

THE CARLE PLACE FROG HORN



PUBLISHED BY THE CARLE PLACE CIVIC ASSOCIATION

OCTOBER 2016 VOLUME 42 NO. 2

Join us 10/19 @ 8:00 to meet and hear from the Candidates you will be voting for in November.



COLOR RUN

Don't miss the Family Fun Color Run: October 30th
Registration found on page 18.

Visit the CPCA Web Site at
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The Carle Place Civic
Association

COMMUNITY UPCOMING EVENTS

- 10/19 General CPCA Meeting "Meet the Candidates" @ 8:00 PM
- 10/30 Carle Place Family Fun Run
- 11/16 General CPCA Meeting @ 8:00 PM
- 12/4 Town Tree Lighting
- 1/18 General CPCA Meeting @ 8:00 PM

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PRESIDNET'S MESSAGE

By John Viscusi



CPCA GENERAL MEMBERSHIP MEETING

**Oct 19th
@ 8:00 PM**



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If you didn't receive a copy of the
Frog Horn, please let us know!

Dear Residents

As the calendar turns to October and fall is in the air, there are so many great events happening in Carle Place that include Homecoming weekend, fall school sports and our annual Fun Run which will take on a "Halloween flavor"...stay tuned for details !

This time of the year is also an important part of the year as election day is upon us and our annual Meet the Candidates night at our upcoming meeting will take place. Many of the candidates representing our community from all levels from judges to congress will be in attendance and it is the best opportunity to ask questions and find out who will best represent our needs. I can not underestimate the importance of your voice and your attendance at this meeting. We hope to see you there.

Your voice.your community....be involved !

Thank you
John Viscusi

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2016—2017 CIVIC ASSOCIATION GENERAL MEETING SCHEDULE

Oct.....	19th (CPHS)
Nov.....	16th (CPHS)
Dec.....	no meeting
Jan.....	18th (CPHS)
Feb.....	18th (CPHS)
Mar.....	18th (CPHS)
Apr.....	18th (CPHS)
May.....	18th (CPHS)
Jun.....	18th (CPHS)

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IT'S THE LAW

By Francis X. Moroney, Esq.



The Bar Association is a great resource. The Elder Law and Trust and Estate Sections publish quarterly journals with a compendium of articles that are based upon real life issues. An article in the Summer 2016 issue of the *Elder and Special Needs Law Journal* caught my eye. It was titled *Health Care Proxies – Ten Difficult Issues*.

What caught my eye was the author, Robert Swidler, Esq. Robert Swidler spent time working with the NYS Task Force on Life and the Law and went on to work as an Assistant Counsel to Governor Mario Cuomo. At the same time I served as Chief Counsel and Chief of Staff to Senator Michael J. Tully, Jr., who chaired the Senate Health Committee and who sponsored the Health Care Proxy bill that became law.

There was a great deal of controversy about this proposed law at that time and many opposed the proposal. My Law Partner, Kevin McCarthy, who was an assistant counsel to the Senate Health Committee was tasked with the responsibility to draft the bill. One of Kevin's main responsibilities was to address the Catholic Conference's objections. Senator Tully and his team of lawyers had many meetings and made many revisions to the drafts that were being circulated between Senate, Assembly and the Governor's office.

Robert and Kevin, working with a cadre of lawyers and other interested parties hammered out a compromise that satisfied all the competing interests. Ultimately Senate Majority Leader Ralph gave the final draft the green light and this bill became law at the urging of Senator Mike Tully, the bill's sponsor.

So here I am 26 years after the Health Care Proxy bill was enacted into law and I find myself reading an article about the "difficult" issues surrounding the Proxy Law; and I thought we had ironed out all of the difficulties nearly 30 year ago! As I read the article all the discussions and arguments came rushing back. Ironically Kevin McCarthy, Senator Mike Tully and Senator Ralph Marino have all passed away. The "how the bill became law" aside the journal article was very informative.

