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The Williston Post

Hometown News for Hometown People

VOLUME IV ISSUE V

MAY 2017

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The Willistons Honor Msgr. McDonald

Story Pg 2



**Just Like
Old Times
Pg 29**



**Big Bash
Barbecue
Pg 16**



**Cubs Visit
Firehouse
Dog
Pg 20**

St. Aidan's P.A.C.E. Honors Msgr. McDonald

On Monday evening, May 1, Monsignor James M. McDonald was honored for his service to St. Aidan's School and Parish at the 2017 St. Aidan's School Golf Outing, organized by St. Aidan's P.A.C.E. Monsignor McDonald will celebrate the 50th Anniversary of his Ordination in May.

Golf Outing Chair Tony Santos and his Committee did a spectacular job organizing a sold out Golf Outing and dinner at the Wheatley Hills Golf Club. Golfers enjoyed a beautiful day on Wheatleys' world class course before a lively dinner enjoyed by parishioners and alumni of the St. Aidan's School. Mark Zaino and his staff at Wheatley Hills did an outstanding job hosting the event.

The purpose of the event was the celebration of Monsignor McDonald's



priesthood, and the highlight of the evening was the heartfelt speech given by Monsignor McDonald about his life as a Priest. He thanked God for giving him the very best life he could possibly ask for, the life of a Catholic Priest. He spoke movingly of the opportunity that his vocation has given him to bring him close to people and their lives, and to help bring those people closer to God.

Monsignor expressed his thanks to his parents and family for bringing him up in a life of faith. He thanked his predecessor, Monsignor Robert Hayden, for his 12 years of service to St. Aidan's Parish which, he said, made his own job as Pastor so easy. He expressed his thanks as well to the Rectory Staff who enable him to do the work he loves so much, and to the Staff of St. Aidan's School for its great work in providing a quality education in a strongly religious setting.

Those in attendance expressed their gratitude at having Monsignor McDonald as their Pastor, and as the spiritual Leader at St. Aidan's School. On behalf of The Williston Post we congratulate and celebrate Monsignor's 50 years of service to God and to humanity as a Catholic Priest.

East Williston Little League Parade



The East Williston Little League officially kicked off the season with the annual Parade on April 22nd.

Opening Day is a day of promise, regardless of the league or level of play. For many of us the sight of these happy faces brings on fond memories of the playing fields of earlier days.

We hope that the season is successful (that is, filled with fun) for all of our players, regardless of the standings, and we look forward to being able to report on games throughout the season.

Play Ball!



The Williston Post

Nancy Zolezzi, President
Raymond Haller, Vice President
James Daw, Jr., Editor
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Williston Park Rotary Club News

The Williston Park Rotary Club recently invited Ms. E. Jean Zebroski, the Director of Patient Relations at NYU Winthrop Hospital, and Ms. Sally Mitchell Poppy, Chairwoman of American Legion Unit 144 Auxiliary, to speak to the Rotarians about their work, and the service that their organizations provide to the Community.

Ms. Zebroski is deeply involved with the organ donation program at Winthrop, and explained to the Rotarians the many ways that more critical organ donations can be made.

She addressed the issues and fears which adversely impact organ donation, including religious objections (many of which are not valid), and the general reluctance that people have to face an issue that necessarily involves the donor's own mortality.

She spoke movingly about the involvement of donor's families in the program, and the comfort they gain from knowing that their loved one have allowed another person to live.



Despite an active program, "Long Live New York", and the ability to register as a donor when you renew your driver's license, the Rotarians were surprised to learn that New York is last among the states in per capita organ donations, and she outlined the various ways that more people can be

convinced to give what is truly the gift of life.

You can learn more about becoming an organ donor at www.longliveny.org.

Ms. Mitchell discussed the upcoming American Legion Poppy Month, in May.

Each year, American Legion Auxiliary volunteers distribute millions of poppies, most handmade, in exchange for contributions to assist active-duty military, veterans, and their families. The presence of donation cans in businesses throughout the Village, and in the Williston Park and East Williston Libraries, is the work of Sally Mitchell and her fellow volunteers.

This year the first donation was made by Williston Park Mayor Paul Ehrbar and, as always, the Willistons will certainly follow up with many more.

So this year be sure that you buy a poppy to support our veterans.

Three Mineola High School Students Recognized for Good Deeds

Three Mineola High School students were given the Good Deed Award for their good deeds, kindness and generous demeanor. Each of these students is an inspiring example to her peers and to the Community as a whole.

The District congratulates senior Lauren Kalenka and sophomores Alcina Lima and Ziya Patel for receiving this honor. Each of the students was nominated by Student Service Center coordinator Eileen Burke for her volunteerism and work within the Mineola community. They will be honored in May by the National Committee for Furtherance of Jewish Education of Nassau County on Long Island Chabad of Mineola.

From left, senior Lauren Kalenka and sophomores Alcina Lima and Ziya Patel.

Photo courtesy of Mineola Union Free School District



Viscardi School Continues a Tradition

Students at the Henry Viscardi School, in Albertson, have always demonstrated an interest in the history of our great county, and the importance of the American Flag to that history.

