

# Fire Island Chronicle

Volume III

Share Memories, Share Fire Island Chronicle

June 6, 2014

## Essence of Fire Island Photography

By Ian Schafer

Scene setting photographs, taken by members of the Nature and Wildlife Photographers of Long Island, of Fire Island's landscape and of various indigenous species are currently on display at the Essence of Fire Island exhibit at the Watch Hill Ferry Terminal in Patchogue, which opened on Saturday, May 31.

According to program director, Landscape Architect and Park Planner for Fire Island National Seashore, and semi-professional photographer, Diane Abell, the event aims to raise funds for the Friends of Fire Island National Seashore through the sale of framed prints from the 10 photographers who contributed to the exhibit, now in its third year.

Abell, who's traveled the East Coast as a nature photographer, and even photographed wild gorillas in Uganda, said that the goal of the exhibit isn't necessarily to capture pictures of the rare species of Fire Island and Long Island, but to, "Find the everyday things and make them beautiful."

Along with pictures of red foxes, snowy owls, and common turns, are pictures of Fire Island's iconic lighthouse, and seagulls against the sunset.

Some animals that were photographed, said Abell, are captive on Fire Island, primarily for their own benefit after sustaining injuries.

Though the fundraiser, from which 30 percent of the proceeds go to the FFINS, is primarily for the benefit of the Fire Island National Seashore, Abell said that none of the photographers in the group are



PHOTO CREDIT: NICOLE BREMS

residents of Fire Island. All but one though, Abell's sister from New Jersey, are Long Island residents.

"We're pretty high-end amateurs," Abell said, commending her group's prowess as skilled photographers, some of whom have received press from outlets like the BBC for their work.

Abell sometimes teaches a community seminar on nature photography for the Patchogue Arts Council and for Fire Island National Seashore, but said that

she's happy to help "anybody who wants to learn about how to use their camera."

Like most of her colleagues in the Nature and Wildlife Photographers of Long Island, Abell shoots primarily on DSLR, the convenience of which, she said, helped her capture images of breaching whales on the Atlantic Ocean.

Only one member of the group, Abell said, shoots on film.

The Essence of Fire Island ex-

hibit will be open to the public Saturday and Sunday mornings from 9 a.m. to 1 p.m. until June 22, with a reception on June 13 with a presentation by the photographers.

Exposure, Abell hopes, will increase awareness not only of the annual exhibit, but of the Watch Hill Ferry Terminal, which she says is little known even in the surrounding community.

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## Letter From the Editor

Happy June Fire Islanders!

I can't believe we're already a week into the month of June! After an incredibly long and cold winter, the spring seems to be flying by. The official start to the summer season is just around the corner on June 21st.

After the season blooms Fire Island Chronicle reporters will be all around the island covering various events. Please be sure to look for them and let us know what you think of the Chronicle.

We are always looking for more events to cover. Please let us know if you have an event, meeting, show, or story that you would like to see featured in the Chronicle. You can reach us at [fireislandchronicle@gmail.com](mailto:fireislandchronicle@gmail.com) or by phone at (631)875-8903

-Nicole Brems  
Owner/Publisher

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# Calendar of Events

## June 7th

- Fire Island Property Owner's Association Meeting 10:30 am
- SAGE Fire Island Pines Celebration 4-6 pm
- Juahn Cabrera show in Fire Island Pines 6-8 pm
- Davis Park shop and swap 10 am- 5 pm
- Fire Island Lighthouse Art Show

## June 8th

- Memorial for Jack Farrell in Davis Park

## June 14th

- Fire Island Lighthouse- horseshoe crab program 7pm admission is \$4
- Fire Island Pines- SOS
- Cherry Grove- Memorial for George Oakley

## June 21st

- Ocean Beach Board of Trustees meeting
- Women's Pride in the Pines
- Cherry Grove- Gay Pride Parade 2pm

## June 22nd

- Fair Harbor Fire Department Commissioners Meeting

## FISH TACO RECIPE

### *Ingredients*

- 1 pound halibut or other meaty white fish fillets
- Juice of 2 limes
- 1 11 ounce can whole tomatillos, drained
- 4 small zucchini peeled, seeded and cut into small cubes
- 1/4 cup chopped cilantro leaves and stems
- 2 1/2 teaspoons coarse salt, plus more to taste
- 8 6 inches corn tortillas
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper, or to taste
- 1 tablespoon extra-virgin olive oil
- 1 Hass avocado, peeled and thinly sliced

### **DIRECTIONS**

Preheat the oven to 225 degrees . Place the fish in a medium bowl and drizzle with half of the lime juice. Cover and refrigerate for 15 minutes.

Using your hands, squeeze the juice and flesh from the tomatillos, 1 at a time, into a medium bowl; discard the skins. Mash the tomatillos with a fork. Add the zucchini, the remaining lime juice, the cilantro and 2 teaspoons of the salt and toss.

Spread the tortillas on 2 baking sheets and warm in the oven for about 10 minutes.

In a small bowl, combine the chili powder, cayenne pepper and 1/2 teaspoon of the salt. Remove the fish from the lime juice, pat dry and cover with the spice rub. Heat the olive oil in a large nonstick skillet over medium heat and cook the fish, about 4 minutes on each side. Break the fish into bite-size pieces and season to taste with salt. Arrange the fish in the tortillas with some of the salsa and avocado slices.

