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VOLUME IV ISSUE X

OCTOBER 2017

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60 Years of Rotary in Williston Park



The members of the Williston Park Rotary Club recently observed the 60th anniversary of the establishment of the Club with a delightful dinner celebration at the Wheatley Hills Country Club.

Current Rotarians were joined by former members, friends, neighbors, and by local dignitaries as the Club kicked off another 60 years of Service Above Self.



Long Island Comes to the Rescue

On August 25th, while the winds and rain of Hurricane Harvey were wreaking havoc with the people of Houston, Long Island's own 106th Air Rescue Wing of the New York Air National Guard was gearing up to provide assistance to the stricken people of South Texas. The Wing deployed three HH60G Pave Hawk Helicopters, 2 HC130 Search Planes and approximately 140 Pilots, Pararescuemen (PJ's) and Aircraft Maintainers. The Wing was responsible for 545 rescues during their deployment.

Among the Aviators involved in this mission was Albertson native Major Bill Robesch. Major Robesch is a 2000 graduate of Chaminade High School. He attended The College of the Holy Cross on a Navy ROTC Scholarship and spent 12 years in the Navy as a Naval Aviator before transitioning to the Air Guard. Bill and his crew were credited with 130 of the 545 rescues.

Major Robesch, his wife Colleen and their children Catherine,



Claire and James are now residents of Westhampton Beach also the home base of the 106 ARW. Major Robesch is the Son of Mary and Bob Robesch. Bob is the past Commander of Williston Post 144 of the American Legion.

The Williston Post joins Major Robesch's family and friends in offering our congratulations and thanks for a job very well done, and for their safe return from this mission.



Roger Fay

The staff of The Williston Post notes with sadness the recent passing of Roger Fay. Williston Park was a better place for his decades of devoted public service. He was an inspiration to village officials throughout Nassau County as well. His was a life very well lived and he will be greatly missed.

We offer our condolences to his family and friends.

The Williston Post

Nancy Zolezzi, President
Raymond Haller, Vice President
James Daw, Jr., Editor
Mark Ryan, Design Director
Frank Oliveri, Advertising & Circulation



CONTACT INFORMATION
326 Hillside Avenue, Williston Park, NY 11596
516-741-8300
Advertising • foliveri@thewillistonpost.com
news@thewillistonpost.com • photos@thewillistonpost.com
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Miss Oliver Recognized As A Woman of Distinction

On Saturday October 7, 2017 Saint Aidan School Principal Miss Eileen Oliver was recognized as a “Woman of Distinction” at Assemblyman Ed Ra’s “Women of Distinction Award Ceremony”. Miss Oliver began her teaching career at Saint Aidan School in 1978 and became Principal of the School in 1995.

Miss Oliver has been deeply involved with the ongoing introduction of educational technology at Saint Aidan School. She also has been a strong sponsor of the students’ artistic opportunities and for years has overseen the School’s drama program and the school play. She is thoroughly involved in the lives of her students. She knows every student and all of their families, and is deeply committed to the success of each student in all aspects of their intellectual and spiritual growth.

It was an appropriately beautiful morning to celebrate the recognition of Miss Oliver and of the other local women who have dedicated so much to their community. The St.

Aidan’s Parish Community is particularly proud of Miss Oliver and blessed that she has been a “Woman of Distinction” for Saint Aidan School and Parish Community for so many years. The Parish Community is grateful that

her accomplishments have been shared with the broader community as well. Miss Oliver’s gifts have been shared with many generations and continue to make Saint Aidan School the special place it is.

We at The Williston Post join the parishioners at St. Aidan’s in offering our heartfelt congratulations to Miss Oliver for this well-deserved recognition.



Wheatley Brainstormers Shine At Columbia University’s Fall Tournament!

On Saturday, October 7th, The Wheatley School’s Brainstormers Club competed at the first meeting of the 2017 Columbia Cup Tournament Series – The Fall Tournament. The Columbia Cup is a tournament series hosted by the Columbia University Quiz Bowl Club. The Columbia Cup Tournament Series holds three full-day, seasonal tournaments, in which high school students from the New York Metropolitan Area compete against each in traditional academic quiz bowl contests.

Our Varsity team made an impres-

sive 4-1 showing in the preliminary rounds, while making a heartfelt 1-2 effort in the playoff rounds. Our Junior Varsity team, composed mainly

of rookie players, demonstrated great promise in their first full-day tournament of the 2017-2018 academic year. At the end of the tournament,



our club’s President and Varsity Captain, John Li, was awarded a medal for achieving Second Place (PPG) in the Standard Division of the Columbia Cup Fall Tournament.

The Wheatley School Brainstormers Club eagerly awaits its return to Columbia University on Saturday, December 2nd, for the Columbia Cup Winter Tournament.

Thank you to Advisor Joseph Crotty along with participants Peter Cuomo, Tony Deluxe, Viraj Jayam, John Li, Victor Li, Karen Li, Frederick Lin, Amir Muneer, and Avinash Reddy.

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East Williston Fire Department News

East Williston Ex-Chief Paul Walters New President of the North Shore Fire Council

East Williston Fire Commissioner and Ex-Chief, Paul Walters, was installed as the new President of the North Shore Fire Council at a recent meeting of the East Williston Fire Department.

Present at the installation were representatives from over 15 fire departments throughout Nassau County. East Williston was represented by Chief Patrick Theodore, Ex-Chief Joseph D'Amato, Ex-Commissioners and Ex-Presidents of the N.S.F.C. Nick and Chris Siciliano and 8th Battalion Chairman Tom Delaporte. Mayor Dave Tanner stopped by to congratulate Paul and to thank the members of the Fire Department for their service to the community.