Each year faculty members Mr. James Haviken and Ms. Dianne Karl

invite the members of the American Legion Williston Post 144 and Auxiliary Unit 144 to present a show-and-tell program on the history of the American Flag, as well as a lesson and demonstration of flag etiquette, to the students.

Among other things, the students

were shown the correct thirteen step ritual which is followed when folding the American Flag. The students were then told what each of the thirteen steps represents. After the lecture and demonstration, the floor was opened up to the students for a question and answer period.

The presentation provided a valuable lesson to the Viscardi students, and was an inspiration to the Legionnaires and Auxiliary members as well, and all are looking forward to a return visit to the Viscardi School by the members of Post 144 next year.



A Banner Year for Herricks Musicians

The Williston Post has had the pleasure of sharing the outstanding successes of the Herricks High School Music Program throughout this school year.

Here are two more examples of the accomplishments of these outstanding young musicians.

High School Music Program Earns Long Island Music Hall of Fame Recognition

Herricks High School's music program is among only seven on Long Island that were distinguished in the

to submit extensive applications that included details about their programs, curriculum, facilities, staffing and community and board of education support.

Herricks Students Shine At Music For All National Festival

Mikayla Chan, Adam Cordero and Joanna Lau represented Herricks High School with talent and fervor at the Music for All National Festival, as members of the 2017 Honor Orchestra of America.

They performed on the violin, clar-



inet and flute, respectively, in Indianapolis, Indiana from March 9 through March 11.

Music for All's honor ensembles provide a national stage and world-class learning and performance opportunities with distinguished conductors, artists and master teachers.

Mikayla, Adam and Joanna performed under the leadership of Jeffrey Grogan, conductor for the New Jersey Symphony Orchestra, the Greater Newark Youth Orchestras, the Inter-School Orchestras of New York and the New Jersey Youth Symphony.

Practice Makes Perfect For Seasingtown Musicians

Seasingtown School's band and orchestra students participated in the Harry Chapin Practice-A-Thon to launch the school's first-ever Service Day. It was a building-wide initiative to encourage students to actively participate in making a difference in their local community.

Family members and friends were asked to pledge a penny, nickel, dime or quarter for each minute practiced. Students logged their time for the month of March and collected the proceeds that they earned from their sponsors.

Seasingtown's dedicated and philanthropic musicians practiced their instruments a total of 29,531 minutes, and raised \$1,987.95 for the Long Island Cares food bank.

The Practice-A-Thon served as an opportunity to strengthen students' practice habits while empowering them to make a difference in their community by directly helping Long Island families.

From top, Seasingtown student Joelle Tan practices the violin; The Herricks High School Chamber Orchestra performed at a ceremony, where Herricks was recognized by the Long Island Music Hall of Fame; Joanna Lau, Adam Cordero and Mikayla Chan performed at the Music for All National Festival in March.

Photos courtesy of Herricks Public Schools



Long Island Music Hall of Fame's (LIMHoF) first High School Recognition Program.

Honorees were formally honored during a ceremony held in April at Northport High School, where each school was represented by a performing ensemble prior to the acceptance of their award.

Herricks was represented by the High School Chamber Orchestra.

The LIMHoF School Recognition Program is designed to identify Long Island high school music programs that are creating notable music experiences for their students and that are incorporating the National and New York State Standards for The Arts in creative and meaningful ways.

Candidate schools were required



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The Williston Park Rotary Club Says Thank You and Farewell To Mary Reardon

The Williston Park Rotary Club recently met to say good bye and God-speed to Mary Reardon at Frank Galalis's Slots-a-Lot model car racing center in Franklin Square.

Mary is a long time member of the Williston Park Rotary Club, and has also been District President of the Rotary International Gift of Life Program. Mary has worked tirelessly in that capacity, coordinating a program which brings children and their families to Nassau County where local hospitals provide life-saving heart surgery.

Rotary Club President Raymond Haller presented Mary with a farewell present - an embroidered fleece jacket, and Mary's fellow Rotarians celebrated with a farewell cake, and many hugs and farewell wishes.

Everyone enjoyed the food, friendship and an evening of fierce competition racing slot cars. Rotarian Frank Galalis of Williston Park was our most gracious host.

Mary will always be a member of the Rotary family and we wish her and husband Alan Reardon nothing but the best as she heads south to join the

rest of her family. God bless Mary, and thank you for your friendship, your many kindnesses, and for a job very well done.



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"Egg-cellent" Learning at the Searingtown School

Thanks to a Long Island School Media Association Grant awarded to Searingtown School librarian, Karen Kliegman, fourth- and fifth-grade students from Jan Smythe's and Christy Alden's classes were able to watch and document the process of chicks hatching.

The grant money allowed Ms. Smythe and technology teacher, Noel Forte, to participate in a Chick Incubation and Embryology Teacher Training Workshop given by the Cornell Cooperative Extension.

The grant was also used to purchase an incubator, fertile eggs and other equipment needed.

Additionally, the students are researching different kinds of North American birds under the guidance of their teachers, Mrs. Kliegman and Mrs. Forte.

Money from the grant was also used to purchase books and eBooks.