# Saltaire

## Saltaire Board of Trustees Meeting May 26th

By Nicole Brems

The Saltaire Board of Trustees met on May 26th with about 75 people in attendance.

Following a moment of silence in observance of Memorial Day, the Village Clerk announced the election results of the 2014 Village election, with the re-election of Robert L Cox III to the position of Mayor, along with Frank Wolf and John Zaccaro Jr to the office of Trustee, each for a two-year term. The oath of office was administered to each for their respective offices.

After discussing an abstract audit, a much-anticipated update about the Village Market was given. According to the minutes of the meeting, "Subject to environmental and asbestos inspections, a final transfer could occur sometime in July. He further stated that the purchase

documents also includes a Concession Agreement with the Whitney family that will give them the opportunity to operate in the redeveloped building for a term of 3 years subject to options by either side to shorten that commitment."

During the report, Mayor Cox also reported, "the Board had recently authorized the commencement of development of a schematic design of a new building in order to get a jump start on what will prove to be a very tight schedule to get a new Market operational by the summer of 2015. He stated that the Village had retained Butler Engineering to commence the schematic design phase, which, under the oversight and coordination of Trustee Zaccaro, is being developed in consultation with Saltaire residents who have grocery experience, as well as Saltaire resident architects. The Whitney family will also be consulted as to the specific operational layout

of the Saltaire Market, taking advantage of their historical experience and helping them best transition into their first year of operation," according to the minutes.

After the vote about the Village Market, the trustees voted on the date of the 2014 Organizational Meeting of the Village of Saltaire, agreeing that it will be held on July 5th at 9:00 am.

With June approaching, the topic of building permit fees past Memorial Day was raised. Mayor Cox reported that there were a number of uncompleted house-lifting and other projects within the Village of Saltaire that would require outside work to continue past the last day permitted for such work pursuant to the Village Code if the building projects would be allowed to be completed. After discussion amongst the Board and those in attendance, Trustee Wolf made a motion to authorize the

Building Inspector to allow exterior work to continue past the Village Code prescribed cut-off date, under the conditions that a separate application be made by the owner or contractor requesting the extension of time and pay fee of \$500 per week for all work that in the opinion of the Building Inspector is not considered unforeseen, exigent or a risk to life or property; and further that under no circumstances will such extensions be permitted beyond June 20, 2014.

The board also discussed the surplus property, including one 1999 Dodge pick-up truck and office mailing and other miscellaneous equipment, which will be sold at fair market value, or disposed of if they are unsold.

The next meeting will be helping on July 5th at 9:00 a.m. at 103 or 105 Broadway.



# Local Author Pens New Book About Fire Island

**Fire Island** is the latest addition to Arcadia Publishing's newest series *Images of Modern America*. The book by local author Shoshanna McCollum is set to release on June 16, 2014, and uses 160 stunning images to illustrate the island's 50-year history as a national seashore.

"Fire Island faces unprecedented challenges with the threat of climate change and over-development," McCollum said. "I hope this book will not only document the Fire Island that was, but also contribute substantially to the ongoing dialogue so that responsible decisions are made concerning its future."

The birth of Fire Island's modern era may well be the day it was declared a national seashore- September 11, 1964. From this day on, the barrier island would remain forever persevered under custody of the National Park Service. Today, automobiles are the exception, not the rule, thanks to men and women who fought to prevent a paved highway from being constructed on the barrier island over 50 years ago.

The island's culture has always embraced its own distinct path. Fire Island's maritime roots are still evident and alternate lifestyles flourish, while the simple and mundane pleasures of a beautiful day at the beach remain intact. Fire Island continues to spark the imagination of tourists, vacationers, and residents alike who revel in the beauty of this unique place.

Highlights of Fire Island include:

- A portion of the book's proceeds will benefit Fire Island Animal Rescue
- Includes rarely published photographs from Fire Island National Seashore, local families, and local photographers
- One of the first books on the market that documents Hurricane Sandy's impact on Fire Island.

**Fire Island** by Shoshanna McCollum

*Images of Modern America*

Price: \$22.99

96 pages/softcover

Available: June 16, 2014

Be sure to check for a review of Fire Island in the next issue of Fire Island Chronicle, which will be on stands June 20th



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at 631.875.8903

# Fire Island Pines

## Juahn Cabrera To Perform

### For FIPAP

**Do you have a story idea for  
Fire Island Chronicle to  
cover?**

**Let us know!**

**Fireislandchronicle@gmail.  
com**

By Charlotte Roe

Singer-Songwriter, Juahn Cabrera will be joining the Fire Island Pines Arts Project this season for a fundraising event in benefit to the Project.

The Columbian born musician, known for his incorporation of jazz and pop with soulful Spanish lyrics, has become an established performer in New York. His first single, "Mañana" was released in June 2013 with a music video to follow that was also directed by Cabrera.

His most recent performance was at SubCulture in New York City. Which has staged some great up-coming groups and

musicians, such as The Grahams, and Dana Fuchs.

Cabrera will be the first FIPAP performance of the season. The funds will be to benefit the Arts Project and its community's culture. The event will be at the home of Albert Lepage on Saturday 7 Jun. at 7pm. Tickets are on sale for 30 dollars. More information on the event can be found at [www.fiapap.org](http://www.fiapap.org).



# Cherry Grove

## Cherry Grove Artist Tour June 22nd

By Nicole Brems

Cherry Grove resident Susan Ann Thornton is currently working on the first Cherry Grove Artist Tour, which will be held on June 21st.

