

THE CARLE PLACE FROG HORN



PUBLISHED BY THE CARLE PLACE CIVIC ASSOCIATION

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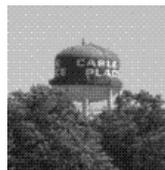
The Next CPCA General Meeting is on 1/16/2012.

The town will send someone regarding Sandy cleanup efforts and replacement of trees and curbs



PLEASE
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See the New CPCA Web Site at
www.cpcivicassociation.com
and Facebook page at cpcivic



Please make 2012 the year you get more involved to make Carle Place a better place. In addition to becoming a member, the CPCA is always looking for help to keep track of issues affecting our community.



The Carle Place Civic
Association

SPECIAL UPCOMING EVENTS

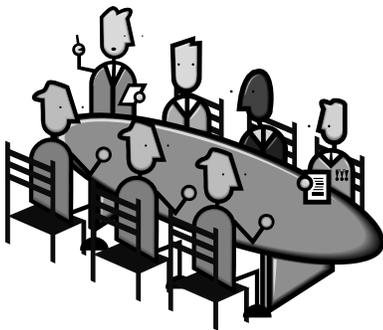
- *CPCA General Meeting
1/16/2013*
- *CPABC Casino Night
Fundraiser
2/2/2013*
- *CPCA General Meeting for
February
2/27/2013*

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**CPCA
GENERAL
MEMBERSHIP
MEETING**

**Next
Meeting
is January
16th @ 8:00PM
HS North Cafe**



THE STAFF

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Typist.....*John Muhlhauser*
Of Counsel.....*Francis X. Moroney*

SEND ALL CORRESPONDANCE TO:

**CARLE PLACE CIVIC ASSOCIATION
PO BOX 131**

Carle Place, NY 11514

or

Email: cpfroghorn@yahoo.com

Website:

www.cpcivassociation.com

Facebook:

[cpcivic](https://www.facebook.com/cpcivic)

If you didn't receive a copy of the Frog Horn, Email the CPCA and we will try our best to have one sent.



PRESIDENT'S MESSAGE

By Glenn Olsen



January 2013 President's Message

Hoping everyone had a wonderful December, it is a new year. With that comes resolutions of all shapes and sizes. Gym membership's are up in the beginning of the year as everyone wants to get fit and lose weight. Others may resolve to visit friends more and even take that deserved vacation from the cold winter.

My resolution is to have more members of this organization. Why you may ask; because without members and the membership dues; we cannot function. The Carle Place Civic Association has a direct pipeline into our government offices to try and improve the place we call home. Without the help of the organization, the Carle Place Fire Department wouldn't have had their first ambulance. We wouldn't have the Police presence without the Carle Place Civic Association sponsored Police Booth. And the tree on the corner of Westbury Avenue and Cherry Lane shines bright during the holiday season because we hire a local business to install and take down the lights.

Don't get me started on the groups we help to sponsor or the students that have benefited from scholarships from the CPCA. Then there is the Froghorn that gets delivered 10 times a year to over 3,000 homes in the hamlet.

I'd say that for a small sum of fifteen dollars, there are a great many reasons to join. To top it off, there are opportunities to work on the Board full or part time. We need help with the Fun Run, the Froghorn and attending government meetings.

Please consider being a member of the Association and be part of Carle Place. It's as easy as writing a check and sending it to PO Box 131, Carle Place, NY 11514.



Correspondence to the CPCA

New Date for CPABC Casino Night Fundraiser

Saturday, February 2
8 -12

\$75pp until 1/26

\$85pp after 1/26 or at the Door

For Purchase of Tickets or
Information contact Chris Ceruti,
Carle Place High School Athletic
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2012—2013
CIVIC ASSOCIATION
GENERAL MEETING SCHEDULE

September.....	12th (CPHS)
October.....	17th (CPHS)
November.....	14th (CPHS)
December.....	No Meeting
January.....	16th (CPHS)
February.....	27th (CPHS)
March.....	20th (CPHS)
April.....	17th (CPHS)
May.....	15th (CPHS)

2012-2013 EXECUTIVE BOARD

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CPCA is a non-partisan, not-for-profit corporation dedicated to improving the quality of life in Carle Place and acting as a liaison between the Community and government.