Photo courtesy of Herricks Public Schools



Cub Scouts Visit the "Big Mamie"



On the weekend of April 1, 2017 Scout James Toal of Cub Pack 246, Mineola N.Y. joined other Cub Scouts and his Dad Shaun Toal of Mineola and Grandfather Bob Lovdahl of Williston Park for a sleep-over on board USS Massachusetts (BB-59) permanently moored at Battleship Cove, Fall River MA.

James got a feel of what it was like for the over 1600 sailors who sailed the seas during WW2 protecting our great Country.

The weekend included tours of the five ships moored at the Cove, lectures, games, movies, dinner and breakfast in the "chow hall" plus the sleepover in the same quarters used by the crewmen many years before.

Although the weather didn't cooperate a great time was had by all.



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"Hears" To You: Want to Improve Your Mood? Check Your Hearing!

By Carolyn M. Genna, AuD, FAAA

Many factors contribute to good mental health, and addressing hearing loss is one of them. People of all ages should include regular hearing tests as part of a healthy lifestyle to promote good mental health. Research shows that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.

What do we know about untreated hearing loss and mood?

Research shows that, when left unaddressed, hearing loss is frequently associated with other physical, mental, and emotional health issues that diminish quality of life. Most noteworthy, a growing body of research shows a link between unaddressed hearing loss and depression.

A 2014 national study found that hearing loss is associated with an increased risk of depression in adults of all ages and is most pronounced in 18 to 69 year olds.

An Italian study found that working adults—35 to 55 years of age—with untreated mild to moderate age-related hearing loss were more prone to depression, anxiety, and interpersonal sensitivity than those without hearing problems.

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.

Happiness and hearing aids: Is there a connection?

Years of research have shown that getting a hearing test and using professionally fitted hearing aids when recommended by an audiologist is an important way for people with hearing loss to ease the stress associated with intensive listening and to safeguard their quality of life and mental wellbeing.

An Italian study that appeared in *Geriatrics & Gerontology International*, for example, concluded that the benefits of digital hearing aids in relation to depressive symptoms, general health and social interactivity, as well as in the caregiver-patient relationship, were clearly shown. In fact, reduction in depressive symptoms and improved quality of life at statistically significant levels were observed early on with the use of hearing aids.

A much earlier study—conducted by Cynthia D. Mulrow, MD, MSc, and co-investigators and published in the *Annals of Internal Medicine* years before the most recent advancements in hearing aid technologies—concluded that hearing loss is associated with important adverse effects on the quality of life of elderly persons—effects that are reversible with hearing aids.

5 Feel-Good Reasons to Get a Hearing Test

Research shows that addressing hearing loss frequently improves quality of life. Here are some of the feel-good benefits that many people with hearing loss who use hearing aids enjoy.

1. A positive outlook: Research shows that people with hearing loss who use hearing aids are more likely to be optimistic and feel engaged in life. Many even say they feel more confident and better about themselves as a result of using

hearing aids.

2. Living fully: People with hearing difficulty who use hearing aids get more pleasure in doing things and are even more likely to exercise and meet up with friends to socialize, BHI research shows. In fact, most people who currently wear hearing aids say it has helped their overall quality of life.

3. Stronger relationships: Most people who currently wear hearing aids say that wearing them has had a positive effect on their relationships and ability to participate in group activities. In addition, hearing aid users demonstrated a greater likelihood that they would enjoy a strong social network.

4. Improved communications: The majority of hearing aid users say that the



hearing aid helps their overall ability to communicate effectively in most situations. In fact, recent advances in technology have made the listening experience for hearing aid users better than ever. As many as 91 percent of all users of the newest hearing aids—those purchased in the last year—are satisfied with their hearing aids. As many as 90 percent of people who were fitted with their hearing aid within the last four years say they'd recommend a hearing aid to a friend or family member.

5. A can-do attitude at work and at home: Research demonstrates that people with hearing loss who use hearing aids are more likely to tackle problems actively. Most hearing aid users in the workforce say it has helped their performance on the job. In fact, earlier research found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss. People with untreated hearing loss can lose as much as \$30,000 in income annually, studies found.

Dr. Carolyn Genna maintains her audiology practice at 99 Hillside Avenue # H, Williston Park, New York, 11596 and can be reached by telephone for an appointment at (516) 873-9742.

The staff of The Williston Post is grateful to her for the insights and advice that she has shared with our readers over the years.

Community Eagle Scout Project

Michael Chase of Boy Scout Troop 201 worked on and completed his Eagle Scout Project on Saturday April 8th at the Herricks Community Center. He, along with his fellow Scouts, installed an irrigation system to water the plants of the community vegetable garden.

Angelina's of Williston Park donated pizza for the hungry workers, and King Kullen donated water for the Troop.

The road to Eagle is never traveled alone, and The Williston Post congratulates Micheal, his parents, and the Scouts and Scout Leaders of Troop 201 for this achievement.

It also illustrates a point which we have raised so often in our pages. Local businesses such as Angelina's do so much to make life in our community so much better. Their contributions are a reflection of their community spirit, of course, but they could not be made without the patronage of the Community.

