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Hometown News for Hometown People

VOLUME IV ISSUE VIII

AUGUST 2017

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FREE

Snakes Visit Pool!



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Former Williston Park Mayor Roger Fay Celebrates 100 Years with Family and Friends

The family of Roger Fay hosted a celebration of his milestone 100th birthday at Sangria 71 in July.

Family, friends, neighbors, and former mayors of Williston Park and of surrounding Villages enjoyed an afternoon with the Williston Park icon, whose life is the definition of proud public service.

In addition to serving as the Mayor of Williston Park, Roger is a 62 year member of the Williston Park Volunteer Fire Department as well as a member of the Williston Park Historic Society. In that capacity he applies his knowledge of times gone by, and of Village events to which he has contributed so much, to preserving the history of the Village, and of generations past, for current residents and for the future.

At 100 years Roger Fay is truly ageless. Happy Birthday Mayor Fay!



Great Things Happening at the Rotary Club of Williston Park

By Frank Oliveri

The Rotary Club of Williston Park is a club whose active growing membership does much to support our community. We are lucky to have new and active members who contribute much to the work of the Club.

At recent meeting Mr. Walter Ruzek of Mineola, who is actively involved in the work of Long Island TRIO, a support organization for organ transplant recipients, was sworn in as the Club's newest member. Long-standing member Elizabeth Buffamante received the Club's Behind the Scenes Award for the work she has performed at many Club events which has done much to make them a success.

Adopt a Platoon

This spring the Club became involved with the "Adopt a Platoon" program and turned to Ms. Mary O'Keefe of The Catholic Daughters of America, Church of Saint Aidan's Chapter for information as to how to proceed. To date the St. Aidan's Catholic Daughters have adopted seven platoons, distributing necessities as well as snacks and other delights from home. As an example, when one platoon was deployed in the mountains of Afghanistan during the winter, the Daughters sent extra warm hats, gloves and warm socks. Other platoons have received microwave foods such as soup and mac and cheese, and all of the ad-



Rotary Elizabeth Buffamante receiving her Behind the Scenes Award



Rotary Vice President Karen Signoracci Suero, new member Walter Ruzek & President Frank Oliveri

opted troops have received notes and cards that were made by neighborhood school children. Of greatest importance is the knowledge that people back in the U.S. are thinking of them, and that their sacrifices are appreciated.

The Williston Park Rotary Club has adopted a platoon, and we will introduce you to them in future articles.

A Visit From the District Governor

The Williston Park Rotary Club is a part of Rotary International and, as such, participates in the work of the International. The Club was recently visited by the District Governor, Ms. Wendy Walsh-DeMaria, who discussed several topics, the most interesting of which was Rotary International's plans for future health campaigns. Through the work of individual clubs, and the contributions of their members (much of which is made possible by contributions from the public) Rotary International's Polio Plus Campaign was a major contributor to the almost complete eradication of polio throughout the world. The next campaign will probably involve the eradication of water borne diseases and the supplying of clean drinkable water to people throughout the world. The Williston Park Rotary Club looks forward to playing a part in this work, as well as the Community work that we will continue to do with your help.

The Williston Post

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Herricks Summer Music Program Flourishes

The Herricks Summer Music Program was held during the month of July and provided students with many opportunities to strengthen their skills and use their talents creatively.

Initiated in 2010 with 24 participants, the program’s attendance has skyrocketed. This year’s enrollment of 120 students is the largest yet.

Fourth- through ninth-graders received several hours of assorted musical experiences five days a week for four weeks.

Mornings began with mindfulness exercises as part of a districtwide focus, which was followed by chorus and band or orchestra ensemble rehearsals. Students then broke into elective sessions based on their interests and instruments.

Electives were offered to broaden the range of musical learning and practice, while small-group lessons enabled students to study with instructors on a more individualized basis.

Students learned melodies and chords in the guitar elective, while the musical theater class prepared to present “The Sound of Music.”

The Rock Band group learned to play modern songs with improvisation elements. The World Music class explored instruments from Ghana, Liberia, South Africa, Latin America, and Canada.

New to the program this year was a Chamber Music component geared to



prepare advanced students to perform for broader audiences. As part of this program, seventh- and eighth-grade students have brought their talents to the Herricks Community Center and Summer Recreation Program.

