

Fire Island Chronicle

Volume VI

Share Memories, Share Fire Island Chronicle

July 18, 2014

Seashore Defense Fund Prepares for New Dunes

By Charlotte Roe

The Fire Island Pines Seashore Defense Fund is an emergency funding group created by the Fire Island Pines Property Owner's Association. The fund is for the support of the seashore habitat that both humans and animals use and admire.

Due to the damage from Hurricanes Irene and Sandy, the SDF has attempted to prepare this season. Using flood barrier trap bags, beach scraping, the planting of sea grass along the shore and the sand fencing to prevent sand erosion the SDF has put in a lot of effort for this season's storm effects.

For fundraising efforts the SDF has linked up with the Pines Liquor Store in creating the Rum Row Fire Island Rum Runners. The rum is a limited edition product that allows Fire Island history to be a factor in its present day preservation.

The history behind it started during the Prohibition with Captain McCoy and his process of smuggling rum to Fire Island.

This history is captured on the bottle's label with a map of Fire Island Pines coordinates, and a rum runner's finger print. Every time a bottle is sold, \$2 dollars of the purchase goes to the SDF.

There are countless other ways to donate to the fund, either online at seashoredenfund.org/ or at participating Pines community events.

FIMI Project Talk Continues



By Nicole Brems

Many announcements have been made in the last few weeks about the FIMI Dune project set to start this fall.

According to officials, dredging for Fire Island's new dunes is now planned to start in September, about six weeks sooner than previously anticipated.

Bids are currently being sought, but the plans for the project are yet to be finalized, according to Chris Gardner, a U.S. Army Corps of Engineers spokesman. He also added that it is "highly unusual" for the Army corps, who are building the 15-foot-high dunes, to put work out to bid before a state contract is secured.

The current bids are for the section of the dune on the east end of the island at Smith Point County Park. The project is estimated to cost as much as \$50 million and will pour 2.5 million cubic yards of sand on the beach and should finish in

180 days.

In addition, the Army Corps will soon be seeking contractors for the work on the west end of the island at Robert Moses State Park.

Work in the center of the island, which include the populated areas, will not start until next year.

The dune-building schedule depends on the Department of Interior, which oversees the Fire Island National Seashore, agreeing to the Army Corps' plan in time for it to complete its contract with New York State on August 25th. Following that, the state must sign its contract with Suffolk County, which is in charge of acquiring needed real estate.

Approximately 41 homes face demolition to make way for the proposed dune. At this point, the Suffolk Public Works has not finished surveys that will determine precisely how much land will be needed for the

project.

According to Commissioner Gilbert Anderson, "There's a potential it could be until December until we really start formal discussions with landowners."

Anderson's timeline assumes that local, state and federal contracts for the project are finalized by the end of August.

The agency's total real estate budget for the project has increased to nearly \$80 million, which includes demolition and easement costs. Also included, the cost of moving six homes back on their lots, relocation assistance and administration. Many owners are currently still repairing damage from Hurricane Sandy, due to the fact that the federal government will now only be paying the current appraised prices, not the pre-Sandy values they were originally told to expect.

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Letter From the Editor

Hello Fire Islanders!

It's hard to believe that we are already halfway through July. This issue, the season's 6th, is the halfway issue for the season. I can't believe how fast this summer is going!

In the coming weeks there are many events that I will have reporters attending. If you have an event coming up, please let me know so that I can have someone cover it. Here at the Chronicle we pride ourselves on covering events from the Lighthouse to Davis Park.

-Nicole Brems
Owner/Publisher

Fire Island Chronicle

Publisher/Editor
Nicole Brems

Writers
Mike Pedersen
Charlotte Roe
Ian Schafer
Sybil Bruncheon
Kim McAvey-Maliadis
Lilly Rose Malcolmson

**For information
regarding editorial
and advertising:**
631-875-8903
fireislandchronicle@gmail.
com
fireislandchronicle.com
P.O. Box 213
Blue Point, NY 11715

**'Like' us on
Facebook at
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Island of Fire- 20 Years Behind Bars

By Ian Schafer

After living on both the California coast and in Florida, Barbara Johnson moved to Fire Island after her fourth divorce, with her two young children in tow to start a new life.

She found that life in Ocean Beach, where for 20 years she worked multiple jobs to maintain an adequate lifestyle for herself and her children.

From tending bars to working maintenance, Johnson's time on Fire Island brought her into contact with a motley list of characters and experiences which she outlines in her new book *Island of Fire - 20 Years Behind Bars*.

"My friends had always said I should write a book about my life," Johnson said in a 2011 interview with the Fire Island Sun. "Having moved down to Florida by this time, which

made me tri-coastal, and having lived on an island, a yacht, and in many other unusual situations, I began to tell people my experiences, which used to leave everyone laughing until they had tears in their eyes."

Reception to the book since its publication in 2011 has been exceedingly positive, Johnson said.

"I moved back to Fire Island, after having published my book, not knowing how it would go," Johnson said. "The people who had already bought my book on and off the island said so many positive things to me. It gave me the "want to come" home feeling, and as you say, "face the music."

Johnson's book is self-published, available online through a service at www.blurb.com and in print at retailers on Fire Island.

Johnson's experiences in publishing the book have thus far proven successful.

"I sold about 400 copies in one year and most was during season," Johnson said. "I had only covered Ocean Beach, Seaview, and Ocean Bay Park. I came to wonder if some people just wanted to know if they had made it into the book. My first walk through town was with the proverbial butterflies in my stomach. But people came up to me telling me how much they liked my book and some thanked me for making them 'famous.'"

Some of Johnson's experiences, she said, didn't quite make the final cut.

"The experiences I left out were weighed out by my heart," Johnson said. "If I felt it was just to get a laugh or a funny story at someone's expense, that possibly everyone knew, it wasn't worth it. In a small year-

round community, knowing everyone's habits, and perchance, people being able to figure out who I was talking about, wasn't my style. People in the book knew it was all in good humor. If I was hard on anyone, it was being truthful about myself, my children and my life on the beach."

Though, she still maintains some hope to have her book picked up by a major publisher. "My plan to have my book go viral and be in every bookstore, with an ISBN number, is still a dream I hold on to," Johnson said. "I always hope a publisher will read my book and want to go to print with me. At this point, that hasn't happened, but I still hold out hope and pray. I know my book is a great beach read, and I also know there is so much more to tell. I'd like to rewrite it in the future or do a second book."

2014 Fire Island Ocean Swim

by Mike Pedersen

Clear skies and an absence of wind provided for a beautiful day for the 3rd Annual Fire Island Ocean Swim.

"It was beautiful, we had excellent conditions," Bryan Krut, owner of Open Water Swim, the clinic behind the ocean swim.

Over 80 swimmers hopped into the calm waters to compete, starting and finishing at Atlantique with multiple length options; a one-mile, a 5K and a 10K, each with a wetsuit and non-wetsuit categories.

Only those registered with U.S. Masters Swimming were allowed to compete, and swimmers were monitored by lifeguards and stand-up paddlers and kayaks. The other staff of the event was comprised of volunteers.

"We had over 45 people, volun-

teers and hired lifeguards combined," Krut said, adding that the volunteers were "awesome."

The one-mile race course stretched from Atlantique to Fair Harbor and back, while the 5K was to Kismet and back and the 10K was two loops of the latter.