So, as always, when you shop, shop locally, and when you stop in to Angelina's be sure to mention to them that you appreciate all that they do for our Community.



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Girl Scouts Visit the 3rd Precinct



Girl Scout Troop 1307 visited the 3rd Precinct of the Nassau County Police Department on Thursday, April 27th. The girls delivered 34 boxes of Girl Scout cookies to the officers to earn their Gift of Caring badge.

After making their special delivery, the girls received a tour of the precinct from Officers Atkin and Cooper, the precinct's POP Officers. The girls got an insider's view of the workings of the station, as well as an opportunity to learn about stranger danger and police careers.

The visit concluded with the girls getting a first-hand look at a police vehicle. The visit culminated the girls' work to earn their Inside Government badge.

The Willistons have been lucky over the years to have been served both by the Third Precinct and by extraordinary POP (Problem Oriented Policing) Officers. Officers Atkin and Cooper are the latest examples of this valuable service to our Community.





The Williston Park Rotary Club
(Celebrating our 60 year Anniversary)



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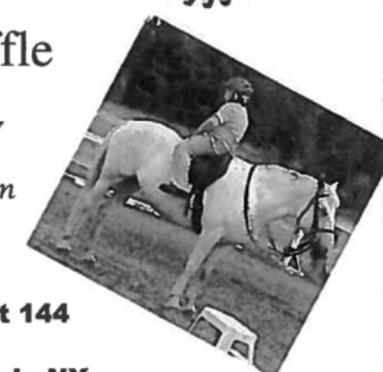
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Return to Angela Williams, Rotary Club of Williston Park, PO Box 227, Williston Park, NY 11596

The Williston Post Surf and Turf Barbecue Held at Albert Zolezzi Auto Body



By **Raymond Haller**

Last Thursday, The Williston Post sponsored a surf and turf barbecue which was held at Albert Zolezzi's Auto Body. There were approximately 100 people in attendance who enjoyed the music of Tim Janssen, cold beverages and fine food.

It may have been a little brisk outside, but it didn't keep any of the almost 100 people in attendance from enjoying themselves and having a great time.

Nancy Zolezzi did a wonderful job in the hospitality department, greeting all our guests at the front door.

James Daw and Raymond Haller managed the lobster and corn department, cooking more than 50 pounds of lobster and two cases of farm fresh corn.

Frank Oliveri, our advertising director, produced 25 pounds of sizzling shrimp which disappeared as quickly as it left the grill.

John Marsala, Office Manager of the Peter Masterson State Farm Insurance Agency on Hillside Avenue single-handedly cooked over 75 pounds of marinated skirt steak to perfection.

On behalf of my colleagues on the staff of The Williston Post, I offer my sincere thanks to all of our readers who have enjoyed The Williston Post during the four years we have brought Hometown News to you, our favorite Hometown People. We are very thankful for all of our advertisers who make the publication possible and we truly appreciate all those who continue to give us support and kind words and attended our barbecue gathering.

Remember, we are here to provide Hometown News for Hometown People. We can't do it without you, so please continue to send us the good news in your lives, and we will continue to share it with our readers!



East Williston Library Display



After receiving a gift of a musical statue of a bluebird, and further inspired by the sounds of birds singing from the property of The Old Motor Parkway behind her house, Emily Asaro began her collection of birds which consists of the Wellington Collection, the Giorgio Armani lovebirds, the Lardo doves, and the Royal Crown J. Byron cardinal.

The East Williston Library Friends invite you to view and enjoy these beautiful statues that will be on display during the month of May, in the display cabinet in the East Williston Village Hall.



Body Image Fitness Celebrates Its 1st Anniversary

Almost a year ago, Body Image Fitness opened its doors to Williston Park. While continuing to expand to surrounding towns, Body Image Fitness' main focus remains to reach, educate and enroll local residents. This makes its name synonymous with easily attainable healthy lifestyle changes and, according to CEO Jason Nelson, this is the key to becoming a household name in fitness.

Thus far, residents have been very pleased with their results. Just ask 59 year old resident Karleen Wiebalk who is stronger now than she was over 30 years ago. Being a strong advocate of our program she personally recommends it. Nothing is more instrumental for the any company's growth.

This facility is unlike any other. There are no treadmills, elliptical or other electronic powered cardiovascular machines.

Instead, Body Image Fitness boasts plenty of functional training equipment designed to make your body your machine. Free weights, squat racks and specialized core training equipment make up the rest to deliver real results--from post-surgery rehab to fall prevention, from weight loss to sports performance.



We have made some important changes during our first year.

Body Image Fitness has acquired the services of Ms. Kristy Semonella whose over 10 years of experience in fitness and wellness have enabled us to expand our offerings to include massage therapy, a key factor in soft tissue recovery.

Body Image Fitness has also added Performance Coaching, the online support system to its fitness program. Workouts with follow-along videos and easy-to-create meal planning are main components in the Body Image Fitness app to truly deliver a complete fitness solution while delivering predictable, consistent and sustainable results.

To celebrate its first anniversary, Body Image Fitness is donating 5% of all sales in May to St Jude Children's Research Hospital. It's clear that Body Image Fitness is continuously striving to be the place where the Willistons come to move, feel and look better.