All of the instructors are professional music educators and members of the Herricks High School Tri-M Music Honor Society volunteer as counselors. Many of these Tri-M members completed the Summer Music Program themselves in their earlier years and now share their enthusiasm and expertise with their peers at the elementary and middle school levels.

Four Herricks alumni also returned as volunteers. Class of 2016 graduate Andrew Jacobson said, “It’s so rewarding to come back and teach these kids.”

“It’s a lot of fun,” Kailen McCauley said of the program. “We get to spend time with friends and meet a lot of teachers who tell us what to improve. It really helps us to be better.”

From top, Herricks High School Class of 2016 Graduate Andrew Jacobson instructs fourth-grader Matthew Simons during an individual lesson; students learn guitar basics as another elective; Herricks Middle School teacher Alicia Brown instructs fourth-grade student Jake Stein on the trombone; Rock Band is one elective offered through the Herricks Summer Music Program.

Photos courtesy of Herricks Public Schools



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Find the Right Price When Selling Your Home

By **Christine Lavelle**
Coach Realtors

Most Realtors agree that the number one reason homes do not sell is that the price is too high. Experienced real estate agents will tell you that pricing your home properly from the beginning is very important to getting it sold quickly and at the best price. You can lower the price later of course, but you never regain the momentum of a “new house on the market”. The longer the prop-



erty is on the market, the deeper the discount is likely to be off the original price. Research shows that overpricing your home and then dropping the price several times while it lingers on the market usually leads to selling it at a much lower price than you could have gotten in the beginning. Many homeowners want to list their home at a price based on what they paid, the balance of their mortgage, or on the profit they want to make. In reality, your home is

only worth what the market will bear. If your house is priced too high, potential buyers won't want to look at it at all, and others will just walk away



without making an offer. Hiring an experienced, local real estate professional will insure your house will be properly price for the current market. Realtors have access to recently sold properties and properties currently on the market in your area that are similar to yours in condition, style and condition. Choose the right Realtor to help you with your home sale and then listen to your real estate agent's advice and your transaction is more likely to go through quickly and smoothly from the beginning.

East Williston 12U Wildcats Say "Wait 'Til Next Year!"

The East Williston Little League 12U Wildcats played in the Sectional Tournament, which was a double elimination contest, against Massapequa International and Rockville Centre. It was a hard-fought tournament, with the teams tied at 1 win apiece going into the third game. East Williston played hard, and well, but Massapequa had the hotter bats—this time. Here are the Tournament highlights. In Game 1, the teams were tied at 7-7, when Massapequa won with a walk off single. The lead see-sawed throughout, with East Williston answering every Massapequa at bat with a rally of their own. The team got 9 hits, with several East Williston batters getting multiple hits against excellent Massapequa pitching. Two of our boys, Will Karikas and Costa Koutsoftas, homered. East Williston was flawless in the field, playing errorless baseball. The team came right back to beat



Rockville Centre in Game 2, with a walk off 9-8 win. The Wildcats collected 11 hits, including 2 home runs, by Will Karikas and Bryan McCleary. Will, Antonio Tufano, and Colin Fisher

collected multiple hits, with Will going 3 for 4, with 3 rbi's. Other than one error early in the game, the Wildcats played flawless baseball. The Wildcats fell behind early in

Game 3, and couldn't catch up, but they never gave up, in an 11-3 loss. Early home runs by Massapequa told the story, but the Wildcats got 8 hits, with Antonio Tufano getting 3 of them. East Williston once again had an error free game, with Antonio having six fielding chances. It was a tough loss for the Wildcats, but a brilliant season over all. And as for Massapequa congratulations on the win, but “Wait ‘til next year!” The team was coached by Ted Karikas, Larry McCleary, Michael Rosenberg, Nico Koutsoftas, Brian Fisher and Anthony Tufano. The U12 Wildcats are Kevin Barrett, Costa Koutsoftas, Will Karikas, Mitchell Baltzer, Eddie Olson, Antonio Tufano, Colin Fisher, Dylan Rosenberg, Michael Santarelli, Bryan McCleary, Nico Papavero, and Patrick DeSarno. Well done Wildcats! Thanks for a great season.

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East Williston Girls Softball Success

There's a buzz about girls softball in East Williston. From the 10U girls forming a tournament team and taking home the inaugural championship (featured in an article last month), to the 12U girls winning the championship in their age division this spring, to the 2017 Wheatley girls varsity softball team winning the County Championship for the first time in 13 years, the excitement about softball in East Williston is spreading.