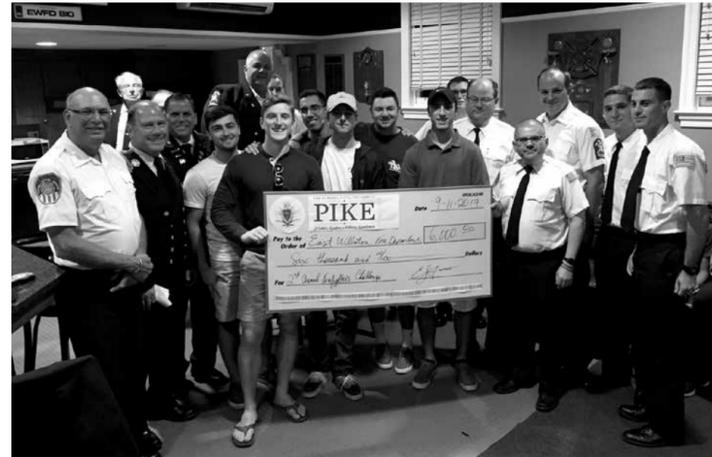
Top, Chief Walters and Mayor Tanner

Bottom, Chief Theodore, Ex-Chief D'Amato, Ex-Chief Walters, Ex-Chief and Commissioner Nick Siciliano, 8th Battalion Chairman Delaporte and Ex-Chief and Commissioner Chris Siciliano.

East Williston Fire Department Receives Donation From Hofstra Students

On September 11, 2017, members of the Pi Kappa Alpha fraternity at Hofstra stopped by the East Williston Fire Department to make a donation arising from their participation in the 2nd Annual Firefighters Challenge at Hofstra University. Teams competed using assorted firefighter related skills, and raised money in order to take part in the competition. The Hofstra students made an extremely generous donation in the amount of \$6,000.

Chief Theodore thanked the members of PKA and informed them that he would be spending the funds on high-band radios, which will allow for better interoperability on the fire ground with our neighboring departments.



Top, Picture from 9/11/2017, PKA makes \$6,000 donation to the firehouse.
Bottom, The Participants from PKA Fraternity.

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2017 Tzu Chi Summer Camp

By **Amanda Zhang**

Amanda Zhang recently served as a volunteer for the 2017 Tzu Chi Summer Day Camp, which was held from August 28 to September 1 at the Tzu Chi Foundation Long Island Branch. Here are her thoughts on the experience:

"My name is Amanda Zhang. In my life, I have had plenty of amazing summers, but the best summer I had in my entire life was when I volunteered to help at the Tzu Chi Summer Camp 2017. This Camp



teaches everyone involved, including young kids, teachers, teenager camp counselors and volunteers alike, so much about kindness and unconditional giving

Last year, I signed up as a camper at 2016 Tzu Chi Summer Camp. When I was a camper, my team counselors helped me with almost everything, from serving me food to helping me out with my craft work and work sheets from camp teachers.

This year I tried something different by volunteering to help in the Camp. One of my tasks was to take pictures during the Camp for a slideshow that was going to be presented at the last day of Camp to show both the campers and parents the best memories; and fun that everybody had in the prior five days.

In order to take the pictures, I was almost at every corner of the campus, and it was then that I got my first idea of how much time and effort the adult volunteers and camp counselors put into making this Camp an amazing experience to all



the campers. We had instructors who flew all the way from Taiwan to teach Chinese folk dance and Chinese Yo Yo in this summer camp. Activities also included arts and crafts with recycled materials, sports, tea ceremony and humanity lessons about respect, gratitude, perseverance and cherishing food.

Whenever I went into the kitchen, I would see volunteers diligently preparing snacks and lunch for everybody. It was only when the kids were almost done with their food that the volunteers had time to rest and finish their lunch.

On the last day, the campers staged performances which they prepared during the prior five days for their parents. After the performances were done, teachers used stickers to measure good manners, effort in participation and other qualities. The group with the most stickers was given a special award.

In addition, certificates were given out to all the campers, and to the teenager camp counselors to recognize the effort and time they contributed to make this Camp a very successful one.

Those five days were tough and I was exhausted at the end, but at the same time, it was the best time I had in all my summers.

I hope you get a chance to experience the Tzu Chi Summer Camp too."



The Road to College: 2017-2018

We have received a series of articles from Tony Moschella, an Independent Educational Consultant, which we will be publishing in The Williston Post over the next few months. We believe that they will provide useful information and assistance concerning this occasionally stressful process.

The College Search Starts With Self-Discovery

According to the U. S. Department of Education National Center for Education Statistics, there are over 3,000 4-year colleges in the U.S. How can a prospective college student begin to distill the monumental amount of information related to these offerings? One solution is to focus on a clear and honest personal assessment of his or her motivations, aspirations, personality and preferences, rather than on a particular school. The use of a student-centered, rather than strictly a school-focused, approach is a precise strategy for finding the proper college fit. A laser-sharp student profile is a very effective tool for creating a personalized college list.

The process of self-discovery includes personality features and interest



preferences as they relate to pursuing higher education. The basics include answering questions that will help you focus your college search, including:

- What are my academic interests, and which academic subjects have I enjoyed and excelled in?
- How do I spend my free time? Am I developing skills that I can employ during college?
- What do I feel passionate about? What activities bring personal satisfaction and growth?
- How do I learn best? Do I prefer interactive smaller settings or larger,

lecture presentations?

• What do I think I want to do in the future? How will college help me achieve my goals?