After being supplied a pamphlet with artist information, tour goers will visit artists' homes, where their work being displayed will be available for purchase.

All artists living in Cherry Grove will be welcome to join the tour. There are currently about ten artists who are currently set to

## Cherry Grove Kids Kamp Entering 2nd Year

By Nicole Brems

Kids Kamp will be entering their 2nd season beginning Sunday, June 22nd.

The camp will be held every Sunday through Labor Day for 90 minutes, beginning at noon. The camp, lead by Ken Woodhouse, will include music, storytelling, question and answers and field trips. Last season the children had the opportunity to tour a boat, see how fire hydrants work as well as play sports on the beach.

Woodhouse would like to add new activities to this summer's agenda, including teaching the kids to make balloon animals, helping them to make a birdhouse, and bread making.

Similar to last year, this year's program will end on Labor Day with a show that is open to the entire community. New to the program to this year will be a junior board of three participating children who will decide the songs that will be sung at the end of the season show. Last

participate.

Thornton thinks it will be a success and "would like to do it every year," she said.

The event will be free to attend, as well as free for artists to participate.

More artists are welcome to participate. For more information and to be participate please feel free to contact Susan Ann Thornton at (631) 597-6322.

year's end of the year performance made \$895, which was donated to the Arts Project, one of the highest amounts made from a show during last season. The best part- there was no admission charged, just a requested donation was asked for when leaving.

Woodhouse officially began the program last year for children who visit Cherry Grove throughout the summer. The children, aged 2-12, aren't charged for the program, though a \$5 a week donation is suggested, which will be donated to the Arts Project.

After the popularity of the final performance last summer, Woodhouse hopes to continue to build the program in the future.



## Firework Show Looking For Donations

By Nicole Brems

Cherry Grove's Annual Gay Pride Parade will be held on June 21st at 2pm.

In order to celebrate the day, an effort is being made to raise money for fireworks, which will be launched that night. The total cost of the fireworks show, which not only includes the fireworks, but also the barge that the fireworks would be set off on, is \$12,000.

If you are interested in donating, please stop by Sweet Licks to speak to Linda or contact John Doyle from Island Breeze at 597-9111.

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# FERRY SCHEDULES

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MAY 16 thru JUNE 19

FIRE ISLAND FERRIES, INC.  
99 Maple Avenue, Bay Shore NY, 11706

## OCEAN BEACH

Leaves Bay Shore	Leaves Ocean Beach
<b>MONDAY thru THURSDAY</b> Use Sunday Schedule May 26 Starts 5/27, then Mondays ONLY ↔	
7:00am	6:10am
7:40am	7:40am
9:20am	9:50am
10:50am	11:20am
12:15pm ↔	12:45pm ↔
Runs 5/22 then Daily starting 6/5	
1:25pm	2:00pm
2:45pm ↔	3:25pm ↔
4:00pm	4:45pm
5:30pm	6:10pm
7:30pm	8:10pm
9:45pm ↔	10:15pm ↔
Thursdays ONLY Daily Starting 6/16	
<b>FRIDAY</b>	
7:00am	7:40am
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10:50am	11:20am
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11:45pm ↔	12:30am ↔
Starts May 23 Starts June 13	

### FREIGHT BOAT INFO

MAY 16 thru JUNE 19

Leaves Bay Shore	Leaves Kismet
<b>MONDAY thru THURSDAY</b> *Use Sunday schedule on May 26th* Runs May 27 Then Mondays only ↔	
7:00am	6:00am B
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5/22 then daily starting 6/5	
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9:45pm ↔	10:40pm B
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9:10pm	9:40pm S
10:30pm ↔	11:00pm B
Starts 5/23	

MAY 16 thru JUNE 19

Leaves Bay Shore	Leaves Fair Harbor
<b>MONDAY thru THURSDAY</b> *Use Sunday schedule May 26* 5/27, then Mondays only ↔	
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4:00pm ↔	5:00pm ↔
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Starts May 23 Starts June 13	

### FREIGHT BOAT INFO

## KISMET

Leaves Bay Shore	Leaves Kismet
<b>SATURDAY &amp; MAY 25</b>	
B 7:00am	7:45am B
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S 12:10pm	12:35pm S
S 1:30pm	1:55pm S
S 2:50pm	3:15pm S
S 4:10pm	4:35pm S
S 6:00pm	6:25pm S
B 7:30pm	8:15pm B
B 9:45pm ↔	10:30pm B
Starts May 24	
B 11:00pm ↔	11:40pm B
Starts June 14	
<b>SUNDAY &amp; MAY 26</b> *Use Saturday Schedule May 25th*	
B 7:00am	7:45am B
S 9:20am	9:45am S
S 11:15am	11:45am S
S 12:45pm	1:15pm S
M 1:55pm	2:25pm M
M 3:00pm	3:30pm M
M 4:10pm	4:40pm M
M 5:15pm	5:50pm M
S 6:20pm	6:55pm S
	8:00pm S
	9:40pm B
Starts June 8	