This article was written in a *Question & Answer* format that made it easy to understand. I am going to give you some of the articles conclusions:

- Even if you are not able to make health care decisions, as long as you are competent enough to know that you are appointing someone to make the decisions for you, you may create a Proxy.
- You can appoint one health care agent and alternates to act if the primary agent is unavailable or unable to or unwilling to do so; but you may not appoint a co-agent.
- As long as you are able to make your own health care decisions, your proxy may not make them for you.
- Although good practice includes a waiver of the HIPAA privacy rules in your Proxy, your Agent-Proxy is entitled to see your medical records in making any health care decision for you.
- Your Proxy has no authority to determine who may or may not visit you in the hospital, but nothing is absolute if such a visit will have health consequences.

There are other issues that I have not addressed here, because they do not lend themselves to a "bullet" format. I will deal with them another time. For now, I will end my stroll down memory lane with this thought . . . all of the people who worked on the Health Care Proxy law did so in good faith, with a real sensitivity for both the patient and the decision maker.

Before giving the go ahead to placing the Health Care Proxy bill on a Senate calendar, Senator Marino considered who he might choose as his proxy. You should examine you own choices. It is a very important decision, not to be taken lightly.

Shooting the Breeze

By Fred Moreno



Fred – One more month and 2016 is over. Time goes by so quickly. Do you agree, JoAnn?

JoAnn: I agree, Fred. And the more years that go by, the more difficult it is to live with you!

Fred: Oh, what a lovely thing to say. Mind telling me why it's been a nightmare living with me?

JoAnn: Look, it's not been our entire marriage - just the past few decades. You seem to start arguments with everybody and anybody you come in contact with. You had a big blowout with that poor kid at Carvel because you thought he shortchanged you with the wet walnuts. You went to the cleaners and you argued about getting money back for the hangars you returned. And what happened in church a few weeks ago? In church!

Fred: What are you talking about?

JoAnn: Fred, I was there. I remember it word for word...

Father Arnao: And so my fellow parishioners, let us offer each other some sign of peace.

Fred: (turns to the left and kisses JoAnn) Peace be with you, Jo. (turns to his right and extends his hand) Peace be with you, ma'am.

Parishioner: You know I am all broken out in something so if you don't mind, I rather not shake your hand, so how 'bout we just touch elbows instead?

Fred: Well, if you have some type of rash then maybe we shouldn't even do that. How about we just look into each other's eyes and say, "Peace."

Parishioner: Look I 'm not sure what my rash is, but I'm sure what it isn't.

Fred: Uh, lady I'm not a dermatologist so I can't help you with your condition so why don't we –

Parishioner: What? 'Look into each other's eyes'? What are you some kind of weirdo?

Parishioner #2: Could I remind the two of you that you are in church?

Parishioner: Fine! (to Fred) Meet me on the front stoop after the service is over.

(Outside afterward)

JoAnn: I'm not sure ma'am why you were raising your voice at my husband.

Parishioner: Your husband, started flirting with me! He said he wanted our eyes to meet.

Fred: I didn't say I wanted our eyes to meet. I think you've been listening to some old Barry Manilow song. I said could we just look at each other and simply say, "Peace."

JoAnn: Fred I want you to apologize to this lady immediately.

Fred: WHAT? Next you'll want me to go back inside and confess this to Father?

Father Arnao: Did anybody call me? Look I heard a bit of this exchange from the altar, so why don't we all just go home and enjoy the Lord's Day. (to Fred) And if you feel you want to make amends then just say ten Our Fathers and ten Hail Marys. Fred: In all due respect Father, I think this old lady from Pasadena also deserves a little penance.

Parishioner: Listen to him questioning Father. How long were you in the seminary?

JoAnn: When we leave here he's going to be on his way to the cemetery. I apologize, Father.

Father Arnao: No, no no. He's allowed. Sir, I said if you feel like it, you may say a few prayers.

Fred: That's different, but I don't feel like I should.

JoAnn: Let's go, Fred!

Fred: (to Father) But, if I did feel like I had to do penance, ten of each prayer is a hell of a lot considering. So how 'bout we split the difference and make it five of each.