To add a systematic approach, formal interest inventories, such as The Strong Interest Inventory, have an extensive history of connecting-the-dots with respect to pointing students towards a college major and course of study that correlates to their preferences. Given that college students are apt to change their major, some multiple times, it works to their advantage to identify the link between their per-

sonal preferences and those of students who have already pursued and fulfilled requirements within specific college majors. Taking this vital step removes some of the trial-and-error that occurs on college campuses as students try to navigate academic disciplines in search of a desirable major. Equally important is the information gained that helps target specific colleges and rule out others based on program availability.

In brief, a college search based on a student's personal preferences and anticipated objectives gives the proper frame of reference to judge potential college matches. The actual pairing of school to student can be effectively managed once a student gains knowledge about his or her own abilities, character and personal interests. Self-discovery yields personalized details that allow students to move to the next step in the college search with confidence and greater knowledge.

Tony Moschella
Independent Educational Consultant
University College Advisors
113 Bayview Ave.
Northport, N.Y. 11768
516-443-5192

Pack 8 Raises Money for Hurricane Relief

On October 1st, the Webelos Scouts from Pack 8 had a lemonade sale and garage sale to raise money for disaster relief in Texas and elsewhere. The Scouts who participated were Kevin Brennan, Avery Brewer, Liam Connell, Alex Golub, Asher Hirsch, Nico Koutsoftas, Jaden Kwon, Cooper Lam, Derek Park, Casey Quinn, Neil Reichman, Ian Shaw, Derek Silva, Ryan Silva, and Frankie Tortorello.

As always, we know that we can count on Scouts from throughout the Willistons to come through when needed. Congratulations and thanks to all of the boys, and to their leaders.



North Hempstead to Host Popular "Spooky Walk", October 27-28. "Not-So-Spooky Walk" On Oct. 29

Autumn has arrived and with it, the Town of North Hempstead is getting ready for some frightening nights, as Supervisor Judi Bosworth and the Town Board announce the dates for one of the most popular events of the year: Spooky Walk!

This year's Spooky Walk will be a "Hollywood Horror"! Classic horror villains, like Michael Meyers, Freddy Krueger, Jason, Ghostface and many of their gruesome friends will inhabit the 12-acre park at Clark Botanic Garden on Friday, October 27, and Saturday, October 28, from 6:30 p.m. to 9:30 p.m. The event will draw thousands of visitors, who will experience a spine-tingling walk through the realm of fear and fright that will be Clark Botanic Garden.



The cost of admission is \$5 per person.

Friday night will feature music by former American Idol contestant Bryce Larson and Saturday night will feature live music by the band Kamelot.

Spooky Walk may not be suitable

for young children, and minors must be accompanied by an adult. Younger children can enjoy the Not-So-Spooky Walk on Sunday, October 29, from 12 p.m. to 4 p.m. Not-So-Spooky Walk will also include face painting, pumpkin decorating, photo booth, a hay maze and more!



Not-So-Spooky Walk's price of admission is \$5 per person. Only cash will be accepted for admittance to both Spooky Walk and Not-So-Spooky Walk.

For more information on this event, please call 311 or visit www.northhempsteadny.gov.

Top, Supervisor Bosworth and Councilman Zuckerman welcome attendees to Spooky Walk.



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"Hears" To You: Add a Hearing Test to Your Heart-Healthy Lifestyle

By Carolyn M. Genna, AuD, FAAA

A growing body of research has shown a link between cardiovascular and hearing health.

Raymond Hull, PhD, professor of communication sciences and disorders in audiology and neurosciences at Wichita State University, recently completed research analyzing 84 years of work from scientists worldwide on the connection between cardiovascular health and the ability to hear and understand what others are saying. Hull's work, which reviewed 70 scientific studies, confirmed a direct link. According to Hull, "Our entire auditory system, especially the blood vessels of the inner ear, needs an oxygen-rich nutrient supply. If it doesn't get it due to cardiovascular health problems, then hearing can be affected."

While there are many possible causes of hearing loss, cardiovascular disease appears to exaggerate the impact of those causes and intensify the degree of hearing decline, says Hull. This compounded effect not only increases the difficulty a person experiences in perceiving what has been said, but also diminishes their ability to make sense of what they hear with speed and accuracy.

Could Hearing Loss Be An Early Sign Of Cardiovascular Disease?

Research is ongoing, but a number of findings suggest that keeping track of your hearing may help you monitor your cardiovascular health as well. "The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body," according to David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee.

In Dr. Friedland's own 2009 study, published in *The Laryngoscope*, he and fellow researchers found that audiogram pattern correlates strongly with cerebrovascular and peripheral arterial disease and may represent a screening test for those at risk. They even concluded that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events, and appropriate referrals should be considered.

More recently, a 2014-published study by researchers at the University of Wisconsin in Madison found that the risk of hearing impairment was significantly greater in people with underlying atherosclerosis, or hardening of the arteries, than in those without vessel abnormalities, suggesting that hearing loss may be an early sign of cardiovascular disease in apparently healthy people. The study involved a large cohort of middle-aged participants and showed that hearing loss is common in people in their forties.

Five Heart-Healthy Reasons to Get a Hearing Test

1. Six Decades of Research Points To Heart-Hearing Health Link. A comparative review of more than 60 years of research found a correlation between cardiovascular and hearing health. Specifically, the study authors concluded that the negative influence of impaired cardiovascular health on both the peripheral and central auditory system—and the potential positive influence of improved

cardiovascular health on these same systems—have been found through a sizable body of research.

2. The Ear May Be A Window To The Heart. Some experts find the evidence showing a link between cardiovascular and hearing health so compelling that they say the ear may be a window to the heart. They encourage collaboration between hearing care providers, cardiologists, and other healthcare professionals.