99 Maple Avenue, Bay Shore, NY 11706

## FAIR HARBOR

Leaves Bay Shore	Leaves Fair Harbor
<b>SATURDAY &amp; MAY 25</b>	
7:00am	7:30am
9:30am	10:00am
10:50am	11:20am
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2:50pm	3:20pm
4:10pm	4:40pm
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9:45pm ↔	10:15pm ↔
11:00pm ↔	11:30pm ↔
Starts May 24 Starts June 14	
<b>SUNDAY &amp; MAY 26</b> *Use Saturday schedule May 25*	
7:00am	7:30am
9:20am	9:50am
11:15am	11:45am
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1:55pm	2:25pm
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4:10pm	4:45pm
5:15pm	5:50pm
6:20pm	6:55pm
	7:55pm
	9:30pm
Starts June 8	

### FREIGHT BOAT INFO

LATE SPRING 2014

MAY 16 thru JUNE 19

Leaves Bay Shore	Leaves Dunewood
<b>MONDAY thru THURSDAY</b> *Use Sunday Schedule on May 26* 5/27 then Mondays ONLY ↔	
10:50am	7:45am
1:25pm	2:10pm
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5/22 then daily starting 6/5	
<b>FRIDAY</b>	
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	8:00pm

LATE SPRING 2014

MAY 16 thru JUNE 19

Leaves Bay Shore	Leaves Ocean Bay Park
<b>MONDAY thru THURSDAY</b> Use Sunday schedule May 26 5/27 then Mondays ONLY ↔	
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7:30pm	6:50pm
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Thursdays ONLY Then daily starting 6/16	
9:00pm ↔	9:40pm ↔
5/22 & 6/19 ONLY B>Returns to main terminal in (BS) at all times	
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5/23 ONLY	

LATE SPRING 2014

MAY 16 thru JUNE 19

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5/22 & 6/19 ONLY	
<b>FRIDAY</b>	
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10:15pm ↔	10:50pm ↔
5/23 ONLY	

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631-66

## DUNEWOOD - ATLANTIQUE

Leaves Bay Shore	Leaves Atlantique
<b>FRIDAY</b>	
3:00pm	4:00pm
6:45pm	
8:00pm	
9:10pm ↔	Starts May 23
<b>SATURDAY &amp; MAY 25</b>	
10:50am	11:30am
11:50am ↔	Starts May 24, 25 ↔
	3:30pm
	5:30pm
<b>SUNDAY &amp; MAY 26</b>	
9:50am ↔	Starts May 26
11:50am ↔	Starts May 26
	3:30pm
	5:30pm
	6:50pm
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- PASSENGER**
- PEAK TRIP TRIPS WILL BE LIMITED TO ONE CAR OR TWO BIKES, ANYTIME
  - NO BIKES, ANYTIME
  - THE AB
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FIRE ISLAND FERRIES, INC.

99 Maple Avenue, Bay Shore NY, 11706

## OCEAN BAY PARK

Leaves Bay Shore	Leaves Ocean Bay Park
<b>SATURDAY &amp; MAY 25</b>	
7:00am	7:45am
9:10am	9:50am
9:50am ↔	Starts 5/24, 5/25 ↔
10:45am	11:15am
11:20am	11:50am
12:10pm	12:40pm
12:50pm	1:30pm
1:50pm	2:30pm
2:50pm	3:30pm
3:30pm ↔	5/24, 5/25 ONLY ↔
4:10pm	4:50pm
5:00pm ↔	5/24, 5/25 ONLY ↔
5:50pm	6:30pm
7:30pm	8:10pm
9:00pm	9:40pm
10:20pm ↔	Starts May 24, 25 ↔
	11:00am
Runs May 24 & 25 ONLY **\$16 one-way cash fare**	
**or \$9.00 with a ticket**	
<b>SUNDAY &amp; MAY 26</b> Use Saturday Schedule May 25	
7:00am	7:45am
9:20am	10:00am
10:50am	11:30am
12:10pm	12:50pm
1:30pm	2:10pm
2:55pm	3:40pm
4:15pm	5:00pm
5:35pm	6:20pm
	7:50pm
7:05pm ↔	Starts 5/26 ↔
8:45pm ↔	Starts 6/15

## SEAVIEW

Leaves Bay Shore	Leaves Seaview
<b>SATURDAY &amp; MAY 25</b>	
7:00am	7:35am
9:10am	9:40am
9:50am ↔	Starts 5/24, 5/25 ↔
10:45am	11:20am
11:20am	11:55am
12:10pm	12:45pm
12:50pm	1:20pm
1:50pm	2:20pm
2:50pm	3:20pm
4:10pm	4:40pm
5:50pm	6:20pm
7:30pm	8:00pm
9:00pm	9:30pm
<b>SUNDAY &amp; MAY 26</b> Use Saturday Schedule on May 25th	
7:00am	7:35am
9:20am	9:50am
10:50am	11:20am
12:10pm	12:40pm
1:30pm	2:00pm
2:55pm	3:30pm
4:15pm	4:50pm
5:35pm	6:10pm
	7:40pm
7:05pm ↔	5/26 & 6/15 ONLY ↔
	9:20pm



**CHERRY GROVE**

**FERRY SCHEDULES**

**FIRE ISLAND PINES**

Early Summer Schedule May 22, 2014 - June 26, 2014

Leave Sayville      Leave Cherry Grove

Mondays (Except 5/26/14)

5:40 AM*	6:05 AM*
7:00 AM	7:25 AM
9:30 AM	10:00 AM
11:30 AM	12:00 PM
1:30 PM	2:00 PM
3:30 PM	4:00 PM
5:30 PM	6:00 PM
7:30 PM	7:55 PM

