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VOLUME V ISSUE II

FEBRUARY 2018

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News from the Mineola School District

Writing, Science, And Scouts

At its January meeting, the Mineola Union Free School District Board of Education recognized three groups of students for their successes.

Those who were honored included: Eagle Scout Joseph Mueller; narrative writers Cassidy Couture, Jasmine Ferreira, Katelynn Hung, Ryan Manu, Ewelina Morelli, Andrew Murray IV, Eduardo Pepen Taveras and Logan Vescovi; and for their creative scientific endeavors – James Bertrand, Andrew Bertrand and Rhett Pace. The District congratulates all the students on their achievements.

Mineola Meets And Exceeds The 9 Million Word Challenge

Mineola Union Free School District is celebrating the early achievement of the challenge it accepted to read nine million words by June 1, 2018 through the Read2Succeed initiative.

The Read2Succeed initiative is a transformative early literacy movement geared toward preparing every Mineola child for success in kindergarten and beyond. Mineola students and families far exceeded this challenge by achieving nine million words before the winter break on Dec. 20, 2017.

“I want to congratulate our students, teachers, families, and community members who have rallied together to read more than nine million words far in advance of the June 1, 2018 deadline. This effort supports our district mission to provide experiences that lead students to greater heights of learning and success,” said Superintendent of Schools Michael P. Nagler, Ed.D.

Through the Read2Succeed early literacy initiative, families are given free access to the Footsteps2Brilliance mobile app, which provides hundreds of eBooks, literacy skill games and writing activities designed to build strong early literacy foundations for children.

Through partnerships with the school district, the Mineola library and other community organizations, Read2Succeed aims to reach children and families throughout the community, so that every child has equity access to this powerful learning tool — even before they enroll in school.

A new challenge has been issued for students and families to achieve 20 million words read by June 1, 2018.

Three Mineola schools recognized for Digital Citizenship

Jackson Avenue, Hampton Street and Meadow Drive schools, all in the Mineola Union Free School District, have been recognized as a Common Sense School. Each of these schools have demonstrated a commitment to taking a whole-community approach to preparing its students to use the immense power of digital media to explore, create, connect and learn, while limiting the perils that exist in the online realm, such as plagiarism, loss of privacy and cyberbullying. The recognition acknowledges these schools’ commitment creating a culture of digital learning and citizenship.

Common Sense is a national nonprofit organization dedicated to helping kids and families thrive in a world of digital media and technology.

Mineola schools have been using Common Sense Education’s innovative and research-based digital citizenship resources, which were created in collaboration with Dr. Howard Gardner of the Good Play Project at the Harvard Graduate School of Education. The resources teach students, educators and parents tangible skills related to internet safety, protecting online reputations and personal privacy, managing online relationships, and respecting creative copyright.

The free resources are currently used in more than 100,000 classrooms nationwide.

Mineola Middle School is in the final stages of applying to become a Common Sense School, as well.



Top, Eagle Scout Joseph Mueller was honored for his achievement. Middle, Rhett Pace, James Bertrand and Andrew Bertrand were honored for their creative scientific endeavors. Bottom, Select narrative writers from kindergarten to grade 4 were selected to present their work at the meeting.

Happy Birthday, Nick Siciliano!

On February 1st the East Williston Fire Department celebrated the 90th birthday of a beloved member, former Officer, Chief, and Fire Commissioner Nick Siciliano. Nick has spent a lifetime devoted to service, to his country in the Navy and the Postal Service, to his Church as a long time usher and to his Village with a career of 49 years in the Fire Department.

The East Williston Firehouse was an appropriate place to observe the moment. The Williston Post joins his family, as well as his many friends, in wishing him the very best as he turns 90, and many more years of well-deserved happiness and good health!



The Williston Post

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Tzu Chi Long Island Blessing Ceremony Celebrates 2017 and Welcomes 2018

By Edith Chen

Every year, the Tzu Chi Foundation (Long Island Branch) holds a year end Blessing Ceremony. This year, on Saturday, February 3rd, our volunteers gathered at our Tzu Chi Foundation Office to celebrate the end of 2017 with gratitude; and to welcome 2018 with blessings. Many guests who are community neighbors, friends or family of our volunteers also attended the event.

This year, the theme for our ceremony is "United in great love towards a world of kindness. Pave a path at each step to protect the Earth." This signifies our desire to not only bless ourselves and our families for this year, but to also bless this world and others with kindness.

In 2017, several major natural disasters occurred, and many of our Long Island volunteers went to help provide disaster relief, in several locations. During the ceremony, three volunteers shared their experiences which touched many hearts. Members of the audience were able to follow the volunteers' footsteps in the relief work took place in various affected areas in Texas as well as in Mexico. In addition,



tion, the Tzu Chi 2017 Year in Review exhibited the global charity works done in the past year.

The Blessing Ceremony, included a Tzu Chi hand song performance adapted from the beginning of the Medicine Sutra, and a drumming performance adapted to its finale. The twelve sublime and wonderful vows in this sutra provide us with proper and equal enlightenment while cultivating the Bodhisattva way. In Buddhism, the ringing of the bell can awaken our wisdom, and drumming can help achieve enlightenment.

Each year every participant in the Ceremony receives a red envelope as a blessing from Tzu Chi founder Dharma Master Cheng Yen. The design of the red envelope is always different. This year's envelope marked our 52nd year of Tzu Chi. The cover quote this year said "Being safe and well is a real blessing" and each red envelope contains a different Jing Si Aphorism.