3. The Same Lifestyle Behaviors That Affect the Heart Also Impact Hearing.

More evidence of the interconnectedness between cardiovascular and hearing health is found in three studies on modifiable behaviors: One found that a higher level of physical activity is associated with a lower risk of hearing loss in women. Another revealed that smokers and passive smokers are more likely to suffer hearing loss. And a third found that regular fish consumption and higher intake of long-chain omega-3 polyunsaturated fatty acids are associated with a



lower risk of hearing loss in women. Coincidence? Or does it all come back to blood flow to the inner ear? Research is ongoing.

4. Addressing Hearing Loss Improves Quality Of Life. Most people with hearing loss who use hearing aids say it helps their overall quality of life, relationships, work performance, general ability to communicate, and ability to participate in group activities. Research also shows that many say it has a positive impact on their social lives and how they feel about themselves as well as their emotional and physical health.

5. The Latest Hearing Aid Technologies Are Better Than Ever And Help People Lead Active, Engaged Lives. Today's hearing aids make it easier to hear sounds and people from all directions and filter out noise. Many sit discreetly and comfortably inside the ear canal and out of sight; and many are wireless, so they can interface easily with other high-tech devices like smartphones, conference-room speakerphones, and hearing loops. Some are even waterproof, and others are rechargeable. The bottom line? As many as 91 percent of users of the newest hearing aids—those fit in the last year—are satisfied with their hearing aids, and 90 percent of people who were fitted with their hearing aid in the last four years say they would recommend a hearing aid to a friend or family member.

Tzu Chi Hurricane Harvey Disaster Relief

By Yang Lee

Hurricane Harvey, the first major hurricane to make landfall in the United States since Wilma in 2005, was extremely destructive and the wettest tropical cyclone on record in the United States.

The resulting floods inundated hundreds of thousands of homes, displaced more than 30,000 people, 76 deaths and prompted more than 17,000 rescues.

Economic losses are preliminarily estimated at between \$70 to \$200 billion, with a large portion of the losses sustained by uninsured homeowners.

Tzu Chi's emergency aid began with the shipment of 12,000 lbs of dehydrated instant rice (MRE) from Taiwan.

Meanwhile, as our national disaster assessment team was being organized and met with local Texas volunteers in Houston on September 1. Tzu Chi Foundation sent out a call seeking volunteers nationwide to join our upcoming disaster relief distributions, help with the clean-up of homes and communities, and assist in other ways.

People also joined the effort internationally. In Ecuador, those who had come to know Tzu Chi and its philosophy during our earthquake disaster aid mission in 2016, and flood relief mission in 2017, went door to door raising funds.

Street fundraising campaign during the Labor Day weekend took place across the United States, from New York to Hawaii. Volunteers were stationed in over 200 locations, reaching 23 states.

At each site, our volunteers inspired the hearts of people passing by, and many offered a donation and their prayers and best wishes for the well-being of all those suffering due to the aftermath of Hurricane Harvey.

In New York City many people told our volunteers that because they



were helped by Tzu Chi during Hurricane Sandy, they are willing to help others who are experiencing the same suffering.

In the meantime, Tzu Chi disaster assessment team travelled to various locations such as Jefferson County in Southeastern Texas, where the cities of Beaumont and Port Arthur were the worst hit. Beaumont had already suffered tremendous damage when Hurricane Katrina made landfall in 2005. Tzu Chi volunteers brought aid then, and we were back once again, 12 years later.

An hour away from Houston, the city of Wharton was heavily impacted by Hurricane Harvey, with over 1,350 houses flooded. The final location the disaster relief team visited was Edgebrook, a neighborhood in Southeast Houston. Tragically, 90% of the population here was impacted by flooding, with 6 to 10 feet of water in some homes.

On September 9, our first Hurricane Harvey disaster relief distribution served the towns of Richmond and



Rosenberg, where many had been impacted by flooding less than 15 months earlier.

The immediate assistance we were providing was essential since although many had applied to FEMA and filed insurance claims, it will take time before that aid arrives.

For some, the distribution brought another form of relief, one born of seeing humanity joining together to support one another during difficult times.

During this first Harvey disaster aid distribution, Tzu Chi Foundation distributed \$33,200 in cash cards, 67 eco-blankets, and 51 packages of rice distributed to 56 families, benefitting 191 individuals. In the afternoon, our second distribution serving Beaumont and Port Arthur, delivered \$268,800 in cash cards, 469 eco-blankets, 339 first aid kits, and 319 packages of rice to 448 families of first responders, benefitting 716 individuals.

During the same day, our volunteers also distributed \$111,600 in cash cards and 296 eco-blankets to 186 families (benefitting 630 individuals) in the town of La Grange, west of Houston, which had also sustained severe flooding.

As part of the Hurricane Harvey disaster relief mission, our young volunteers assemble a team called, Hurricane Harvey Special Task Force, to help with the effort to clean-up in flood-damaged homes, remove debris, gutting, and renovations. The participation of volunteers during the Harvey recovery was extremely important and made a world of difference.

As for the volunteers, many of

whom have come from afar, their sense of compassion is what guides and energizes them. Augustine Ton, a Tzu Chi volunteer from Austin, woke up 4 o'clock in the morning for a 4 hour drive to go down to Houston to participate with clean-up effort for two days straight. Kathy Yu, Freeman Su and other volunteers from Long Island, took time off from their work for a week and offer help in Texas.

Great Love Dental Mobile Clinic is also joining the Hurricane Harvey disaster relief mission, ready to offer free dental care in areas impacted by severe flooding. Volunteers with the clinic left Los Angeles on September 11, and drove 3 days and 2 nights straight to reach Houston on September 13.