\* Will not run 5/26/14

\* Will run 5/27/14

Tuesdays, Wednesdays & Thursdays

7:00 AM	7:25 AM
9:30 AM	10:00 AM
11:30 AM	12:00 PM
1:30 PM	2:00 PM
3:30 PM	4:00 PM
5:30 PM	6:00 PM
7:30 PM	7:55 PM

9:15 PM      Thursdays Only      10:00 PM

Fridays

7:00 AM	7:25 AM
9:30 AM	10:00 AM
11:30 AM	12:00 PM
1:30 PM	2:00 PM
3:30 PM	4:00 PM
4:30 PM	5:00 PM
5:30 PM	6:00 PM
6:30 PM	7:00 PM
7:30 PM	8:00 PM
8:30 PM	9:00 PM
9:30 PM	10:00 PM
10:30 PM	11:00 PM
12:00 AM	12:25 AM

Saturdays & Sunday 5/25/14

8:00 AM	8:30 AM
9:20 AM	9:45 AM
10:20 AM	10:45 AM
11:20 AM	11:45 AM
12:20 PM	12:45 PM
1:20 PM	1:45 PM
3:15 PM	3:45 PM
4:15 PM	4:45 PM
5:15 PM	5:45 PM
6:15 PM	6:45 PM
7:15 PM	7:45 PM
8:15 PM	8:45 PM
9:15 PM	9:45 PM
11:00 PM	11:30 PM
12:30 AM	1:00 AM

1:30 AM      5/24 & 5/25 Only      2:00 AM

Sundays & Memorial Day 5/26/14 (Sunday 5/25 - Use Saturday Schedule)

8:00 AM	8:30 AM
9:20 AM	9:45 AM
10:20 AM	10:45 AM
11:20 AM	11:45 AM
12:20 PM	12:45 PM
1:20 PM	1:45 PM
3:15 PM	3:45 PM
4:15 PM	4:45 PM
5:15 PM	5:45 PM
6:15 PM	6:45 PM
7:15 PM	7:45 PM
8:15 PM	8:45 PM
9:15 PM	9:45 PM

11:00 PM      Will run 5/26/14 Only 11:30 PM

Early Summer Schedule

May 22, 2014 - June 26, 2014

Leave Sayville

Leave

FI Pines

Mondays

(Except 5/26/14)

5:40 AM*	6:20 AM*
7:00 AM	7:25 AM
9:30 AM	10:00 AM
11:30 AM	12:00 PM
1:30 PM	2:00 PM
3:30 PM	4:00 PM
5:30 PM	6:00 PM
7:30 PM	8:15 PM

\*Will not run 5/26/14

\* Will run 5/27/14

Tuesdays, Wednesdays, & Thursdays

7:00 AM	7:25 AM
9:30 AM	10:00 AM
11:30 AM	12:00 PM
1:30 PM	2:00 PM
3:30 PM	4:00 PM
5:30 PM	6:00 PM
7:30 PM	8:15 PM
9:15 PM	Thursdays Only 9:40 PM

Fridays

7:00 AM	7:25 AM
9:30 AM	10:00 AM
11:30 AM	12:00 PM
1:30 PM	2:00 PM
3:30 PM	4:00 PM
4:30 PM	5:00 PM
5:30 PM	6:00 PM
6:30 PM	7:00 PM
7:30 PM	8:00 PM
8:30 PM	9:00 PM
9:30 PM	10:00 PM
10:30 PM	11:00 PM
12:00 AM	12:40 AM

Saturdays, Sundays & Memorial Day 5/26/14

8:00 AM	8:30 AM
9:20 AM	9:45 AM
10:20 AM	10:45 AM
11:20 AM	11:45 AM
12:20 PM	12:45 PM
1:20 PM	1:45 PM
2:15 PM	Sundays Only 2:45 PM
3:15 PM	3:45 PM
4:15 PM	4:45 PM
5:15 PM	5:45 PM
6:15 PM	6:45 PM
7:15 PM	7:45 PM
8:15 PM	8:45 PM
9:15 PM	9:45 PM

# Davis Park-Leja Beach- Ocean Ridge Ferry Schedule

June 6th thru June 19th

**Lv Patchogue**

**Lv Davis Park**

**Monday- Thursday**

6:15 am Monday only  
7:30 am  
10:20 am  
1:30 pm  
3:30pm  
6:45pm

6:40 am  
8:00 am  
10:45 am  
2:00 pm  
4:00 pm  
7:15 pm

**Friday**

7:30 am  
10:20 am  
1:30 pm  
3:30 pm  
5:30 pm  
6:45 pm  
8:30 pm  
9:30 pm  
10:30 pm begins 6/13

8:00 am  
10:45 am  
2:00 pm  
4:00 pm  
6:00 pm  
7:15 pm  
9:00 pm  
10:00 pm  
11:00 pm

**Saturday**

7:30 am  
10:00 am  
11:30 am  
1:15 pm  
3:30 pm  
5:20 pm  
6:20 pm  
8:30 pm  
9:30 pm  
10:30 pm

8:00 am  
10:30 am  
11:55 am  
1:45 pm  
4:20 pm  
5:45 pm  
6:45 pm  
9:00 pm  
10:00 pm  
11:00 pm

**Sunday**

7:30 am  
10:00 am  
11:30 am  
1:15 pm  
3:30 pm  
4:45 pm  
5:45 pm  
6:45 pm  
8:15 pm

8:00 am  
10:30 am  
11:55 am  
1:45 pm  
4:20 pm  
5:20 pm  
6:20 pm  
7:20 pm  
9:00 pm

# Sailors Haven Ferry Schedule

May 17, 2014 - June 20, 2014

**Leave Sayville**

**Leave Sailors Haven**

**Monday - Friday**

*9:30 AM		*10:00 AM
10:30 AM	Starts May 27th	11:00 AM
*1:00 PM		*1:30 PM
3:00 PM	June 16-20 Only	3:30 PM

**Saturdays, Sundays & Memorial Day**

*9:20 AM		*9:45 AM
11:00 AM	Starts May 26	11:30 AM
*2:15 PM		*2:45 PM
4:00 PM	Starts May 26	4:30 PM

\*Will run rain or shine. All other trips may be canceled in inclement weather. Please call for a weather update if in doubt: (631) 589-8980.

