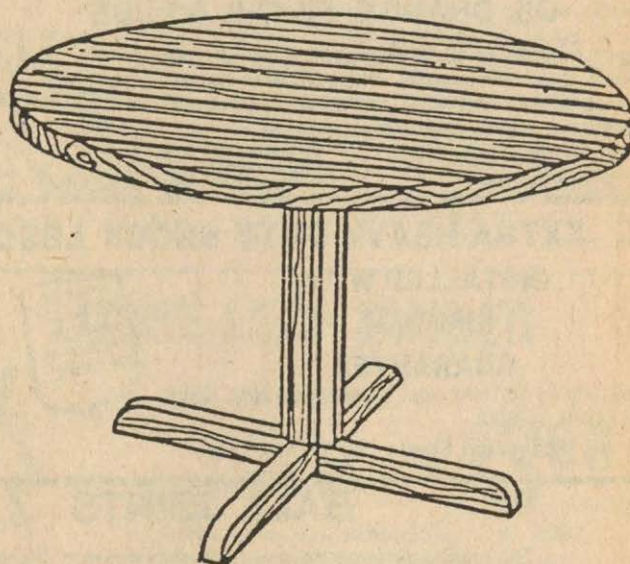
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FINANCE

SAVINGS ACCOUNT INTEREST

by Carol Glazer

Higher interest rates and the growth of money markets have altered the way most of us save. A few years ago, we kept our money in savings accounts if it wasn't invested in some way. Today, consumers can choose from a number of highyielding short term investments. And, with interest rates at or near record levels, these savings programs can offer some refuge from current inflation!

There are many alternatives available. The following is a listing of some of the more popular savings vehicles. Which one is right for you can be determined by you and your Account Executive. The rates listed were those in effect the week of 8/8/81.

6-MONTH MONEY MARKET CERTIFICATES [CD's]

These are available at any bank or savings institution. The rate changes for new certificates each week on Tuesday since it is tied to 6-month Treasury bills, which are auctioned every Monday.

The minimum deposit is \$10,000. Penalty for early withdrawal of principal is 3 months' interest on the amount withdrawn. Also, some institutions will not allow withdrawal without their permission so make sure to ask before you commit your funds.

Some banks allow depositors to take out a certificate with as little as \$3000, the bank loans the balance (to 10,000) at a low interest rate. The net return is not as high as it would be if the investor had the full \$10,000 but it is above the rate on simple savings accounts. (Current rate is 15.82%)

UNIT INVESTMENT TRUSTS

For a minimum investment of about \$1000, you buy a 6 month unit of a pool of hundreds of millions of dollars in Bank CD's. They have set interest rates like CD's and generally pay a higher return. You can sell your unit trust back to the investment firm at any time, earning all of the interest to that point. If interest rates have fallen since you bought your unit, you may sell at a profit, but if rates have risen, you may sell at a loss. The idea is to hold it for 6 months. There is a one-time charge of about \$7.50 per \$1000 unit and the units are issued every few days and the rates at issue depend on interest rates. To buy a unit trust, call your Account Executive and ask for a rate indication. Since they are only sold by investment firms. (Current rate is 17.2%)

TREASURY BILLS

Available in 3 and 6 month terms, and can be purchased for a minimum of 10,000 each. They are auctioned every Monday through the Federal Reserve

Continued

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System.

You can either bid for them (offer the government a rate) or buy them at whatever the average discount rate turns out to be. For most of us, the latter is the smarter way to buy, since you are guaranteed to get a T bill only if you take the average.

Local banks and investment firms will buy a T bill for you for a small fee or you can buy them directly, with no fee, from the Federal Reserve.

T bills are bought at a discount - that is, when you buy one, you submit payment of \$10,000 and a few days later the government pays your interest in advance in the form of a refund. The discount rate determines the size of the refund and thus the yield. At the end of the 3 or 6 months, you get your full \$10,000 in principal back. T bills, can be sold before maturity while bank CD's are not negotiable. And, with a T-bill, you get your return up-front, allowing you to reinvest it immediately. Interest

is exempt from State tax but not Federal. (Current rate is 15.571%.)

MONEY MARKETS FUNDS

We discussed money markets before but let's review. These are simply managed pools of investor's dollars invested in large-denomination CD's, corporate commercial paper, treasury securities, etc. Most funds require a minimum initial deposit with stated increments after that. There is usually no minimum balance required to keep the account open. You may mail your deposit directly to the bank administering the fund or go through your Account Executive. The fund's yield fluctuates daily depending on prevailing interest rates. Most money market funds carry no service fees and you can take your money out at any time and receive all of the interest earned to that last day. In effect, you have a high yielding savings account. (Current rate is 17-17.8%)

REPURCHASE AGREEMENTS

These are technically loans by individuals to banks. The term can be anywhere from a few days to about 3 months, and the rates are set. Investors may often withdraw funds at any time after the first few days of the term without penalty and take the interest he has earned to that point. Some banks charge a fee if the "repo" is cashed in early. (Current rate is 16.5%)

COMMERCIAL PAPERS

Commercial paper consists of unsecured short-term promissory notes issued in bearer form by large, well-known businesses. Maturities range from a few days to 270 days. Commercial paper is used by businesses chiefly for financing accounts receivable and seasonal or otherwise unusually large inventories. You may usually obtain the current rates from investment firms and banks. Some companies maintain a minimum

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Continued

transaction requirement of \$25,000. The service fee is minimal, about \$25.00. Currently, Ford Motor Co. paper is offered as follows:

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Carol Glazer is an Account Executive with Dean Witter Reynolds in Garden City, and lives in Melville. If you have any questions about this column you may phone her at (516) 248-2200.