At a time when girls are exposed to more sports and activities than ever beginning at an early age, the interest in girls softball in East Williston has continued to grow.

In East Williston girls now have the opportunity to begin playing softball earlier than in the past when girls played t-ball with the boys through 1st or 2nd grade.

A few years ago East Williston joined forces with many local towns including Mineola, Williston Park, Carle Place, Albertson, and Manhasset to form a robust girls intramural soft-



Back Row Left to Right: Coaches Keith Werny & Tom Blennau. Middle Row Left to Right: Ainsley Forrest, Jaina Shah, Amanda Werny, Chrissy Mavrakis, Sonia Patel, Tara Seewaldt, Bella Lahiji & Jessica Shaw. Front Row Kneeling Left to Right: Rachel Blennau & Elianny Acosta. Missing from Photo: Ana Daniels & Emma Khafif

ball league. This has provided an exciting opportunity for the East Williston teams to play weekly against their peers from the other local towns.

Last year, the girls 10U team from East Williston advanced all the way to the championship game, losing a one

run nail-biter in the last inning against Williston Park. Many of those same girls moved up to join the 12U team this spring and the team rebounded by beating Manhasset in an incredibly close 1-0 semi-final game and advancing to the final round game. The

East Williston teams scored a 6-5 win against an undefeated Mineola team to take home the championship.

A new partnership between the East Williston Little League girls softball program and the Wheatley girls varsity softball team during the winter season has provided invaluable. As part of this program the varsity girls coach and train the Little League girls during off-season softball clinics. This helps create a special bond between the younger and older generations of softball players, where the younger girls aspire to join the girls on the varsity team. In fact, most if not all of the girls on this year's varsity County Championship team were once East Williston little leaguers.

Come see what everyone's talking about! Registration for the upcoming girls fall softball season opened on August 12th on the East Williston Little League website ewlittleleague.com. Registration is open to all girls in grades 3-7.

Harry O'Neill Flag Day Memorial Run Begins a New Tradition

The Herricks Harry O'Neill Flag Day Memorial 5K Run was held on June 17, 2017. The run is named for Harry O'Neill a long time Herricks High School track coach, and involved hundreds of community members from the surrounding area.

A new tradition was started this year involving a "leg" trophy for competitors from the local Volunteer Fire Departments. Members of the Albertson, East Williston, Garden City Park, Mineola and Williston Park Fire Departments had their finish times compiled and compared. The team with the five best combined times won the trophy.

All departments that participated



enjoyed the competition, camaraderie and team spirit. The Albertson Fire Company was awarded the trophy for 2017. The trophy was presented to Albertson's Assistant Chief William Cark Jr. by Deidre Bambrick, a teacher at the Searingtown Elementary School and the Coordinator of the event.

Deidre Bambrick presenting the Team from the Albertson Fire Company with the Trophy.

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Williston Park Library News

By Donna McKenna, Director

From the Director:

The library has purchased 5 Launchpads for grades PreK-K. They are learning tablets preloaded with educational apps.

As a reminder, we are not accepting donations until further notice. Please do not put your donated books into the return bins outside the library! If you do have books to donate, please contact The Book Fairies, a wonderful non-profit organization in Freeport at www.thebookfairies.org.

If you would like to make a monetary donation in memory of a loved one, please make checks payable to “Williston Park Library”. Books will be purchased and acknowledgment placards will be placed inside.

Adult Programs:

Book Discussion—Wednesday—September 6—7pm in the Assembly Room of Village Hall. Copies of *My Brilliant Friend* will be available at the Circulation Desk.

Children’s Programs:

Story Hour for Tots—Thursday—August 17—11am in the Library. Sign up at the Circulation Desk.

Let’s Get Ready for School—Thursday—August 24—10:30am in the Assembly

Room of Village Hall for children ages 2 ½-5 years old. Sign up at the Circulation Desk.

Author Eddie Joyce at the Williston Park Library:

On Thursday, July 27, the Library hosted novelist Eddie Joyce, who discussed his debut novel, *Small Mercies*.

It’s an ingeniously layered narrative, told over the course of one week that masterfully depicts an Italian-Irish American family on Staten Island and their complicated emotional history, ten years post 9/11. In it, as a New York Times reviewer noted, Mr. Joyce, a former lawyer who traded in his profession for a career as a novelist, “brought to life an island that is often slighted and overlooked” in “an intimate family portrait.”



