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One Dollar

Island Athletes Go for Gold!

By KAREN NANI



On Jan. 29, 2011, Islander Andrea Amoroso took first place in the girls mid-school shot put at the Colgate Women's Games at Madison Square Garden. Andrea received a trophy and a \$1,000 scholarship.

tually challenged by a teammate who dared her to beat her distances in shot put. Andrea kept at it and finally beat her.

With the support of her mother, Eva, Andrea switched to the Zodiacs Team, which is based in Co-op City. She trains three days a week in both winter and summer, combining indoor weight training with outdoor field work.

Not only is she a champion at shot put, but she is also ranked in the javelin throw, a track and field event in which the object to be thrown is a spear approximately 2.5 meters (over 8 feet) in length. The javelin thrower gains momentum by running up to a predetermined area. Javelin is an event of both the men's decathlon and the women's heptathlon.

Training and commitment have paid off, according to Andrea's mother. She threw the javelin 86 feet in the Junior Nationals last year in Norfolk, Virginia, and placed second.

Then, on Jan. 29, 2011, she took first place in the girls' mid-school shot put at the Colgate Women's Games at Madison Square



Photo by CHRIS DIMARCO

Julia DiMarco (second from right) celebrates with some of her teammates on Mirror Lake in Lake Placid after their Team Image Synchronized Figure Skating team qualified for Nationals.

qualify for the U.S. national championships this month in Los Angeles.

Julia is a clam digger who began skating when she was five years old at the birthday parties of friends. She took to the sport and started training at Murray's rink in Yonkers and the Westchester Skating Academy.

Julia's ability was something of a surprise to her parents, Chris and Gina, as they were not competitive skaters themselves. They had encouraged Julia to be active in sports like baseball and had taken her skiing in the winter, but Julia took skating to the next level on her own. She began competing

on the individual level and won several silver and bronze medals. Then synchronized skating caught her interest and she joined Team Image, which is based in Westchester.

Synchronized skating is a large and fast-growing discipline, consisting of 8 to 20 athletes skating on ice at one time moving as one flowing unit at high speeds. This sport of figure skating was originally called precision skating in North America because of the emphasis on maintaining precise formations and timing of the group. Experts predict it will become an Olympic event in

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Photo by CHRIS DIMARCO

Julia DiMarco (far left) executes a spin with her synchronized skating team.

Two City Island girls have won numerous medals in the sports of shot put and figure skating and they've only just begun. Andrea Amoroso of Minneford Avenue and Julia DiMarco of Earley Street have already spent time in the winners' circle, but they are looking ahead to competing at the national level.

Andrea is 13 years old and is already nationally ranked in her age division in both shot put and javelin. For those who don't watch the Olympics, the shot put is a track and field event involving "putting" (throwing in a pushing motion) a heavy ball (called the shot) as far as possible. The term "shot put" is commonly used to refer to both the shot itself and the push. At the high school level, girls throw a 4-kg (8.82 pounds) ball and boys throw a 12-pound ball.

Her interest in track and field sports began at the New Rochelle Boys and Girls Club. Her brother, Joseph, was competing in races and the long jump, and it caught Andrea's interest. Andrea started running and throwing in fourth grade and discovered that she had a "great arm."

She tried different events but was even-

Garden. Andrea received a trophy and a \$1,000 scholarship. The prizes were well deserved, as it wasn't just a one-day event. She had to compete for six weeks leading into the finals. She placed first in five of the six preliminary rounds, setting personal records in the last three consecutive weeks of competition. Her personal best came in the finals at the Garden with a throw of 9.22 meters (over 30 feet) for a spectacular finish.

Now Andrea and her Zodiac teammates will start training for the Amateur Athletic Union (AAU) Junior Olympics to be held this summer in New Orleans. She hopes to qualify in shot put, javelin and the pentathlon, which includes five events: high jump, long jump, shot put, 800-meter run and the hurdles.

And all this while she attends high school at Sacred Heart in Yonkers!