The staff of The Williston Post congratulates Body Image Fitness on this business milestone, and we wish them many more years of success in our Community.

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Center Street Tiger Cubs Visit a Firehouse

On April 26th Tiger Cubs of Cub Pack 201 from the Center Street School in Williston Park, along with some of their younger brothers, visited the Manhasset Lakeville Fire Department Company 5 Firehouse in New Hyde Park.

Highlights included learning about the firefighting uniforms, equipment, procedures, and trucks from Mike Uttaro, (father to one of our scouts) and Mike Garrone. The boys also had the opportunity to sit in the trucks.

Both Mr. Uttaro and Mr. Garrone are Ex Chiefs of Manhasset Lakeville Company 5.

Best of all, the boys had the opportunity to meet Leah, a K9 Accelerant Detection Dog from the Nassau County Fire Marshal's Office, along with her handler, Fire Marshall Investigator Matt Kerin.



Herricks Excels at NYS History Day Competition

The New York State History Day Competition was held in Cooperstown Monday April 24. Herricks High School and Middle School continued their success streak, with five projects advancing to the National Competition.

Herricks students submitted a total of 11 projects after beating out more than 600 other regional level entries at Hofstra University in March. With eight projects from the high school and three from the middle school, the district once again dominated the event, with the theme "Taking a Stand in History". Participants are now gearing up for the national event, which will be held in College Park, Maryland, in June.

The State Competition Senior Division award-winners are listed as follows:

- Perna Chaudhary was awarded second place for her Senior Individual Documentary and will be heading to the National Competition in June. Perna also was awarded The Loveland Healthcare Award for an outstanding health-related entry for her Senior Individual Documentary;
- Alexander Gootman, Manaal Chaudhry and Amber Wiqas received the Robert David Lion Gardiner Foundation Award for outstanding entry in Senior Group Exhibit, as well as a third place award;
- Yashi Ladhami earned the Farmers' Museum Award for an outstanding agricultural related entry in Senior Individual Performance.

Second Place Senior Division Winners, all of whom qualified for the National Competition, are:

- Aiza Bhuiyan, Esme Chen, Melissa Lau, Felicia Ma for Senior Group Performance; Rushikesh Patel, Shivesh Patel, Kunal Suri for Senior Group Documentary;
- Perna Chaudhary for Senior Individual Documentary;
- Amanda Chiang, Caitlin Chou, Suri Kaurvi, Alisa Liu, Eunice Oh for Senior Group Exhibit.

Junior Division Winners are:

- Selina Chiang, Alison Chou, Maggie Lau, Grace Kim and Emily Wei, who placed third in Group Performance;
- Abhinav Goyal, Aarya Agarwal, Prameet Shah, Aditya Lodha, who placed second in Group Documentary and will go to the National Competition in June.



Photo courtesy of Herricks Public Schools



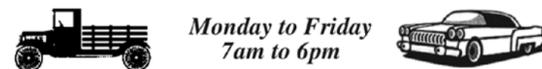
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May Gardens

May is the month to enjoy the wealth of spring flowering trees, bushes and perennials.

Daffodils, hyacinths, forsythia, lilacs, tulips, azaleas, and even rhododendrons are on display in late April and May. These beautiful flowers are the payoff for fall gardening endeavors but May is not a month for resting on your (mountain) laurels.

If you pay attention to your routine garden chores now, you will be rewarded with success for the rest of the growing season.

There's much to do, but here are some suggestions about where to start.

In the Flower Garden:

Perennials - May is the time to weed, feed and mulch your perennials. Be thorough, and dig out every weed from the flower beds.

Once that chore has been accomplished apply an organic, balanced plant food, and then spread a 2-to-3-inch layer of mulch. Remember that mulch is our greatest ally for conserving moisture, inhibiting weeds and improving soil quality.

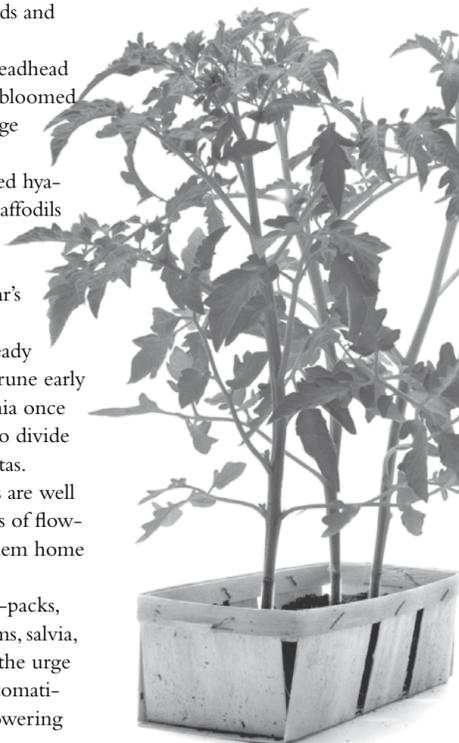
This is also the time to deadhead perennials that have already bloomed - but don't remove the foliage until it dies down naturally.

