

Saltaire Market Dispute

By Micah Danney

A resolution to the dispute between the owners of the Saltaire Market and the Village of Saltaire may be on the horizon, according to both parties, with terms of a negotiated sale of the property to the Village.

"We are currently in negotiation with the Village of Saltaire regarding a mutually acceptable solution to our disagreement," Scott Whitney said in an email. He declined to discuss specifics about the case as it is still ongoing.

At the Village's April 9 Board of Trustees meeting, the Board approved a motion to acquire the property for a price of "up to \$850,000" with another \$50,000 available for "additional agreements," according to the meeting's minutes.

Cox stated that the resolution would not allow for the opening of the store for the 2014 season, although the Board is considering "ways to mitigate" the closure for this summer, according to the minutes. Cox said that with the resolution, which he could not discuss details of, the property is on track to be a "commercial/municipal space providing services for the summer of 2015 and beyond," according to the minutes.

The Board also approved a contract with an engineering firm costing \$22,500 for concept design and permitting services for the redevelopment of the property.

Cox was not immediately reached for comment.

The market sustained water damage to its ground floor due to flooding during Superstorm Sandy - 18 inches, according to the website the Whitney's created to publicize the dispute. As homes and businesses across Fire Island began to rebuild, the market remained shuttered in lieu of renovation permits.

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Questions Raised About Verizon Services

By Dennis Bade

The ongoing project by communications giant Verizon to bring its broadband Internet and fiber optic service to the Western half of Fire Island is being met with resistance from some quarters.

Last year, Verizon filed a tariff with the New York State Public Service Commission asking to be allowed to scrap repairs of existing copper lines that were damaged by Superstorm Sandy. The company announced in the filing that it planned to discontinue its wireline service to Western Fire Island and begin offering wireless service in the area ranging from Kismet, east to Point of Woods.

In response last May, the PSC authorized Verizon to offer Voice Link wireless service as a temporary measure and the company began selling broadband packages to residents this April.

"After Sandy, the copper wire was either damaged beyond repair or washed out to sea completely," said Verizon spokesman John Bonomo. "We offered a solution of wireless service for last summer. We listened to the community and we decided to construct a fiber optic network."

He continued that fiber is much more resilient to water and wet weather conditions than copper wire or any other metallic substance. "This is especially important in a place like Fire Island," Bonomo said.

Bonomo added that the wireless service "is not going anywhere" and that Fire Island residents will have both it and "a state-of-the-art fiber optic network" available to them.

The approval of the tariff by the PSC has caused concerns, however, with at least one resident about the company's responsibilities in the event of another large scale emergency outage, as with Sandy, and future rate increases due to the company's advantageous position of being the sole telecommunications provider to the area.

Tara Moira McBride, a Lonelyville resident and publisher of FI 50/50, a community newsletter that uses its subscription fee to raise money for the Babylon food bank, says that in the event of an outage, residents who subscribe to the company's bundled package of broadband data and voice over fiber will bear the responsibility for supplying power to make the lines work.

Bonomo said that all FIOS customers are supplied with a backup power reserve whereby they can manage their service in the event of an outage. In a later email to the Chronicle, he added

that "During any other kind of outage that is ours (power is not ours), we always work to restore service as soon as possible." Responsibility for restoring power after power outages falls on power-company PSE&G

McBride said that the battery supplied by Verizon has an eight-hour life. She added that without the backing of the PSC to ensure that Verizon restores its service in a timely fashion, residents

could be in the position of having to power the lines by generator for long periods of time. She said the process would be costly for residents if they had to maintain power for as long as they did after Sandy, would inconvenience emergency service personnel, like those that stayed in her home after the hurricane, and would carry the safety risk that comes from running a gas powered generator on a residential property for a long period.

McBride also expressed concerns about the lack of a serious competitor for Verizon on Fire Island.

"Western Fire Island is the only part of New York State that will have FIOS only and no copper backup," McBride said. "Verizon has no competition. They are a public utility with a monopoly. If residents buy a bundled service they have no oversight."