Ironically, Andrea's earliest athletic training was in the City Island Little League, and one of her coaches was Chris DiMarco, the father of Julia DiMarco, another City Island girl on the move. Julia recently helped her synchronized figure skating team

Security Cameras for City Island

By BARBARA DOLENSEK

During the past decade, City Island has been the recipient of generous grants from elected officials to install security cameras at various points along City Island Avenue, and this spring, the cameras may finally be installed.

Congressman Joseph Crowley gave the Civic Association about \$14,000 several years ago, and in 2008, State Senator Jeff Klein gave the Chamber of Commerce a grant of \$100,000 to expand the camera service to cover the most vulnerable points on the Island.

After many delays, a great deal of Albany red tape and negotiations with various suppliers, the Chamber of Commerce finally settled on SiSoft Communications, a firm that has installed security systems for Pepsi Cola Bottling Company, Time Warner, Utz Potato Chips and other clients in the New York area.

Dominick Siano of SiSoft presented the installation plan to members of the Civic Association on Feb. 22, 2011, and answered questions about the cameras and the ways in which they will be used.

He plans to install 15 Mobotix cameras at various points on City Island where vandalism, including burglary, graffiti and other criminal activity has taken place in the past. These cameras will be active at night and will record all activity within range. The high-resolution digital video will be captured and stored for up to 60 days on a centralized computer in an undisclosed location, to which the police

will have access as needed. No one will monitor activity as it takes place. The cameras will have a range of 60 feet in width and are capable of picking up such details as faces and license plates.

Although there is no legal obligation to post signs indicating that public places are being surveyed by camera, signs will be put up in various areas as a deterrent to vandalism. The cameras are unobtrusive and resistant to damage caused by vandalism, heat and cold.

Mr. Siano pointed out to the Civic membership that the system is expandable, meaning that local businesses or residences would be able to add cameras at their own expense to the system.

All that is holding up the installation, which will take about two months, is a final sign-off from the state Division of the Budget, but Senator Klein's office is pressing hard for this to take place in a timely fashion so that the cameras will be in full working order by the time warm weather arrives.

"I am pleased that the City Island camera project is just steps away from becoming a reality," Senator Klein told *The Current*. "Chamber of Commerce president Skip Giacco has chosen a vendor for the project, using the funding we were able to secure. I am confident that these cameras will bring peace of mind for many residents and insure we keep City Island a safe and pleasant place to live."

BRIEFLY...

CELEBRATE ANNE HUTCHINSON YEAR at the annual Women's Herstory Month get-together on Sunday, March 13, starting at 1 p.m. at the City Island Community Center, 190 Fordham Street. Since 2011 marks the 420th anniversary of her birth, events in her honor will take place throughout the year. Group conversations will focus on her legacy to us and to history. Why are a river, a state highway, three public schools and more named for her? Her life (1591-1643) represents freedom of speech, freedom of choice, freedom to assemble, women's rights, separation of religion and government and courage to stand by the truth. We will talk about these ideas in relation to our own lives. The program will also include a surprise Anne Hutchinson Award and music of the 1600s performed by talented balladeer Linda Russell, who describes the songs she sings and the period instruments she plays. Please bring finger foods, such as sandwiches, veggie sticks, dips, fruit, pizza, snacks and easy-to-handle desserts (no foods needing utensils, please!). Tea and coffee will be provided; a donation of \$2 or more will help defray expenses. Women and girls, men and boys of good will are all welcome. Many thanks to Brenda Prohaska and the Community Center for hosting us so graciously and to our spectacular volunteer committee: Violet Smith, Cassandra Campbell, Cheryl Berent, Beryl Dorsett, Pat Higgins and Beverly Nance. Call Violet at 718-885-0978 or coordinator Toby Z. Liederman at 718-885-3423 for further information.

SHROVE TUESDAY PANCAKE SUPPER AT GRACE: In what has become a much-beloved City Island tradition, the men of Grace Church will cook up an old-fashioned "Fat Tuesday" (Shrove Tuesday) Pancake Supper on March 8 before the start of Lent. There will be two seatings, at 5 and 6:30 p.m. Cost is \$5.00 per person, payable at the door. Hope to see you there! Grace Church is located at 116 City Island Avenue, at the southeastern corner of Pilot Street.