JoAnn: Guess you forgot all that? You are just one big arguing machine. Arguing with old ladies and priests. Who's next on your list, Fred, the editor of the Frog Horn?

Fred: You know come to think of it, I'm getting tired of my articles always appearing after the funeral parlor advertisements. I've been writing for this newsletter for over twenty years and I demand respect. JoAnn: I'll start respecting you when I come back.

Fred: Where are you going now?

JoAnn: To your favorite cleaners.

Fred: While you're there ask him why the heck does he charge the same price for long pants and short pants? It should be half-a-pants = half price.

FRANCIS X. MORONEY

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**BETTER SCHOOLS
BETTER COMMUNITIES** *By Bob Greco*



The Carle Place Athletic Booster Club and the Carle Place Civic Association hosted a celebration of the 50th Anniversary of the Carle Place National Physic

Our own Steve Serio is a gold medal winner at the Rio Para-Olympics! Steve is a wheelchair basketball player of world renown, who graduated from Carle Place High School in 2005.

Steve began his wheelchair basketball career with the Long Island Lightning when he was a sophomore in high school. He led the Lightning to a National Championship in 2005 and was named the tournament MVP. He went on to be named 2nd Team All-American in both the 2005-2006 and 2006-2007 seasons at Illinois University in Urbana.

Steve and his Team USA were at the top of the podium at the Rio Paralympic Games, claiming the gold medal -- the first since Seoul 1988 -- by defeating Spain in a defensive game, 68-52. The gold-medal victory completed the sweep of gold medals for the United States in both men's and women's

basketball at the Olympic Games and Paralympic Games.

Instrumental in leading the way to victory for the third consecutive game, co-captain and three-time Paralympian Steve Serio commanded the floor with four points, six rebounds, and six assists.

Congratulations to Steve and Team USA for representing our country and our community with excellence, sportsmanship, and inspirational teamwork.

Forty years ago our schools and community celebrated the bi-centennial of our birth as a nation. The temperature was a chilly 37 degrees but this did not affect the bi-centennial spirit of Carle Place High School on October 31st, 1976.

The school and community came together for the dedication ceremony of the new "Bennington Flag." This new flag had the contemporary red and white stripes, and in the corner it had a '76 surrounded by stars on a blue background. Attending the ceremony in front of the high school were the Historical Society, Carle Place Bicentennial Committee, the Student Organization, the band, and the entire student body. Joseph Burke, principal, Tim O'Neill, SO president, Herbert Frieman, School Board president, and the Reverend Frederick Schaefer, pastor of St. Brigid's Church were in attendance and spoke that day.

The wind whipped as the attendees observed a moment of silence for all those souls who contributed over the centuries to our freedom and democracy in this singularly free society.

The teachers, parents, and community members were deeply moved as the Bennington Flag was raised on the high school flagpole. The band, under the direction of Gene Timpano, played "Spirit of '76." If memory serves there was a "time capsule" placed at that spot, containing artifacts pertinent to 1976. In my experience, and as these ceremonies go, time-capsules are typically lost to history or found by accident.

But the cooperation, care, and concern of our better schools and community lives forever, alive and well in the spirit of its people. So enjoy and celebrate the "Spirit of 2016!" Please enjoy peace and prosperity, amid and among your better schools and community this Fall and always.

ROBERT S. GRECO, ESQ.

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EYE OF THE HURRICANE

By Bob Greco

The Carle Place High School Class of 1967 will hold its 50th Reunion July 27th thru July 30th, 2017. Anyone with information regarding graduates of the Class of '67 should contact Steve Kriss (sskriss@gmail.com; phone: 516-536-0260) or Paul Verre (44legal@optonline.net; phone 917-749-6478) with contact information and for further details.

And now let's look back more than 50 years – in fact, more than 350 years! – to when the Titus family moved to our area. They first settled in Westbury in 1645, and traded with the Massapequa tribe along the main native trails which became our Jericho Turnpike and Old Country Road. The Tituses were farmers, growing their crops and raising their cattle as peaceful Quakers, and their relationship with the native people was amicable. Another Quaker moved to the area with his family 30 years later, in 1675. That was Henry Willis, who is credited with the naming of Westbury.