# Water Island Ferry Schedule

May 23, 2014 - June 15, 2014

**Leave Sayville**

**Leave Water Island**

**Memorial Day Only**

3:00 PM		3:30 PM
6:00 PM		6:30 PM

**Fridays**

6:30 PM		7:00 PM
8:30 PM		9:00 PM

**Saturdays**

9:30 AM		9:50 AM
3:15 PM	Starts June 14	3:45 PM

**Sundays**

4:15 PM		4:45 PM
---------	--	---------

				4			9	
	4	1	8					6
		7	5	9	1	2		
	2				9	3	1	7
7	5		2					9
				6			2	
		5			6			
3	6	4						
1						8		

A

5		6					7	9
2					5	6		
	1		4		2		8	3
	9		6	2		4		1
		4			8	7		
3		2	1	5				
			3			1	5	
4		7	5	8			6	2
				7	9			8

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20				21						22				
23			24					25	26					
			27				28						29	30
31	32	33				34						35		
36					37						38			
39				40						41				
42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55					56						57			
58					59						60			
61					62						63			

**ACROSS**

- 1. Dirty air
- 5. Killer whales
- 10. Church alcove
- 14. Cable
- 15. Barbecue fuel
- 16. Blend
- 17. Matchless
- 19. Boast
- 20. Pen part
- 21. Thigh armor
- 22. Stomach
- 23. Distinguished
- 25. Ganders
- 27. An uncle
- 28. Terrier
- 31. Chills and fever
- 34. Lawn cover
- 35. Foot digit
- 36. Egghead
- 37. Applied to a wall or canvas
- 38. Make (one's way)
- 39. Children's game
- 40. Good person

- 41. Lariat
- 42. Building
- 44. Former North African ruler
- 45. Requires
- 46. Brutish
- 50. Summary
- 52. Accumulate
- 54. Hasten
- 55. Nile bird
- 56. Spectator
- 58. No charge
- 59. Wards (off)
- 60. Small island
- 61. Throw
- 62. Believe in
- 63. Dregs

**DOWN**

- 1. Pig
- 2. Half note
- 3. Small African antelope
- 4. Precious stone
- 5. A hydrocarbon in petroleum
- 6. Cut of beef

- 7. Taxis
- 8. Loyal
- 9. South southeast
- 10. Waylay
- 11. Penetrates
- 12. Close violently
- 13. Jittery
- 18. List components
- 22. T T T T
- 24. Require
- 26. At one time (archaic)
- 28. Twist and compress
- 29. Charged particles
- 30. Start over
- 31. Initial wager
- 32. Equipment
- 33. Necessities
- 34. A person who denies
- 37. Gave money
- 38. Methods
- 40. Stair
- 41. Not the most
- 43. Stops
- 44. Abstain
- 46. Prostitutes (archaic)

- 47. Not those
- 48. Fine thread
- 49. Affirmatives
- 50. Break in friendly relations
- 51. River of Spain
- 53. List of options
- 56. Eastern newt
- 57. Zero

**SOLUTION ON PAGE 6**

# Fitness

## Fail To Plan... Plan To Fail

By Kim Maliadis

It can be hard to start on the road of health and fitness. Everyone's journey is a personal one. But a little planning prior to starting your next diet can help you reach the goals you set for yourself. Below are a few tricks of the trade that I share with my clients. They are tools that I use myself. Grab a piece of paper and a pen, go to a quiet place and give it a try.

1. List three specific goals for improving your health and fitness. You must be specific. (i.e. "In 10 weeks I will lose 25 pounds." NOT, "I will lose weight.")
2. List 3 reasons you have decided to achieve your health and fitness goals.
3. List 3 patterns or habits you need to transform in order to successfully achieve your goals. (i.e. start working out, stop smoking, eat healthier meals)

4. See yourself achieving these goals. Write down how you feel and how you look. What changes in your life once reaching these goals? Really imagine yourself living in that moment.

5. List 3 things you can change between now and this time tomorrow to help move you towards your goal. They don't have to be huge changes. Small changes count too. (i.e. using less sugar in my coffee, drinking more water throughout the day, replacing my afternoon snack with a healthier snack)

6. List 3 things you did really well today that helped your move toward your goals. (i.e. I got to the gym and had a great workout. I didn't eat the cupcakes someone brought to the office. I drank water instead of soda.)

7. Write 1 thing you will do even better tomorrow.

It takes a little time and a little self evaluation but the

payoff is tremendous. Read through your answers and really take in what you wrote.