As usual, during the activity, many people brought back their bamboo savings banks with annual donations to our office, their monetary support provide funds to our relief work and help circulate the Great Love around the world.



Supervisor Bosworth and Town Clerk Wink Call For Nominations for 25th Annual Women's Roll of Honor

Women's Roll Of Honor Breakfast Slated For March 28 At Harbor Links

North Hempstead Town Supervisor Judi Bosworth and Town Clerk Wayne Wink are calling for nominations for the 2018 May W. Newburger Women's Roll of Honor now until Wednesday, February 21. Anyone interested in submitting a name for consideration can call North Hempstead's 311 Call Center or log-

on to the Town's website, <http://www.northhempsteadny.gov/roll-of-honor>, and download the application form. The 25th Annual Women's Roll of Honor Breakfast will be held on Wednesday, March 28 at the Clubhouse at Harbor Links in Port Washington from 8 a.m. until 10 a.m.

Since 1994, North Hempstead has held the Women's Roll of Honor breakfast to honor women who reside in the Town who have made a contribution to their community, or have accomplished a significant achievement through public or private efforts in a volunteer capacity.

Girl Scout Cookie Sale

The girls from Girl Scout Troop 1047 had a busy morning selling cookies in front of St. Aidan's on Sunday, February 4th. Not surprisingly, business was brisk, and the girls had a very successful outing.

For Super Bowl Sunday, who needs Buffalo wings when you can have Thinmints and Samoas?



Scout Sunday at St. Aidan

Boy Scouts and Cub Scouts from several local Troops and Dens observed Scout Sunday at St. Aidan on February 4th. The observance was part of the 10:30 Mass, presided over by Fr. Jeff Yildermaz.

Scout Sunday was added to the calendar of the Boy Scouts of America in the middle 1940s. The Scout Sunday tradition was begun to make people in houses of worship aware of Scouting, and to allow Scouts to live out their "Duty to God," as pledged each time a Scout recites the Scout Oath, and to fulfill the requirement of the Scout Law which provides that a Scout is to be reverent.

These values strengthen the Scouts' character in their family, community and faith. They are reinforced by the formal observance of Scout Sunday.



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Traffic Safety

An Open Letter From Williston Park Mayor Paul Ehrbar

As I meet with many residents throughout the year, I hear many concerns and productive ideas. A major concern for me, the Village Board and residents is the failure of many drivers to obey various traffic devices (red lights, stop signs, speed regulations, etc.). While the common belief is that most of unsafe drivers are non-residents, the fact remains that a number of violators are residents of our Village.

I speak with officers of the Third Precinct from the Inspectors down to the field Officers (especially the POP officers), on a regular basis requiring more enforcement in order to make our streets safer for all. These officers have been in the Village working on enforcement and I'm told that many times when pulling a vehicle over, a driver will be one of our residents.

The Village has eighteen miles of roadways, numerous traffic lights and over a hundred stop signs. It is impossible for the police to monitor all on a daily basis, although I will continue to reach out for more enforcement. To be honest very few, if any of us, are perfect when behind the wheel of a car. However, it is time for all resident drivers to make a concerned effort to improve our driving habits. We all need to slow down, stop fully at stop signs, and observe red lights.

As noted in the past that I've established a new Traffic Safety Committee

(separate from our long-standing Parking Safety Committee) for all residents to join. To become part of this Committee all resident needs to do is to make a personal commitment to improve their own driving habits. There are no costs or meetings required of this committee, just a desire to improve traffic safety throughout our Village. The Village has a large population of children, seniors, joggers, walkers, and drivers using our sidewalks and streets. In order to make a safer Village for all, we must take personal responsibility to make this happen.

Together, let's all strive to establish a reputation for Williston Park having safe streets. A large number of residents are Police Officers, Firemen, EMTs, hospital employees and numerous others in public service who, in the course of their daily routine see the damaging effects of car related injuries. I ask this group to help spearhead this movement to help make our streets safer for all.

In order to help remind all residents of the need for safety, safety slogans will be placed on a number of Village vehicles in the very near future. Let's change the slogan from "Together We Can Make a Difference!" to "Together We Have Made a Difference!"

Thank you all for taking the time to read this message.

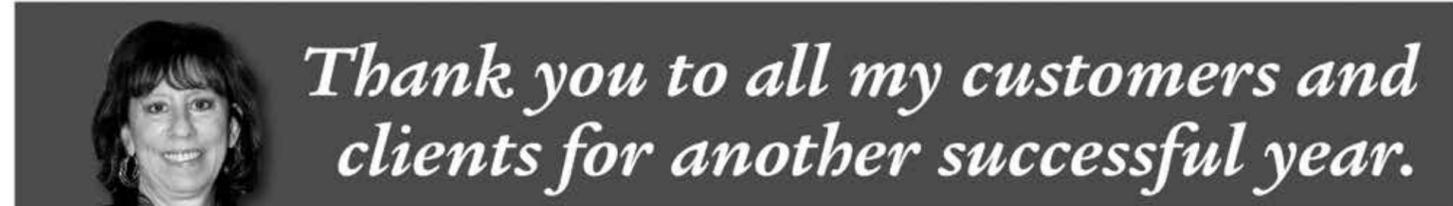
Copperhill Book Club

The ladies of the Copperhill Book Club were treated to signed copies of Nelson DeMille's latest book, The Cuban Affair, at their January 16th meeting. The Long Island author presented a tale of a wild trip to Cuba and back that made for a very lively book discussion.