ARTICLE/ADVERTISING
DEADLINE for The FROG HORN

September Issue.....	Aug 30
October Issue.....	Sept 30
November Issue.....	Oct 30
December Issue.....	Nov 27
January Issue.....	Dec 31
February Issue.....	Jan 29
March Issue.....	Feb 29
April Issue.....	Mar 31
May Issue.....	Apr 30
June Issue.....	May 30

For Information Write to CPCA:
All articles/Ads should be mailed to:

Carle Place Civic Association
PO Box 131
Carle Place, NY 11514
Or

Email to: cpfroghorn@yahoo.com
Articles received after the deadline will be reviewed for the following issue. All articles should be typed, or e-mailed.

Please make 2013 the year you get more involved to make Carle Place a better place. In addition to becoming a member, the CPCA is always looking for help to keep track of issues affecting our community.

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



“A friend is a gift you give yourself,” Robert Louis Stevenson stated in his many quotes about life and living. There is of course the scourge of bullying which permeates our schools, businesses and neighborhoods across America. The threat is real and the devastation it wreaks upon families, schools and communities is both tragic and sickening.

Better schools and better communities focus on the positive and promote the proactive approach of dealing with the source, minimizing the effect and providing a positive example of the adverse of bullying, which is friendship. It is evidenced in the classroom, the sports fields, the extra-curricular activities and the neighborhoods of better schools and communities.

As we begin a bright new year my best wishes go out to all those teachers, parents and students who are kind and generous and truly reflect the ideals of better schools and better communities.

I celebrate you and thank you and encourage you to persevere even when the bullies try to wear you down with their selfishness. “Every heart that has beat strongly and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind” (RLS). A new year and a new beginning gives us all the chance to eradicate bullying in all its forms. Bullying is harassment, intimidation and any intentionally offensive message or image—including those that are electronically transmitted---as well as offensive verbal, or physical acts. Bullying is repeated negative behavior toward a person or persons. Hitting, name-calling, shunning, and shaming are all forms of bullying. Spreading rumors, gossiping and making threats are also forms of bullying. For further information on cyber bullying, see the Safety Center Internet Safety website.

“We are all travelers in the wilderness of this world, and the best we can find in our travels is an honest friend.” (RLS) Better schools and better communities do not tolerate bullying in any of its forms by any of its residents of any age or station. It takes a village to raise a child, to raise each other. The safety, health and happiness of all children is the primary responsibility of all schools and communities. Better schools and communities make that theory a reality every day in every way for all their citizens.

I wish you all the happiest, healthiest and safest new year, and hope you will each find and keep dear that friend who stands by you no matter what. For as Robert Louis Stevenson said, “So long as we love, we serve; so long as we are loved by others, I should say that we are almost indispensable; and no man is useless while he has a friend.”

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Joe



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SENIOR CITIZENS

By John T. Heslin



Happy, healthy, and a safe new year to all!

The Seniors ended 2012 with a wonderful Christmas/Holiday party at the Westbury Manor. Ann Nicholson was honored as Senior of the Year, a well-deserved honor indeed.

The winners of the raffle were Betty Burke-\$125; Mary Vacchiano - \$75; Joann Plumitallo – Hunterdon Hills Playhouse Gift Certificate; Norma Busching – Café Formaggio Gift Certificate; Barbara Zarb – Vincent’s Clam Bar Gift Certificate; Marvin Levine - Applebee’s – Gift Certificate; and Eva Ford – Panera Bread Gift Certificate. We thank all these great merchants for their donations to our raffle, and ask you to support those who support us.

The Christmas/Holiday party is set for December 5th in 2013. Hope to see you there.

Many thanks go to Ann Mascola and all the ladies who worked so hard making the center pieces and the angels that were given to each person who attended our Christmas/Holiday party.

