



The Williston Post

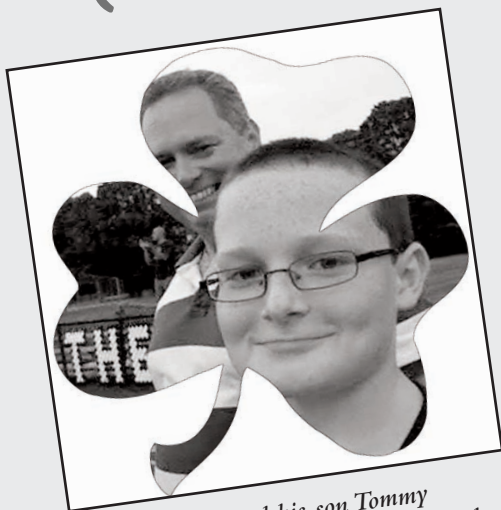
Hometown News for Hometown People

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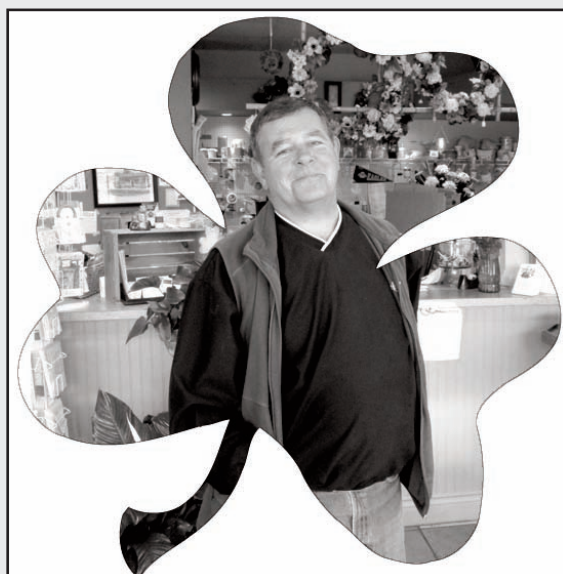
March 2015

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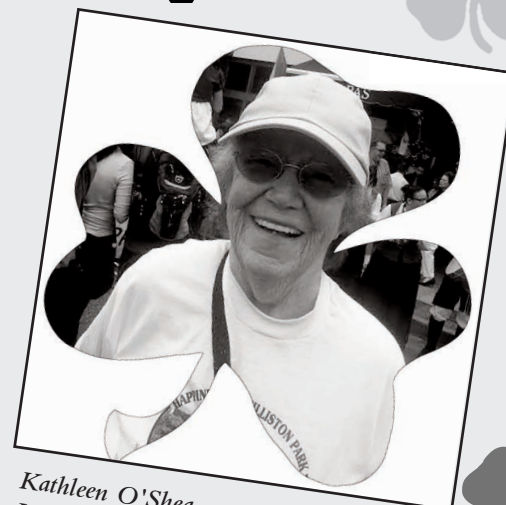
Happy St. Patrick's Day



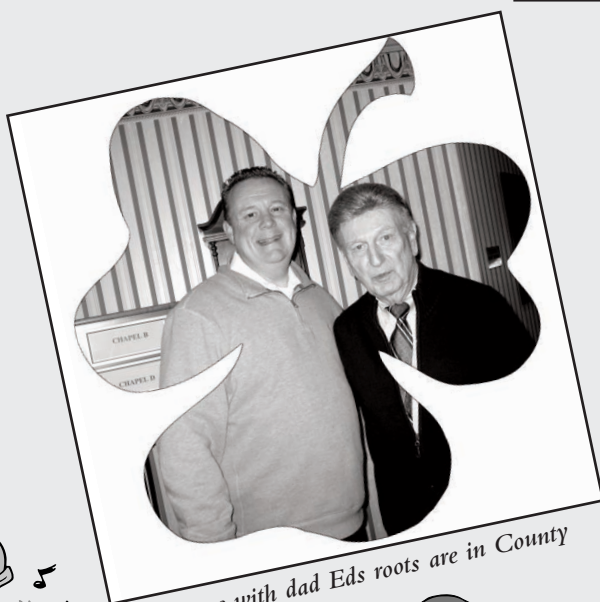
Tom Cusack and his son Tommy
The Cusack family comes from Meath
and Mayo



Larry Kane



Kathleen O'Shea
Limavady, Co. Derry, Northern Ireland
"A real thoroughbred"



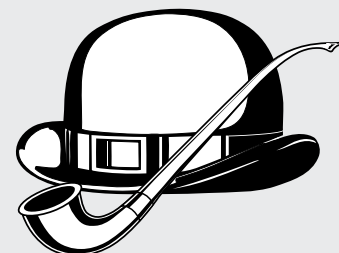
Chris Joyce with dad Eds roots are in County
Limerick



Its a dogs life! Derry and
Creggan McLaughlin,
Lafayette Pharmacy owner
Mary's Irish Pride



Patti and Kevin Daly - Kevin's family
hails from County Cork and Patti
McMahon Daly's family is from
Monaghan.