May is a good time to feed hyacinths, tulips, narcissus and daffodils while they are in a growth stage and beginning the preparations for next year's flowers.

Finally, if you haven't already done so, it isn't too late to prune early flowering shrubs like forsythia once the flowers have fallen and to divide some perennials, such as hostas.

Annuals - Garden centers are well stocked with many examples of flowers that tempt us to bring them home for planting.

When buying plants in 6-packs, such as marigolds, nasturtiums, salvia, zinnias and impatiens, resist the urge for instant results. Don't automatically buy annuals that are flowering



madly in their tiny pots—go for solid healthy green foliage instead. Younger, fresher plants are always best so “buy green” and your plants will quickly catch up once you get them in the soil.

When planting these annuals give them a little room to grow, because those tiny plants we buy in May will grow bigger and stronger with just a little more space between them.

May is also a wonderful time to plant geraniums that will give your garden those delightful red (or pink or white) blooms throughout the season.

The Vegetable Garden

You can continue to plant frost-hardy vegetables at this time including broccoli, kale, cauliflower, carrots, beets, and onions as well as

sowing seeds for lettuce and spinach.

When shopping for seedlings of tomatoes or other vegetable seedlings, the same rule of thumb that you employ to buy annual flowers should be applied. Be sure to pick stocky young plants about 4 inches high and wide—bigger isn't better.

Heat loving vegetables like tomatoes go out after frost danger is past, but many people make a ritual of it on Memorial Day weekend.

Eggplants and peppers can go out then, too. Seeds you may have started in the house can be set out at this time too, and benefit from hardening them off (bringing them in and out for a few days) before setting them into the ground.

Mulch all your vegetables with partially rotted leaves or other available organic materials.

Be sure to take time to enjoy the wonders of the spring - bird song, beautiful flowers and the promise of a beautiful garden to come.

A Busy Month for Williston Park Girl Scouts

The “Journey” is an important concept in Girl Scouting. It involves girls who want to make a difference in the world, and have fun doing it.

The Journey requires girls to work together with friends to identify a problem that they want to do something about, come up with a solution, come up with a creative solution that will help to solve the problem, create a team plan that will carry out the solution, put the plan into action, and talk about what the girls learned solving their problem, and about problems yet to be addressed and solved.

Recently the girls of Troop 1047 in Williston Park completed their Journey with a take action project to teach the girls in Troop 1591, a younger

troop in Williston Park, about self-esteem.

Each girl in the Troop had a re-

sponsibility to prepare a different part of the lesson. The evening was topped off with eating samples of pies that



were entered in the Bakefest, a Troop competition for best pie!

The Bakefest winners, Megan Broming from Troop 1047 and Samantha Vitale from Troop 1591, went on to compete at the WARM (Willistons, Albertson and Mineola) Bakefest. Megan and Samantha made scrumptious s'mores pies, quite appropriate for a Girl Scout competition!

It wouldn't be a journey without a surprise or two and, during a walk through Williston Park the girls ended up at the Carvel on Hillside Avenue, where they received a suitable reward for their hard work this year!

Congratulations and well done to the girls of Troop 1047, their leaders and their parents!



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Paul and Lucy Petrillo

By Raymond Haller

“A commitment to God and country... Living their lives with empathy and compassion for others. Faith family, friends and country are paramount,” says daughter Christine Strong.

Two people who I have admired through the years who live on Colonial Avenue in good ole’ Williston Park are Paul and Lucy Petrillo.

These are two loving individuals who surpass the definition of the word volunteerism. They are remarkable individuals whose involvement in Williston Park has no boundaries. The word “no” is not in their vocabulary. Their willingness to help anyone in need is truly enhanced by their love for their family, friends and neighbors and especially our veterans.

Up until the past few years, due to deteriorating health, you would normally find Paul and Lucy at St. Aidan’s Church at the 7:30 a.m., mass on Sunday mornings, sitting in the first row of Mary’s Transept. I miss seeing this loving couple with gigantic hearts out and about in town.

I recall many years ago when I was the Williston Park Chamber of Commerce President, I dubbed Paul Petrillo “Mr. American Flag” because of his involvement with the American Legion, selling American flags to those who want to display them and because of his love for our veterans and for Williston Park.

After making an inquiry as to their health, their daughter Christine Strong gave me a call and updated me on their present condition. I truly wanted to know about this remarkable couple. However, I knew I would need to get their life stories from someone other than themselves. I am delighted to paraphrase the information given to me by their daughter Christine. These are the people that are the true fiber that make up Williston Park.

Paul and Lucy are currently in their late 80s and have been married



for 64 years. Paul was originally from Ridgewood, Queens and Lucy from Greenpoint, Brooklyn. Paul joined the National Guard at age 17 and was a Staff Sergeant in the Korean War. In November of 1952 Paul and Lucy were married. As the story goes, Paul proposed to Lucy in front of the beautiful statue of the Blessed Virgin Mary at St. Bridget’s Church. They settled in Ridgewood for a few years and moved to Williston Park in September 1968.

Paul worked for the City of New York in the Comptroller’s Office for 35 years before he retired in 1985. To keep himself busy, he had a few part-time jobs over the next 10 years.