The new year holds great things for our club including trips, parties, and many guest speakers. If you would like to join us, please call me at 997-7271, or email me at cpseniorcitizens@yahoo.com. Dues are only \$10 a year. We meet every Tuesday (except July and August) at the Charles Fuschillo Park on Carle Road. Stay Well!

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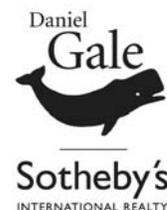
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FILLING YOU IN
By CATHERINE M. FASCILLA, DDS

Veneers

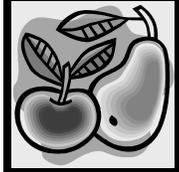
Your smile is the key to the professional, polished image that will reflect who you are. Years ago, if our teeth were less than ideal in color or shape, there wasn't much we could do without undergoing major dental treatment. Fortunately this is no longer the case. Thanks to the latest advances in dental technology, we are able to offer conservative treatment options for cosmetically improving your smile. One technique is called porcelain laminates or porcelain veneers.

Porcelain laminates are strong tooth shaped shells or facings that are bonded to the front of the tooth. They are about as thick as a false fingernail. A well-known brand of ultra-thin veneers are Lumineers. If you have gaps between your teeth, or if your teeth have been stained by antibiotics such as tetracycline or if they are merely discolored from coffee, tea and aging, you may want to consider porcelain laminates.

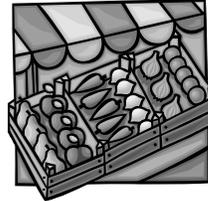
Porcelain laminates are usually completed in two dental visits with very little drilling to prepare the teeth to receive the facing. The laminates are the ideal way to restore chipped, cracked, uneven and discolored teeth because they are more durable and wear resistant than cosmetic bonding, and will maintain their smooth, color- perfect surface for years. If you have a cosmetic dental problem, speak to your dentist to see if porcelain laminates are right for you.

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EYE OF THE HURRICANE

By Bob Greco



The Romans called the first day of each month Kalendae, or calends. Debts were due on this day, so books to track payments were called calendarium from which we get our modern day calendar. "Auld Lang Syne," the title of a Scottish folk song that many English speakers sing at the stroke of midnight on New Year's Eve, roughly translates to "days gone by." The poet Robert Burns is credited with transcribing, adapting and partially rewriting it in the late 18th century. Its lyrics, which rhetorically ask whether "auld acquaintance" should "be forgot," have been interpreted as a call to remember friends and experiences from the past. Though sung on New Year's Eve since the mid-19th century, it became firmly cemented as a holiday standard when Guy Lombardo and the Royal Canadians played it during a radio broadcast from New York's Roosevelt Hotel at midnight on December 31, 1929. The band went on to perform the hit every year until 1976, and loudspeakers continue to blast their rendition after the annual ball drop in Times Square.

People have been pledging to change their ways in the new year—whether by getting in shape, quitting a bad habit or learning a skill—for an estimated 4,000 years now. The tradition is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot.

An estimated 1 billion people around the world watch each year as a brightly lit ball descends a pole atop the One Times Square building at midnight on New Year's Eve. The world-famous celebration dates back to 1904, when the New York Times newspaper relocated to what was then known as Longacre Square and convinced the city to rename the neighborhood in its honor. At the end of the year, the publication's owner threw a raucous party with an elaborate fireworks display. When the city banned fireworks in 1907, an electrician devised a wood-and-iron ball that weighed 700 pounds, was illuminated with 100 light bulbs and was dropped from a flagpole at midnight on New Year's Eve. Lowered almost every year since then, the iconic orb has undergone several upgrades over the decades and now weighs in at nearly 12,000 pounds. In more recent years, various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.

At New Year's Eve parties and celebrations around the world, revelers enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States.

CONTINUED ON PAGE 14

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IT'S THE LAW

By Francis X. Moroney, Esq.



As America's senior population ages, more and more people are attaining octogenarian status. Many of these older Americans frequently need help in keeping track of their assets and their personal needs.

The mechanism to assist people who are incapable of caring for their persons or property is to seek the appointment of a guardian. This is a benign way of lending assistance to someone who needs help.