Another great tip is to start a daily food and exercise journal. Put a line down the middle of a piece of paper. On the left side of the line write what your plan is for the day. Write down each meal that you plan on having and what time you plan on eating. Also write down what time you plan on working out and what the workout will be. On the right side of the page write down what you really ate for each meal. Make it a point to write this down as your eating it. Don't try to sit down at the end of the day and remember everything from the entire day. It's always easier to jot down the meal as your eating it. Also write what the workout you did was. If you didn't get to the gym, be honest and write that.

I always remind my clients that they're worth the few minutes it takes to make a plan for themselves. Health

and fitness go hand in hand with happiness. Take the steps described here and start working your way to a healthier you. Remember, health isn't about a quick fix diet. It's about taking the steps you need to make small changes to improve the quality of your life .

Kim Maliadis is a personal trainer, group fitness instructor, and a franchise owner iLove-Kickboxing 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 visit [www.BayportMartialArts.com](http://www.BayportMartialArts.com) or [www.facebook.com/iLoveKickboxingBayport](http://www.facebook.com/iLoveKickboxingBayport)

## Quote of the Week:

*You'll never see all the awesome things ahead of you, if you keep looking at all the bad things behind you. Sometimes you just have to turn around, give a little smile, throw the match and burn that bridge. Live, learn and don't look back!*

*-Anonymous*

# Veterinarian

## Better Pet Health Begins with A Conversation

By Ria C. Puma CPM

Thanks to advances in veterinary medicine, especially in the area of preventative medicine, pets are living longer than ever. However, as our pets age, gradual changes occur in the heart, kidney, liver, blood and endocrine systems that may be undetectable during an annual physical exam.

Better pet health starts with a conversation between you and your veterinarian. It is critical for pet owners to work closely with their vets to devise a preventative health plan that suits your pet's needs. The value of preventative care and early intervention in human and dental medicine has been well established and acknowledged by the general public. Since statistics have shown that 90% of pet owners consider their dogs and cats members of the family, now is the time to adopt the same guidelines. The first step for pet owners to advocate for their pets is to have a better understanding of the overall needs of our companion animals in helping them live better and longer lives. Let your knowledge reward and empower you as a responsible and loving pet owner.

There was a time when pets were brought to their veterinarian only for an emergency or vaccines. Vaccines, parasite control and dental care are three main areas of preventative care that have made an impact. By the age of three, 78% of dogs and 68% of cats have some form of dental disease. Dental disease is not simply suffering from "bad breath"-but infections of the gums, teeth and oral cavity can spread via the

bloodstream causing severe damage to the heart and liver, possibly causing additional health problems. Our furry family members do not always show signs of discomfort, but diseased teeth and gums are also painful and may limit your pet's appetite. Dental disease can affect the entire body.

Pets age 5-7 times faster on average than people. Most dogs and cats reach adulthood by age two. By age four, many pets are entering middle age. And by seven, most dogs (particularly large breeds) are entering their senior years. Because dogs and cats age so rapidly, major health changes occur in a short amount of time. Remember: Pets age faster than we do, so missing even one yearly checkup can be like us not visiting our doctor for over five years!

Cats are notorious for hiding illness; they are the "masters of disguise". A recent study of the AVMA revealed that cats, are America's number one pets. Although cats are the favored of the companion animals, they often don't receive the level of care or treatment as their canine counterpart. Indoor cats are still prone to diseases especially as they age.

In 2009 the Center for Disease Control (CDC) received three times more reports of rabid cats than rabid dogs and indoor cats can be exposed to this virus. Rabid animals behave bizarrely and do enter homes, or, more likely, an indoor cat can escape through an open window or door, or bolt out of their owners arms. In 2013, a rabid cat was reported in Brooklyn, NY. Preventative care is still

very important, even if cats have limited or no exposure to other cats and the great outdoors.

The single most important step a pet owner can take to keep their furry family members happy and healthy as long as possible is to schedule regular veterinary exams. Because dogs and cats age so rapidly, they should receive wellness exams twice a year. It is apparent that preventing disease or catching it in early stages is far better than treating it once it has time to progress to a more severe stage. Preventative health-care on a regular basis will help you to do just that, and save you and your companion from needless suffering and a larger financial burden. There is no doubt Americans LOVE their pets, so let's get the word out how preventative care can ensure they live a long healthy life. Our dogs and cats are wonderful companions. It's no wonder we consider them our best friend. Their love for us is unconditional, and we regard them as members of our family. The least we can do is give them the care they need and deserve.



# Health

## What is a Nurse Practitioner (NP)?

With the new addition of the North Shore LIJ Doctor's houses in Ocean Beach and Cherry Grove, it is important to understand the people who will be working in the clinics, some will be doctors, while others will be Nurse Practitioner. You may be thinking, I know what a doctor does, but what is a Nurse Practitioner? North Shore LIJ has released an informational brochure to inform patients across their service areas, both on Fire Island and on Long Island, what exactly a Nurse Practitioner does.

A Nurse Practitioner (NP) is a Registered Nurse who has completed graduate-level education (either a Master's or Doctoral degree).

Nurse Practitioners have a special license and are board certified through a National Nursing Organization. NPs can teach patients about ways to stay healthy and diagnose, treat, and prescribe medicine.

Besides working in hospitals, Nurse Practitioners can work in private offices, nursing homes, schools, public health departments, and urgent care settings. You may see a NP caring for you, your family member or friend at North Shore University Hospital.