The first Quaker meeting house in Westbury was built in 1671. The Quakers abhorred slavery and in 1778 freed 154 African Americans. Although Quakers were non-violent, Hessian mercenaries of King George did not hesitate to cut down their trees, steal their cattle, and make off with their crops during the Revolutionary War.

The second house of worship created in our area was the A.M.E. Zion Church, which was established in 1834 by 134 freed slaves. They had arrived here because Westbury was a terminus for the Underground Railroad, thanks to the efforts of the Quaker families of Westbury and Old Westbury and all along the route from their bondage in the South to Westbury and freedom. The third house of worship created in these parts was St. Brigid's Catholic Church, established in Westbury in 1850.

The first member of the Hicks clan to arrive here was Robert Hicks, who landed in Plymouth in 1621 aboard the good ship Fortune, joining up with his friends Miles Standish, Elder Brewster, and Gov. Bradford of the Mayflower Colony. Elias Hicks was born in Hempstead in 1748 and he saw the birth of this nation. Walt Whitman's grandfather spent much time with Elias Hicks and wrote about Elias as "a good hunter, fisherman and an excellent horseman."

His family would travel from Hempstead to the Quaker meeting house in Westbury.

When we walk the streets and lanes of the "eye" we are walking upon the history of the United States. We should take the time to study our history and enjoy our past because this little hamlet was at the crossroads of the building of American democracy.

In the New York Times of August 9, 2016 an article by Nicholas Bakalar suggested that reading books allows us to live longer! Bakalar states that "reading books is tied to a longer life, according to a new report." Some 3,635 people over 50 in the study were divided into three groups: those who read no books, those who read up to 3 1/2 hours per week, and those who read books more than 3 1/2 hours per week. The results showed that those who read the most lived the longest. Therefore, walk our streets. Walk to the library or Barnes & Noble. Read books, enjoy our history and you are sure to live longer and be very smart. And with our great Carle Place water, you'll stay hydrated, in the eye of the hurricane.

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FILLING YOU IN
By CATHERINE M. FASCILLA, DDS

To Floss or Not to Floss

In a letter to the Associated Press, the government acknowledged that the effectiveness of flossing had never been researched as required. When the Associated Press (AP) announced in August 2016 that there is little proof that flossing works, my patients were shocked. In the past twenty-five years of practice, very few news events have elicited as much of a visceral reaction as the shocking announcement that flossing may not be necessary! Naturally my patients wanted to know what I thought. Before I get to that, let me give you a little background information.

Flossing daily to prevent gum disease and cavities is one of the most universal recommendations for public health. The federal government first made this recommendation in the surgeon general's report in 1979 and later in its Dietary Guidelines for Americans published every five years.

A dentist, Levi Spear Parmly, invented floss in the early 19th century. By the time it was patented in 1874, dentists were widely recommending its use. At that time, no proof of efficacy was required. By 1908, the American Dental Association started promoting it based on what dentists were doing in their clinical practices. The American Academy of Periodontology and the manufacturers of floss have been encouraging the practice for decades.

Last year the AP under the Freedom of Information Act, requested that the Department of Health and Human Services provide evidence for its guidelines. By law, the guidelines must be based on strict scientific studies. However, in its latest set of guidelines issued this year, the federal government omitted the recommendation to floss admitting to the AP that adequate research to support this recommendation did not exist.

Many of the current studies proving the benefits of flossing are considered biased because they are funded by manufacturers of floss. Other studies are said to be unreliable, using outdated methods, testing too few people and not testing over a long enough period of time.

What do I think? I so strongly believe in the benefits of flossing that I have included it as the final step of every hygiene visit for every patient that has ever had a cleaning in my office and I will continue to do so regardless of the lack of "scientific evidence". I know how great I personally feel when I floss regularly and I notice the difference if I miss a few days. I have noticed it with all of my patients. Those who floss regularly generally have the healthiest gums, the least number of cavities, and substantially less bleeding during treatment.