McBride continued, saying that Verizon hasn't always been responsive to issues in

the past and has even less incentive to do so now.

"I told my daughter to write a letter to Verizon when she was ten," McBride said. "She's 18 now. We still have that letter. They didn't do much about it, but, then, she wasn't that polite. The people who work here on the lines and the people who work in customer service have always done their best, and they've always been very nice. I've had very nice relationships with four different women in customer service."

"We've communicated with (Tara)," Bonomo said, "As we have with a number of other Fire Island residents and organizations. We sent

out a survey to residents asking what kind of services they would be interested in so we could preposition the cable and install the service as quickly and as hassle free as possible. Most people are ordering the voice and Internet package."

As the summer season begins, the Verizon FIOS rollout is in full swing, with many residents currently receiving their first bills for the new services. As more and more residents upgrade to the services it remains to be seen if Fire Island residents will be pleased or not with the new services.

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Letter From The Editor

Hello Fire Islanders!

As the summer season finally grows closer I am excited to announce the launch of the Fire Island Chronicle, the newest paper covering Fire Island. The newspaper will be published biweekly throughout the season.

I have spent the last year on Fire Island. I've been able to witness the first summer after Superstorm Sandy, as well as one of the possibly worst winters the area has seen in decades. During this time I have become familiar with the entire island. This experience will drive me to bring you the best content the Fire Island Chronicle can produce.

Throughout the season we at Fire Island Chronicle look forward to following all the stories that are important to everyone on Fire Island, from the dune project to town meetings to community events. I look forward to meeting many Fire Islanders as well as attending events throughout the summer.

We would love to hear from my readers. If you have a story idea, or just want to talk, please feel free to contact me via email at fireislandchronicle@gmail.com or by phone at (631) 875-8903.

Here's to a great summer 2014 season!

-Nicole Brems
Owner/Publisher

Ocean Beach Board of Trustees Budget Vote

By Mike Pedersen

The Ocean Beach Board of Trustees voted Saturday, April 26 at its public hearing to adopt the proposed 2014-15 budget plan.

The \$7.75 million budget plan includes a 7.8 percent property tax increase, marking a consecutive hike after the 13.47 percent increase of the last fiscal year, which reflected the anticipated rebuilding costs from Superstorm Sandy.

"We got hit with a horrendous storm," Trustee Matthew Blake said. "I'm very proud of how this place rebounded."

The budget also includes a substantial raise for the four trustees and Mayor James Mallott. Each will now receive \$12,000 a year, up from a \$500 stipend. Mallott will receive \$48,000, up from \$36,500.

This drew the ire of some community members attending, including one who felt there wasn't enough "community input" on the matter and that the money is getting "out of hand."

Blake, who wasn't in support of the measure, said that it "fundamentally changed the nature of the job," and sent a message that he wasn't comfortable with.

"My view was why put a sum in addition to what we're going to ask a community already in higher taxes," Blake said. "Why would we augment that number more for ourselves?"

Blake added that there was a provision to do away with the salaries, and that he would be in favor of it if it came to a vote in the future.

The meeting began with a report from Mayor James Mallott, covering a multitude of construction projects that are either in planning or are underway around the village.

One such project is enclosed shelter for the ferry terminal, to protect people from the winds and rain that can sweep through Great South Bay. Mallott said that this is a short-term goal.

"We'd like to be able to bring something in there fairly quickly and get it done so there's shelter from a storm," Mallott said.

The ongoing construction of the upgraded dispatch room in the fire department has been completed, and further upgrades to the electronics are coming in the next few months. This marks an end of the handheld radios typically used for dispatch, and moving towards a control room setup more typical of a larger mainland department.

"Right now the dispatch is kind of handheld dispatch," Mallott said. "There is no dispatch room, so we're trying to get that up and running."

The village is also continuing to tackle the everlasting effects of superstorm Sandy. There are, however, a few roadblocks. One such is the bulkheads at the ferry terminal, which Mallott said are not something that can be dealt with yet.