"Hears" To You: Why Is It Better to Treat Hearing Loss Sooner Rather than Later?

By Carolyn M. Genna, AuD, FAAA

Identifying and addressing hearing loss early brings many benefits. From enhancing your quality of life, to helping protect against several health consequences linked to unaddressed hearing loss, the case for early treatment of hearing loss is strong.



Perhaps the most compelling reason to never put off a hearing test and treatment, however is simply this: we “hear” with our brain, not with our ears. When we have a hearing loss, the connections in the brain that respond to sound become reorganized. Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its “sound center” so it can more readily react to the sounds that it had been missing and cognitively process them.

In fact, the vast majority of people with hearing loss can benefit from hearing aids. And dramatic new technological advances have completely transformed hearing aids in recent years, making them more effective, comfortable, and easy to use.

So the sooner you identify hearing loss and start using professionally fitted hearing aids if recommended by an audiologist, the sooner you’ll begin to reap the rewards of better hearing.

The benefits of early treatment on quality of life and health.

For many years, experts have known the positive impact that addressing hearing loss has on quality of life. Research shows that many people with hearing loss who use hearing aids see an improvement in their ability to hear in many settings; and many see an improvement in their relationships at home and at work, in their social lives, and in their ability to communicate effectively in most situations. Many even say they feel better about themselves and life overall.

More recently, however, researchers are discovering a significant link between hearing loss and other health issues, such as cognition, dementia, depression, falling, and overall physical and mental health.

To get a fuller sense of why it’s so important to treat hearing loss sooner rather than later, just consider the latest research on hearing loss and these five health issues:

1. Cognition: According to Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, who has been studying cognitive aging and the relationship between memory and hearing acuity, unaddressed hearing loss not only affects the listener’s ability to “hear” the sound accurately, but it also affects higher-level cognitive functioning. Specifically, it interferes with the listener’s ability to accurately process the auditory information and make sense of it.

For instance, in one study, Wingfield and his co-investigators found that older adults with mild-to-moderate hearing loss performed poorer on cognitive tests than those of the same age who had good hearing. According to Wingfield, “The

sharpness of an individual’s hearing has cascading consequences for various aspects of cognitive function. Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly. You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory.”

2. Risk of dementia: A study by researchers at Johns Hopkins and the National Institute on Aging found that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Another study, by hearing experts at Johns Hopkins, found that older adults with hearing loss are more likely to develop problems thinking and remembering than older adults whose hearing is normal.

3. Brain shrinkage: Results of a study by researchers from Johns Hopkins and the National Institute on Aging found that although the brain becomes smaller with age, the shrinkage seems to be fast-tracked in older adults with hearing loss.

Another study, conducted by Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, along with colleagues at the University of Pennsylvania and Washington University in St. Louis, has used MRI to look at the effect that hearing loss has on both brain activity and structure. Their study found that people with poorer hearing had less gray matter in the auditory cortex, a region of the brain that is necessary to support speech comprehension. Wingfield has suggested the possibility that the participants’ hearing loss had a causal role. He and his co-investigators hypothesize that when the sensory stimulation is reduced due to hearing loss, corresponding areas of the brain reorganize their activity as a result.

4. Risk of falling: A Johns Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. The intensive listening effort demanded by unaddressed hearing loss may take cognitive resources away from what is needed for balance and gait, experts have suggested.

5. Depression: Several studies have found a link between depression and hearing loss. A Johns Hopkins study found that older adults with hearing loss were 57 percent more likely to have deep episodes of stress, depression or bad mood than their peers with normal hearing.

Another study showed that hearing loss is associated with an increased risk of depression in adults of all ages, but is most pronounced in 18 to 69 year olds. Another study, conducted in Italy, looked at working adults—35 to 55 years of age—with untreated mild to moderate age-related hearing loss and found that they were more prone to depression, anxiety, and interpersonal sensitivity than those with no hearing problems.

Hearing loss can be caused by a variety of factors and often occurs slowly and gradually. A baseline hearing exam is recommended for all adults at age 55. If you’re over 55 and haven’t had an exam, the time to do it is now.

Dr. Genna’s articles are always full of valuable insights, and we are pleased to be able to share them with you in The Williston Post. This one, however, may well strike home with many of our readers.