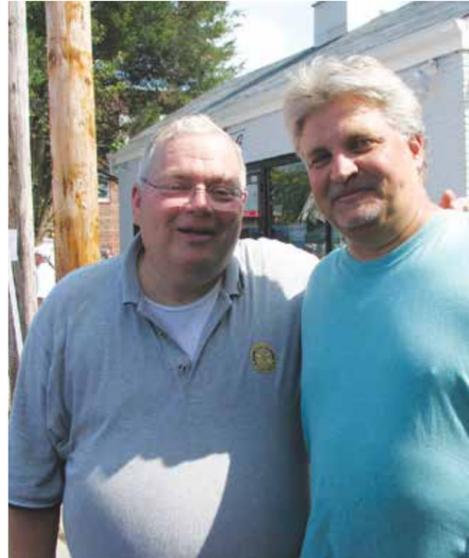
A senior at Fordham University in New York City had been volunteering with Tzu Chi for three years, and was grateful for the enriching experience. "On one side, it's really, you know, heartbreaking to hear the devastation that the victims have gone through, but on the other hand, it's completely motivating to hear the compassion and the spirit that's in the communities, that they're banding together and really helping each other. It's just been really life-changing and I'm glad that I had the opportunity to come down and really talk to the victims and participate."

Despite the hardship they were enduring, some aid recipients found spiritual solace, something beyond monetary relief.

On September 26, Julie Masters, the Mayor of Dickinson, issued a proclamation naming September 2017 "Tzu Chi Month" in the City of Dickinson, "to honor and extend the City's deepest gratitude to Buddhist Tzu Chi Foundation for not only providing direct relief to the first-responders and the citizens of Dickinson, but for also being advocates of selfless love for others and selfless giving through volunteering."

Tzu Chi's Hurricane Harvey Emergency Disaster Relief mission up to October 1, 2017 reflected a total of almost \$7 million in cash cards was distributed, over 12,000 families in the hardest-hit areas received aid (nearly 35,000 individuals), 6,213 blankets and 5,484 packages of instant rice were also provided.

Williston Day Fair



Remember "The Shop" for Autumn and Holiday Gifts

By **The CBG Auxiliary Members**

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Except for the weeks prior to Halloween, The Shop is open at the Clark Botanic Garden every day (except Tuesdays) from 11 a.m.-3:30 p.m.

We look forward to greeting you, and showing you our range of gift items. Please join us in the beautiful surroundings of Clark Garden.

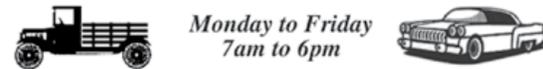
Autumn is a beautiful season in the Garden, and the members of the Clark Botanic Garden Auxiliary are inviting everyone to come, stroll, and do your Holiday gift shopping at "The Shop."

This season The Shop will be featuring many unique handbags, jewelry, and ceramics items--as well as our delicious honey. You will also find many



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Troop 201 Boy Scouts Trek Through New Mexico Wilderness

Two crews of teenage Scouts from Troop 201 and their adult leaders went on life changing summer treks through the Sangre de Cristo Mountains at Philmont Scout Ranch in Cimarron, New Mexico. Philmont covers 214 square miles of vast wilderness with trails that climb from 6,500 feet to as high as 12,441 feet. Led by their respective crew leaders, James Russo and Brandon Aguiar, both crews of Scouts from Troop 201 hiked nearly 100 miles in 10 days during their treks.

Both crews carried everything they needed to survive during their treks on their backs while hiking from camp to camp. They participated in backcountry programs along the way including rock climbing and rappelling, spar pole climbing, mountain biking, blacksmithing, mining, rail-roading, muzzleloader shooting, burro packing, search and rescue and panning for gold. Both treks included conservation projects where the scouts learned and participated in the upkeep of Philmont's ecosystem. Along the treks, the Scouts endured tough challenges including backpacking in bear and mountain lion territory, finding and purifying their own water, steep climbs, and daily rainstorms.

The Scouts and adult advisors from

Troop 201 made what amounts to a Scouting pilgrimage with their trip to New Mexico. Philmont Scout Ranch is the Boy Scouts of America's premier high adventure camp and the largest youth camp in the world, having served nearly one million Scouts and their leaders since 1938.

The Williston Post had the pleasure of presenting several articles during the course of the prior year outlining the efforts that these young Scouts engaged in to earn the money for this trip. Rewards in Scouting are never given, always earned, and these exemplary young men, and their leaders, have demonstrated that important truth perfectly.

Congratulations to all involved!



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How I Spent My Summer Vacation

By James Daw

I had wanted to go to the WoodenBoat School in Brooklin (no typo) Maine for probably 25 years. This past summer, with encouragement from my wife, Kathy, I finally got the chance to go.

I think that whenever you look forward to something for a long time, you frequently wonder whether the reality will live up to the anticipation but, in this case, the experience far exceeded all of my expectations.

Brooklin is in a very beautiful part of coastal Maine, near Bar Harbor, Mt. Desert Island and Acadia National Park.

It describes itself as the world capitol of wooden boats, and if it isn't it's on a very short list for the title. Some of the best boatyards in the country are to be found there, and a magazine, called WoodenBoat, tempts people like myself with articles and excellent photography about wooden boats and those who build them. The School itself is an offshoot of the magazine.

When I got to the School on Sunday night, I had a delicious dinner (a fantastic fish chowder) met with the other people in my class and prepared for Monday.

Monday morning started with a bike ride to the dining hall for breakfast (pancakes with Maine blueberries) and was followed by some safety lectures and a long day's work. The days started at 8, with a short break for lunch, and went right through 5, or later when we could.