LOCAL HEROES

One of the things that we wanted to do when we started this newspaper was to tell our readers about local residents and business owners who get involved in making things better for their neighbors and their Community. The cold weather this winter has given us the chance to tell you about two of our local heroes—Timmy Farrell and Dr. Mary Carlson.

SENIOR SNOW REMOVAL

We at The Williston Post would like to send a large and very special THANK YOU to Timmy Farrell, of Capitol Avenue, who has unselfishly taken charge of the Senior Snow Removal on Capitol Avenue.

Timmy has spent many, many hours going up and down the block clearing the sidewalks and home pathways of all the seniors living on Capitol Avenue.

The Capitol Avenue Seniors thank Tim for looking out for them and will be forever grateful for his efforts.

Tim receives recognition from The Williston Post as the Captain and General Manager of the "Capitol Avenue Senior Citizen Snow Brigade," and we encourage our readers to take a page from his book and to do the same in their neighborhoods.

We tip our hat to Tim !!!!



SHOES FOR ALL

FiOS 1 recently devoted part of a segment of their series Heroes On Our Island to the work of Dr. Mary Carlson, who is a regular contributor to The Williston Post, and the organization which she founded—Shoes for All. Dr. Carlson noticed that some of her patients had problems with their feet that were made worse by their lack of decent comfortable properly fitting shoes. Dr. Carlson decided to do something about this and, starting in 2010 at the Williston Park Street Fair, she began to collect new and gently used shoes for people who really needed them.

She was joined in her efforts by numerous volunteers, including students at Herricks High School. Shoes for All recognizes the fact that "there are families; mothers, fathers and children who have tremendous financial problems right here in the United States" and that "shoes play an important role in helping keep children healthy, educated and moving toward opportunities for a better future."

In addition to being profiled by Heroes On Our Island, on March 10 Dr. Carlson will be a recipient of the Town of Hempstead's Pathfinder Award, in recognition of her professional achievements and volunteer activities.

Many people see the problems of the world. It takes a local hero to roll up her sleeves and do something about it. We are so lucky to have Dr. Carlson, and her volunteers, in our Community.

You can learn more about the good work of Dr. Carlson and Shoes for All, and obtain information about how to donate shoes and volunteer your services at the Shoes for All Website, <http://www.shoesforall-sfa.com>. You can learn more about Dr. Carlson's practice at her website www.DrMaryCarlsonDPM.com or by calling 516-248-8188.

Everybody Loves Ground Hog Day



Continuing a tradition he started with then Mayor Tom Muldoon, Bill Casey resurrected "Williston Park Willie," the official groundhog found wandering around Williston Park during Tom's tenure. Pictured here on Ground Hog's Day are Bill with grandchildren Daniela, Hannah, and Brendan at the Gazebo. When asked if we will have six more weeks of winter, Willie responded "Maybe yes, Maybe no." One thing we know for sure is that Willie is happy to be back in Williston Park and Tom Muldoon would be thrilled to see him in his beloved park.

*A little smile came gleaming,
down from the heavens to see.
The smile was from a little boy ,
for all the world to see.
I may be gone but I love you all,
I know you miss me too,
on the twentieth of March,
my natal day, I'll send a kiss to you !*

In fond memory of: Philip Calvin Amico

The Williston Post

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HOOPS FOR HEART AT WILLETS ROAD

by Joseph Virgilio

We Jump, We Shoot, We Save! Over the last few weeks, students at The Willets Road Middle School, in the East Williston School District, in partnership with The American Heart Association succeeded in an effort to raise money and awareness of Heart Disease. Under the leadership of Physical Education teachers David Burke, Monique Barker, and Joseph Virgilio, students at Willets Road participated in the Hoops for Heart Event. The activities in this special event included dribbling skills, shooting contests, and modified games held during Physical Education classes. Using basketball as a vehicle to teach about the importance of making healthy choices, all students displayed a positive attitude and worked together to achieve one goal.

Over the holiday break, students had an opportunity to reach out to family, neighbors, and community members in order to raise money for Heart Disease, the number one leading cause of death of both men and women in this country. Throughout the Hoops for Heart Event, students also had the opportunity to discuss the importance of living an active and healthy lifestyle in their Health classes.