Dr. Genna practices here in Williston Park, at 99 Hillside Avenue, Suite 99-O, and can be reached at 516-873-9742.



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The Houston Avenue Reunion

By **Ron Baumbach**

Do you remember your next door neighbor when you were growing up, or the kid across the street whom you haven't seen in perhaps 50 years? What would it be like to see them again? How would it be to bring them all together for one truly Magical Day!

We are the lucky ones, the Houston Avenue Kids, who share amazing similarities with those featured in my book *The Last Walk on Our Block*.

We had a very special reunion on June 24th when some 40 of us, including some spouses, came back from locales such as the states of Washington, California, Colorado, Arkansas, Indiana, Florida, Maryland, Pennsylvania, New Jersey and all over New York, to be united once again on our childhood street – Houston Avenue – and to walk our block together. Behind a tremendous 8' x 4' banner that read “Houston Avenue and Surrounding Streets Heroes” the group walked and stopped in front of every house, remembering those who lived there.

There were so many Very Special Moments especially when we were in front of a Walker's childhood house. Pictures were taken of the Walker and their family in front of their home from the past, and many neighbors who live on the street now came out and chat-



Starting our walk.

ted. Some Walkers even re-entered their childhood home, but many preferred to keep their memories of their childhood homes the way it was, and remained outside.

The walk was followed by a celebratory dinner at TR's Restaurant, where more former and current neighbors appeared. Video montages were shown, including a Memorial Tribute to the 'kids' who left us for a far better block. The evening was capped off by having ice cream at Hildebrandt's.

So many stories were shared, enough to fill a few more books! We all enjoyed ourselves and the moment,

and truly appreciated all of our parents for raising us up in such a wonderful neighborhood. Needless to say, plans are in the works to continue the jour-

ney sometime in the future.

Houston Avenue and Surrounding Streets Heroes are truly Wonderful People, United Again!



Clockwise from top, Tom Hayes, Monica Thomas, Peter Doyle and Chris; stopping off at Hildebrands; Baumbach's in front of 'their' home



Good Works Don't Take a Vacation: Boy Scout Troop 200 In Action

Scouts from Williston Park's Troop 200 have had a busy summer, but have not forgotten their commitment to help those in need.

On July 29th the Scouts spent a beautiful Saturday morning collecting food for St. Aidan's Food Pantry outside Stop & Shop. This food drive, which supplements the Food Pantry at a time when many of St. Aidan's parishioners are on vacation, will provide it with much needed staples for the remainder of the summer.

The Williston Post thanks the Scouts and Leaders from Troop 200 for demonstrating their commitment to the Boy Scout Oath to “help other people at all times”.





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August in the Garden

August is often the hardest month for your garden especially if the weather turns very hot. It is particularly important to keep your annuals and perennials well-watered and weeded so that they can tolerate the heat. Weeds seem to grow regardless of the weather, so keep after them a bit at a time so that they don't crowd out your favorite flowers.

Continue to deadhead roses, annuals and perennials throughout the month. Geraniums are looking lovely this year and should continue to bloom well into the fall. Even daylilies may produce a few more blooms if you cut down the spent stalks.

If you are one of the lucky gardeners who have hydrangeas, you have been treated to a beautiful show this season. Be sure they get enough water so they don't wilt if it gets very hot. Before the flowers begin to fade a bit, try drying some of them for a long lasting bouquet indoors. You can dry them hanging upside down or in a vase without water.

August is also a time to take stock of your garden's successes and failures and plan for the next season. If you love early spring perennials like tulips and daffodils, now is a good time to order any additional bulbs. They should arrive in time to plant them once the soil is cool enough – typically late September or early October. This is also a good time to divide perennials like bearded iris and day lilies for a healthier perennial garden next year.

Vegetable gardens should be producing crops of tomatoes, cucumbers, squash, beans, etc. now so be sure to pick the vegetables as they ripen to ensure that the plants continue to produce fruit and are wonderful additions to your dinner table!

August is also a good time to replenish the mulch in your flower and vegetable gardens to keep the weeds down and the plants happy.

Chihuly at the New York Botanical Garden.

In the Willistons not only are we fortunate to have wonderful public gardens, such as Clark Memorial Garden, right in our own backyard, but a world class public garden only a short drive away. The New York Botanical Garden is always worth a trip, and this summer and fall the experience is made even better by an exhibition of the famous glass

sculptor Dale Chihuly, whose fabulous glass sculptures are integrated into the Garden's indoor and outdoor plantings.