Thanks to Mo and Dick Kearns for the generous gifts!



Seated, Dawn Walsh, Erin Urkiel and Christy Lavelle
 Standing, Maureen Kearns, Eileen Calder, Diane O'Donnell, and Nancy Zolezzi.
 Missing, Bernadette Haarrison, Angela Murphy, and Lynn Markus



Thank you to all my customers and clients for another successful year.

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"Hears" To You: Your Heart and Ears Have a Lot in Common. Love Them Both This Valentine's Day!

By Carolyn M. Genna, AuD, FAAA

People tend to take matters of the heart very seriously – and they tend to brush off hearing loss as inconsequential. But the truth is, your heart and ears have a lot more in common than most people realize. In fact, decades of research point to a link between cardiovascular and hearing health.



Specifically, Raymond H. Hull, PhD, professor of communication sciences and disorders in audiology and neurosciences at Wichita State University, and Stacy R. Kerschen, AuD, conducted an analysis of 84 years of work from scientists worldwide on the link between cardiovascular health and the ability to hear and understand what others are saying.

Their work, which reviewed 70 scientific studies, confirmed a direct link. The findings of their analysis also suggest that hearing loss may be an early sign of cardiovascular disease. "Our entire auditory system, especially the blood vessels of the inner ear, needs an oxygen-rich nutrient supply," said Hull. "If it doesn't get it due to cardiovascular health problems, then hearing can be affected."

Other research suggests that hearing loss may be an early sign of cardiovascular disease in seemingly healthy middle-aged people, and even found that hearing loss is common in people in their forties. David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee, went so far as to conclude from his study that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events, and appropriate referrals should be considered.

Dr. Friedland explained the heart-hearing link like this: "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."

Other experts find the evidence so compelling that they have concluded that the ear may be a window to the heart. As a result they encourage collaboration among audiologists, cardiologists, and other healthcare professionals.

5 Random Things Your Heart And Ears Have In Common

1. Someone with heart disease is at a higher risk of depression—and someone with unaddressed hearing loss is also at a higher risk of depression. But research shows that people with hearing loss who use hearing aids are more likely to be optimistic and feel engaged in life.

2. Exercise is good for your heart—and exercise is good for your ears. One study found that a higher level of physical activity is associated with a lower risk of hearing loss in women.

3. Smoking hurts your heart—and it's really bad for your ears too. Research shows that both smokers and passive smokers are more likely to suffer hearing loss.

4. Your heart and ears love omega-3 fatty acids. Research found that regular fish consumption and higher intake of long-chain omega-3 polyunsaturated fatty acids are associated with a lower risk of hearing loss in women.

5. Obesity puts people at risk for heart disease—and it affects hearing function. A number of studies show a link between obesity and hearing loss. One looked at women (18 to 40 years old) and found a link. Another uncovered a connection between higher BMI and a larger waist circumference, and hearing loss in women.

Dr. Genna practices in Williston Park at 99 Hillside Avenue. You can call her office for an appointment at (516) 873-9742

Nature Will Not Be Denied

By James Daw

The manufacturer of our bird feeders describes them as squirrel-proof. They even produced an amusing video (which plays nonstop at the nursery where I bought the feeders) which shows how they will defeat even the best efforts of hungry squirrels.

Nobody, however, thought to tell this to the persistent and inventive squirrels in my backyard.

After several tries one of them figured out how to launch herself at the feeder, grab the side with her paws, and enjoy an upside down meal. Other squirrels watched and soon were doing the same stunt on the other feeders.

The squirrels are frequently driven off by the more aggressive birds (nobody messes with bluejays) but it appears that they will be supplementing their



diet from the feeders for the balance of the winter.

While I prefer to feed the birds, I can only admire the skill with which these little garden acrobats acquire their tasty lunch of sunflower seeds and corn so I don't do all that much to deter them.

Bird feeders are a wonderful way to bring nature to your back window. The Willistons are a winter home for many species of birds, some of which (like the cardinals for example), are quite beautiful and many of which will feast on mosquitoes and other bugs once spring and summer arrive.

We invite our readers to send us photos from their own yards and gardens of examples of the beautiful and interesting wildlife which make the Willistons their home.



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East Williston Seniors Celebrate Chinese New Year

On Thursday, January 18, the East Williston Seniors were treated to a wonderful culturally enriching performance of Chinese dancers and songs. The Sound of Chinese American Chorus entertained everyone singing in celebration of the Chinese New Year.

Traditional Chinese and Tibetan dances were performed in full costume by the Golden Age Chinese Classical Dancers. Seniors were treated to a taste of Asian foods including pineapple cakes, mandarin oranges, and many Chinese snacks.

The East Williston Seniors meet on the third Thursday of every month at 1:00 PM in the Village Hall. The March meeting will feature a Barber-shop Quartet and in April we will be entertained by a magician. Come join your East Williston friends for a fun afternoon.



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The Herricks Leisure Club Holiday Frolics - "Walking in a Winter Wonderland"

By Dorothy Daly

The members of the Herricks Leisure Club have spent much of the season watching a billowing white comforter unfold upon our world enchanting our landscape but curtailing our wintry pursuits. Enter our Leisure Club – enabling us to maintain our active lifestyles despite the ravages of the times by offering intriguing activities. Thankfully, late fall was relatively balmy so a full contingent of members was able to engage in interesting meetings.