"I'm sure it will be at least two years, maybe more, before we can start thinking about redoing those bulkheads," Mallott said. Another issue is that reimbursement payments from FEMA have been coming more intermittently.

"It's slowed down to a trickle now," Mallott said, continuing that there is now a lot more time and paperwork involved in between payments. "You know, 10 million dollars is a lot of money."

FEMA is paying for the sand cubes that went up originally, but is not covering the trap bags. The trap bags will need to come out before the new dunes are put in. Despite the delays, a plan to hire a representative to directly work with FEMA was scrapped, which Mallott said will save money.

Village of Saltaire Board of Trustees Winter Meetings

By Micah Danney

Throughout the winter the members of the Village of Saltaire Board of Trustees were hard at work discussing the upcoming summer season.

April 9, 2014

The Board approved the Bond Council to secure a bond anticipation note in the amount of \$2 million for another year at prevailing market rates. The same had been secured in 2013 from JP Morgan Chase.

The Board approved a medical services contract with Dr. Robert Furey for the 2014 season for \$3,500.

The Board adopted the 2014/15 budget with no tax levy increase, reflecting a tax rate of \$5.35 per \$1,000 of assessed value with a real estate tax levy total of \$2,085,067 against all properties listed in the 2014/15 Village assessment roll.

March 10, 2014

Administrator Posillico told the Board more part-time staff is needed to handle the Village office's increased workload. The Board voted to authorize Posillico to request an exemption from the Civil Service Commission that would allow the Village more flexibility in recruiting and retaining staff that can better work with irregular hours, namely staff recruited from people residing on Fire Island.

February 27, 2014

The Board voted to replace the Village's fire horn with a fire siren "to alleviate a great part of the nighttime disturbance," at a cost of up to \$7,500.

The Board rejected two bids for the Saltaire Ball Field's renovation that carried a total cost ranging from \$588,801 to \$611,440. It authorized a re-bid of the project after the level of FEMA funding has been confirmed.

January 23, 2014

The Board agreed to coordinate outdoor evening beach activities for a July 4 celebration that would benefit young families. Trustees considered moving the fireworks display from August 2 to July 4.

The Board passed a resolution to buy 900 discounted ferry tickets from Fire Island Ferries for re-sale to Village residents.

December 14, 2013

The Board approved a continuation of its 2013 contract with the Suffolk County Police Department for its services. The same basic terms were carried into the 2014

"We've done it in house with our own staff and I think they've done a great job with it and saved money that we would have had to pay someone to deal with them," Mallott said.

Superintendent of Public Works Kevin Schelling closed the reports before the budget discussion, announcing that the marina is operational. Street cleanup of sand is also

contract.

The Board approved a continuation of its 2013 contract with the Saltaire Volunteer Fire Company and the Kismet Volunteer Fire Company, under the same basic terms.

The Board approved LoDuca Associates as the certified low bidder for Phase 3 of the boardwalk reconstruction project for a projected total contract amount of \$1,433,440, with FEMA funds anticipated to mitigate that cost.

The Board heard a request from the SVFC for a delay of the Board's proposed modification of the emergency fire alarm system, which would have reserved the audible alarm for fires only, and used the cell phone and pager notification system for medical emergencies during the summer season.

The Board passed a resolution requiring all contractors doing house relocation to have "cargo insurance" to cover that type of work.

November 16, 2013

With private financial support for the 2014 summer fireworks show expected, the Board approved up to \$17,500 in expenses for the production.

The date and time for the general election for the positions of mayor and two trustees was set for Friday, May 23 from 12 p.m. to 9 p.m. at Village Hall. The positions each carry two-year terms. Only those people whose names appear on the village register will be eligible to vote. Registration will be held Sunday, May 11 from 9 a.m. to 5 p.m. at Village Hall.

The Board authorized 2014 marina fees with a 1.1 percent fee increase over the previous year.

The Board rejected a \$189,525 bid to elevate and repost 106 Neptune Walk as the cost was significantly above the project's projected budget.