The 5K and one mile wetsuit categories were the highest contested of the six, with over 25 competitors in each. The 5K wetsuit was won by John Sinheimer, 29, of Farmingville and the one mile wetsuit victor was Steve Baker, 39, of Islandia.

Part of the entry fee was donated to Fire Island Ocean Rescue, while further donations went to HOSPICE Care Network Children and Family Bereavement as well as the Ocean Rescue. Krut said that while the exact totals had not been determined yet, the estimate was very positive.

"We don't know for sure yet, but it's over \$10,000," Krut said.



Fire Island Pines

The Invasion Has Arrived!

By Charlotte Roe

Hundreds of people crowded the Fire Island Pines harbor strewn with decorations on boats and on land in anticipation of the day-late Invasion. The rain delay causing this Fourth of July celebration to be moved to the Fifth was not enough to wash away any of the spirit that the Cherry Grove Drag Invaders exploded off the boat with.

Before the arrival of the over-filled boat actor and Broadway man, T. Oliver Reid, entertained the crowd with jokes and music such as the festive "God Bless America." Reid then made the announcement for Fire Island Pines Property Owner's Association President Jay Pagano.

Pagano did a welcoming and remembrance of both the Invasion and the Declaration of Independence stating, "the Invasion (also) marks the date of important history" and is the Pine's unique way of commemoration.

A foghorn signaling the fast-approaching arrival of the boat ensuing cheers from the crowd followed Pagano. The ferry was fronted with Panzi (real name Thom Hansen), one of the original members of the 1976 drag invasion and the Mistress of Ceremonies for the years after. The ferry was docked and Panzi was the first off to begin the presentation of all of the drag invaders to the Pines community.

A group called the Ladies in Red accompanied Panzi off the boat and began the descent of hordes of drag queens emerged from the boat. A dance opened the runaway signifying the 38th Annual Invasion has officially begun.

Drag queens including the 2013 Miss Cherry Grove, Dallas DuBois, Mr. Fire Island, Leather Mark Nayden, and Miss Fire Island host, Charity, strutted their stuff down the runway throughout the Pines and ending at the Pool Deck.

The Pool Deck was filled with hundreds of partiers who too were

Fire Island Dance Festival

The Pines' Effort Against AIDS

By Charlotte Roe

The Fire Island Pines is the host of the annual Fire Island Dance Festival. The festival is heading to its 20th year this weekend. Organized by Dancers Responding to AIDS (DRA), a program of Broadway Cares/Equity Fights AIDS.

The organization began when a group of dancers joined together to find ways to help friends and colleagues in their fight with AIDS. In 1991, dancers Hernando Cortez and Denise Roberts Hurlin began fundraising efforts for those living with AIDS, created the DRA.

Over the last twenty years the DRA has raised over \$250 million dollars for programs and services such as health clinics and housing efforts to benefit the lives of those affected.

This year at the Pines, the Dance Festival will be like in past years

awaiting the ladies. As the women entered the Pool Deck they ascended the catwalk that was recently built over the pool and modeled for the crowd, afterwards joining the crowd in the celebration.

Glitter and rainbow flags were being adorned by the women's fans and partygoers there to enjoy the atmosphere and the equality that have fueled and continues for the over 35 year tradition.

Back when the Pines and Cherry Grove were very different communities, the only similarities were the gay residents within them. In the early history of Cherry Grove it was a place where gays could go to and be proud and open about their sexuality while the Pines was known to be more conservative about their lifestyle.

In 1976, Terri Warren had gone to the Pines in drag and was turned away from service at a local restaurant. In his return to Cherry Grove, friends got news of the discrimination and decided to take a stand. Putting on their dresses and by water taxi took to the Pines ready for anything except what they got.

When the girls arrived the men of the Pines surprised and appreciative of the girls' spunk greeted them enthusiasm and treated them to drinks. Thus began the annual over the top "Drag Queen Invasion" tradition that many hope to continue in the fight for equality and acceptance of diversity.

For pictures of the event please visit the Chronicle's facebook page.

incorporate an outdoor stage overlooking the Great South Bay. Hosts include theater director and choreographer Jerry Mitchell and artistic director and choreographer Larry Keigwin.

The goal is to raise \$500,000 this weekend with tickets and donations starting at \$125 dollars to patrons and up to \$14,400 for leadership supporters.

Some of the performances include Ailey II of "Wade in the Water," Desmond Richardson, Complexions Contemporary Ballet and many more. The event begins Fri. 18 July at 6PM with a cocktail and performance to follow. Sat. 19 July will hold the opening performance at 5PM and a Sunset performance at 7PM. Sun. 20 July will hold a closing performance at 5PM. For more information on the event go to dradance.org.

Fair Harbor Pine Walk Fair

By Ian Schafer

Fair Harbor celebrated its 42nd annual Pine Walk Fair on Saturday, July 5.

Helen Kornblau, who has been in charge of hiring vendors for the event for over 30 years said that the fair is a “fun day for the community that’s there on the calendar every year,” which has contributed to its continued success.

“It’s good for children and adults to have fun outdoors,” Kornblau said.

Kornblau’s daughter, Katherine Kornblau, grew up in Fair Harbor and said that she remembers the fair in the 1970s, when she would help her mother and other members of the Fair Harbor community set up and man tables.

Kornblau, 46, began selling her handmade jewelry at the Pine Walk Fair in 1984 and now runs an international business, KJK

Jewelry, Inc., selling her pieces to high-profile organizations including the Smithsonian, the White House Historical Society, the Museum of Fine Arts Boston, the Art Institute of Chicago and the British Museum.

According to Katherine Kornblau, Fair Harbor’s playground was built entirely with revenue from previous Pine Walk Fairs and the same money pays the bay-side lifeguards, whose funding was cut by the Town of Islip.

“I’ve lived in this town my whole life,” said Kornblau.

“It’s nice to bring this to a whole new generation,” she added.

Jane Vancleef, a Brooklyn-based entrepreneur whose company, Hazel Village, specializes in hand-made stuffed animals and accessories, said that “there are a lot of people that appreciate” her craft.

Vancleef said that she took particular joy in meeting “kids that

like to knit” amongst the event’s attendees.

Though Kornblau, Vancleef and others of the 22 vendors were Pine Walk Fair veterans, some newcomers also lined the boardwalk.

James McDonald, a Brooklyn-based, Lindenhurst-native artist who specializes in hand-drawn typography, was attending the Pine Walk Fair for the first time to display his custom prints.

“The people were nice and very receptive,” said McDonald, who’s had experience at other Long Island and New York City crafts fairs. “I’ll definitely be back next year for sure.”

McDonald’s prints are available online at www.ilostmydog.com.

Running concurrent to the fair was an online auction, which was scheduled to end on July 12, but was extended to July 14th.

It used to be held in person, according to Helen Kornblau, but holding it online and for a whole week allowed more time for more people to place their bids.

The auction grossed over \$16,500. In a posting on Facebook, those involved in the auction would like to thank the Fair Harbor community for making the event a success. A special thanks also goes to the auction team; Judy Corcoran, Carolyn Cucci, Mark Perlgut, Helen Kornblau, and to our major donors: Brigitte Vosse, Phil and Lucy Suarez, Helen Kornblau.

In the post, they mentioned that they are still experimenting with the online format of this auction. If you have any suggestions that you believe will enhance the auction, please let contact the Fair Harbor Community Association at [contact.fhca@gmail.com](mailto:fhca@gmail.com).