Our November 2 gathering was congenial and informative. We received a financial update from Treasurer Jim Kovalsky, a member illness report from Corresponding Secretary Terry Lanese, voting data from Legislative Chair-lady Tess Fiorentino, and the benefits of the shingles vaccine from Director Hilda Escobar. Membership Chair-lady Jeanette Kovalsky thanked those who helped her produce the delightful Halloween Party and Vice-President

Frank Vendinello commented on the bagel shop that provided today's tasty repast. President Lillian Ciesluk then conducted a celebration which honored 7 November birthdays including the 90th of Emma Bachor.

Yonkers Casino was our destination on November 8 for a stimulating session of fun and games. Our get-together the next day featured a mesmerizing guest, Celeste Belletti, who regaled us with music, song and wit.

Another spectacular event took place on November 15 when we enjoyed lunch and the show "Fiddler on the Roof" at the exquisite Westbury Manor, deftly organized by Marie Cristello. The festive air continued the next day when we were entertained by our guest Mark Brier, a talented comedian who combined Jewish and Italian humor in his repertoire. We were wished a Happy Thanksgiving surrounded by inspiring harvest décor by Helene Picchiello.

Upon returning from our holiday

feasting on November 30, we were apprised of a tax rebate by Mrs. Fiorentino and received 2018 Daily Planners from the New Hyde Park Funeral Home. Mrs. Ciesluk spoke of the movie being made in Williston Park with filming at Hildebrandts and Gino's Pizzeria. In addition, the 3rd to 5th grade students of the Center Street School serenaded us with carols and violins and presented us with handmade gifts and songbooks. Thank you boys and girls for a heartwarming experience!

On December 6, Rita Ruffini again escorted us to the Empire Casino for a winning day. At our meeting on December 7th, we observed a moment of silence on the passing of our former Treasurer Jo Arato and took note of the fact that this was the Pearl Harbor anniversary. A financial report was submitted and 10 birthdays were commemorated.

A joyous celebration of Chanukah and Christmas took place on Decem-

ber 14 at the elegant Swan Club. We enjoyed a savory luncheon and danced to the tunes of our new DJ and his line dancer partners. We all joined in singing "Happy Birthday" to celebrant Christine Di Benedetto. What a wonderful way to welcome the holidays! Our gratitude is extended to Joanne Nelson for chairing this extraordinary afternoon.

Indeed, all of these exciting preludes added to the pleasure of our holiday recess and also allayed our disappointment when we learned that our first meeting of the new year had to be canceled because of the "Blizzard of 2018". But the fond memories of 2017 have enabled the members of the Herricks Leisure Club to cope and "face unafraid the plans that we made Walking in a Winter Wonderland". We are looking forward to an equally enjoyable 2018, and will happily share these moments with our readers, here in The Williston Post.

Jumping Breaks Fundraising Records



Each year, kindergarten through first grade students in the Mineola Union Free School District participate in the American Heart Association's Jump Rope for Heart fundraiser.

This year, students at Meadow Drive School exceeded their fundraising goal of \$8,000. With two weeks still left to collect and fundraise, the school has already raised its most money to date with \$9,100. The Meadow Drive efforts are coordinated by physical education instructors Christine Gayson and Jim Durso.

Meadow Drive School students are jumping to combat heart disease.

Photo courtesy of Mineola Union Free School District

A Gift to the Fire Department

Eighteen year old Jaycee Jones from Mineola wanted to focus her senior project on a place and subject near to her heart. She chose the East Williston Volunteer Fire Department where her father is a 31-year member and ex-Assistant Chief of the East Williston Fire Department.

The classic fire department crest is the Maltese Cross. It is symbolic of the bravery of people she admires, and a father who she witnessed give of his time and energy over the years. The example set by the firefighters, who leap out of bed at any time of the day and night, regardless of what they are doing, is something she wanted to honor in her senior year of high school. Jaycee also appreciates the support of her mom Laurain.

Jaycee will graduate from Mineola High School this year. Her gift to the East Williston Fire Department, hanging in its Main Department Room, is a proud reminder of the dedicated service of firefighters in our Community.



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Pinewood Derby Night With Pack 8



January 26th was Pinewood Derby Night for the boys of Cub Scout Pack 8. The Northside Gymnasium was transformed into a race track and spectator stands.

Sixty three entrants took part, with homemade cars of all sorts, from conventional looking race cars to a Flying Tobile-ron Bar.

Cubmaster John Gennaway called the heats, a dedicated group of parents served as pit crew, timers, and organizers, and Boy Scouts from Troops 200 and 201 collected the cars after each heat and pitched in wherever they were needed.

After the formal Derby there was a Family Derby which allowed sisters and younger brothers to get in on the fun as well.

Pinewood Derby is a long standing Cub Scout tradition, reaching back to the 1950's, and there was more than one grandfather in attendance with memories of his own car rolling down the track, and memories of sons' cars as well.

In this case the track was a beautiful aluminum incline, instead of wood, the timers were computerized and the results were posted with a Powerpoint, but the fun of the evening was timeless.



Herricks Appoints Joan Keegan as High School Principal

Herricks Public Schools is pleased to announce the appointment of Joan Keegan as Herricks High School principal, effective July 1. Ms. Keegan has held numerous administrative roles in the district over the last four decades, including a long-time assistant principal position at the high school and her current post as middle school principal.