The Hoops for Heart Event was a great success and students at The Willets Road Middle School should be proud of their overall goal of raising money to help others. The total amount raised for this year's event was \$3,750. The Physical Education staff would like to thank all students and parents for their generous donations. They would also like to thank Director of Physical Education, Health, and Athletics Tom Fitzpatrick, Willets Road Principal Mr. Stephen Kimmel and Dean of Students Dr. Joseph Coladonato, for their continued support. A special thank you to Superintendent of Schools, Dr. Elaine Kanas, for her efforts to provide the best educational experiences for the children of the East Williston School District. The Willets Road Middle School looks forward to a continued partnership with The American Heart Association.



Pictured are 5th graders: standing left to right - Lexi Burke, Caroline O'Brien, Emilia Keys sitting left to right - Will Karikas, Marco Deodato, Colin DeLay

GROWING UP IN WILLISTON PARK...

ONE SHOVEL AT A TIME!

by Raymond Haller

Winter is here, the temperature is frequently in single digits and the sky is grey and cloudy, promising heavy snow. While most of us are finally getting tired of winter weather, that was always a good sign if you were young kid growing up in Williston Park. This meant that it was soon snow time! Growing up in Williston Park, we looked forward to heavy helpings of what was, for us, white gold.

When it snowed, we would get up at the crack of dawn and mom would make us a great breakfast. She would make sure that we had our boots and long johns on, and then my brother and I, and our buddies on the block would get together and go out for a day of snow shoveling.

Since this was well before the invention of Teflon® our only worry was getting a shovel and an old candle to wax it so that the snow wouldn't stick. We would go out early in the morning and we all knew that we had to be back by 6 o'clock for dinner. Back then, regardless of how much snow fell, we usually got two bucks for shoveling the sidewalk, and if we were lucky enough to get a corner house we could charge as much as five bucks. On occasion we shoveled the driveway for 10 bucks even if it took half the day. We worked hard for our money back then and we frequently ended the day with \$15-30 each, which was great money in 1960. I knew that the next morning I'd have a brand-new comic book, a chocolate egg cream of Wiseman's and a small bag of penny candy for my friends.

The rules were, you always had to shovel out your own homestead first, no charge of course, and then there was always a senior citizen on the block who always needed his or her sidewalk shoveled. It was expected of us that we would do it and, being the good boys that we were, we never used to charge them. However, we were frequently paid with an oatmeal or chocolate chip cookie and with a very big thank you, which was great pay indeed.

Well, that's the way it was growing up in good old Williston Park 40 years ago. These days the snow still falls, and our older neighbors still can use help shoveling it. It would be nice for all those who have teen aged children to encourage them to go out and shovel an older neighbor's front walk, sidewalk and driveway. They might not get paid, although they still might get a cookie, but your child will be doing a great act of charity, and carrying on a great neighborly tradition here in Williston Park (and East Williston). So kids, put a smile on your neighbor's face and shovel their walkway. It will make you feel like you have done something really special, and it is. As Mother Teresa once said, "Be the love of our God in action!"

Happy Shoveling!



Reis Nobman helping to shovel Grandma and Grandpa Daw's driveway.

Poet's Corner

February

Shrill winds

*forge their way through
bare branches—*

Water particles

congeal to form various patterns—

Swirling snowflakes

*swiftly mingle together
across the barren earth—*

While unmolested...

Daffodils sleep, beneath thick layers of snow.

by Louise M. Schwarzschild, 2/69

Irish American Society Celebrates 65th Annual Saint Patrick’s Day Parade

The Irish American Society of Nassau, Suffolk & Queens recently celebrated their 65th Annual St. Patrick’s Parade in Mineola. Nassau County Clerk Maureen O’Connell joined area officials and community members to celebrate this exciting and happy occasion. Following the parade, festivities continued at the Irish American Center at 297 Willis Avenue in Mineola where a reception was held for all dignitaries.



Nassau County District Court Judge Joy Watson, IAG Secretary Gerard Toner, Nassau County Clerk Maureen O’Connell, Mineola Trustee Dennis Walsh, Parade Grand Marshall Patrick O’Hanlon, Parade Co-Chairman John Doyle, Mineola Mayor Scott Strauss and Eileen Cronin

MANAGING YOUR *HealthCare*

GET RID OF FUNGAL NAILS JUST IN TIME FOR SPRING

by Dr. Mary Carlson



Does the fear of open toed shoes make you hate warm weather? Does the thought of heading to the park or beach haunt you because of your embarrassing fungal toenails? Have you avoided treatment because its time consuming and painful?