Administrator Mario Posillico announced that the third phase of the reconstruction of village boardwalks will begin September 15, 2014. Approximately 5,250 feet of boardwalk damaged during Hurricane Sandy will be rebuilt, with 3,600 feet remaining to be rebuilt in the 2015 offseason, possibly sooner.

The Board approved a request for bids to repair Saltaire Ball Field, damaged during Hurricane Sandy.

ongoing and will be completed within seven days of the meeting.

Ocean Road will be also closed for almost a month to vehicles and carts as they patch up streets around the village.

The next trustees' meeting will be May 17th.

FHCA Seeks Someone to Run Post Office

By Micah Danney

The Fair Harbor Community Association is looking for someone to run its post office this summer.

Longtime postmaster Bernie Wincig passed away more than a year ago and the operation fell to his estate, but the United States Postal Service advised that it needs to award a new contract properly. For that, a bid needs to be placed, but none have been, according to a FHCA spokesman.

The man who ran the post office last year no longer wants the responsibility, according to the association's website.

If no bids are made before June 19, the post office's regular opening date, "it's likely that we won't have a post office this year," the spokesman said. If that comes to be, Fair Harbor residents will need to use a P.O. box in Ocean Beach or Bay Shore to receive mail, though mail can be sent from the Saltaire Post Office.

A bid requires the filing of an application and a quote for how much money the bidder is requesting from the USPS to run the office, including rent, staff, overhead and profit. If a bid is accepted, the winner will have to rent space, hire a clerk, post a "small bond" and deal with associated paperwork, according to the FHCA website. The former location and a clerk are both available.

Anyone interested can contact gene.fhca@gmail.com.

Saltaire Market (cont'd from page 1)

The core of the issue has been whether the building is structurally sound enough to renovate. The Whitney's hired two engineers that independently assessed that it was, the family said, but the Village building inspector, Mario Posillico, did not reach that conclusion. The Village then moved forward with eminent domain proceedings to acquire the property.

At the Board of Trustees' Feb. 27 meeting, Mayor Robert Cox told the board he, Posillico, Trustee John Zaccaro and an independent code enforcement official met with the Whitney's on Feb. 7 and had a "wide-ranging and thorough discussion of the current situation including the steps that would need to be addressed in any renovation plan," according to the minutes of the Feb. 27 meeting.

At the April 9 meeting, Cox announced that an agreement had been reached that will put an end to the Village's litigation when formalized by contract. Cox acknowledged Saltaire resident Richard Leibner for his assistance in mediating and facilitating the resolution.

Scott Whitney said he anticipates having more detailed information to share publicly in the coming weeks.

Superstorm Sandy Recovery

\$23M Dune Aid Project At Robert Moses

By Nicole Brems

A federally funded \$23 million storm mitigation project is in the works over the next month at Robert Moses State Park.

More than a half million cubic yards of sand, dredged from boating channels, will be used to re-nourish beaches at Robert Moses State Park, the sand will also be used to build dunes, be put around the traffic circle and help to restore native plants.

In a statement about the project, Senator Charles Schumer said, "This federal funding will be crucial in helping us rebuild the beach, protect emergency evacuation roads and fortify the barrier island that acts as a shield to Long Island's South Shore communities."

According to New York State officials, an estimated 400,000 cubic yards of sand will be dredged from the State Boat Channel around-the-clock starting in early March and will continue through April 1. Another 200,000 cubic yards of sand, dredged from the Fire Island Inlet, may also be added to the project. The project will enhance emergency repairs completed before last summer.

"This is a critical part of our efforts to not just build back, but to reimagine our state's beaches and parks for a new reality- ensuring that Robert Moses State Park remains a popular coastal destination

for New Yorkers and visitors," Governor Andrew M. Cuomo, who announced the project, said in a statement.

About a third of the sand will be placed on the beach by April 1, after which that part of the project will halt until after September 1, apparently to protect the nesting of the piping plover, a Cuomo official said.