On Monday morning we had a pile of materials waiting for us in our workshop. By Saturday morning not one but two small boats were off to their new owners.

Ours was a very interesting and eclectic group. We were all strangers to each other on Sunday night, a team of friendly co-workers by Monday night and through the rest of the week. The larger of the two boats will be named Unity, in honor of our



ability to work together, and will be the tender on a much larger boat, on a very long cruise.

The smaller boat was a pram called Mischief, and will be a tender to a boat harbored at Deer Isle, Maine.

Our instructor, Bill Thomas, is a master craftsman. He designs and builds his own small boats and kayaks, including Mischief, builds boats on commission, makes furniture, is a great photographer and a Registered Maine Guide. He has also taken a place on my list of the truly great teachers I have had.

The authors of some boatbuilding books place much too much emphasis on perfection, and are dismissive of many of the techniques that we, as a

beginning class, were able to employ.

While "good enough" is frequently the enemy of perfect, perfect can frequently be the enemy of getting it done. Bill taught us that the real object of the exercise is to get a boat into the water. At the same time, since life is too short to sail an ugly boat, he taught us how to make it a beauty. He was the best kind of teacher, providing necessary information but letting the students learn by doing. He would frequently set out the next task, give a few suggestions as to how to go about doing it based upon prior lessons, and then go to the other boat. He would tell us that we could figure it out, and he would then leave us to do it ourselves. And so we did.

I learned an enormous amount, got to do a lot of the building and just had a ball. The surroundings were beautiful, the food was delicious, and the company delightful. Friday night, it being Maine, we had a lobster dinner on the waterfront.

The main thing I learned with my week at the WoodenBoat School is that you should never give up on a dream. If you really want to do something it's almost never too late to try, but someday it will be, so do it now, or as soon after now as you can.

For my part, I think that the next step might well be a Catbird 16, a 16 foot sailboat from the same designer as the Unity.

Fall Gardening Tips!

It's finally fall but it's not time to rest from gardening chores yet! Though some leaves have begun to change and may even be falling, your garden still needs your attention to ensure it is in good shape for next spring.

There is still time left to plant perennial bulbs. Since the weather in September was unusually warm, the soil will be warmer than usual and the bulbs of spring flowering tulips, daffodils, hyacinths, and crocus can still be planted. Be sure to add bone meal or bulb fertilizer into the planting hole, as you prepare the soil. They will provide a lovely start to your spring garden.

Clean out your vegetable garden once the plants have stopped producing fruit. If you still have green tomatoes on the vine and the temperature is getting near the freezing point, you



can pick them and put them in a paper bag with an apple to ripen. Be sure to mulch lightly to keep down weeds in the early spring.

It is also time to think about moving your indoor plants back inside if you haven't already done so. Even if the weather has been unseasonably warm, the later you wait to bring the plants in, the more shock they will go through when they are finally moved indoors. If you haven't brought them in yet, do it now!

Some of your flowering summer plants can be moved indoors to extend their beauty inside. Geraniums, begonias, fuchsias, and other tender plants can be brought indoors before the first frost. You may find that some of these plants survive to be moved outdoors for next spring.

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Vietnam War Feb. 28, 1961 - May 7, 1975	* If currently serving on active duty today, you are eligible.

Herricks Students' Artistic Success

Herricks Students Selected To NYSSMA Piano Showcase

Herricks High School students Jazlynn Fok and Chiara Tan are two of only 12 students throughout New York State that were accepted into the 2017 New York State School Music Association Piano Showcase.

They earned this opportunity for

Piano Showcase by obtaining perfect scores on their NYSSMA solo auditions, and were also required to submit applications that included a recorded component.

While Herricks has a longstanding history of participation in this elite event, having two performers is an extraordinary accomplishment.



Mikayla Chan Earns Scholar Artist Award Of Merit

Herricks High School senior Mikayla Chan has been named one of the 20 recipients of the Long Island Scholar Artist Award of Merit distinction, presented by the Long Island Arts Alliance. She was selected in the music category, based on an application that reflected her exemplary demonstration of hard work, excellent scholarship and accomplishments. A talented musician with many achievements to her name, Mikayla has twice performed in the Music for All National Festival's Honor Orchestra of America; once as a violinist and the following year as a clarinetist. She has also performed in the Long Island String Festival Association's Nassau Chamber Music Festival. Mikayla was formally recognized

during a celebration held on Sept. 14 at Half Hollow Hills High School East. At the end of the school year, she will be commended during a reception at the Tilles Center for the Performing Arts on the Campus of LIU-Post.

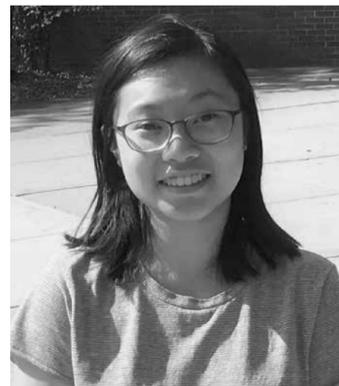


Photo Courtesy of Herricks Public Schools

Getting Muddy for a Good Cause

Norbert Holowat, a third-year civil engineering technology student from Williston Park, is shown here getting drenched with muddy water as part of the 22nd annual Mud Tug Tournament at the Rochester Institute of Technology. Norbert was one of hundreds of students who got dirty and had a great deal of fun while raising money for a very good cause.

Mud Tug is an annual event hosted by Zeta Tau Alpha sorority and Phi Kappa Psi fraternity. The tournament lasts all day and draws hundreds of participants from the RIT community.