9				2	5		
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		8	7			9	
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FIMI PROJECT CONTINUED

If the buyouts are challenged in court, the tentative plans calls for Suffolk to pick up 70% of any added costs, with the state covering the remainder.

Senator Charles Schumer and Rep. Tim Bishop have pushed for the project to be expedited.

“It is great news that the Army Corps of Engineers has agreed to eliminate unnecessary bureaucratic delays,” Schumer said in a statement.

The project has been advanced before the plan for the mainland, but even with the current timetable, the project is almost a year behind schedule. It could fall more behind if the agreements aren’t finalized by the end of August.

The county legislature plans a July 29th vote on the bill.

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Fire Island Chronicle to
cover?**

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com**

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FERRY SCHEDULES

Dunewood Ferry

June 20 thru September 2

Leaves Bay Shore Leaves Dunewood
Monday thru Friday

7:00 am		7:40 am
9:25 am		10:05am
11:10 am		11:50 am
1:00 pm		1:40 pm
3:00 pm		4:30 pm
5:30 pm		6:10 pm
6:45 pm	Fridays only	7:15 pm
7:25 pm	Monday-Thursday	7:55 pm
8:10 pm	Fridays only	8:40 pm
9:10 pm	Fridays only	---

Saturday and 8/31

9:30 am		10:00 am
10:50 am		11:20 am
12:10 pm		12:50 pm
1:30 pm		2:10 pm
2:50 pm		3:30 pm
4:10 pm		4:50 pm
6:00 pm		6:40 pm
7:30 pm		8:10 pm

Sunday and 9/1

9:30 am		10:10 am
11:10 am		11:50 am
12:50 pm		1:30 pm
2:05 pm		2:35 pm
-		3:30 pm
4:05 pm		4:45 pm
5:20 pm		6:00 pm
-		7:20 pm
-		8:05 pm

Atlantique

June 20 thru September 1

No service to Atlantique Tuesday 9/2

Leaves Bay Shore Leaves Atlantique
Monday thru Friday

9:50 am		10:35 am
11:50 am		--
3:00 pm	Fridays only	3:30 pm
4:15 pm		5:30 pm
6:45 pm	Fridays only	7:25 pm
8:10 pm	Fridays only	8:50 pm
9:10 pm	Fridays only	

Saturday and 8/31

9:30 am		10:10 am
10:50 am		11:30 am
11:50 am		3:30 pm
4:30 pm		5:30 pm

Sunday and 9/1

9:50 am		10:30 am
11:50 am		3:20 pm
-		5:30 pm
-		7:10 pm

Watch Hill Ferry

June 23 thru September 1

Monday thru Friday

8:45 am		9:15 am
10:15 am		11:00 am
12:30 pm		1:15 pm
3:10 pm		3:50pm
5:00 pm		5:45 pm
7:00 pm	Friday only	7:45 pm

Saturday and Sunday (7/4 and 9/1)

8:30 am		9:05 am
10:00 am		10:45 am
12:00 pm		12:45 pm
1:45 pm		2:30 pm
3:30 pm		4:15 pm
5:30 pm		6:30pm
Saturday only & 7/4 10:00 pm		

Fair Harbor

June 20 thru
September 2

Leaves BS Leaves
FH

		Friday		Saturday and 8/31		Sunday and 9/1	
Monday thru Thursday		-	6:10 am				
		7:00 am	7:30 am	7:00 am	7:30 am	7:00 am	7:30 am
		9:25 am	9:55 am	9:30 am	10:00 am	9:30 am	10:00 am
-	6:10 am	11:10 am	11:40 am	10:50 am	11:20 am	11:10 am	11:40 am
7:00 am	7:30 am	1:00 pm	1:30	12:10 pm	12:40 pm	12:50 pm	1:20 pm
9:25 am	9:55 am	pm		1:30 pm	2:00 pm	2:05 pm	2:40 pm
11:10 am	11:40 am	3:00 pm	--	2:50 pm	3:20 pm	3:10 pm	3:45 pm
1:00 pm	1:30	4:15 pm	4:20 pm	4:10 pm	4:40 pm	4:15 pm	4:50 pm
pm		5:30 pm	6:00 pm	6:00 pm	6:30 pm	5:20 pm	5:55 pm
3:00 pm	4:40 pm	6:45 pm	7:15 pm	7:30 pm	8:00 pm	6:25 pm	7:00 pm
5:30 pm	6:00 pm	8:00 pm	8:30 pm	9:00 pm	9:30 pm	7:30 pm	8:15 pm
7:25 pm*	8:05 pm*	9:10 pm	--	10:50 pm	11:20 pm	8:50 pm	9:25 pm
9:10 pm*	9:40 pm*	10:30 pm	11:10 pm				
10:50 pm	* Thursday only						
* trips will not run Sept 2							

FERRY SCHEDULES

Ocean Beach Ferry

Leaves Bay Shore	Leaves OB	6:10 pm	6:45 pm
Monday thru Friday		6:50 pm	7:20 pm
	6:00 am	7:30 pm	8:00 pm
7:00 am	7:35 am	8:10 pm	8:40 pm
8:15 am	8:50 am	9:00 pm	9:50 pm
9:25 am	10:10 am	9:50 pm	10:20 pm
10:15 am	10:55 am	10:30 pm	11:00 pm
11:00 am	11:40 am	12:00 M	12:50 am
11:50 am	12:30 pm		
12:45 pm	1:25 pm	Saturday and Sunday	
1:30 pm	2:05 pm	Sat sched 8/31/ sun sch 9/1	
2:45	3:20 pm	7:00 am	7:50 am
4:05 pm	4:45 pm	9:10 am	9:45 am
4:50 pm Wed & Thurs	Only 5:30 pm	10:00 am	10:35 am
5:30 pm	6:10 pm	10:45 am	11:20 am
6:50 pm	7:30 pm	11:15 am	11:50 am
8:10 pm	8:50 pm	12 noon	12:30 pm
9:30 pm	10:10 pm	12:30 pm	1:00 pm
10:50 pm	11:40 pm	1:05 pm	--
		- Saturdays only 1:40 pm	
Friday		1:30 pm	2:00 pm
	6:00 am	2:10 pm Saturdays only --	
7:00 am	7:35 am	2:30 pm	3:00 pm
8:15 am	8:50 am	3:30 pm	3:40 pm
9:25 am	10:10 am	4:10 pm	4:40 pm
10:15 am	10:55 am	5:10 pm	5:50 pm
11:00 am	11:40 am	6:20 pm	7:00 pm
11:50 am	12:30 pm	7:30 pm	8:10 pm
12:45 pm	1:30 pm	-	9:40 pm
1:45 pm	2:25 pm	9:00 pm not run 9/1 --	
3:10 pm	3:50 pm	10:20 pm not run 9/1 11:15 pm	
4:10 pm	4:50 pm	-Saturdays only & 8/31 1:00 am*	
5:10 pm	5:50 pm	* special \$16 one-way cash fare or \$9 with a ticket	