Running through the end of October, this show displays more than 20 magnificent glass installations set against the Garden's 250-acre backdrop. "All of my work presented at NYBG is site-specific," says Chihuly of the show. "I design each installation with the space and the visitor experience in mind." This exhibit is available to Garden visitors and is particularly stunning as part of the "Chihuly Nights" program, when the artworks are illuminated and made even more spectacular after sunset. If you can, be sure to take advantage of this once in a decade opportunity to view this beautiful exhibit.



Funday Monday in the Town of North Hempstead

Funday Monday is in full swing in the Town of North Hempstead. Funday Monday is open to all seniors of the Town of North Hempstead. Seniors have the opportunity to gather at Bar Beach for a day of dancing, entertainment, card playing and socializing. The program runs from 10:00 a.m. to 2:00 p.m. You should bring your lunch, but you can purchase beverages and snacks at cost.

This year new activities include nature walks along the Hempstead Harbor Trail and mindful coloring. The Organic Farmer's Market returns with fresh local produce for seniors to purchase.

Past events this summer have included dancing to music of Jerry Costanza and his Swing Band, a Sock Hop, a chance to visit Hawaii at Bar Beach through the music of "Dance Aloha" and a Mardi Gras party featuring dancing, beads, masks and the music of jazz musician Vince Rhodes.

There's still time to enjoy the programs and the chance to listen to music and dance by the waters of Bar Beach. On August 18th (raindate August 21st) you can come down for a Doo Wop Party with "Remember Then." On August 25th (raindate August 28th)



the Monday Funday season concludes with "Home Town USA Family Day" An exciting celebration of American Traditions with crafts, hobbies, demos, musical performances, a classic car show and a special salute to the Armed Forces. You can also come swing into Dixie with "The Banjo Rascals" and savor the end of summer with "Stan and Eddie."

If you haven't already made Funday Monday a part of your summer, stop by Bar Beach to take in a program or two. It certainly sounds like a great way to spend a summer afternoon.

Meet Emily Willis, East Williston's New Library Director

Emily Willis was recently appointed and confirmed as the new East Williston Library Director and, if you haven't already met her at the Library, we are pleased to introduce her to you here.

Ms. Willis grew up in Williston Park, attended the Mineola Schools and got her undergraduate degree in Music Education at Molloy College. She recently received her Master's Degree in Library Science from Queens College. She started working at the Williston Park Library at the age of 16, and still works there as well. She also worked part time at the East Williston Library while attending school, and described the position of Library Director in East Williston as a "dream job."

She has been involved in programs for young readers at Williston Park, and wants to place a great deal of emphasis on expanding East Williston's already busy schedule for young readers even further.

She is interested in bringing the Tiny Tykes reading and discovery program for 1 ½ year old to 5 year old children and parents and guardians.

She also intends to place a great deal of emphasis on programs that will help the Library to retain middle school and high school age readers as active library patrons. She was quite encouraged by the success of the Library's summer reading program which this year involved 80 active young readers.

In addition she would like to expand the East Williston Library's lecture series for adult patrons to include lectures on Broadway shows and by current authors.

Ms. Willis's enthusiasm and love for the library as a community resource was delightful, and The Williston Post looks forward to sharing the results of her work in future issues of the paper. East Williston, and Williston Park, are fortunate to have her working in our libraries.





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Pythons at the Pool

The Roger Fay Williston Park Pool was the venue for a gathering of lizards, and turtles, and pythons (oh my!) as John from My Reptile Guys presented his cold blooded companions to a very appreciative group of children and parents on August 4th.

John explained to the children, at the outset, that most reptiles are harmless and clean, and that “cold blooded” only means that they use heat from their surroundings to maintain body temperature.

Volunteers from the audience got to hold, and in some cases wear, the animals, and everyone really enjoyed the program.



John is a wonderful ambassador for animals that are frequently misunderstood, and he was very patient and encouraging with the children, some of whom were not all that comfortable (at first) with the idea of holding a snake.

The Pool staff got in on the fun, and a group of them (all of whom were needed) ended the program by holding a 9 foot long Burmese python, which still has about 11 feet to go before being full grown.

In all it was a great occasion at Williston Park’s beautiful Pool and another reason why summer in the Willistons is a delightful time indeed.