Ms. Keegan joined Herricks Middle School as Principal in 2010 after holding an Assistant Principal role at the high school for eight years. Earlier on, she served as the District's director of physical education, athletics and health. She has additionally coached girls and boys volleyball and girls basketball.

Ms. Keegan has been presented with many distinctions that honor her contributions and commitment to the district. She received the Nassau County School Librarians Association Administrator of the Year award, PTA Jenkins Lifetime Award and Honorary Membership in the Music Honor Society. She was selected by the Class of 2000 to deliver their graduation ceremony's Commencement Address.

As a veteran principal, Ms. Keegan is already well-versed in the responsibilities she will take on in the next school year. She has developed and implemented policies, procedures, budgets and curriculum, overseen staff members and led administrators, managed and supported various school programs and fostered community relationships. Ms. Keegan has seen the middle school through many new and expanded ini-

tiatives as technology and other developments have evolved. Under her leadership the library was redesigned, the STEAM lab was developed, the fitness center was created, technology tools such as Chromebooks and iPads were introduced and clubs and activities grew. She spearheaded Project REACH, which has become a cornerstone of the building's efforts to teach compassion through charity and service. She also brought National History Day to the middle school and was part of an increased participation in math research.

Ms. Keegan obtained her Bachelor of Science degree from Hofstra University, her Master of Science degree from Lehman College and her Professional Diploma from Long Island University's C.W. Post Campus. She has been a member of the District's Ed Leader 21 Team and served as a member of the Ed Leader 21 Performance Bank Assessment Working Group while also attending the Harvard University Principals' Center and NWEA Fusion training.

The district will embark upon a search process for a new middle school principal, as well as a permanent Searingtown School principal.

Photo courtesy of Herricks Public Schools

Painting Party Supports School Programs

The Herricks Art Boosters Association held its third annual Painting Party Fundraiser on Jan. 30 at Herricks High School. More than 50 elementary-level students representing Center Street, Denton Avenue and Searingtown schools were joined by their parents for an evening of exciting, creative and hands-on fundraising.

Herricks High School art teacher Allyson Zebrowski led the young artists in creating a festive, colorful, winter-themed painting. Mrs. Zebrowski's Art Club students were also on hand to assist during the event.

All money raised will support the district's enriching art programs, STEAM initiatives and more for grades K-12.

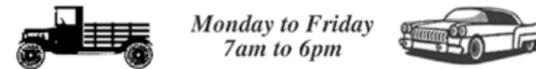
As a result of the interest and participation in this activity, the Art Boosters group is considering hosting another Paint Night event in the spring. More details will be shared in the future months.



Photo courtesy of Herricks Public Schools

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Please note any table preferences on the back of this reservation form.*

A Gift of Time

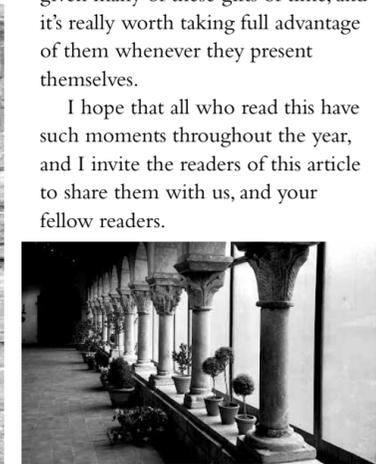
By James Daw

This is a story about an incident in the life of a working lawyer, but it can apply to any of us, at any time. I had to be in Supreme Court in the Bronx recently for a 9:30 pretrial conference, and any lawyer who spends an appreciable amount of time in court knows what this can mean. I got there at 9:25, having reconciled myself to spending the hour and a half or two waiting for things to happen that these conferences frequently involve. To my surprise, however, the planets had aligned, my adversary was there, the part was open, the court attorney was ready for us and ours was the first case on. As a result, I was on my way out the door with a smile on my face by 9:50.

I realized that I had just been given an unanticipated gift of at least an hour, maybe more, that I wouldn't have to spend waiting for something to happen, and such a gift is not to be taken lightly or wasted through inactivity. It occurred to me that I was just over the river and a few blocks from Fort Tryon Park, and the Cloisters, and I decided to use my freed up time to see the museum decorated for Christmas.

If you're familiar with the Cloisters you know that it is a beautiful place in spring and summer, with its gardens and other plantings. However, I am particularly fond of the museum and its grounds in winter, and particularly at Christmas. There's something about the filtered winter sunlight that is appropriate for the stonework, and sets it off to greatest advantage. The colorful Christmas decorations provide a wonderful contrast to the stone, as well. In addition, the cold weather tends to limit the number of visitors, and most of them stay completely indoors, avoiding the walled gardens that give the museum its name.

On that particularly cold morning the gardens, and the walkways around them, were mine to enjoy



without any distractions. As a result, that morning I was able to spend a delightful hour in what is an amazingly peaceful, quiet place. The spirituality of its original buildings is still to be found in the reconstructed museum. I came away refreshed and ready to get on with the tumult of 21st Century life.

Life frequently presents us with unexpected bits of time that give us opportunities to do things that we did not expect to, whether it's an extra 15 minutes to play with our grandchildren, a moment for a second cup of coffee while reading the morning newspaper or, in this case, an hour for quiet reflection. We aren't given many of these gifts of time, and it's really worth taking full advantage of them whenever they present themselves.