Ocean Bay Park

Leaves Bay Shore	Leaves OBP	9:10 am	9:50 am
Monday thru Thursday		10:00 am	10:40 am
		10:45 am	11:15 am
Mondays and 9/2 only	6:10 am	11:20 am	12 noon
7:00 am	7:40 am	12:10 pm	12:50 pm
8:20 am Mon only	9:00 am	12:50 pm	1:30 pm
9:25 am	10:05 am	1:50 pm	2:30 pm
11:00 am	11:40 am	2:50 pm	3:30 pm
12:50 pm	1:30 pm	3:50 pm	4:30 pm
2:50 pm	3:30 pm	4:50 pm	5:30 pm
4:10 pm	4:50 pm	6:10 pm	6:50 pm
5:30 pm	6:10 pm	7:30 pm	8:10 pm
6:50 pm	7:35 pm	9:00 pm	9:40 pm
8:15 pm not run Sept 2nd	9:00 pm	10:20 pm	11:20 pm
9:45 pm Wed & Thurs only	10:25p	Runs 8/30, 8/31 Only 1:00 am*	
Friday		*Special \$16 one-way cash fare, or \$9 with a ticket	
7:00 am	7:40 am	Sunday and 9/1	
9:20 am	10:00 am	7:00 am	7:45 am
10:45 am	11:30 am	8:40 am	9:20 am
12:15 pm	1:00 pm	10:00 am	10:40 am
1:45 pm	2:30 pm	11:15 am	11:55 am
3:10 pm	3:50 pm	12:30 pm	1:10 pm
4:10 pm	4:50 pm	1:15 pm not run Sept 1 --	
5:10 pm	5:50 pm	1:50 pm	2:30 pm
6:10 pm	6:50 pm	3:05 pm	3:45 pm
6:50 pm	7:30 pm	4:20 pm	5:00 pm
7:30 pm	8:10 pm	5:35 pm	6:20 pm
8:20 pm	9:00 pm	7:05 pm	7:50 pm
9:00 pm	9:40 pm	-	9:30 pm
10:20 pm	10:50 pm	8:45 pm not run Sept 1 11:00 pm	
Saturday and 8/31			
7:00 am	7:45 am		

Kismet

June 20 thru September 2

Leaves BS	leaves Kismet
Monday thru Thursday	
Mondays only and 9/2 6:30 am	
7:00 am	7:45 am
9:25 am	10:05 am
11:10 am	12:10 am
1:00 pm	1:40 pm
3:00 pm	4:40 pm
5:30 pm	6:10 pm
7:25 pm*	8:05 pm*
9:10 pm*	10:00 pm
10:50 pm*	11:20 pm*
*will not run September 2	

Friday

7:00 am	7:45 am
9:25 am	10:05 am
11:10 am	11:50 am
1:00 pm	1:40 pm
3:00 pm	3:40 pm
4:15 pm	4:55 pm
5:30 pm	6:10 pm
6:45 pm	7:25 pm
8:00 pm	8:40 pm
9:10 pm	9:50 pm
10:30 pm	11:10 pm
12 M	12:30 am

Saturday and 8/31

7:00 am	7:50 am
9:30 am	10:10 am
10:50 am	11:30 am
12:10 pm	12:50 pm
1:30 pm	2:10 pm
2:50 pm	3:30 pm
4:10 pm	5:10 pm
6:00 pm	6:40 pm
7:30 pm	8:10 pm
9:00 pm	9:50 pm
10:50 pm	11:45 pm

Sunday and 9/1

7:00 am	7:50 am
9:30 am	10:10 am
11:10 am	11:50 am
12 noon	12:30 pm
12:50 pm	1:30 pm
2:05 pm	2:35 pm
3:10 pm	3:40 pm
4:15 pm	4:45 pm
5:20 pm	5:50 pm
6:25 pm	6:55 pm
7:30 pm	8:00 pm
8:50 pm	9:45 pm

Seaview

June 20 thru September 2

Leaves Bay Shore	Leaves Seaview
Monday thru Thursday	
Mondays and 9/2 only 6:00 am	
7:00 am	7:30 am
8:20 am Mondays only	8:50 am
9:25 am	9:55 am
11:00 am	11:30 am
12:50 pm	1:20 pm
2:50 pm	3:20 pm
4:10 pm	4:40 pm
5:30 pm	6:00 pm
6:50 pm	7:25 pm
8:15 pm not run Sept 2nd	8:50 pm
9:45 pm Thurs only	10:15 pm

Friday

7:00 am	7:30 am
9:20 am	9:50 am
10:45 am	11:20 am
12:15 pm	12:50 pm
1:45 pm	2:20 pm
3:10 pm	3:40 pm
4:10 pm	4:40 pm
5:10 pm	5:40 pm
6:10 pm	6:40 pm
6:50 pm	7:20 pm
7:30 pm	8:00 pm
8:20 pm	8:50 pm

9:00 pm	9:40 pm
10:20 pm	--

Saturday and 8/31

7:00 am	7:35 am
9:10 am	9:40 am
10:00 am	10:30 am
10:45 am	11:20 am
11:20 am	11:50 am
12:10 pm	12:40 pm
12:50 pm	1:20 pm
1:50 pm	2:20 pm
2:50 pm	3:20 pm
3:50 pm	4:20 pm
4:50 pm	5:20 pm
6:10 pm	6:40 pm
7:30 pm	8:00 pm
9:00 pm	9:30 pm

Sunday and 9/1

7:00 am	7:35 am
8:40 am	9:10 am
10:00 am	10:30 am
11:15 am	11:45 am
12:30 pm	1:00 pm
1:15 pm not run Sept 1 --	
1:50 pm	2:20 pm
3:05 pm	3:40 pm
4:20 pm	4:55 pm
5:35 pm	6:10 pm
7:05 pm	7:40 pm
9:20 pm	

FI Pines

SAYVILLE FERRY SCHEDULES

Cherry Grove

Summer Schedule June 27- September 7

Leave Sayville Leave FI Pines

Mondays (Except 9/1/14)

5:45 AM	6:10 AM- will not run 9/1 and 9/2
7:00 AM	7:25 AM
8:00 AM	8:45 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	8:00 PM
8:30 PM	9:00 PM

Tuesdays & Wednesdays

7:00 AM	7:25 AM
8:00 AM	8:45 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	8:00 PM

Thursdays (Except 7/3/14 - Use Friday Schedule)

7:00 AM	7:25 AM
8:00 AM	8:45 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	8:00 PM
8:30 PM	9:00 PM
10:15 PM	10:40 PM

Fridays & 7/3/14 (Except 7/4/14 - Use Saturday Schedule)

7:00 AM	7:25 AM
8:00 AM	8:45 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
7:00 PM	7:30 PM
7:30 PM	8:00 PM
8:00 PM	8:30 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, Sundays & 7/4/14 & 9/1/14

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	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
10:30 PM	11:00 PM

Summer Schedule June 27- September 7

Leave Sayville Leave Cherry Grove

Mondays (Except 9/1/14)

5:45 AM	6:10 AM- will not run 9/1 and 9/2
7:00 AM	7:25 AM
8:00 AM	8:25 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	8:00 PM
8:30 PM	9:00 PM

Tuesdays, Wednesdays & Thursdays (Except 7/3/14 - Use Friday)

7:00 AM	7:25 AM
8:00 AM	8:25 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	8:00 PM
8:30 PM	9:00 PM- Thursdays only
10:15 PM	11:00 PM- Thursdays only

Fridays & 7/3/14 (Except 7/4/14 - Use Saturday Schedule)

7:00 AM	7:25 AM
8:00 AM	8:25 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	12:45 AM