"Not only will this project better protect the repairs we've made so far, the state's strategy of building back

The Dune Project Has Been Delayed

By Nicole Brems

The much anticipated rebuilding of the Sandy-battered dunes along the ocean on Fire Island has been furthered delayed, now expected to start in September. In mid-March a new timeline was announced for the project.

The plan to build a 15-foot-high dune line currently has one large, costly obstacle in its way- 41 oceanfront properties. The plan is for the homes to be purchased and then torn down to make room for the dune. The owners of these homes will receive their homes' current value, not the pre-superstorm Sandy market price as was initially promised. Preliminary estimates bring the total cost to \$46 million.

The emergency effort calls



with natural sand and dunes will enhance native plant and animal habitat and protect the area's coastal beauty," Rose Harvey, commissioner of the state Office of Parks, Recreation and Historic Preservation, said in a statement.

The announcement comes as the U.S. Army Corps of Engineers finish pumping sand dredged from the inlet onto the Gilgo Beach area to buffer Ocean Parkway west of Fire Island on Jones Beach Island, which was badly damaged from Superstorm Sandy.

The Army Corps have also

for spending nearly \$162 million to rebuild Fire Island's dunes with seven million cubic feet of sand. Without any further delays, the project is slated to be completed in August 2015-34 months after Sandy devastated the island and East Coast.

The dune project will begin on Fire Island's eastern end in September. In October the second phase of the project, the dunes on the island's western end, will start. Both projects should be finish in six months. The third phase, rebuilding the dunes in the island's residential midsection, isn't expected to start until December, at which time the buyouts and easements should be completed.

been working on finalizing plans to rebuild dunes flattened by Sandy at Robert Moses and at Smith Point County Park on Fire Island's eastern end. The island's residential middle section is expected to take longer to complete.

Extra sand will also be used to create a stockpile at the beach for future use. Clearing sand from the boat channel and the inlet will also improve navigation for recreational boating and fishing.

Fire Island Artist Residency Now Entering Its Fourth Year

By Nicole Brems

The Fire Island Artist Residency, based in Cherry Grove, has announced the dates for the program's fourth year.

The program, which was started by Chris Bogia and Evan Garza in 2011, will be held from July 25th to August 22nd this summer.

The program, which runs for four weeks, doesn't just give the artists the chance to work uninterrupted for four weeks. "We invite leading contemporary artists, who are also part of the LGBTQ community, they give lectures at the Cherry Grove Community House that are open to the public," Bogia said. The talks are usually held on Mondays and Thursdays during the four weeks of the program.

Continued on page 4

Village of Saltaire Responds to FIMI

By Micah Danney

The Village of Saltaire expressed its full support for the U.S. Army Corps of Engineers' proposed dune stabilization project in a March 20 letter from Mayor Robert Cox, with a few caveats concerning its impact on residents and the natural environment.

"The Village of Saltaire is in full support of the FIMI project since it unequivocally provides tremendous cultural, economic and environmental benefits to Long Island as well as Fire Island, and is the only realistic alternative presented as an effective response to the damage caused by Superstorm Sandy," Cox said.

He asked, though, that the plan make its first priority the relocation of any of the 45 to 50 existing structures whose placement conflicts with the proposed realignment of the dune and beach, and whose owners desire relocation. Cox said the Village understands that the realignment's purpose is to make the project sustainable in the long-term, but urged sensitivity to the effect on property owners and the larger community.

"This is extremely disruptive not only to those families impacted, but also to the tax-base of those communities where they are located," Cox said, adding that for value determinations to be fair, homeowners must be adequately compensated and the necessary real estate transactions should be expedited.

Cox also pointed out that the project comes after two decades of similar projects and maintenance undertaken by the communities on Fire Island with great efforts to not harm the natural environment and wildlife, of which these communities have been the "most ardent stewards for the past century." He said monitoring of the beaches has revealed positive results for populations of piping plovers, least terns, invertebrates and finfish, as well as growth of two species of plants native to the dunes.