It’s been a rough winter for all of us. We’ve had our feet wrapped up tight in warm boots all season long. But believe it or not, Spring is approaching and it will be here before you know it. That’s when the embarrassment of toenail fungus comes to the forefront of many people’s minds. The great news is that Dr. Mary Carlson offers a painless, fast, and effective treatment for fungal toenails using state-of-the-art laser therapy. This laser nail treatment eradicates the fungus in the nail bed and allows healthy nails to grow – just in time for the warmer weather. Best of all – it is pain free and has no side effects! You owe it to yourself to enjoy the warmer weather carefree. Make an appointment with Dr. Mary Carlson today.

Dedicated to her passion for healing, Dr. Mary Carlson has been serving patients on Long Island for years with the highest quality of care. She treats everyone with the respect and dignity that they deserve, and together with her friendly staff members, helps create an office atmosphere of warmth and compassion ensuring that you have a pleasant experience every time you stop by or call.

Dr. Mary Carlson’s expertise can help you determine the cause of your fungal nails and fix them fast. By utilizing sophisticated in-office technology such as laser therapy, she is able to offer quick, effective, and painless treatment methods for fungal nails, heel spurs, inflammation, sprains, strains, and so much more. Since there are no surgical or invasive procedures required, it takes virtually no time at all to recover. Although most patients require a minimum of several treatments, many see life changing results after their very first office visit!

Now is the time to book your laser fungal nail treatments to see beautiful nails just in time for the warmer weather so call Dr. Mary Carlson right now. You can schedule an appointment today by contacting Dr. Mary Carlson at 516-248-8188.

FROM THE WILLISTON PARK LIBRARY

Our painting and carpet renovations are finally complete and we were able to reopen the library on February 5. The inclement weather set us back a few days, but there are just some things that are out of our control. We appreciate your patience during this time. Preparing the library for such a large project was not easy and would not have been possible without the hard work and dedication of the library staff! James, Pat, Mary Ann, Kathy, Marion, Emily and Mary did an AMAZING job, which included removing items and shelves from the walls, disconnecting all computers, and moving furniture and supplies into the Children’s Room so the staff was able to work. Shelves were cleaned before materials were put back, and storage cabinets and office furniture were reconfigured to optimize the space. I’ve never encountered such a hard-working staff, and I appreciate and value them more than they can ever know.

Donna McKenna,
Director



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"HEARS" To You

by Carolyn M. Genna, AuD, FAAA

Getting a Hearing Test Just May Help Your Heart

Keeping track of your hearing by getting a hearing test may help you monitor your cardiovascular health.

New research out of the University of Wisconsin in Madison has reconfirmed the link between hearing and cardiovascular health, suggesting that hearing loss may be an early sign of cardiovascular disease in seemingly healthy middle-aged people. The study also showed that hearing loss is common in people in their forties.

This research is in line with the earlier findings of David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee, who explains the cardiovascular-hearing health link: "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."

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.

About this latest research out of the University of Wisconsin in Madison, Dr. Friedland says, "This study provides a potential mechanism by which blood flow to the ear may be compromised, namely atherosclerosis and plaque formation. It also shows that hearing loss in middle age is more common than many people realize."

Research not only shows that hearing loss is affiliated with cardiovascular disease, but it's linked to other chronic illnesses as well, including diabetes, Alzheimer's disease, moderate chronic kidney disease, and depression. And when left untreated, hearing loss adversely affects quality of life, earnings, and physical and emotional well-being.

Luckily, the overwhelming majority of people with hearing loss can benefit from hearing aids, which have advanced dramatically in recent years and are designed to help people keep up with youthful, active lifestyles. When people with even mild hearing loss use today's modern hearing aids, they often improve their job performance; enhance their communication skills; increase their earnings potential; improve their professional and interpersonal relationships; stave off depression; gain an enhanced sense of control over their lives; and better their quality of life.

Four 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 same lifestyle behaviors that affect the heart 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 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 lower risk of hearing loss in women. Coincidence? Or does it all come back to blood flow to the inner ear?
3. Addressing hearing loss improves quality of life, helps reduce stress. Eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids. Many say they see improvements in their life overall, in interpersonal relationships, and that they experience reduced anger and frustration, and enhanced emotional stability.
4. Today's hearing aids are better than ever and virtually invisible. State-of-the-art, sleek, sophisticated, and low profile, today's hearing aids combine high-performance technology and style with durability and ease-of-use. They're a high-tech tool to help people maintain youthful lifestyles and stay socially, physically, and cognitively active. The options are so varied there's an attractive solution for just about anyone.

Laugh Lines

by Danny Paris

Welcome again to Danny's column.

Get ready for a good laugh!!!!