Vacation Photo Contest



While we never tire of writing about the many enjoyable things there are to do in the Willistons, there’s a big wide world out there inviting us to travel, and summer is the best time to do it.

If you had a delightful vacation away from home this year, and you took some pictures, we invite you to send them to us for inclusion in the September 2017 issue of The Williston Post. We will select the best photo in several categories, nature, foreign cities, U.S. cities, and family vacation photos, and announce the winners in the October 2017 edition.

But in the meantime, go exploring!



Chimon Family Dentistry Holds Open House

On Monday August 7th Dr. Morris Chimon, D.D.S. with his wife Cheryl and daughter Jenna held an Open House to preview their new offices at 810 Willis Avenue in Albertson.

Dr. Morris Chimon is the Past President and long time member of the Rotary Club of Williston Park. Jenna Chimon recently returned from an aid mission to Madagascar where, under the supervision of professors from the SUNY Stony Brook School of Dentistry, she and her fellow dental students provided dental care to local residents who, in many cases, had never been treated by a dentist or who had gone for years without any dental care at all.

The Williston Post wishes much success to this wonderful and involved family!



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East Williston Golfers



Members of the East Williston Golfers’ Association admiring a beautifully re-stored antique car after a round of golf at Island’s End in East Marion.
Included in the group photo are Sam Salerno, Mike Lavelle, Pete Russo, Joe Zolezzi, Tom Mohrman, and John McKenna.

Father/Daughter International Golf Champions

The golfing duo of Michael and Stephanie Sullivan from East Williston was the Low Gross Champions at the 10th annual Father/Daughter World Invitational Tournament held in Waterville, Ireland. The pair finished with a combined score of one under par for two days winning by two shots.
The weather conditions in Waterville presented the usual challenges with chilly temperatures, occasional sun, extreme winds and sideways rain! Team Sullivan hung in there scoring rounds of 71 and 76 with Stephanie setting the tone making an eagle (3) on the first hole of day one!
This is the Sullivans’ second year competing in the tournament, hosted by Carr Golf, and they plan to return again in 2018 to defend their title.



Seen Around Town



Future Firefighter Jake Davis driving the engine along Hillside Avenue.

“English Tea” at the Clark Botanic Garden

The Auxiliary of the Clark Botanic Garden will hold its 14th annual Marie Jensen Bick Herb Day and Lecture, “An English Tea” on Wednesday, September 13, 2017 at 12:00 PM at Clark House located at 193 I. U. Willets Road, Albertson.
The Tea will celebrate Cilantro/Coriander, the 2017 Herb of the Year. Highlights of the event include a “Tea Cup Exchange” (please bring a gift wrapped, NEW CHINA tea cup to participate), sandwiches and sweets, as well as raffles.
Due to limited seating, reservations (\$30 member, \$35 non-member) are due by September 6, 2017.
Please send your check payable to Clark Botanic Garden Auxiliary to the attention of: Jean Weissman, 36 Landau Avenue, Floral Park, NY 11001, 516-437-0685. Please include the name(s) of guest(s), address, telephone number and email address.
Come join the Clark Garden Auxiliary on Wednesday, September 13, 2017 and enjoy a lovely “Day in the Garden.”



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Herricks Honors Outstanding Senior Athletes



Herricks High School 2017 graduates Michael Chase and Chase McGahan were recognized as Outstanding Senior Athletes at the annual Herricks Sports Banquet, held at the Inn at New Hyde Park in June.

Both students are three-sport athletes who have exhibited dedication and sportsmanship on and off the field.

Michael participated on the football, wrestling and spring track teams. He was a captain for the wrestling team, earned Most Valuable Player status for spring track and was named a Most Improved Player for football. Coaches praised his humble demeanor and eagerness to always give 100 percent.

Chase played on the volleyball, basketball and lacrosse teams, and served as a team captain for all three sports. She was named Most Valuable Player for volleyball and lacrosse. Coaches described her as fun, loving, happy and hardworking, with skills and determination that motivate teammates.

Photo courtesy of Herricks Public Schools

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Questions:
Find us on Facebook at Williston Park Recreation.