Town of Brookhaven Truck Burns Up At Fair Harbor Beach

By Dennis Bade

A Town of Brookhaven pickup truck went up in flames at Fair Harbor Beach on March 26. The Fair Harbor and Kismet Fire Departments responded promptly to extinguish the blaze. The Chronicle has received no reports of any injuries from the fire, except, of course, for the formerly cherry red Ford F150 pickup, which was barbecued to a crisp and well beyond repair.

New Plan for Ocean Bay Park Homes

By Nicole Brems

There is a new option being proposed for oceanfront homes in Ocean Bay Park that stand in the way of a 15-foot-high dune planned to be built the length of the island.

About a dozen homes in Ocean Bay Park currently sit in the way of the proposed dune. The new proposal suggests pushing the homes back onto Traffic Avenue, an unpaved road that runs behind the residences. This idea is being proposed as an alternative to buyouts and demolitions.

"Suffolk County is willing to explore whether it would be feasible to use it as an option," Fire Island Association president Suzy Goldhirsch said.

According to Goldhirsch, other oceanfront homes could be relocated to vacant properties in other locations. A total of about 40 homes, some vacant and including the dozen in Ocean Bay Park, sit in the path of the proposed dune. The idea of moving homes may also be an option in other towns, including Davis Park, where there appears to be room to move some of the oceanfront homes back on their own lots.

SYBIL SEZ!

NASAL RINSES : SAY “YES!” to your NOse.....

Dear Sybil, My allergies are the worst this spring season! Pollen is working my last nerve, and I’m sick of taking all the drugs that come over the counter or from the allergist, (which I consider even worse). I think I read that you told a friend about nasal rinses, but the idea scares me.... Can you put my mind and nose at rest?? Please?? ... rhymes with SNEEZE! -Sincerely, Ronny.

Dear Runny...er, RONNY! Yes, I have told friends about nasal rinses before, and although it sounds gross to many people, pumping some saline into your nose and flushing out your face can not only be a wonderful sensation, it can also be a life-changing decision too! Most of us remember how perfectly awful it was as children to accidentally breathe in the water at the swimming pool. Not only was it regular tap water, it was heavily chlorinated on top of it all! The burning was terrible, and it turns most people away from ever considering nasal rinses, but the saline water that you either prepare yourself or buy ready mixed in sterile containers at the drug store is exactly the same saline solution that your body is made up of.... about 60% of it!!! And it’s approximately a 0.9% solution, so when you spray it into your sinuses, it’s no more uncomfortable than your tears when you cry. A dear friend of mine asked about rinses, and

when I explained the concept to him, he remembered that when he was child at the ocean and got seawater up his nose it wasn’t unpleasant at all.... because the ocean is much more like our own body chemistry than chlorinated pool water... Anyway, back to why a nasal rinse can be so helpful during cold and allergy seasons.... Your sinuses are designed to produce a regular protective amount of watery mucus to keep irritants, bacteria, pollen, and dust from lodging and potentially infecting or damaging the sensitive interior tissues inside your face and airways. But sometimes the pollutants are too numerous or toxic for your body to withstand. At that point, the invaders can trigger a cold or a particularly brutal allergic reaction, and your body responds by declaring “war” in the form of massive amounts of mucus to flush away the enemy. We’re told to drink “plenty of fluids” to keep our bodies completely hydrated for the production of water to supply the mucus which we either blow out, cough up, or swallow to be destroyed in our digestive systems.... (gross, yes, but rather ingenious after all these millions of years of evolution!) We now know that instead of using decongestants to dry up our sinuses the way we did in the 1950s, we should use products like Mucinex to increase the flow of protective mucus and force fluids, preferably vitamin enhanced waters to maintain our electrolytes. Supporting our bodies’ natural function is the best