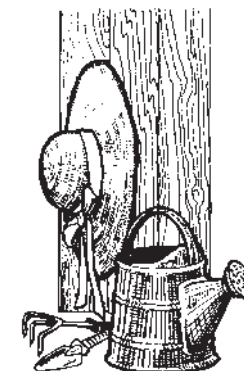


If there is a red house on the right side and a blue house on the left, where is the white house?

Washington D.C.

THE GARDENING CORNER

As this is being written, we are just digging out from a 6 inch "dusting" and are looking forward to three more days of snow, sleet, freezing rain and more of the same. Despite the bleak weather, the optimists among us are thinking of spring, summer and the joys of the garden. We were happy to receive another of Margo Bores's useful columns of gardening tips. This one addresses one of the necessary tasks of gardening, fertilizing, and is provides an environmentally safe, but quite effective, alternative to chemical fertilizers.



GARDEN SNIPPETS

by Margo Bores

An environmentally safe way to give plants a mild dose of nutrients is by spraying them with Manure Tea.

This homemade brew is easy to concoct. Just wrap one gallon of manure-based compost or well rotted manure in burlap, coarse cloth or a plastic bag that has time holes poked in it and secure the top. Place the bag in a 5 gallon bucket and fill it with water. Leave the mixture in a warm place for a least 3 days, but preferably for a week.

Then fill a spray applicator with the liquid and spray the plants well. Repeat every 3 to 4 days. You can also use manure tea for watering plants and to provide some protection against fungal disease.

Two things may happen, your plants will grow hearty and lush or you may find your missing clothes pins on your neighbors nose !

Good Luck ! It really works !



A Season for Simplicity

by the Rev. Dr. Steven Jay Davis

The Christian scripture contain strong admonitions to care for the needs of the poor. Back in college I read Ron Sider's Rich Christians in an Age of Hunger. It was a study of the biblical passages on poverty, oppression and injustice. My guilt was stirred. I didn't adjust my lifestyle much, but I thought about it.

Then in my first year out of college I decided with several friends to participate in a book study. We read Freedom of Simplicity by Richard Foster. Following our discussions of this book, I dedicated myself to a life of simplicity. I made a commitment to tithe my income, to drive a very basic vehicle, to dress simply, and to avoid extravagant dining and entertainment. This was easy to do. I had no money at the time. Shopping at Goodwill was a necessity. Giving away 10% of nothing was nothing.

Even as I advanced in my career, my wife and I stayed committed to simple living. We had no TV and very few meals-out. We did not get a television set until my oldest son was 10. Major League Baseball made the difference. We did not feel comfortable imposing on friends each night to watch their television for seven days of the World Series. I couldn't take my little kids to sports bar.

Now that we have no children in the home, my wife and I are back to no TV, but I must admit that it's hardly simple living. We get everything we want to watch on the computer. The other night while I was watching a comedy show on YouTube, programmed from an app on my iPhone, I wondered once again about my commitment to simplicity.

I don't have the same level of guilt that I once had about my advantages as an American, but I am deeply aware of the vast differences between the "have's" and the "have not's," and I am passionately concerned about how we can support the elevation of standards for those living in poverty.

Many Christians take 40 days near the start of the year to recommit to simplicity and to actively participate in acts of charity. If more of us did this, and allowed our spiritual insights and emerging healthy habits to shape our lives, I think it could make a world of difference.



Mineola Marching Band Goes to Disney, Wins Best Band on Main Street

The award winning Mineola Mustang Marching Band held their biennial trip to Disney World in Orlando, Florida from Friday, February 13th to Friday, February 20th. During this span the Marching Mustangs dazzled audiences with their performance of their 2014 production "Neverland," in which the group performed two parades, one at Magic Kingdom and the other at Epcot. After the Magic Kingdom performance, the band received a trophy for Best Band on Main Street USA. "It is truly an honor to receive such a prestigious award. Every single student in this ensemble works extremely hard and all their hours of dedication, responsibility and passion for the activity was justly rewarded," stated Mr. Frank Mauriello, the group's Band Director. The Mineola Band would like to thank Dr. Nagler and the Board of Education, the school administration, parents, the community and band members for another tremendously successful showing at Disney World.

As the premier performance ensemble in Mineola High School, the Mustang Marching Band will be representing our community in nationally televised events and performances throughout the year. You can cheer them on during their many performances in the Mineola St. Patrick's Day Parade, the Williston Park Memorial Day Parade, the Mineola Little League Parade and numerous home football games.

In months to come the Band will be participating in the Newsday Band Festival, the New York State Field Band Conference, The New York State Championships on October 31st and in our home competition at North Hempstead Park, on October 24th. Come on out to see our musical champions whenever you can!