### What does a Nurse Practitioner do?

The focus of Nurse Practitioners is to help you stay healthy. They can:

- take health histories.
- do physical examinations.
- diagnose and treat many health problems.
- interpret laboratory results and x-rays.
- prescribe and manage medicines, treatments, and overall care.
- discharge patients from the hospital.
- teach and counsel.
- refer patients to other healthcare professionals.

### What is the Role of a NP at North Shore University Hospital?

There are Nurse Practitioners (NPs) in the hospital who have different roles or jobs. Some patients may have a NP on their healthcare team, while others may not. NPs can make rounds every day and manage your care with the team. NPs are also available to treat hospital patients who have medical conditions that need attention.

Reference: Nurse Practitioner Association of New York State [www.npa.org](http://www.npa.org) accessed 11.4.10

# Sybil Sez!!!

## HOTEL SOAPS : TO STEAL OR NOT TO STEAL.....

*Dear Sybil,  
Now that Summer is coming, I plan on doing a lot of traveling, mostly to the Catskills and Adirondacks and on up into New England to the great old hotels and resorts that my grandparents and their parents went to. One thing I remember from them is the wonderful old miniature bars of soap they had in the bathrooms that had names different from the usual Ivory or Camay that we used at home. I would always take the bars home and keep the labels with the names of the hotels and resorts on them to remind me of our trips. They always seemed to be more luxurious than our soaps, and they lasted longer even though they were smaller bars...Is it wrong to steal them?  
Sincerely yours, Feeling Guilty.*

Dear Feeling Guilty, DON'T! Those soaps are actually wonderful in a number of different ways. ....even ecologically! First of all, the companies that made them intend them to be promotional! A hundred years ago, the higher-end soap makers hoped to lure new customers into buying their brands back home by placing miniature versions of their product in vacationers' rooms who would do just what you did as a youngster; link the look, the feel, and the smell of a soap with a glorious vacation in an exotic place. For middleclass Americans who were becoming affluent enough to "take to the open road" and stay at

the so-called Grand Hotels that were previously restricted to the super-rich of the 19th century, every nuance of their stay was memorable, even the grand bathrooms with their giant fluffy and monogrammed towels and their beautiful incised bars of soap. The marketing ploy was so successful that the more common soaps (Ivory, Dove, Camay, Woodbury, etc.) responded by trying to flood the hotel industry with their own brands, but of course, there was nothing particularly "special" about sensible old Ivory. You could find it in every gas station washroom and backroad motel off the highways. Ivory may have been "99 44/100% Pure" and even floated!..... but that certainly didn't mean much to Marion Crane at the Bates Motel.

Another thing about the higher-end soaps that you noticed too, F.G., was the fact that they seemed to "last longer"! They did, and here's why; better soaps are "hard-milled" or "French-milled"; terms which mean that they go through added steps which cause them to be harder, glossier, less full of emulsified air, and longer lasting. A bar of Crabtree & Evelyn, Caswell Massey, or any of the other classic luxury soaps may cost more per bar than the standards, but watch how much longer they stay because of that compulsive perfectionism that the French put into everything they design.... Hey, and do yourself a favor! Get an old-fashioned flower-frog from Grandma's pantry or the local flea market (the metal criss-cross flower-holder that folks put in the bottom of a vase! No, not the deadly one with the 200 needles sticking up!) and use it as your shabby-chic soap dish. It'll keep your fine soap up in the air between bath times and completely

dry it out. Nothing turns soap "soupy" faster than letting it sit in one of those forlorn built-into-the-wall soap dishes that come with every high-rise apartment. And to make them last even longer, always unwrap soaps as soon as you bring them home, and store them either in your chest of drawers or on closets shelves. Not only do soaps get even harder when they're allowed to "dry" out for a couple of weeks before use, but they also make a wonderful sachet for your clothes and linens, and they chase away moths and mildew too....a triple bonus, n'est-ce pas? (That flower-frog soap dish and the sachet trick work equally well on the cheaper brands of soap too! Your bar of Ivory will last twice as long, trust me!) And remember that I mentioned that bars of good soap have an ecological benefit too? Well, the processes and packaging for hard milled soaps are much less stressful on the environment. The craze for bath gels and foams that started in the 1980s spiked the use of petroleum and other chemicals not only to make the products them-

selves but also the millions of bottles that remain completely unrecycled to this day. The packaging for a three bar box of Caswell-Massey "Number Six" (George Washington's favorite, by the way....and mine too!) is basically some paper and cardboard....not your high-falootin' spray-labeled faux-plexi-glass aerodynamically designed squirt bottle for Aveeno that'll be completely intact in a museum in 2000 years. Treat yourself to the luxury of great bathtimes with a luxury that turns out to be both economically smart and ecologically responsible too.... Now you can settle back into that hot tub and feel really relaxed. You're a good person!..... even if you DID steal that bar of hotel soap!!

[You too can send your questions and suggestions to Sybil Bruncheon at [Brunchon@hotmail.com](mailto:Brunchon@hotmail.com). You can also join Sybil on Facebook, Twitter, Youtube, Pinterest, her own blog, and at her websites [SybilSez.com](http://SybilSez.com) and [SybilBruncheon.com](http://SybilBruncheon.com). She currently is appearing at the Cowgirl restaurant in Greenwich Village and right here in Cherry Grove, Fire Island at the Island Breeze in her own SYBIL'S FUN 'N' GAYMES & THE SMARTY-PANTZ REVUE on Fridays at 5:00!!! See you there, Mon Cher!!]