Saturdays & 7/4/14 & 8/31/14

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	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
11:00 PM	11:30 PM
12:30 AM	1:00 AM
1:30 AM	2:00 AM

Sundays & 9/1/14(Except 8/31/14 - 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
2:15 PM	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 27 thru September 2

Lv Patchogue

Lv Davis Park

Monday thru Thursday

6:15 am	Monday only	6:40 am
7:30 am		8:00 am
11:30 am		12:15 pm
1:15 pm		1:45 pm
3:20 pm		4:00 pm
6:35 pm		7:00 pm
8:30 pm*		9:00 pm*
10:00 pm*		10:30 pm*

• will not run after 8/28

Friday

7:30 am	8:00 am
10:15 am	10:45 am
11:30 am	12:15 pm
1:15 pm	1:45 pm
3:20 pm	4:00 pm
5:30 pm	5:55 pm
6:35 pm	7:00 pm
8:30 pm	8:55 pm
9:30 pm	10:00 pm
10:30 pm	11:00 pm

Saturday & July 4th

7:30 am	8:00 am
10:15 am	10:45 am
11:30 am	12:00 pm
12:45 pm	1:15 pm
2:00 pm	2:30 pm
3:30 pm	4:20 pm
5:30 pm	5:55 pm
6:30 pm	6:55 pm
8:00 pm	8:30 pm
9:30 pm	10:00 pm
11:15 pm	12:00 am

Sunday

7:30 am	8:00 am
10:15 am	10:45 am
11:30 am	12:00 pm
12:45 pm	1:15 pm
2:00 pm	2:30 pm
3:30 pm	4:20 pm
4:45 pm	5:20 pm
5:45 pm	6:20 pm
6:45 pm	7:20 pm
7:45 pm	8:20 pm
8:45 pm	9:30 pm
10:00 pm	10:30 pm

Sailors Haven Ferry Schedule

June 21, 2014 - September 1, 2014

Leave Sayville

Leave Sailors Haven

Monday - Friday

*9:30 AM	*10:00 AM
11:15 AM	11:45 AM
1:15 PM	1:45 PM
*3:15 PM	*4:00 PM
5:00 PM	5:30 PM

Saturdays, Sundays & Holidays

*9:20 AM	*9:45 AM
10:30 AM	11:00 AM
11:45 AM	12:15 PM
1:30 PM	2:00 PM
*3:45 PM	*4:15 PM
5:00 PM	5:30 PM
6:00 PM	6:40 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

June 16- September 1

Leave Sayville

Leave Water Island

Mondays

(except Sept 1st)

4:30 PM Starts June 23 4:50 PM

Thursdays

July 10th - August 28th

7:00 PM

-

Fridays & Thursday, July 3rd

Will not run July 4th

12:30 PM	12:50 PM
6:30 PM	6:50 PM
8:30 PM	8:50 PM

Saturdays & Friday, July 4th &

9:30 AM	9:50 AM
3:30 PM	4:00 PM

Sundays & Labor Day, September 1st

3:15 PM	3:45 PM
*6:15 PM	*6:45 PM

* Will not run Sunday, August 31

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					64					65				
66					67					68				
69					70					71				

ACROSS

- 1. It delivers babies?
- 6. Not "To"
- 10. Cried
- 14. Sound
- 15. Was a passenger
- 16. Bright thought
- 17. A single-masted ship
- 18. Biblical garden
- 19. Twofold
- 20. A large African ante-lope
- 22. Beige
- 23. Pottery oven
- 24. Preoccupy
- 26. City in Peru
- 30. A parcel of land
- 31. Tear
- 32. Dry
- 33. Deep cut
- 35. Operatic solos
- 39. Misbehavior

- 41. Gist
- 43. Active
- 44. Unwanted email
- 46. Dull pain
- 47. It is (poetic)
- 49. Actress Lupino
- 50. Not nights
- 51. Assaulter
- 54. As well
- 56. Margarine
- 57. Kill in large numbers
- 63. Tale
- 64. Any day now
- 65. Optical maser
- 66. Dogfish
- 67. Doing nothing
- 68. Iniquities
- 69. Take it easy
- 70. Char
- 71. Gave out

DOWN

- 1. Cumberbund
- 2. A city in western Russia
- 3. Smell
- 4. Violent disturbance
- 5. 1/100th of a ruble
- 6. Mooches
- 7. Rats
- 8. Poems
- 9. Guide
- 10. Widely circulated
- 11. Draw forth
- 12. Boses
- 13. Anklebone
- 21. Cause to leak
- 25. Partiality
- 26. Tibetan monk
- 27. Colored part of an eye
- 28. Fog
- 29. Extra
- 34. Performer
- 36. Ancient Peruvian

- 37. Sore
- 38. Views
- 40. Twin sister of Ares
- 42. Demolish
- 45. Player piano
- 48. Stoppage
- 51. Imperial
- 52. San Antonio fort
- 53. Risk
- 55. Lubricated
- 58. Connecting point
- 59. Wash
- 60. Largest continent
- 61. Express in words
- 62. At one time (archaic)

Solution on page 6

Press Releases

Fire Island Pines Arts Project- Daisy Jopling

Fire Island Pines Arts Project announces its 2014 arts and cultural season. The mission of the Fire Island Pines Arts Project, a non-profit organization, is to be integral to the creative life of the Fire Island Pines community and to aspire, through the production of accessible quality performing and fine arts events and activities, to reflect and encourage our community's cultural vitality.

Unplugged Series #2 — Daisy Jopling

Saturday, August 2nd, 6-8pm

Home of Barbara Sahlman in Fire Island Pines - Wine and light hors d'ouerves

Classical/rock violinist whose style combines both classical and contemporary elements, for 13 years, Daisy toured with the world- renowned string trio, Triology. She has recorded 7 CDs and has toured

All Tickets \$30

Visit www.fipap.org for ticket purchases and additional event information. For more information, please contact FIPAP Board Member David E. Ratcliffe, drat.nyc@gmail.com or 347-834-2515.

Join us for the 1st Annual Flynn's Fire Island Craft Beer Festival August 16, 2014 25 Brewers/50 Brews

The bay front setting and rustic charm at Flynn's offers the perfect venue to sample the beers from more than 25 craft breweries from across the country. The breweries will be pouring samples of over 50 of their finest brews. It will include new and award-winning breweries from Long Island as well as stellar craft breweries from across the country.

The event will feature award-winning beer from Brooklyn Brewery, Fire Island Beer Company, and Sam Adams plus attendees will have the opportunity to sample exceptional craft beer from national and international craft breweries.

The event will take place rain or shine (no refunds).

Pricing: \$50 +tax/fee when purchased online in advance. Tickets are \$65 when purchased at the door on the day of.

GENERAL ADMISSION SESSION: 1:30PM – 5:00PM. Gates will open at 1:00 PM for ticketing and processing. First pour is at 1:30 PM. Tickets are \$50 +tax/fee each when purchased online in advance of the event. Ticket price includes a souvenir tasting glass marked with a 2 oz. pour line, beer tasting and a sandwich & side dish. Each attendee will receive a choice of hamburger, hot dog, chicken sandwich or veggie burger, plus one side dish of the following: potato salad, corn on the cobb, pasta salad, french fries, green salad.