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Caring for Our Pets

Managing the Older Arthritic Dog

By **Victor LaGinestra, D.V.M.**

As with human beings, as many dogs get older their arthritis gets worse. This is especially true for large breed dogs like Labrador Retrievers, Golden Retrievers, and German Shepherds who can have underlining hip dysplasia, elbow dysplasia, and anterior cruciate ligament tears. Also, small breed dogs can have congenital problems such as medially luxating patellas (knee caps that pop-out of their joints) which will lead to arthritis as they get older.



Assuming that your dog will not be going for surgical management such as hip replacement therapy or anterior cruciate ligament repair, there are medical therapies to help your dog. We call these therapies multimodal because each therapy adds a small improvement but when they are combined, they can make a significant difference.

- Weight control: This is probably one of the most important things you can do for your dog. The more overweight they are, the more problems arthritis will cause and the more rapidly it will worsen. If you are having a problem with your dog's dieting, have their thyroid level checked.
- Moderate Exercise Daily: Exercise will keep their joints stretched and lubricated, their muscles strong, and will help with weight control. Also cardiovascular function is improved.
- Keeping dogs on good footing: Slippery floors such as wood and tile floors will make it difficult for them to get up and down and if they slip they can damage their joints even more.
- Joint Supplements: We know that there is much controversy about these products, but historically they seem to help. Most contain Glucosamine and Chondroitin with other ingredients such as MSM and ASU.

- Omega-3 and 6 Fatty Acids: These fatty acids are anti-inflammatory and will not only help joints but also other areas of the body such as the skin.
- Joint Diets: Certain dog food manufacturers will have diets specifically for joint help and weight control. Some contain various supplements and high doses of Omega-3 and 6 fatty acids.
- Laser Therapy: This is the application of laser light over the joint to decrease pain and inflammation and accelerate healing
- Adequan injections: Adequan is a drug given by intramuscular injection that inhibits the enzymes that break down cartilage so joint damage is reduced. It is administered twice a week for four weeks then monthly.
- Underwater treadmill therapy: Water provides increased resistance and decreased vertical impact during the dog's exercise.
- Acupuncture: Certain points are identified on the body and either a dry needle is inserted or there is an electrical stimulation at these points
- Physical therapy: This can include various treatments such as the application of heat or cold, passive range of motion, stretching, massage, and electro stimulation
- Non-steroidal anti-inflammatory drugs: These drugs are highly effective in



controlling the signs of pain and inflammation but can have significant side effects for the liver, kidneys, and the stomach lining. Human equivalence would be Advil, Aspirin, Aleve, etc.

- Multimodal drug therapy: Since there are multiple pain pathways, multimodal drug therapy can decrease pain and allow decreased doses of other drugs to minimize adverse effects. Examples are Tramadol, Amantadine, Gabapentin, and a new drug called Galliprant.
- Platelet rich plasma and stem cell treatment: These are products made from the patient's own blood and fat that are injected into the joints to regenerate, heal, or replace tissue.

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News from the Irish-American Society

Late summer and fall will be a busy time at the Irish-American Society of Mineola:

September 15th, 2017—Harvest Moon Ball at Antun's in Queens Village, Honoring Frank and Francine Collins, Ciara Dempsey and Aileen Scott. Music by the Tommy Flynn Band. Cocktails at 7:30, Dinner and Dancing at 8:30. Open Bar. Donation \$85.00 per person.

September 29th, 2017—Fall and Holiday Fashion Show 7:00 at the Irish American Society Hall. Hors D'oeuvres and Mimosas will be served. Tickets are \$25.00 for adults, \$15.00 for children.

October 9, 2017—Veterans' Recognition—Stand Down 12 Noon to 2:30 P.M. at the Society Hall

More information can be obtained from the Irish American Society, 297 Willis Avenue, Mineola, New York, 11501; (516) 742-8080 www.irishamericansoc.com; e-mail irishamericansocietyny@gmail.com

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Williston Park's National Night Out

On Thursday evening, August 3rd, Williston Park observed National Night Out with its 5th Annual Bike Ride. National night Out is a community-police awareness-raising event held throughout the United States. This year's bike ride started on Broad Street and proceeded to Kelleher Field where participants and their families were treated to gelato. The Block Captains played an important role by controlling traffic throughout this event. Officer Cooper gave a short but informative talk to the children about keeping safe and then followed by asking the children questions to test their knowledge. Thanks to all who participated and worked hard to make this event a success. If your Block does not have a Block Captain and you would like to volunteer to become a Block Captain or would like more information, please call the Village Hall at 746-2193



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