We know that the bacteria in plaque causes gum disease and tooth decay. It is indisputable that plaque removal is absolutely necessary for healthy teeth and gums and for fresh breath. To date, the most effective method of plaque removal is still mechanical debridement with a toothbrush. While effective for most of the plaque, a brush can not reach the contact areas between teeth. Those areas are only accessible by flossing or with a Waterpik (a device that uses water pressure and pulsation to remove food and break up plaque).

Interestingly enough, the consensus among the patients who have brought up the subject, whether they floss regularly or not, is that it is beneficial to do so. They too notice the difference.



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SENIOR CITIZENS

By John T. Heslin



As we now head into the fall and winter months, unfortunately, one must also be concerned with the upcoming flu season. I would like to thank the workers from Carman Drugs located on Westbury Avenue for distributing both flu and pneumonia shots at the Senior meeting on September 13th.

Thanks also go to Nassau County for distributing Farmer's Market coupons to the Seniors on September 13th as well.

On September 20th, the St. Francis Hospital Outreach bus was at the Charles Fuschillo Park giving free health screenings to anyone who wanted to participate.

Carman Drugs, Nassau County Community Services, and St. Francis Hospital are all a part of an attempt to keep our Seniors healthy.

The social calendar continues to fill in with the upcoming Town of North Hempstead Veteran's breakfast on October 14th, and the TNH Halloween party on October 28th. The Seniors have a trip planned to the Hunterdon Hills Playhouse for their Christmas Show/Luncheon on November 14th (sold out), and to close the year, our annual Christmas/Holiday Party at the Westbury Manor on December 1st is planned.

Since we returned from summer break, we have had many new members join. The Seniors meet every Tuesday at the Charles Fuschillo Park on Carle Road from 10:30 AM to 3:30 PM with card playing, coffee and cake, arts and crafts, bingo, and socializing. Each week, we have between 85 and 90 members in attendance. Several times a year, we have pizza parties, and every three months a birthday party is held for members. Dues remain at \$10 per year. If you are thinking about becoming a member, please join us for a meeting or two before making that big commitment. Guest speakers bring a wealth of information to all the Seniors.

As Veteran's Day approaches, please take a little time to say thank you to our military members, and also to any police officer on the streets that are helping keep us safe.

A special shout-out goes to George Conzo.
Stay Well!



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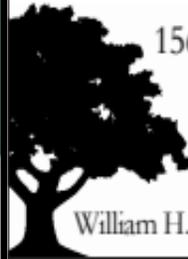
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THE CECERE FAMILY

is delighted to announce that our Patriarch,

Michael J. Cecere, Jr. has joined the family firm

A licensed Funeral Director for 50 years, he brings his wealth of knowledge and experience to Cecere Family Funeral Home, (emphasis on Family). The Funeral Home on Post Ave. is NOT owned by our family. After selling his firm in 1998 to a national corporation, he could no longer operate in the environment of the big, corporate funeral world.



HE HAS NOT RETIRED. He can be reached by contacting us to discuss all funeral and cremation options available to the families he has been honored to serve since he operated his funeral homes in Carle Place and Westbury, N.Y. *Welcome Home Dad!*

Please remember, you do not have to come to Baldwin for our family to serve you. Call us and let us explain how we can continue to serve your family as we have since 1980. Dignified funeral services, reasonably priced and within your means, close to home. Thank you for taking the time to read this letter.

-The Cecere Family



Cecere Family Funeral Home

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CARLE PLACE EDUCATIONAL FOUNDATION

"HICKS NIGHT" FALL FUNDRAISER

(New Location)

C.P.H.S. Auditorium

Thursday

OCTOBER 20, 2016

7:00 P.M. – 9:00 P.M.