The event raises funds for the Hillside Family of Agencies in Rochester and the MLD Foundation, and is the one of most successful philanthropy events on campus.

Mud Tug always includes plenty of food, great music, and is guaranteed to



be great fun for competitors and spectators alike.

The Hillside Family of Agencies provides comprehensive health, education, and human services for children and families whose challenges threaten their ability to realize their full potential.

Every year more than 13,000 youth, adults and families benefit from over 100 coordinated programs that provide comprehensive, cradle-to-career services in areas including child welfare, mental health, youth development, family development, juvenile justice, special education, developmental disabilities and safety net services.

It appears that Norbert took his bucket of muddy water with a great sense of humor, and we thank him for sharing this with us and our readers.

To All Our Loyal Supporters

The Franceschini Family offers heartfelt thanks for your support of the Debra Fund at NYU Winthrop Hospital. Your generosity helps further the necessary research for finding a cure for colon cancer.

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Bargains + Blessings Thrift Shop Reopens

The Grand Opening of Bargains + Blessings Thrift Shop at 10 am on Saturday, October 7th, celebrated a community collaboration to offer what the community needs at bargain prices. As a shared ministry with the Church of Saint Aidan, we help to clothe, furnish, equip and supply people with next-to-new items for all ages. We are grateful for Episcopal Ministries of Long Island helping us revision and invigorate a neighborhood treasure.

We thank the people of this community for blessing us with volunteer labor, donations, and enthusiastic support. Our new hours are 10 am to 4 pm Thursdays and Saturdays. Come enjoy our new look and a variety of sports equipment, tools, household furnishings, children's things, and clothing for all ages. A complete listing of what we do and don't receive for donations is on our website, as well as seasonal features and special items.

Bargains + Blessings Thrift Shop
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Come to the CCEW Pumpkin Patch

The lawn full of pumpkins, along with plants, baked goods and other items offered for sale at the Community Church of East Williston are sure signs of Fall and Halloween here in the Willistons.

This year, as always, the Church has purchased the pumpkins from members of the Navajo Nation, and will use the proceeds for the many good works of the Church. As a result, your purchase does double duty. You know you're going to want some pumpkins, so why not buy them where they will do a great deal of good. Come to the Community Church and pick yours out as soon as you can!



The Williston Park Rabbits

By Theresa Santosus

In case you haven't noticed, our area has been invaded by fuzzy creatures that you would see maybe two rabbits a month, but now they are becoming almost jump around, sit under our bushes, eat the grass, and have twitchy noses. That's right, if you haven't guessed already, the rabbits have invaded Williston Park!

We are not the only ones who have noticed though. Our pets especially our dogs, have noticed too! Our rabbit visitor often frequents our backyard. He sits there and when he hears our dog Livie, he watches and waits (all the while nibbling on the grass). We will wait until the rabbit has had his fill and moves onto the next yard before letting Livie out. That is why it's important to always look for rabbits before letting your dog (or cat) out in the backyard.

It's almost a given that you can take a walk down the block knowing for sure that you're going to see at least one rabbit. It used to be a big deal when



as common as squirrels. According to my research, the rabbit boom may be due to the fact that these rabbits have many good sources of food and that there are not as many predators (aside from your cat, dog, or maybe even the occasional raccoon at night).

Hopefully the rabbits are going to stick around for the winter but we probably won't see them as much because they will be less active. In fact, I am not sure if it's my imagination, but it almost seems as if I am seeing less and less of our furry friend the last few weeks. Perhaps he is preparing his underground lair with all sorts of tasty treats to tide him over this winter.

So you better hurry and snap a photo of your rabbit visitor, while you still can.

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Vietnam War Feb. 28, 1961 - May 7, 1975	* if currently serving on active duty today, you are eligible.

St. John's Lutheran Church Hosts Annual Fall Fair

The Ladies' Aid Society of St. John's Lutheran Church will be hosting their annual fair on Saturday, November 4th, from 10 a.m. to 3 p.m. The Church is located on the corner of Willis Avenue and Cornell Street in Williston Park.

As always, the Fair will feature homemade baked goods, stationery and gifts, Christmas and handicrafts,

white elephant items, gently used toys, and more for sale. Reasonably priced refreshments may be purchased during the day.

Proceeds from the fair support missions both at home and abroad, and all are welcome to attend. For more information please call the Church at

(516) 742-5858. We look forward to seeing you on the 4th.



Calling all East Williston Seniors!

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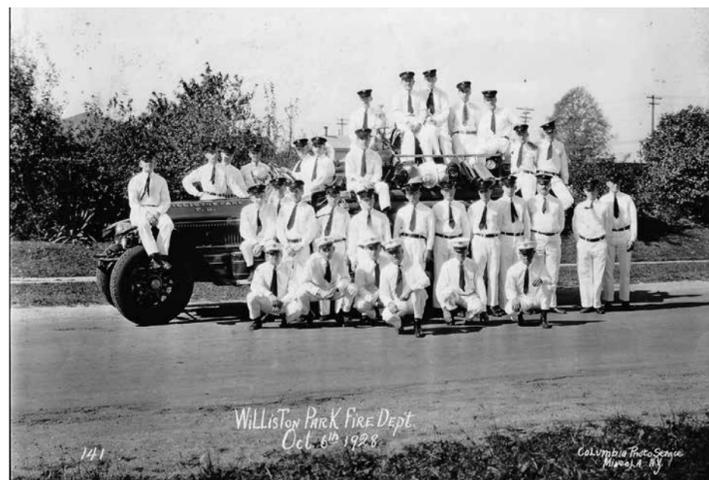
Williston Park Historical Committee

By **Bob Valentine**

October is National Fire Prevention Month. Our volunteer firefighters are here to protect us today as they were in 1928, but it is up to us to be the first line of defense against fire. We

can start by changing the batteries in our smoke detectors and carbon monoxide detectors.