IMPORTANT TO NOTE:

A limited number of tickets are available for the festival. When the event sells out, NO additional tickets will be sold. Everyone who holds a ticket will be admitted—the event WILL NOT BE OVERSOLD. No one under 21 will be admitted. Only those 21+ with valid photo ID will be admitted. No exceptions. This includes designated drivers who must be 21+ to attend. Proper identification is the responsibility of the attendee. Failure to present proper, valid photo identification (driver's license or passport) will result in denial of entry with no refund offered. For the safety of everyone at the festival, no infants, children, strollers, or pets will be allowed. Please plan accordingly.

Saltaire Market Redevelopment Project

By Nicole Brems

During the Saltaire Board of Trustee meeting that was held on July 5th, the redevelopment plan for the Saltaire Market was discussed. The discussion has already been made to rebuild the market, as opposed to renovating. With the current timeline, the market will be ready to open in time for Summer 2015.

A Power-point presentation was displayed, covering everything from who is involved, where they currently stand, the schedule moving forward, design constraints, objectives, the proposed vs existing development, project cost, and financing options and potential tax impact. Though many decisions have already been made, this topic was brought up in the meeting for the purpose of informing the residents of Saltaire to the decisions that have been and to open up the discussion on the topic.

The point of the presentation discussed who is involved. The village project management team includes Mayor Cox, Trustee Zaccaro and administrator Posillico.

The concept committee includes Trustee Connolly, Aaron Malinski, Tracey Zabar, Dan Rapaport, Matt Sirovich and Karen Frome. This part of the project focuses on the commercial needs of the village, including 2014 and the long term.

The interior design committee includes Aaron Malinski and Tracey Zabar, who will focus on the optimum layout for the new commercial market.

The architectural design committee includes Nat Oppenheimer, Bob Mayers, Jeff Murphy, Karen Frome, Nick Petschek, Ken Larson and Jennifer Sage. This group will focus on the oversight of the project design based on commercial parameters of the project.

Professional consultants on the project will be Butler Engineering and Land Use Environmental.

The next step in the discussion was the decision whether to renovate or rebuild- a question that has been on many minds since the market closed due to damage after Hurricane Sandy. The first factor that had to be considered was regulatory compliance, including state building code, flood protection and state/county/health codes. The next question was the building layout- does it adequately meet village needs? Lastly was the cost- when it came down to the numbers, the cost of renovations exceeded the cost of rebuilding.

The environmental considerations, regulated by the NYS DEC, include tidal wetlands, which require the height of the grease trap and septic tank above ground water to be a minimum of 2 feet, sanitary system proximity to both tidal and fresh water as well as rain water shedding and collection are also requirements for the structure.

Health regulations to be considered include pollution control; such as the abandonment of the existing septic system, waste water; such as the sanitary system design, dimensions of the grease trap and septic tanks set by NYS regulations, and an annual audit oversight by Federal EPA. The structure is required to have an optimal minimum distance of 150 feet from a public drinking source. The NYS Agriculture and Markets regulates the food operation that will take place in the market.

NYS Commercial Building Code requires that the building has fire separations from property lines and between interior spaces, as well as a sprinkler system. FEMA flood control standards also have minimum height requirements for structures. Also to be considered are ADA requirements, which include ramps to entrances and interior

elevators for structures that are two or more stories.

The pre-construction timeline was discussed. Also included were comparisons of the old structure to the new proposed structure. Specifics of both can be found on the Village of Saltaire website.

After the many regulations and the proposed building plan were discussed, the all-important question of cost was discussed. The current estimate for the construction is \$550 per square foot, but can be higher or lower depending on the final design. This price includes design/engineering and regulatory compliance, demolition, site development, building cost, mechanical and equipment.

The projected total for the project is currently estimated at \$5,960,000. This number is broken up into two phases, phase 1 totaling \$4,685,000 and phase 2 totaling \$1,275,000.

The options for financing this project include long-term bonds, asset financing and one time or multiple year assessment. Long-term bonds could add \$75,000 annual debt service for each \$1,000,000. The project would increase the average tax bill cost per home of approximately \$697 when the project is complete.

The next steps for the project include- producing construction documents in August, DEC & DOH official approval go out to bid August 5, public bid opens August 30, the contract will be awarded on September 5. Construction is set to start October 1st.

More information can be found on the Village of Saltaire website at salthaire.org

Lemon Vinaigrette Potato Salad

12 Servings

Prep: 25 min. Cook: 15 min.

Ingredients

3 pounds red potatoes, cut into 1-inch cubes
1/2 cup olive oil
3 tablespoons lemon juice
2 tablespoons minced fresh basil
2 tablespoons minced fresh parsley
1 tablespoon red wine vinegar
1 teaspoon grated lemon peel
3/4 teaspoon salt
1/2 teaspoon pepper
1 small onion, finely chopped

Directions

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until tender.

Meanwhile, in a small bowl, whisk the oil, lemon juice, herbs, vinegar, lemon peel, salt and pepper.

Drain potatoes. Place in a large bowl; add onion.

Drizzle with vinaigrette; toss to coat. Serve warm or chill until serving.

Nutritional Facts:

Serving 3/4 cup
165 calories,
9 g fat (1 g saturated fat),
0 cholesterol,
155 mg sodium,
19 g carbohydrate,
2 g fiber,
2 g protein.
Diabetic Exchanges: 2 fat, 1 starch.

History

William Floyd: The Quiet Patriot

By Lilly Rose Malcolmson

Born on December 17, 1734, this year will mark the 280th anniversary of William Floyd's birth. While best remembered as a signer of the Declaration of Independence, Floyd never achieved the level of fame that some of his colleagues like Ben Franklin, John Hancock, or Thomas Jefferson now enjoy. However the story of his life is no less compelling.

A native of Brookhaven, New York, Floyd was born into comfortable, but not necessarily privileged beginnings. Of the nine children born to Nicoll and Tabitha Floyd, he was the eldest of two sons. The family was of Welsh origin, having immigrated to America in the 1620's. His father was a successful farmer, with a plantation based in Mastic Beach.

Being a farmer's child, the young William Floyd grew up busy with chores and only received an informal home education. Life changed drastically when the Floyd parents died within two months of each other in 1755. At only 20 years old, William Floyd was now charged with the task of managing the family homestead and raising his younger siblings. Six years later he married Hannah Jones. She would assist her husband in looking after his family as well as bearing him three children of their own: Nicoll, Mary, and Catherine. The family estate continued to grow and thrive.

As conflict with Great Britain started to heat up, Floyd joined the Suffolk County militia, attaining the rank of major general, and soon chosen as a New York delegate in the Continental Congress. At the age of 41 he was among the first New York delegates to sign the declaration of Independence on August 2, 1776.

Unlike the states of Pennsylvania or Massachusetts, and New York took a much more neutral position in the Revolutionary War. Among significant strongholds of loyalists to the Crown, patriot activities were much less centralized. New York was the only state to abstain from the resolution of independence because they lacked affirmative instructions to vote from New York State's Provisional Congress. Said approval was granted a few days after the vote.

William Floyd paid dearly for signing his name on that Declaration. The following year his family was forced to flee across the Sound to Middletown, Connecticut. British forces that occupied Long Island confiscated his family farm to feed their troops and used the stately mansion as a barracks. His wife Hannah Jones Floyd never saw the family home again, dying in 1781.

The Floyd family recovered their estate after the war. William wed once again to Joanna Strong in 1784, having two more daughters. While continuing to hold various public offices well into the 19th Century, he left his family estate in 1803 to live in upstate New York where he remained until his death in 1821.