\$5.00 PER ADULT



50/50 RAFFLE - **FREE** PUMPKINS FOR CHILDREN - REFRESHMENTS SERVED

Cherry Lane, Rushmore, Middle School, High School

Scouts News:

We will be piloting a new article in next months Frog Horn to spotlight the different events, awards and activates the are Troops are participating in throughout the year.

Please forward highlights for
your troop to:

cpcivicassociation@gmail.com

**By the 20th of the month and we
will work to incorporate these
activates in the following
Frog Horn**

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The Frog Horn Newsletter:

"The Frog Horn" is delivered to each home in the community, which spreads current news and happenings around the community. There are over 3500 newsletters delivered each month from September through June.

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ROWAN REALTY is PROUD to ANNOUNCE THE FOLLOWING CHANGES:

After over 50 years in Real Estate, Harriet Rowan has passed the baton to CAROLE ZEILMAN MARIE DEVINE, previously of C21 Dallow, has joined Rowan Realty as a Licensed Salesperson

You Can Count on the Real Estate Professionals at Rowan to Help You with All Your Real Estate Needs. Rowan Offers the Marketing Resources of a Large Franchise with the Personal Touch of a Boutique Office.

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- Extensive Internet and Print Advertising
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- Reputation as the Premier Real Estate Office in the Carle Place/Westbury Area

Rowan Realty is Currently Seeking to Expand our Family.

Contact us for an interview to learn more about a career in Real Estate at Rowan.

516-333-1122

www.rowanrealtyny.com

CAROLE ZEILMAN

Licensed Real Estate Broker

WENDY LIOTTI

Licensed Associate Broker

MARIE DEVINE

Licensed Salesperson

2016 Family Fun COLOR Run / Walk Application

In consideration of your accepting this entry, I, the undersigned, intend to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsoring organization, the Carle Place Civic Association, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the 3 mile run and my physical condition has been verified by a licensed Medical Doctor.

Registration:

Registration Fee: \$15.00 Students \$7.00

Family Registration: \$35.00

Make Checks Payable to:

Carle Place Civic Association

P.O. Box 131, Carle Place, NY 11514

By Mail: No Later Than October 19, 2016

Registration closes on October 30th, 2016 at 12:00 Noon

All participants can register and **MUST** pick up their
FUN RUN SHIRTS and RACING NUMBERS in the main lobby of the High School on:

Saturday, October 29th - 10:00am - 12:00 noon(High School Lobby)

Sunday, October 30th - 10:00am - 12:00 noon(High School Lobby)

(Race Starts at 1:00 pm, October 30th)

Name: _____

Address: _____

City and State: _____

Telephone Number: _____ **Age:(must be filled in):** _____ **Grade** _____

Adult Shirt Size: Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

Signature in Full: _____

Parent's or Legal Guardian's Signature (if under 18years of age): _____

We're Looking For a Few Good Families



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(Fully Rely On God)

St. Mary's Carle Place

The Life Preserver Church at Frog Hollow

Nothing bonds like a common faith and we have lots of room for fellowship in worship. Pray and sing with us next Sunday at 10AM . Make your own community with your friends and family. We're here for you.

While you're at it you might want to look into our unique Christian family "Sunday School" at the "ARK" or have your children join our award winning Robo-Frogs STEM team...maybe even polish up your own engineering talents with a vibrant, energetic, competitive gregarious group.

Worshipping God is time well spent: an eternal "Life Preserver"

Box 201 - 252 Rushmore Avenue Carle Place NY 11514

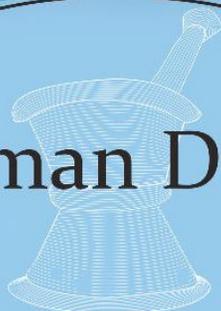
www.StMarysCP.org

Fill Out copy or clip and send to Donald Schaefer, senior warden (516) 996 2051 at the address above

- Please tell me more . []
- I (we) could be interested in joining St. Mary's [] or its Christian Family Sunday School series [] . or the Robo-Frogs team []
- I (we) have children (number) _____ Ages & Gender (MF) _____
- Name _____ Tel. _____
- Address _____

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