A guardianship is a court administered appointment of another person (family, friend or institution) to make certain decisions for someone who can no longer manage their personal or financial matters. It is available to anyone who has become physically or mentally incapacitated. The incapacity may be caused by an accident, illness or merely old age.

The person who brings the proceeding files a petition in court, which holds a hearing in which the court receives a report from a court appointed evaluator

and other evidence. The court renders a decision and determines if the person for whom the guardian is sought is an incapacitated person (IP) or not.

As a general rule the court grants many and various powers to the guardian, including managing the IP's money and expenses, property (real or personal) health care choices and the like. The guardian also must account to the court for all money spent, once coming into the guardian's possession. Typically there are visitation requirements of the IP by the guardian and regular reports to the court.

Generally, the extent of the guardian's authority is long term and only ends if the IP recovers from the incapacity, or dies.

These proceedings can be contentious and result both from and in family discontent. So seek reliable information and counsel before you proceed.

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HEALTH VIEWS
By *Dr. Peter Swerz*



Tips to Maintain Good Posture

We often hear that good posture is essential for good health. We recognize poor posture when it is formed as a result of bad habits carried out over the years and evident in many adults. But only few people have a grasp of the importance and necessity of good posture.

What is Posture? Posture is the position in which we hold our bodies while standing, sitting, or lying down. Good posture can correct alignment of body parts supported by the right amount of muscle tension against gravity. Without good posture and the muscles that control it, we would simply fall to the ground.

Why is good posture important? Good posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities. Correct posture:

- Helps us keep bones and joints in correct alignment so that our muscles are used correctly and without decreasing the abnormal wearing of joint surfaces that could result in degenerative ailments and pain.
- Reduces the stress on the ligaments holding the spinal joints together, minimizing the chance of injury.
- Allows muscles to work more efficiently, allowing the body to use less energy and, thus preventing muscle fatigue.
- Helps prevent muscle strain, overuse disorders, and even back and muscular pain.

How do I sit properly?

- Keep your feet on the floor or on a footrest, if they do not reach the floor.
- Don't cross your legs. Your ankles should be in front of your knees.
- Keep a small gap between the back of your knees and the front of your seat.
- Your knees should be at or level of your hips.
- Adjust the backrest of your chair to support your low- and mid-back or use a back support.
- Relax your shoulders and keep your forearms parallel to the ground.
- Avoid sitting in the same position for long periods of time.

Can I correct my poor posture?

In a word, yes. Remember, however, that long-standing postural problems will typically take a long time to address than short-lived ones, as often the joints have adapted to your long-standing poor posture. Conscious awareness of your own posture and knowing what posture is correct will help you correct yourself of bad habits. With much practice, the correct posture for standing, sitting, and lying down will replace your old posture. This, in turn, will help you move toward a better and healthier body.

Your doctor of chiropractic can assist you with proper posture, including recommending exercise to strengthen your core postural muscles. He or she can also assist you with choosing proper posture for your activities, helping reduce your risk of injury.

Dr. Peter M. Swerz
Carle Place Chiropractic



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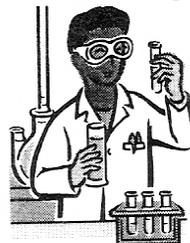
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**Eye of the Hurricane
Continued from Page 8**

Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

The use of a baby as a personification of the new year has been traced to ancient Greece, where an infant in a basket was paraded around to mark the annual rebirth of Dionysus, the god of wine and fertility. Sometimes accompanied by Father Time, "Baby New Year" has appeared in banners, cartoons, posters and cards for several hundred years.

January is a translation of Latin Januarius, named after JANUS, god of beginnings. Please have a happy, healthy and safe new year and please remember that we must always have old memories and young hopes, in the eye of the hurricane.

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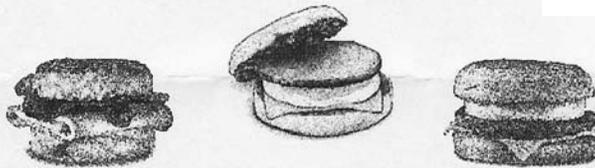
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