I hope that all who read this have such moments throughout the year, and I invite the readers of this article to share them with us, and your fellow readers.

Herricks Robotics Makes It To The Top

The Herricks Highlandbots qualified for the U.S. CREATE Open National VEX Robotics Competition and Southern New York State VEX High School Championships when they excelled in the regional qualifier tournament, held at Lycee Francais de New York on Jan. 20. Hours of hard work in design, engineering, and programming finally paid off as the students earned

the prestigious Excellence Award. Under the guidance of club president Caitlin Chou, and advisers Mr. Gillam and Mr. Kadri, the Herricks Robotics Club actively sought success and poured their hearts and souls into the VEX Robotics Competition to be the best robotics teams the high school has seen in a decade. At all three events, the team moved onto the semi-finals,

bringing awards home in two out of the three events.

VEX annually presents a different objective for students to focus on. This year's challenge was for the robots to stack cones and make goals. The work involves programming, coding, design, engineering and other STEAM related skills. Both Herricks teams put in extensive hours after school, on week-

ends and during breaks and summer months to execute and fine-tune their strategies. Students held various roles within their respective groups, and all collaborated in producing successful projects.

At the first competition, the teams excelled at their interviews and received the Judges Award as special recognition. Confident that they were capable of even more, they worked harder for the next qualifier. Teachers from other schools, parents, judges and the referees expressed admiration for the Herricks students' dedication and spirit. The judges deemed Team 11040B's engineering notebook "outstanding" and, describing it as "the best they have ever seen," photographed it to use it as a model. The robot was top ranked in qualification matches.

The notebook, spirit and robot as a whole cumulated into recognition that qualifies the team for championship rounds. They are now preparing to head to Northern Westchester in March, where they will compete at the state level where they will face some of the top teams from our region.

Photo courtesy of Herricks Public Schools



Yoga With Joe Cilmi at the East Williston Village Hall

The East Williston Yoga groups celebrate another year of classes led by East Williston native Joe Cilmi. If you are interested in learning yoga poses for mindfulness, strength, and flexibility these classes will be very useful for you. Information and an application form are available on the East Williston Website at <http://www.eastwilliston.org/>. (Go to the tab for Recreation, and then open the tab for Yoga.)

Poses are taught individually and in detail, allowing you to expand your limits in a challenging and compassionate environment. Continuing and new students are welcome, and there is an introductory offer for new students only: 10 classes for \$100 (\$110

for non-residents) – classes must be used within 4 months, can be used for

any class. Even if you've never done yoga before you can arrange for a \$10

trial class! Walk ins are welcome, at \$20 per class.



Fire Sirens - The Voice of Help

By Audrey Santosus

The sound of the siren blaring triggers different thoughts and reactions from people. Some don't think much of it, some think of it as annoying, some feel frightened, or wonder what's going on, and then there are some who say "Is that my house?" Even though the initial sound of the siren creates many various reactions, one fact remains constant: someone is leaving work, or home, or getting out of bed in the middle of the night to respond to a fire, or another emergency, which also means that someone in need called in the situation to seek help. The siren calls people to come and help, so in a way it is the District's protector. It's awake twenty-four seven, waiting to alert the responders. It also reminds people that help is on the way.

Fire departments throughout Nassau County use different kinds of sirens. The Mineola Fire Department has an original Thunderbolt siren. The siren has seven different settings which can change the pitch to accommodate different terrains and surroundings. The Thunderbolt siren was invented in the late forties early fifties and was used across the country to warn people of air raids, natural disasters, fires, and other events. Mineola's siren has gone through two refurbishments. It was most recently refurbished in 2013 by Zolezzi Auto Body as a donation. It was a big contribution to the Fire Department as well as to the community.

So just remember, every time the siren goes off, it represents the voice of someone in need of help. If your house were burning, you would want that voice to go off as loud as possible.



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Mineola Board President To Receive Education Partner Award

Christine Napolitano, President of the Mineola Union Free School District Board of Education, will be honored this spring with the Nassau BOCES Education Partner Award.

The program pays tribute to outstanding community and business leaders, civil servants, government officials, nonprofit executives and volunteers, organizations, school administrators and staff, students, teachers and Nassau BOCES employees who have had a profound effect on public education in Nassau County.

Ms. Napolitano is one of three Board members being honored with the award.

During her nine years on the District's Board of Education, Ms. Napolitano was at the forefront of advocating for efficiency and innovation in her district. Christine voted "yes" on the tough decision to reconfigure the district's schools, which ultimately led to millions of dollars in savings for community taxpayers and better curriculum alignment for students.

During her tenure on the board, the district has received, and continues to receive, state and national attention for its exceptional program and use of technology, including being named to the prestigious Digital Promise League of Innovative Schools and, most recently, all five schools in the district having earned the Apple Distinguished School designation (only 400 have been recognized in the world).



This year's honorees will receive their awards at the 12th annual Education Partner Awards Gala on Wednesday, April 11.

The district congratulates Ms. Napolitano on being recognized for her dedication to the students of Mineola.

Christine Napolitano, Mineola Union Free School District's Board of Education president, will receive the Nassau BOCES Education Partner Award.

Photo courtesy of Mineola Union Free School District

Mineola Pre-K Goes Polar



The Pre-K students in Christine O'Grady's classes at Hampton Street School of the Mineola Union Free School District recently completed a unit on polar bears.