LOOK...UP IN THE SKY...

By James Daw

It's a bird, an unexpected bird. The other day, while walking the dog, I heard a sound overhead that sounded very much like the call of a very large crow. Looking up I saw a very large blue heron flying about 20 feet above Downing Street in East Williston. Unfortunately, by the time I was able to get my camera out to take a picture it was long gone, but it was quite a sight for what was otherwise a somewhat dreary winter morning. (The photos below are ones that I have previously taken of herons in other places.) It wasn't the first time that I saw a heron flying over the Willistons, but they certainly aren't as common as crows, cardinals or the other birds who make their home here.



Over the course of the past four or five years I have noticed quite a few interesting birds that I never used to see here. There is, for example, a falcon that will occasionally perch in our apple tree trying to spook a dove or other small bird into taking off and becoming lunch. There are several large hawks that also can be seen (and heard) flying overhead. They whistle when trying to flush out prey and they generate quite an uproar from the crows and bluejays whose calls justify their reputations as the sentries of the forest.

There is a lot of nature to be seen and heard, even in a suburban community on Long Island. If any of our readers have photos of birds, or other interesting and unusual wildlife, that you have seen in the Willistons, we would love to see them and, if possible, to publish them in The Williston Post as well.



St. John's Lutheran Church

47 Winthrop Street, Williston Park, NY 11596

Phone: (516) 742-5858 • Fax: (516) 746-0883

E-mail: stjohnslcwp@verizon.net • Website: stjohns-wp.org

Mid-Week Lenten Wednesday

February 25, March 4, 11, 18, 25

Supper at 6:30pm Service at 7:30pm

Palm Sunday, March 29th

Sunday of the Passion

First Holy Communion

9:00am Education Hour

10:15am Communion Service

Maundy Thursday, April 2nd

7:30pm Communion Service

Good Friday, April 3rd

10:15am & 7:30pm Worship Service

Easter Sunday, April 5th

Resurrection of Our Lord

10:15am Communion Service

NEWS FROM THE CHAMBER OF COMMERCE

The Chamber of Commerce of the Willistons recently had an evening networking meeting at *Opa Grille* in Williston Park. In addition to the opportunity to meet contacts and potential clients and customers, the Chamber members in attendance enjoyed a delicious Greek meal, with a Mediterranean flair, certainly welcome in the cold weather.

Shown below is Chamber President John Gordon addressing the Chamber Members, and the assembled Chamber Members posing for the camera after their meal.



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Hosted by
St. Aidan School

April 18, 2015 11:00 a.m.

April 18, 2015 3:00 p.m.

April 19, 2015 1:00 p.m.

St. Aidan School
525 Willis Avenue
Williston Park, NY 11596

Tickets: \$30

For more information visit
www.sasamericangirlfashionshow.com.

Recommended for children 6 and up

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It's a Snow Day!!!!!!



So let's build a fort at Northside!!!!

LOOKING TO OPEN A BUSINESS—COME TO THE WILLISTONS



Some people will see an empty storefront and think of bad news and misfortune. Others will see that same storefront and see an opportunity. Here in the Willistons we are fortunate to have a thriving business community made up not only of long established businesses, but new ones as well.

All over the community, people are starting a new venture in a storefront, or taking over an established business and giving it new life, energy and focus. The photographs below are only a sampling of these businesses. We are all the better for the vision and courage of their owners, and we owe them our support and patronage.

If we want our avenues to be filled with thriving retail stores, fantastic restaurants and top notch professional services, it is up to us to shop locally first. And if you, or a family member, are considering the possibility of going into business, think about the Willistons first!



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Fatima & Bernadette offer two
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ages 6-15

Meet the directors!

On April 11th at 3pm the
Resident Directors will be at
Holy Trinity HS in Hicksville,
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info@campsfatimabernadette.org

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Williston Park Rotary Blood Drive



Thursday, March 26, 2015
East Williston Fire Department
456 Sagamore Ave, East Williston
3:30pm - 8:00pm

Your donation will help to save up to THREE lives. Our community
hospitals need your help. Please share this lifesaving gift!

Thank You for Caring!

Eligibility Criteria:

- Bring ID with signature or photo.
- Minimum weight 110 lbs.
- Age 16 - 75 (16 year olds must have parental permission. Age 76 and over need doctor's note)
- Eat well (low fat) & drink fluids
- No tattoos for past 12 months

For questions concerning medical eligibility call 1-800-688-0900.