What kept him busy and what he truly loved was his involvement in the Community, especially the American Legion Post 144. Paul received many awards and has been recognized for his volunteerism such as a Lifetime Member awarded by the Williston Post 144, the 50 year Membership Certificate, the position of Honorary Past Commander, Legionnaire of the Year, just to name a few.

He also held such positions as Chairman of the Post Museum, Post

Photographer, Post Historian, Publicity Director, Post Chaplain, and Post Representative to the Chamber of Commerce of Williston Park. Paul was involved with the Post publication “Sound Off”, and participated in many work details for upkeep and maintenance at the Williston American Legion Post.

One position he was most proud of was being Chairman of the Post Flag Committee handing out American flags along the Williston Park parade routes.

Another event close to his heart was placing flags on the graves at Holy Rood and St. John Cemetery. Paul also enjoyed visiting and entertaining the vets at the Veterans Memorial Hospital in Northport.

If working and volunteering at the American Legion wasn’t enough, Paul was also a member of the Williston Park Historical Society, the Williston Park Beautification Committee, and the Williston Park anti-graffiti team with Tom Muldoon.

When Paul was not volunteering, Paul loved working in his workshop, where he enjoyed woodworking. He built the cradle for their first born

grandchild and built dollhouses for his granddaughters and believe it or not a rocking horse for his grandsons.

I remember one highlight where Paul could be seen beaming from ear to ear, when the Williston Park Rotary Club honored him on their boat ride which left the Port Washington Town Dock and went to the foot of the Statue of Liberty and back. He received the Citizen of the Year award from the Rotary and at that time was also dubbed “Mr. American flag” by the Chamber of Commerce. As you can see by the pictures, Paul was elated.

Now, they say behind every successful man, there’s a successful woman. This person happens to be his lifelong companion and friend, his beautiful wife Lucy. Lucy was also involved as a member of the Williston Post 144 Auxiliary, starting about 1975. She was president from 1979 and also in 1995 and 1997. She also held the positions of First Vice President, Recording Secretary, Corresponding Secretary, Chaplain, Historian, Publicity Chairperson, Member of the 40/8 Organization, and was the recipient of many achievement awards

such as the Lifetime Member Award. Lucy also participated in many fun raisers, chaired many committees and marched in many parades.

Lucy was also awarded a lifetime member of the Herrick’s PTA and was an active member of the St. Aidan’s Rosary Society. Through the years, she worked for the Williston Times and also worked at Herricks High School in the General Office from which she retired in 2001.

According to Christine, mom is a great Italian cook and she loved to share her recipes. She is an avid reader and a ferocious New York Yankees, New York Giants and Notre Dame football fan. She always loved to watch golf, especially Jack Nicklaus, and always had a secret crush on Frank Sinatra.

Paul and Lucy have two children, Christine and David. David is a retired United States Air Force Lieutenant Colonel, and is a 28 year member of American Legion Post 144. They have seven grandchildren,



Megan, Regina, James, Jack, Emily, Francesca, and Joseph and one great grandchild Kayleigh. Two more great-grandchildren are expected early this summer. Grandson Major James Strong, serves in the United States Air Force as the commander of a C – 10 mid air refueling aircraft, and is also an eight year member of Post 144. Presently he is stationed at Travis Air Force Base in California and has been deployed overseas five times. Grandson Joseph Petrillo is pursuing

an engineering degree on a full AF ROTC scholarship.

Christine described her parents as the salt of the earth. She said that “the lives of my brother and I, as well as the lives of their grandchildren, have been shaped by their example of commitment to God and country... Living their lives with empathy and compassion for others. Faith, family, friends and country are paramount. It was a thrill for my parents to buy their only home in Williston Park.

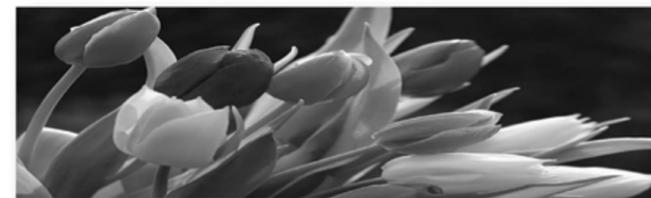
Dad still refers to the humble home as ‘God’s little acre.’ They have formed lifelong friendships with wonderful neighbors on Colonial Avenue and they have an extraordinary love for the village of Williston Park. For the past few years, their life has been challenged by serious health issues but their faith sustains them.”

This is the story or should I say the living legend of two wonderful people who raised their family in Williston Park and have volunteered countless hours serving the community in which they live. I do miss seeing Paul and Lucy around town but it is good to hear that Paul and Lucy’s name come up in many circles of friends and organizations. They truly are the salt of the earth and are the fabric that knits together this Village of Williston Park. God bless you both. Thank you Christine for taking the time and supplying me with the inspirational information about these two wonderful loving individuals.

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Karen Wiley Appointed President of the NYU Winthrop Hospital Auxiliary

The Williston Post takes great pleasure in congratulating longtime Williston Park resident Karen Wiley on her recent appointment as President of the New York University Winthrop Hospital's Auxiliary.