During their studies, they learned how tall a polar bear is, and how the bears stay warm despite the cold water and temperatures. As a fun activity, students put on "polar bear hands" (a bag filled with Crisco to mimic a bear's fat) and stuck their hands in ice water.

Hampton Street pre-K students participated in several activities including putting their hands in cold water and creating a life-sized bear.

Photos courtesy of Mineola Union Free School District



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At 1:00 pm in the Village Hall



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Celebrate St. Patrick's Day with your East Williston friends. Come spend a fun afternoon with musical entertainment of Irish music, big band songs, and sing a long performed by a Barbershop Quartet.

Looking ahead....
April meeting will take place on Thursday, April 19th. A magician will entertain us with a wonderful, fun show of tricks.

Herricks Finishes Fantastic Fall Sports Season

Herricks High School athletes wrapped up the fall season with numerous team triumphs and personal success stories. The District celebrates the many awards and honors which our students have earned. Their accomplishments reflect a commitment to sports as well as to academic excellence.

Nine varsity teams achieved Scholar Athlete status for academic averages of 90 or better. Congratulations to the Boys and Girls Cross Country, Boys Golf, Boys Soccer, Boys Volleyball, Cheerleading, Girls Soccer, Girls Swimming, Girls Tennis and Girls Volleyball teams.

Members of the Football team were presented with accolades at the Nassau County Gridiron Banquet, which was held on Dec. 6. For the third time in the last four years, the Herricks Football program was announced as the recipient of the Community Service Award as voted on by the Nassau County High School Football Coaches Association.

Also at the football celebration, Christopher Peguero was honored with a LIAFO Unsung Hero plaque and LIAFO Conference Scholarship at the event, and Michael Lee received a National Football Foundation Scholar Athlete plaque. Jordan Chin received an All-Conference plaque and Academic All-Conference certificate, and William McCreery earned an All-Conference plaque.

Athletes representing a variety of teams attained All-County, All-Conference, All-Class and All-Division titles, as listed below, and Sophia Karras and Katherine Hong were state qualifiers and county champions in swimming.

BOYS SOCCER

All-County Honorable Mention – Anastasios Diacovalilis
All-Conference – Thomas Marchelos, Kunal Suri, Demetri Nictas

GIRLS SOCCER

All-Class – Nicole Garcia, Grace Rocco
All-Conference – Irene Tsahas
Senior Scholar Award – Jasmine Kamdar

GIRLS SWIMMING

All-County/N.Y. State Qualifier, Nassau County Champion-500 free – Sophia Karras
All-County/N.Y. State Qualifier - Katherine Hong
All-Division – Sophia Karras, Katherine Hong
All-Conference – Nicole Nowak, Katherine Hong, Jenna Chin, Kaitlin Shieh, Sophia Karras

TENNIS

All-Conference – Alisa Liu
All-Division – Emily Tucker, Nicole Park, Alisa Liu, Tiffany Chen
Sportsmanship – Emily Tucker, Jessica Wang

BOYS VOLLEYBALL

All-Division – Iram Arefin, Joseph Kim



CROSS COUNTRY

All-Conference – Angela Chen
All-County – Kailen McCauley, Rhea Rasquinha

FOOTBALL

All-Conference – Jordan Chin, Will McCreery
Academic All-Conference – Jordan Chin
National Football Foundation Scholar Athlete, Michael Lee
Long Island Association of Football Officials Unsung Hero – Christopher Peguero

GIRLS VOLLEYBALL

All Class – Eve Sommese
All Conference – Stephanie LaPlante

Above, Gridiron Banquet: Members of the Football team were presented with accolades at the Nassau County Gridiron Banquet.

Photos courtesy of Herricks Public Schools

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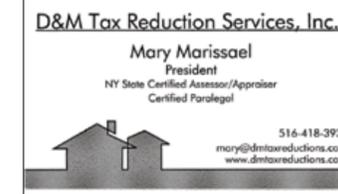
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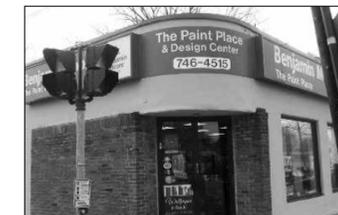
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Caring for Our Pets

My Dog Has A Murmur - Part 2

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

Last month, I discussed how the mitral valve functions and what happens when it leaks (the swishing murmur sound). Blood is regurgitated backwards towards the left atrium and ultimately, when too much goes backwards, fluid builds up in the lungs -congestive heart failure. The heart is unable to pump enough blood forwards.



The clinical signs you will see can vary. The two main signs are coughing and tiring easily. You can also see rapid breathing, poor appetite, restlessness (especially at night), collapsing, weakness, and changes in behavior.

The diagnosis of congestive heart failure can be made by some of the following methods:

- The clinical signs we discussed
- Closely following your dog's murmur during annual exams
- Listening to the lungs and hearing a crackling sound similar to pulling velcro apart
- Radiographs showing fluid in the lungs
- An Echocardiogram

A dog owner can help diagnose the onset of heart failure by measuring the respiratory rate of the dog.

One respiration is an inhalation and exhalation of the lungs. A normal respiratory rate in a dog is about 20 breaths per minute. When fluid accumulates in the lungs, the dog has to breathe more rapidly to oxygenate his lungs.