Long Island Blood Services

For more information or to schedule an appointment, please contact:
Peggy Thomann 516-248-6346

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\$175

**Beginning March 16th have your vehicle detailed inside and out and
receive a FREE estimate for any damages incurred during the winter.**

CONTEST CORNER

GUESS WHAT BILLY MUNDER FOUND IN HIS BASEMENT?

(SEE ATTACHED PHOTO)

This device is more than 50 years old. It's not likely that it would be used today, and it's probably not UL approved.

Guess what it is...and what it was used for.

Send your best guess and any comments to:
contest@thewillistonpost.com

Entries will be drawn at random until the mystery is solved. If nobody guesses what the item is, the most creative and/or funniest guess will win. The decision of the judges, in this regard, will be final.

Winner will receive a \$10.00 Dunkin Donuts gift card compliments of THE WILLISTON POST.



PAELLA Party!

March 24, 2015 6-8pm at Sangria 71



All Proceeds to Benefit
The Rotary Club Of Williston Park
Donation \$35 Prepaid
\$40 at the Door



Come Join us in supporting the Rotary Club of Williston Park
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THE MAIL MUST GO THROUGH



Eddie the UPS Driver

It goes without saying that this has been a winter that kids now will bore their grandchildren with. ("Why, in the Winter of '15, we...."). There has been more snow, more ice, more slush and more cold than many of us have ever seen and yet, in spite of it, the mail has gone through, fire and ambulance calls have been answered, streets have been plowed, the garbage has been picked up, your Fed Ex or UPS

package has been delivered, and life in our community has gone on.

The people who do these jobs, and others, are our own unsung heroes. We don't notice it because the work is accomplished, but if we think about it, we know how hard it has been on all of the people who do this important work for us.

So, next time you see your letter carrier, your sanitation worker, or anyone else who has stepped up and "gotten it done" this winter, take a moment and thank them. They've really earned it!



Williston Park Mail Carriers Kerry and Joe hoping for an end to the snow!



Smiling Williston Park Sanitation Workers Kerry Weber and Jim Sullivan



East Williston DPW Supervisor Jim Bailly

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- Tips to Avoid Being a Victim
- Protecting Your Investments
- Types of Investments
- 10 Tips to Keep Track of Your Investments

Tuesday, April 7 at 2PM

American Legion Hall, 730 Willis Avenue, Williston Park

This is NOT a sales program. It is a free education program
of St. John's Law School brought to you by Post 144.

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AVIATOR'S POST 743 AMERICAN LEGION

Is holding their monthly meeting on
Wednesday, March 18th, at 12:45 P.M.
at American Legion Post 144
730 Willis Avenue, Williston Park N.Y.

Special guest speaker will be Mr. Sam
Greenberg, Captain United States Navy
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Please Contact Frank Oliveri @
516-741- 8300 so that we may plan
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You trade in your car every few years, you paint, change rugs, and upgrade your home and appliances, why not the heating system that keeps your home comfortable!

\$\$\$\$ Energy and equipment rebates are still available \$\$\$\$

NOTEWORTHY BIRTHDAYS

Evelyn (Mama) Matranga recently celebrated her 104th birthday with her four sons and daughter-in-laws, grandchildren and great grandchildren.



George and Katie Matranga of Capitol Avenue Williston Park, Frank Matranga, formerly of Williston Park, James of New Jersey and John of Hyde Park, New York, Grandchildren Brian, Gavin, Justin, Daniel, James and Peter and John, and Great Grandchildren Avery, Madelyn, Francis, Thomas, Jackson, Theodore, Willem and Annalis came together recently to celebrate the wonderful life of a wonderful person.

Evelyn Matranga grew up on East 21st Street in New York City and lived there all her life just until recently when she has moved up to Hyde Park for Seniors for Independent Living. Congratulations to Mama Matranga and many, many more years of good health and constant family love.



East Williston Icon Rose Repke celebrated her 95th birthday with longtime friends and neighbors Joann Trippi and her sister Annette, and Janet Lau. Many of you may recognize this beautiful lady from her many volunteer activities. Happy Birthday and many, many more to one amazing woman!



**HAPPY
Birthday**



Old Man Winter Doesn't Stop the Wings of Winthrop from Celebrating in Emerald City!

4th Annual Mother-Daughter Brunch

Mothers, daughters, sisters, in-laws, cousins and friends of all ages came out to the Inn at New Hyde Park to enjoy a day of food, fun, prizes, shopping, and most importantly celebrating the day with family and friends. Wings Co-President Karen Wiley and her Committee transformed the ballroom at the Inn into Emerald City, complete with continuous streaming of the Wizard of Oz! With the attendance at 300, the Wings and their friends were able to raise funds for the current Wings/Auxiliary pledge; the Pediatric Testing Suite in the new WUH Research and Academic Center and support of the new Special Treatment and Referral Program for children with special needs. Thank you to all who came out this year, we are looking forward to seeing you in March of 2016!