way to stay comfortable and get well quickly! And a nasal rinse, preferably in the shower, is a fabulous help. It can unblock the clogged up passageways, clean out all the debris, and even alleviate a bad sinus headache within minutes. A neti pot is easy to buy at the drug store with the right saline solutions, either premixed or available in premeasured envelopes to be mixed with distilled water. I said “distilled water”...NOT tap water or bottled water. Distilled water is pure H2O....nothing else!! No minerals, additives, etc. I buy the envelopes, mix up the right amount in an empty shampoo bottle with a nozzle and spray a dose into each nostril twice, blowing out the contents, and repeating once again. The whole process takes just seconds, and I do it in the morning and again at night. Colds are rare for me now, and if one does start to take hold, I can diminish its duration and severity.sometimes stopping it dead within an hour of the first scratchy throat or sneezing... Although you can see actors on the Internet demonstrate the method for using a nasal rinse, I’ll tell you quickly that it’s as easy as leaning forward in the shower (or over your bathroom sink, facing the drain, turning your head to one side, and gently squirting the saline into the upper nostril and letting it flow through your sinuses inside your face and out the lower nostril. Turn your head the other way and repeat, Turn again and repeat. Turn again

and repeat. Blow gently each time without plugging either nostril so that you don’t blow anything into your ear canals... As you get more comfortable doing the process, you’ll start to experiment with tipping your head this way and that to “clean out all the rooms in your attic” as we nasal-rinse aficionados joke!! I promise you, you’ll feel and see a difference right away..... some of my friends claim that food even tastes better, and I’ve known some smokers who claimed it was easier to give up because they could actually smell what was offensive about cigarette smoking more clearly... Let me know Ronny, what you think! Spring is running a little late this year, but maybe we can make it a bit more fun for you when she finally waltzes through the front door!!...and you don’t have to hold your nose!!! Xoxoxo!!! Sybil.

[You too can send your questions and suggestions to Sybil Bruncheon at Bruncheon@hotmail.com. You can also join Sybil on Facebook, Twitter, Youtube, Pinterest, her own blog, and at her websites Sybil-Sez.com and SybilBruncheon.com. She currently is appearing at the Cowgirl restaurant in Greenwich Village and right here on Fire Island at the Island Breeze in her own SYBIL’S SMARTY-PANTZ REVUE on Fridays at 5:00!!! See you there, Mon Cher!!]

Kickboxing...Why Is It So Popular?

By Kim McAvey Maliadis

Kickboxing is one of the most popular workouts out there today. In fact, it has been for quite a while. In the fitness world, where trends come and go, what is it about kickboxing that keeps it so relevant? Why are so many people motivated to put on the gloves and hit the daylights out of that bag? You’ll be surprised at some of the answers to these questions.

Kickboxing has definitely transformed from the days of the rah-rah cheerleader type cardio kickboxing of the 80’s and the Tae Bo of the 90’s. (Although if you try hard enough I’m sure you’ll find some one, somewhere still doing these workouts). But that’s not the kickboxing I’m writing about. The kickboxing I’m talking about is more realistic, more hardcore than the classes of yesteryear. The classes of today offer a much more dynamic workout. You’ll also be surprised to know it’s not just for men. More and more women are interested in this type of real kickboxing classes.

I see all different types of people coming in to train kickboxing at my studio. White collar professionals, blue collar workers, men and women, young and old. I have people who train to fight in the ring and others who are looking to get into shape. They all come and train together. So what brings them there? What is it about kickboxing that can

draw people from all walks of life into the same class?

The answer is simple, kickboxing offers the benefits that people are looking for. It’s a full body workout. It’s aerobic (increasing heart and lung function), it’s anaerobic (muscle building), kickboxing offers stress relief, improves sleep, and even improves digestion. Kickboxing is the one-stop-shop for fitness, which explains it’s wide-range appeal. Kickboxing not only improves your body by offering an intense workout, it improves your mind by giving you a safe and effective outlet for stress.

There is something very primal about putting on a pair of gloves, kicking and punching the bag while letting go of everything else. I mean let’s face it, we all have our daily issues that cause us stress. There are always going to be things, or sometimes people, that cause us aggravation. Kickboxing is where you get to let it all out on the bag. It doesn’t matter if you’re a housewife, mother, father, an attorney or teacher, we all have our stress to deal with and what better way to deal with it than bringing it all on the mats and letting it all hang out.