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The examination is to detect spinal stress deviations, which can reveal such things as normal and abnormal stress patterns, spinal curvature, muscle spasms and imbalance, spinal distortion and scoliosis.

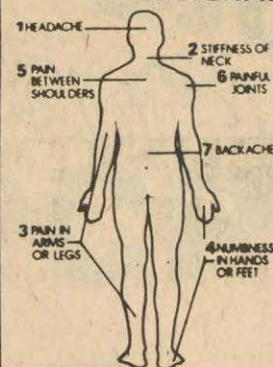
THE DOCTOR URGES THAT PEOPLE WHO SUFFERS FROM ANY OF THE FOLLOWING SYMPTOMS CONSIDER TAKING THE FREE TEST:

7 Danger Signals:

1. Headache, Dizziness, Loss of Sleep
2. Neck Pain, Tight Muscles
3. Pain Down Arms, Shoulder Pain
4. Numbness in Hands or Feet
5. Pain Between the Shoulders
6. Painful Joints, Nervousness
7. Lower Back Pain, Hip Pain, Pain Down Legs

People who take the test are under no obligation whatsoever to return or pay anything. Should they decide to undergo treatment, the doctor stresses that most health care insurance covers chiropractic treatment.

You should be aware of these...
7 DANGER SIGNALS



...that indicate the need for chiropractic care.

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East Northport

368-3220

FOR MORE INFORMATION
OR TO SET UP AN
APPOINTMENT FOR
EXAMINATION CALL:

NUTRITION

NUTRITION

by David Benson

Feeling a little like Samson, I stood on the plush purple carpet while a gorgeous redhead came up behind me, brushed her hand gently up my neck and ... clipped some hair which she neatly stuffed into an envelope tagged with my name. What was I doing, you want to know? I guess if you have a normal amount of curiosity the question is perfectly understandable. Well, I was at Preformance Cosmetics in Huntington Village and they do a lot more than just provide cosmetics. One of their services is nutritional counseling and my hair sample was taken to be sent to a lab for analysis of its mineral

and toxic metal content.

According to Georgeann Dau, the redhead mentioned above, vitamin levels are influenced by the amount of the various minerals found in your body.

Hair analysis will give you a reading on these minerals and toxic metal levels as well. Only then can the proper amounts of vitamins be prescribed to bring your body chemistry into balance. Minerals and vitamins should not be added to your diet in a "shot gun" approach. Too much may be just as dangerous as too little.

According to Dr. Michael Lesser in his book "Nutrition and Vitamin Therapy" (Bantam Paper Back - 1980) hair samples should be collected close to the scalp. Healthy hair grows about a half an inch a month. Therefore analyzing the ends of long hair would describe the mineral status of many months or even years back. Dr. Lesser

also states that hair treatments, especially bleaching, can affect the readings so those of you who "do" (does he or doesn't he - only his hairdresser knows) will just have to let it grow out an inch or two if you want an accurate reading. Also, permanent waving lotions artificially increase zinc levels and certain formulas used to darken grey hair increase lead levels. The mineral and toxic metal levels can be obtained from blood analysis but it is a much more expensive process and since the hair is not as vital to the body as blood, deficiencies and excesses appear here earlier.

Several weeks after my hair clipping session I obtained a complete printout of my fifteen mineral and six toxic metal levels. After recording my diet for a week (a record which really shocked me - I had no idea I ate so badly) I sat down with Georgeann to discuss my deficiencies and excesses



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I shall be waiting to hear from you.

Thank You,
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Anne Cusick Lizzo
Anne Cusick Lizzo

P.S. Private & Class Drum Instruction - for Boys ages 5-18

Mr. Frank Lizzo - James Lizzo - Jeffrey Lizzo - Registration Now

and how to go about rectifying them by the use of vitamin and mineral supplements and proper diet.

If you want to read a thorough description of all the vitamin and mineral factors by all means get Dr. Lesser's book or stop in and talk with Georgeann who will be able to give you a sample of the printout given to all their hair analysis clients.

One thing, which ought to be dictated by common sense, came through loud and clear both from my reading on the subject and my talk with Georgeann - this is not a field in which you should attempt to doctor yourself. Due to the myriad of complex interrelation factors you need the advice of a trained and experienced nutritionist.

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