A dogs with fluid in his lungs might have a respiratory rate of 40 bpm. This is a great way to determine the onset of heart failure and to determine the effectiveness of the drugs in a dog who is already on medication.

You must measure the respiratory rate when the dog is sleeping or resting for at least an hour. There is a phone app called Cardalis that you can download to help you measure the respiratory rate.

The treatment can vary.

Usually, if the heart is enlarged but the dog is not yet in heart failure, a drug

called vetmedin is started. Once the dog goes into heart failure (fluid build up in the lungs) two other drugs are introduced.



Lasix is a diuretic that helps clear the fluid out of the lungs.

Also, a drug called an (ACE) inhibitor is started. An ACE will lower blood pressure so that it is easier for the heart to pump forward while at the same time preventing less blood from regurgitating backwards.

As the disease progresses, the drugs will have to be increased and more drugs will need to be added. This is a chronic health condition that with proper medication and treatment can be managed to allow your pet to live a quality life.

Dr. La Ginestra is an East Williston resident and owns and practices Veterinary Medicine at the Animal Hospital of Roslyn, 212 Mineola Avenue, Roslyn Heights, New York, 11577. Telephone 516-484-11577.

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Brownies Visit Town Hall

North Hempstead Town Supervisor Judi Bosworth, Council Members Viviana Russell, Anna Kaplan, Peter Zuckerman and Lee Seeman spoke to

Brownie Troop #1212 about government on January 10 at Town Hall in Manhasset. The Town officials spoke to the

Brownies about how the Town government works and what their particular jobs entail. The Brownies are residents of Old

Westbury, Westbury, East Williston, Williston Park, Alberton and Mineola.



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News From Wheatley

Wheatley Juniors Selected For Student-Athletes As School Leaders Conference!

On Thursday, February 1st, six Wheatley juniors attended the annual Student-Athletes as School Leaders Conference at Hofstra University. The Conference is organized by the Nassau County High School Principals Association, Nassau County Physical Education Consortium and the Hofstra School of Education, and its purpose is to celebrate, support, and encourage positive student leadership throughout Nassau County's school districts. Students were accompanied by Mr. Kevin O'Pasek and Mr. Steve Cadet.

Student team leaders have the chance to meet their counterparts from other high schools and share ideas about the meaning and significance of leadership. The day includes keynote addresses; focused dialogue between student leaders, coaches, athletic directors and principals; and training in communication skills.

The Wheatley students selected to participate in this conference were Sofia Greenfield, Brandon Martins, Samantha Rothstein, Emily Schiesser, Andrew Sivin, and Nicholas Tagios.

Wheatley Students Visit Raynham Hall!

On Friday, January 26th, students from Mr. Crotty's Regional Studies Class and Mrs. Laurino's Life Skills Class participated in a field trip to Raynham Hall in Oyster Bay and Angelina's Pizzeria in Williston Park.

At Raynham Hall, students learned about important aspects of life for Long Islanders during the 18th and 19th centuries, respectively. The highlight of the tour was when students learned about Robert Townsend Jr.'s (the owner of Raynham Hall during the American Revolution) involvement in George Washington's Culper Spy Ring. The students even learned how to decode and read the Culper



Spy Ring's unique code system.

As one of Mr. Crotty's History Professor's once told him, "If you visit a historical site, make sure you find a good place to have lunch after your visit." Therefore, in keeping with this important tradition, the students had lunch at Angelina's Pizzeria in Williston Park. At Angelina's, the students enjoyed good food, conversation, and company. Mr. Crotty and Mrs. Laurino's classes are looking forward to their next field trip together in the Spring!



Photos Courtesy of The Wheatley School

14th Annual North Hempstead Polar Plunge Coming March 3rd to Benefit Special Olympics

Special Olympics New York, North Hempstead Town Supervisor Judi Borsworth and the Town Board would like to remind you to join the hundreds of others who will be "Freezin' for a Reason" on Saturday, March 3 for the 14th Annual Town of North Hempstead Polar Plunge at North Hempstead Beach Park in Port Washington.

Brave souls with warm hearts will run, jump, and dive into the chilly waters of Hempstead Harbor to raise funds for the athletes of Special Olympics New York. Registration begins at 10 a.m. with the Plunge at Noon.

Each winter, Special Olympics Polar Plunges are held throughout the country to attract thousands of thrill seekers to engage in a worthy and exhilarating fund-raising event.

Last year, more than 6,000 plungers were part of the Plunge Season raising over \$1.4 million statewide. In 2015 nearly 600 participated at the event at North Hempstead Beach Park and raised over \$60,000. All funds support Special Olympics New York's programs and promote awareness of people living with intellectual disabilities in New York.

It's easy to get involved - simply visit: www.polarplungeNY.org/northhempstead. From there you will be able to form a team, invite your family and friends to join, create your own Personal Plunge Page, and send it out to your contacts - all with a few clicks of the mouse! This Polar Plunge will help to provide year-round sports training and competition in over 22 Olympic-style sports for more than 65,000 children and adults with intellectual disabilities living in New York,

giving them continuing opportunities at no cost to them or their families.

For more information, please call 311 or (516) 869-6311, or call Rebecca Strickland at the Special Olympics Long Island at (631) 254-1465 ext. 203.

Rebecca can also be reached at rstrickland@nyso.org.



A Scene From The 2017 Polar Plunge



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