Contemporary William Floyd descendants include cinematographer Floyd Crosby, rock musician David Crosby, and former Massachusetts Governor William Weld. The William Floyd Estate in Mastic Beach still stands today and is included within the jurisdiction of Fire Island National Seashore, with public tours offered April through November. Suffolk County's founding father is remembered.

Restaurant Review

Rachel's Restaurant in Ocean Beach

by Mike Pedersen

Once again, I was pressed for time and had to skip out on the most important meal of the day in order to make the ferry to Ocean Beach.

After that half-hour of excruciating hunger, I scoured around for a sufficient breakfast, stumbling upon Rachel's Restaurant on Bay Walk.

With a meeting to make, I didn't have time for a sit-down, so I was relieved that I could just order takeout. It was particularly busy inside; it's not the biggest establishment so on a more crowded weekend morning you can expect a little bit of a wait.

The staff were quite friendly as I waited outside, admittedly a little bit longer than I expected, which I can attribute to the state of affairs on the inside; seems like one of the more popular breakfast joints around.

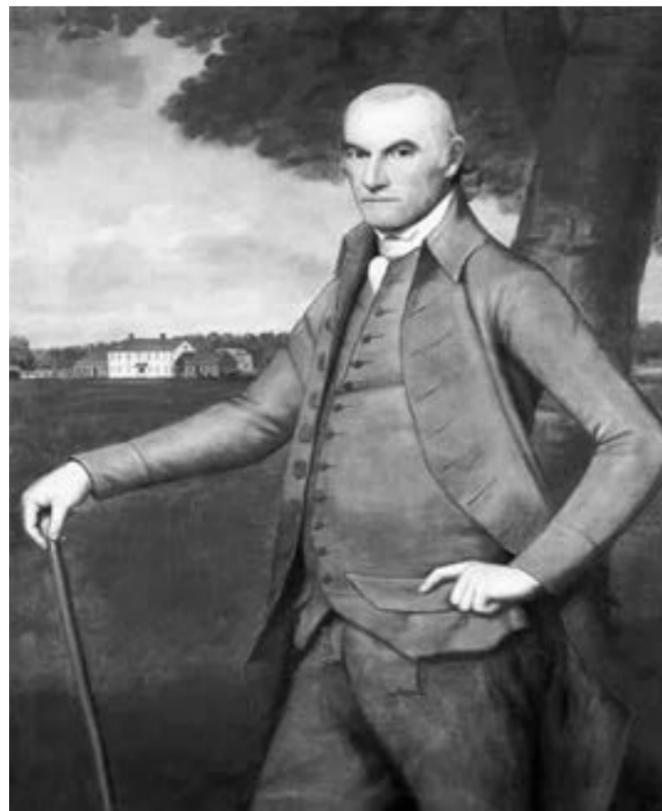
The menu was accommodating, covering all the bases for a breakfast with some specialty dishes like crab cake benedict. Feeling adventurous with my order, I opted for the breakfast burrito; essentially an omelette on a wrap, can't go wrong there.

I was extremely pleased, the quality of the food was high and the feeling of satisfaction in my stomach afterwards was even better.

Prices are relatively normal if not slightly higher for a solid sit-down breakfast; around \$12 for a main course with an extra \$2-3 for some coffee or tea. I paid around the same for a drink and my delicious breakfast burrito. The iced coffee is particularly good.

Going back for a full course is definitely on my list of things to do; I'd like to try out a bigger meal with a nice mimosa on the side. Also to do is to check out the bakery they have on the side. From what I saw, the menu had a great selection.

Whether you are experiencing a case of poor time-management, like myself, or have time for a sit-down meal, Rachel's is highly recommended.



Fitness

When Too Much Of A Good Thing Turns Bad

by Kim Maliadis

You started a new fitness routine and you're feeling good. You're super pumped about the training sessions and love how you feel after class. This is the new you! Soon you start to crave those endorphins more and more so you decide to take even more classes, next you're doubling up on classes and adding extra training in addition to the classes. Sound like a good thing right? It's the sign of a new, healthy lifestyle. But for some this can be the beginning of the end.

I've been training people for the past 18 years, all sorts of people in all sorts of environments. Some as private clients in their home, some in my home, some in gyms I worked in, and some in my own facility. Over the years I've noticed a pit fall that some people fall in to. I call it burn out. It's a pattern that I can catch pretty quickly after a new client starts training with me. Sometimes I can get through to them and change their course, but others won't

listen and soon enough they've disappeared completely.

Working out is a great thing. It obviously does the body good. It's mental and emotional benefits are obvious too. You can't deny how good you feel after an awesome training session. But when you become addicted to that rush of endorphins and ignore your sore body you can injure yourself and set yourself up for disaster.

The best way for a long term lifestyle change is slow and steady. Consistency is what counts. I usually recommend a new client train with me 2-3 times a week. Optimally giving one day rest between sessions. Depending on the client I will sometimes add a 4th weekly routine in there too. But sometimes a client will ignore my advice and come to kickboxing classes 7 days a week. Some even attend multiple classes per day. Others start to run, spin, weight train along with other fitness routines. This is when the pattern starts to emerge. They're physically drained all

the time. Their bodies are too sore to even walk normally. They tell me they can't even sit on the toilet bowl without feeling excruciating pain in their legs. Yet they show up for every class they can fit into their schedule. That's when I can see this is phase one of the burn out cycle.

These clients are setting themselves up to fail.

Rest and Recovery is not an option. You need to let your body rest. During rest time is when the magic happens. When your body is rebuilding and recouping it's building a stronger, leaner you. If you never let your body repair itself you'll never see the results you want. Which we all agree is optimal health and fitness. There is only so long you can push your body to the limits with out allowing rest and recovery.

This is the point where these clients start to fall off completely. Once their body gives in and really just breaks down from excessive stress they will disappear. Rather than allowing

the body to work it's magic and return to a consistent workout schedule of the 3 times a week I advice from day 1 they just stop all together. Something in their minds tells them if they can't go 150%, 7 days a week, then what's the point? It's this all or nothing mindset that will do you in every time.

Start your workout out routine, find something you enjoy doing, do it consistently, allow yourself time to rest and recover, Eat clean and hydrate your body. Find this healthy balance and you will be on the road to a new and healthy you. Remember the tortious and the hare? Slow and steady will always will the race.

Kim Maliadis is a personal trainer, group fitness instructor, and franchise owner at iLoveKickboxing.com 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 or www.facebook.com/iLoveKickboxingBayport. You can email her at Kim@BayportBBC.com

Cherry Grove Moroccan Mirage Fundraiser

By Nicole Brems

Cherry Grove residents gathered on July 12th at the Harkrider's residence for the Moroccan Mirage fundraiser, benefiting Save Our Community House.

The 175 attendees raised a total of \$54,000, including about \$12,000 for the tickets sold to the party and a hefty \$10,000 matching donation made by the Harkrider family.

Attendees enjoyed the beautiful day on the Harkrider's large deck overlooking the ocean. As well as the beautiful view, the party featured delicious Moroccan cuisine, attendees in Moroccan inspired attire, as well as belly dancers and a hookah bar.

At the beginning of the party, fundraising chair Frank Borsas, welcomed the party-goers and gave an overview of the Save Our Community House fundraising to date. SOCH has raised \$650,000 prior to the party, via donations. With the addition of grants, the total reaches \$1 million.