With a little online investigating I’m sure you can find classes near you and a kickboxing studio that fits your needs. I highly recommend you checking out a class. You’ll be happy you did!

About the author - Kim McAvey Maliadis is a personal trainer, group fitness instructor, and a franchise owner at iLoveKickboxing located in Bayport, NY. Kim is also a second degree black belt in TaeKwonDo and owner of Bayport Black Belt Champions, a martial arts school catering to children and adults. For more motivation or information visit www.BayportMartialArts.com or www.facebook.com/LoveKickboxingBayport

Fire Island Arist Residency (continued from page 3)

“We have people coming each week to give one-on-one visits with the residents and they give public talks,” Bogia added about the visiting artists.

Bogia came up with the idea to start the residency after visiting Cherry Grove for a few summers. “I had this idea that it would be great if I could go out there as an artist and make out in some kind of residency capacity. There are hundreds of residencies throughout the country, but there are none that are exclusively LGBTQ,” Bogia said. “I thought it would be so cool if I could do something like that.”

Without having much “clout” in the artist community, Bogia stored the idea away. It wasn’t until he met Evan Garza, a curator in Boston, that the idea for the program became concentrate. While visiting Cherry Grove together, Bogia brought up his idea to Garza, who thought it was a great idea.

That summer, 2011, they were able to raise enough to rent a house in Cherry Grove for a “two week pilot,” according to Bogia. Once the housing was secured, Bogia posted about the program on Facebook, listing a deadline two weeks from the announcement. The response was astounding- 75 applications were received.

“There were so many good applicants in that group.” Bogia said.

Through a jury process the first five applicants were picked. “That’s how the program was born,” Bogia said.

“Now we get 440 applications,” Bogia added. “This year was crazy, it was unprecedented.” Despite the large number of applicants the program continues to only accept five artists per year. The jury, which consists of multiple artists that Bogia and Garza knew from the art world, is currently in the process of choosing the artists for this summer.

During the program, the five residents, who are involved in contemporary art forms, including painters, conceptual artists, photographer and video artists, will give a talk about the projects they are working on, people are curious to see what they do. Thursday, August 7th at the Cherry Grove Community House.

New Bike Path At Bay Shore Ferry Terminal In The Works

By Dennis Bade

Residents and vacationers taking the Bay Shore ferry to Fire Island will be able to utilize a new path leading from the Long Island Rail Road station to the ferry terminal for bicyclists and pedestrians beginning next year.

New bike lanes and wider refurbished pedestrian walkways are at the heart of a \$2.1 million plan to revitalize Maple Avenue, the main road leading from the station to the ferry terminal. Some of the highlights of the project will include bike shelters and raised crosswalks for pedestrians.

Most of the funding for the project will come from a \$1.6 million grant from the state Department of Transportation, with the Town of Islip covering the remainder of the cost.

Councilman John Cochrane is behind the project and has expressed hope that the expanded access to bicycle and pedestrian paths will help alleviate congestion during the peak summer months that can back up for blocks.

“In its current state Maple Avenue is not pedestrian friendly,” Cochrane stated in a news release. “We have the opportunity to do some really great things here that will extend far beyond Maple Avenue.”

Construction on the project is due to begin in late summer with an eye toward completion in time for next year’s peak summer season.

Fire Island Dance Festival Announces 20th Anniversary Performances

By Nicole Brems

The Fire Island Dance Festival, touted as the island’s most anticipated event of the season, returns July 18-20 for a special 20th anniversary edition.

The festival, which began in the summer of 1995, is produced by and benefiting Dancers Responding to AIDS and is performed outdoors in the Fire Island Pines against the dazzling backdrop of the Great South Bay. Since its inception the event has raised more than \$3.3 million and hopes to raise \$500,000 with this summer’s festival.

This year’s performers, choreographers and host will be announced later this spring. Past festivals have welcomed dancers from the country’s top modern and ballet companies.

Tickets for the Fire Island Dance Festival are available now at dradance.org or by phone at 212.840.0770 ext. 268.