We wish Karen all the best and assure her of our support as she takes on the challenges of this new position.

Congratulations once again Karen Wiley!

An Open Letter to Three Bons Samaritanos (Good Samaritans)

Ann Masters of East Williston recently had an unfortunate accident that would have been much worse, but for the intervention of three strangers who came to her aid, got her home, and left.

She was unable to get their names, but could not let the opportunity pass to thank them publicly.

As she put it in her letter, she is grateful to "live in an area that has such wonderful people."

Dear Good Samaritans,

On Thursday, May 4, around 7 PM, I was walking to St. Aidan's and had just crossed the street by Hildebrandt's heading west, when somehow, I fell! I hit my head and my hands as I tried to cushion the fall. I stayed there for a little bit, wondering what to do. Then, as I attempted to get up, two lovely ladies held my arms and easily helped me stand. They were very solicitous, asking if I was dizzy. They told me my head was bleeding, and then their male friend came over and they said they would drive me home. Their red car was parked right on Hillside Ave. They were waiting for the light to change and head home when they saw me fall. They helped me into the front seat of their car and drove through the bank parking lot and back to the light. They had some paper towels in the car so I could stop the bleeding and as they drove me home, they kept asking me if I was okay. When we reached the house, the man got out and opened the car door and escorted me up the walkway to my front door.

I was able to hug the ladies and thanked them all, but in the chaos of the moment, I only found out that they were from Brazil. I didn't get their names or anything else.

I just want to say thank you in a more public forum because I am grateful for their help and the fact that I live in an area that has such wonderful people.

Obrigado e Deus te abençoe! I hope this is Portuguese for thank you and bless you!

East Williston Seniors to Meet

Calling all East Williston Seniors! The East Williston Seniors will meet on Thursday, May 18, at 1:00 pm in the Village Hall. Join us for a fun afternoon of patriotic music honoring our veterans.

A light lunch of sandwiches, salads, and dessert will be served. We look forward to seeing you then.

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News from the Mineola School District

Mineola School District Honored As Best Community For Music

For the ninth consecutive year, the Mineola School District has been honored with the Best Communities for Music Education designation from the NAMM Foundation for its outstanding commitment to music education.



The Best Communities Music Education designation is awarded to districts that serve as a model for other districts and demonstrate outstanding achievement in efforts to provide music access and education to all students.

“Each year, I have to reflect upon the work of our teachers and students and why we are deserving of this recognition,” said District Director for

Music and Fine Arts Joseph Owens. “We consistently earn this designation because of the dedication of the teachers in the classrooms, the students and families, the music parents, district administration and the board of education. We teach conceptually instead of by rote and we go above and beyond. We are involved in a true learning community that believes in the importance of music (and arts)

education. We know that it’s not an “extra,” it’s an imperative.”

To qualify for the Best Communities designation Mr. Owens answered detailed questions about funding, graduation requirements, music class participation, instruction time, facilities, support for the music program and community music-making programs. Responses were verified with school officials and reviewed by the Music Research Institute at the University of Kansas.

Earth Day Poster Contest Winners

Seventeen students from the Hampton Street School in the Mineola Union Free School District were selected as winners of the 2017 Earth Day Poster Contest for the New York State Senate.

The posters were judged by STEAM (Science, Technology, Engineering, Arts and Mathematics) teacher Ms. Maynard and art teacher Mrs. Altman and were chosen based on artistic creative expression as well as highlighting the importance of the Earth Day theme of reducing, reusing and recycling. The winning posters will be displayed on the New York State Senate website in honor of Earth Day 2017.

Photos courtesy of Mineola Union Free School District



St. Aidan’s School - A Family Tradition



On Friday April 28th the kindergarten students at St. Aidan’s School invited their grandparents or their special person to Msgr. Kirwin Hall for a special morning of songs and fun, to observe the School’s Grandparents and Special Persons Day.

This year’s theme was to find and name your teddy bear.

The festivities opened with the children saying a prayer and a salute to our nation’s flag. The children then entertained their guests with a number of songs about bears and teddy bears.

The children were then escorted back to their tables to join their special guests in decorating and naming their

teddy bears. Everyone had a grand time, after which refreshments were served to all the guests.

The Williston Post has often noted that one of the best things about living in the Willistons is the number of residents who grew up here and moved back to raise their own families. One of the accompanying photographs is proof of how true this is.

Among the happy family groups on the day was a group of kindergarten students who brought grandparents, each of whom was also a graduate of the School.

Congratulations to all!



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Seen Around Town



Clockwise from top, The 1st Grade Tigers of the East Williston Little League pose for a photo with their team mascot. It looks like it's going to be a terrific season for them. Go Tigers!; Not so long ago, in a Village not so far away, two young travelers found themselves face to face with The Force, and the Dark Side. It looks, though, like they had a great time exploring; Joe D'Amato and Richie Flynn smile for the camera on Hillside Avenue.

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The Williston Park Historical Society

By Bob Valentine

The Williston Park Historical Society has received a donation of several postcards and match book covers that advertised local businesses of the past. These artifacts come to us through the generosity of Mr. Al Velocci of New Hyde Park.

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