Are we in Kansas?



(left) Friends forever! Joyce Arcieri, Allison Amarain, Cathy Whitley, Denise Amarain, and Caty Whitley

(right) Cathy O'Donnell with daughter, Eve Somesse, holding cousin Hope with mom Julie O'Donnell



(left) Beautiful Narissa Glassen places her guess for the candy challenge

The Committee Outstanding ladies from Oz who helped to create Emerald City



(left) Winthrop Ladies! Diane Smith, Julie Kent, Shari Prin-stein and Lori Benzoni

SEEN AROUND TOWN



EWGA Golfers always have fun catching up during the winter! Mike Lavelle, Frank Cashin, John Fougner, Bob Wellner, Sam Salerno, Don O/Connell, and John McKenna
Seated Joe Masters, Joe Zolezzi, and Joe Damato



(Photo left) Nicole Kopetic and Danielle Yoo , the beautiful Hurley sisters.

(Photo right) Ken Marissael still has tickets for the Annual RotaBall Drop at Kelleher Field on April 11th. Feel free to email him for info at: kjmaris@verizon.net



(Photo right) Looking for great service at Fresco Creperie and cafe? Stop in and see Amy for a great meal!



(Photo left) UPS Ray, modeling the latest in winter headgear!



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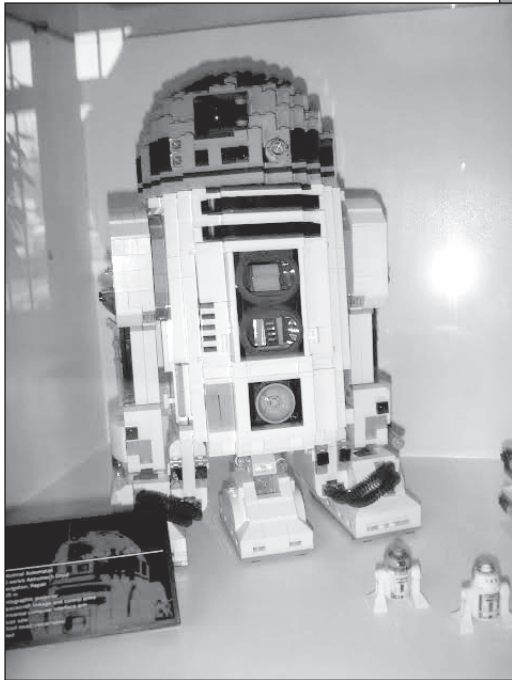
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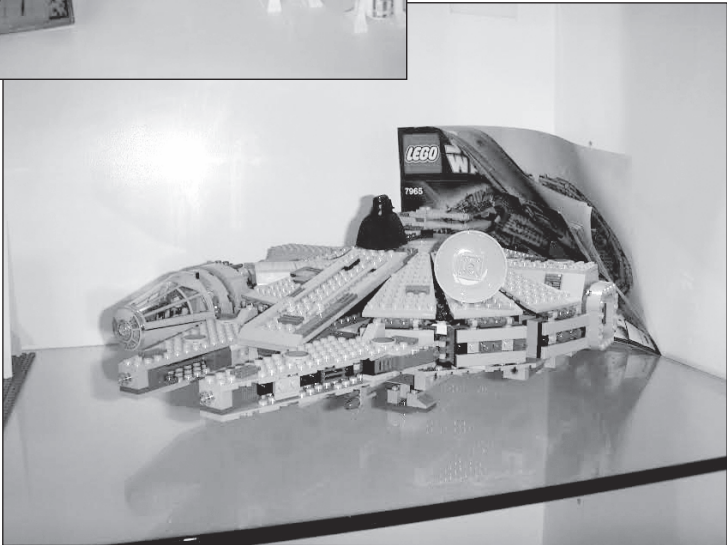
RECENTLY, IN A LIBRARY CLOSE TO HOME...

There was a remarkable display of Star Wars characters and vehicles assembled by Ben Krittman of East Williston. The collection will be on view during the month of March and, if you're in or near the East Williston Library and Village Hall, it would be worth taking a look. The models are quite impressive.



East Williston Library Showcase

Photo left and below: Ben's models



Looking for something special to bring home for dinner?

Nonna's Sunday Sauce, La Caccavella, from Ceriello is the perfect answer. Pick up your 5 quart reusable sauce pot of Slow-Simmering Marinara Sauce, brimming with Meatballs and Sweet Sausage. It won't disappoint!!!!



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