The Williston Park Historical Committee has many pictures of our Fire Department through the years.



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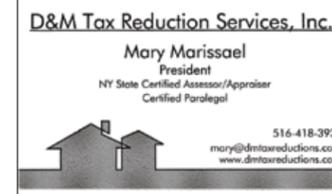
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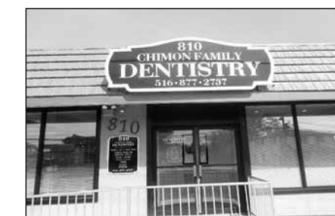
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News From the Mineola School District

Honors-Level Vocals For Six Mineola Musicians

Six student-musicians from Mineola High School have been accepted to the American Choral Directors Association Eastern Division Honor Choir. The students will travel to Pittsburgh, Pennsylvania to perform under conductor David Fryling in March 2018.

The district congratulates the following students: Juniors Josephine Jones, Samantha Trested and Miguel Velasquez and Seniors Nathan Bischoff, Katrine Gulinao and Jake Lenze.

Founded in 1959, the American Choral Directors Association is a non-profit professional organization whose central purpose is to promote excellence in choral music through performance, composition, publication, research and teaching. In addition,

ACDA strives to elevate choral music's position in American society through arts advocacy.

Mineola High School Boasts First Scholar-Artist

The Mineola School District is proud to announce that Mineola High School senior Hymn Yiu has been named as a 2017-18 Scholar-Artist by the Long Island Arts Alliance.

To be considered as an 11th-grader, Hymn had to have a 90 or better grade point average, excel in artistic abilities, contribute to his school environment and have letters of recommendation. This is the first time the district has had a student earn this designation.

Hymn was one of only 20 chosen from more than 120 submissions. He will receive a \$1,000 scholarship and was featured with a spread of his work in Newsday.



Left, Josephine Jones (left) and Samantha Trested have been accepted to the American Choral Directors Association Eastern Division Honor Choir. Right, Mineola High School senior Hymn Yiu who has been named as a 2017-18 Scholar-Artist by the Long Island Arts Alliance. Photos courtesy of Mineola Union Free School District

Hoops for Hurricane Relief

In an effort to raise money for those affected by Hurricanes Harvey and Irma, the physical education teachers at Meadow Drive School in the Mineola Union Free School District organized a Hoops for Hurricane Relief fundraiser.

Over the course of the week, students practiced their basketball skills in gym classes and on Sept. 20, participated in four mini-games to raise money. The event culminated with a teacher/staff game and raised more than \$1,500 for the cause. Once collections have ceased, the funds are intended to directly benefit a school in each area. Photo courtesy of Mineola Union Free School District



From left, Miguel Velasquez, Katrine Gulinao, Jake Lenze and Nathan Bischoff have been accepted to the American Choral Directors Association Eastern Division Honor Choir.

PeKANT Tea Company

By Michael Circosta and Michael Romano

Try Some Chili in Your Tea

The concept of PeKANT Tea Company was born on Long Island and hand crafted one bottle at a time on our kitchen stove. Our goal was to create a healthy and unique alternative to sugary processed beverages, while incorporating an innovative and artisanal twist on a bottled tea. What truly makes us unique is that subtle infusion of chili 'heat'. This adds an additional flavor profile to the natural blend without adding sugar or sweeteners. Chili has not only become increasingly popular in modern cuisine, but also is linked to a long list of health benefits. These attributes of the chili, paired with black tea are the foundation for a healthy product, and a wellness brand that's lightly sweet with a little heat.

Once the product was developed, we began producing it by hand in a local co-operative kitchen, and showcasing the product in various farmers' markets and festivals. The feedback was very positive, and our message and concept was resonating with many people. We decided to take our journey one step further and bring the brand to retail outlets in the Long Island and NYC area. It's a difficult

road to launch a small healthy brand in a space dominated by big players, with cheaper and less healthy options. However, we are constantly motivated and inspired when we connect with people who are excited about a unique and local brand like ours. More and more people are paying close attention to what they drink, and our goal is provide those people with a satisfying and flavorful alternative. Starting from two Long Island guys with a unique idea who took a chance, we look forward to growing our product into a sustainable and positive brand.

The Owners

Co-Founder Michael Circosta is a Long Island native who spent 18 years in medical sales, most recently here on the North Shore. This past summer he left that career to pursue other opportunities including PEKANT Tea Co. He is passionate about creating a business that will one day grow and create jobs and opportunities for others. He loves the fact that he's making something that people can feel good about enjoying. He lives in Williston Park with his wife and three kids, and loves coaching his son's soccer team on the weekends.

Co-Founder Michael Romano is also a native of Long Island, and lives in East Moriches with his wife and three

kids. Also a veteran of the medical sales industry, he is PeKANT's 'brew master'. Mike is passionate about food and came up with the general concept for the recipe while trying to offer his

kids a different and healthy beverage option. He is a self-proclaimed chili head, and loves creating new recipes in the kitchen.



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Teapots on Display at The East Williston Library



As we find ourselves enjoying the crisp weather of Fall, the idea of a hot cup of tea always seems to be appropriate.

Visitors to the East Williston Public Library will not be able to get a hot cup full, but they will be able to enjoy a display of unique and beautiful teapots belonging to members of the Friends of the East Williston Library.

The display will be up for the month of October and should provide inspiration to go in for a good book, to be enjoyed in your favorite chair with a hot cup of tea.

Be sure to stop by to take a look!



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