Phase I has already been completed. The changes have been behind-the-scenes upgrades. The next two phases, which will require another \$1.5 million and will begin in the fall, will be visible changes. According to Borsas, the goal is to raise \$250,000 this summer.

According to John Harkrider, the owner and host of the home

where the party was held, it is great to support the community.

"I think it's a great institution and it's great to support it. The community has been very welcoming and it's great to support it back," Harkrider said.

The next fundraising party will be held on August 2nd at Blueberry Hill, a residence at the corner of Aeon and Bayview walks. The fundraiser theme will be Route 66. In addition to the party tickets, there is also a brand new Ruby Red Mustang convertible V-6 being auctioned off at the party. Tickets for the auction are \$100, while the tickets for the fundraiser are \$75.

For tickets contact a CGCAI board member or Frank Borsas at 917-747-8480 or via email a fborsas@verizon.net

Sybil Sez!!!

HICCUPS: MARY POPPINS MAY HAVE HAD SOMETHING THERE.....

Dear Sybil, I've heard that you have a foolproof cure for hiccups among your amazing bits of household wisdom!! Is it true, or is this just another superstitious urban myth?... and what really causes them in the first place?? Sincerely, Gasp-ing-for-breath!

Dear Gasp-ing, I DO in fact have a scientifically proved cure for hiccups, tried 'n' true, and handed down from one generation of great stage actors to another, family to family, dynasty to dynasty. It was used by the Booths, the Barrymores, Ellen Terry, Mrs. Fisk, Laurette Taylor, Filbert Dirndl, and even Sarah Bernhardt and Sandra Bernhard (who may actually be the SAME person, since they are never seen at the same party at the same time!but more on that later!). The actual science of the hiccup is this; the vagus nerve which runs from the brain down the neck and into the abdominal area, branching out into the various organs, becomes irritated through common digestive problems, emotional upsets (known as "vapours" to the Victorians), blows to the head (sometimes with hatchets!), extended performances of ventriloquism (with or without dummies!), poor accessorizing at luncheons, and over-indulgence in alcohol (usually through so-called "ladies aperitifs" with paper umbrellas!). Hiccups are little more than a reflex, a misfiring of the nerves leading to the diaphragm!. And they're usually more a nuisance than anything else...unless of course, they're fatal! (My poor great-uncle Wilbur, but that's another story for another time!). Most home remedies involve two strategies: 1) Overwhelm the misfiring responses of the vagus nerve with other "information". The vagus nerve informs the brain that something much more dire is happening, and the brain, as the

so-called "corporate headquarters" of the body, issues other directives that supercede stupid hiccupping!...or 2) Or interfere with the breathing, as in increasing carbon dioxide levels, which again causes the brain to focus on more dire matters than hiccupping. My cure, which I have inherited from great actors, performance artists, interpretive dancers, contortionists, ecdysiasts, and highly provocative animal acts is the following: Simply take two spoonsful of ordinary white sugar, or two sugar packets if you're on a stock tour and loitering in a diner in Akron! Place the sugar under your tongue and hold it there until it dissolves on its own. No cheating! Don't chew it, roll it around, or move it in any way.... Just let it completely dissolve slowly on its own. As it vanishes, you'll notice that your hiccups have magically vanished as well. For those of us on nitro-glycerine (or recreational drugs taken orally), we know that the area under the tongue is one of the most highly absorptive places in the body both in completion and speed. The sugar goes instantly and completely into the blood stream and overrides the misfiring signals to the diaphragm, essentially misfiring the misfiring!! I have never known this to fail, and it was the classic cure for hiccups for people who couldn't afford to be hiccupping in front of the public at the most serious times; Edward Askew Sothorn yodeling in OUR AMERICAN COUSIN, Martin Van Buren accepting the presidential nomination of the Know-Nothing Party, and Pinky, the balloon clown at the Lucas County 4H Jamboree making his poodle-balloons make rude sounds! There ARE, of course, other so-called cures which I will list here in descending order out of journalistic integrity, although I wouldn't trust any of them on my colesus! Don't say I didn't warn you! 1) You've heard of "See No Evil, Hear No Evil, Speak No Evil"?? Well forget the 1st and 3rd, and play "Hear No Evil"! Supposedly, plugging your ears energetically can stimulate the branches of the vagus nerve which run nearby,

and by stimulating the nerve endings there, the vagus nerve goes into action. Of course some people take home-cures too far and end up "over-medicating" themselves by putting pencils, oblong vegetables, and even power tools into their ears! Please! Don't let this happen to YOU! 2) There is the age-old Scared-to-Death cure! Truly ridiculous, unless of course, you have a rich old Aunt Petunia with a severe heart condition, a castle in Monte Carlo, and you're her favorite nephew! Then have at it! Hiccups or no!! Scare the crap out of her! If she survives and is cured, she'll put you in her will! If she dies. Make sure all her paperwork was in order before you....um..."cured" her.3) Gulp water! Lots of it! NO REALLY!!! LOTS!! ...and upside down!!! I assume that's what Dick Cheney was having the military do at Guantanamo Bay.... "curing POW hiccups"..... this particular cure is infinitely more gentle than the old tried 'n' true "shotgun-in-the-face on a hunting trip" cure which can have harmful side-effects. 4) Speaking of torture, here's a suggestion from the Inquisition; take hold of your tongue, and pull it out in front of you for 10 minutes! With pliers....This actually doesn't cure hiccups, but it keeps you from complaining about them any further to your friends, and that alone is a kind of peace ...for others!!! 5) ON a lighter note (but only barely!) tickle them away; You can tickle the roof of your mouth with a cotton swab or other ...ahem... object. Or you can ask someone to tickle any other sensitive parts of your body, inducing laughter....etc. Paying a professional in a roadside motel room for this service is optional.... As is nudity.... And other paraphernalia. 6) Hold your breath.... or have someone hold it for you. See cure #5 again.... Specifically items "professional" and "paraphernalia".... Apply as needed. Try to avoid pillows at all costs though. 7) Bag your hiccups! Breathe into a tightly applied paper bag very rapidly and deeply until either the hiccups are gone.... Or you wake-up two days later on the floor. Please do NOT try the Jerzy Kosi \square ski

version of this with a drycleaner bag and a bubble bath! ("Calgon Bouquet! Take me away!" indeed!!!!) There are other cures that have been handed down through the ages and from many different cultures, but I think that as modern people we should avoid shaking gourds, reading sheep entrails, and lighting bonfires for a simple case of hiccups! I'm sorry, but drinking and eating too fast and too much strikes me as a much more likely cause for hiccups than witchcraft or Halley's comet! Just my opinion! And, as MY old Aunt Petunia used to say, "Sybil dear, an ounce of prevention is worth a pound of cured bacon!" (I know! I had NO idea what that meant either!). XOXOXO!

You too can send your questions and suggestions to Sybil Bruncheon at Brunchon@hotmail.com. You can also join Sybil on Facebook, Twitter, Youtube, Pinterest, her own blog, and at her websites; SybilSez.com and SybilBruncheon.com. She currently is appearing in weekly shows at The Island Breeze right here in Cherry Grove, Fire Island, Fridays at 5-ish for her SYBIL'S FUN & GAYmes featuring Bingo-Goes-Bonkers, The Smarty-Pantz Revue, and the Walk-The-Walk Fashion Parade!