WINTER CRAFT WORKSHOP: Are you suffering from cabin fever? Has this winter got you down? An excellent remedy is crafting therapy. Join the card-making group at Grace Episcopal Church, 116 City Island Avenue at Pilot Street, on Saturday, March 12, at 11 a.m. A representative from Stampin' Up will demonstrate how to make beautiful handmade cards to send to family and friends. Prior experience not necessary. You will learn some techniques that can be used not just in card-crafting but also in other paper-crafting projects, such as scrapbooks. There will be gifts for everyone who makes a reservation in advance, as well as door prizes, raffles, refreshments and a lot of laughs. Admission is \$10 and you will have four beautiful cards to show for it (a bargain). Please reserve a spot by calling Joanne Brogan at 718-885-2713.

PARK FUND-RAISER. Join the Friends of Pelham Bay Park and chase the winter away at their annual spring fund-raiser on Thursday, March 24, at 6 p.m. at the Pelham Split Rock Golf Clubhouse. This year's goal is to raise funds for beach wheelchairs. No one should be left behind on a hot summer day! The evening will include hors d'oeuvres and cocktails, as well as fun raffle prizes and special photographs for sale. For more information, call the Friends at 718-430-4685 or email them at friendsofbbp@yahoo.com.

45 BLOTTER

Complaints reported from City Island to the 45th Precinct during January and February 2011. Unfounded complaints are not included in the list.

- 2 - CRIMINAL MISCHIEF
- 2 - BURGLARY
- 1 - CRIMINAL TRESPASS
- 1 - LEAVING THE SCENE OF AN ACCIDENT
- 1 - DWI
- 1 - MENACING
- 1 - AGGRAVATED HARASSMENT
- 1 - GRAND LARCENY

Police provided details on the following incidents for the period from Jan. 16 to Feb. 18, 2011.

1/22 - At 10:30 p.m., a residence on Fordham Street was vandalized by an unknown person shooting paint balls at the front of the house.

1/22 - On Minneford Avenue, a car was vandalized at 11:30 a.m., when screws were put in the tires in an act of criminal mischief.

1/23-1/24 - During the overnight hours, a restaurant on City Island Avenue was broken into and burglarized. Unknown perpetrators stole cash and electronics. The incident is under investigation.

2/5 - An incident of grand larceny was reported at 10 p.m. after a wallet was stolen from an individual at a commercial establishment on City Island Avenue. The stolen credit cards were used to make illegal purchases.

1/25 - At 2 p.m., an unknown person broke into a boat at a City Island marina and vandalized the interior. The boat was subsequently broken into again on Feb. 16 at 5 p.m. The incidents are under investigation as acts of criminal trespass and burglary.

2/9 - Police are investigating a series of harassing emails sent to a commercial establishment on City Island Avenue.

2/15 - Police responded to an act of menacing at 6:50 p.m. on Pell Place when one person threatened another person with a snow shovel.

2/16 - At 4:30 p.m., a vehicle struck a parked car and fled the scene of the accident. Police subsequently identified and found the vehicle and issued a summons.

2/18 - At 12:30 a.m., police stopped a speeding vehicle and determined the driver was intoxicated. The off-Islander was arrested and charged with DWI.

Police from the 45th Precinct also reported several arrests for drunk driving near City Island on Shore Road and Park Drive and at the circle near Rodman's Neck. These arrests occurred on Feb. 10, 15, 16 and 17. Drivers are reminded of the serious penalties and dangers associated with DWI and are encouraged to use a designated driver when needed.



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LADDER COMPANY 53 AT RISK AGAIN

By BARBARA DOLENSEK

Although the New York City Council believed it had reached an agreement in January with Mayor Michael Bloomberg that there would be no cuts to fire service, the Mayor's preliminary budget indicates that this deal may have fallen through.

Although none of the 20 threatened fire companies are named, it seems likely that City Island's Ladder Company 53 will be among them, as it usually appears on

the Mayor's list in spite of the arguments made in the past about the vulnerability of City Island without a search-and-rescue truck and with the closest ladder company at least 10 minutes away.

As in the past, Council Member James Vacca is prepared to lead the fight to save City Island's fire service, but it will also fall to the residents of City Island to make their voices heard loud and clear at City Hall.

POLAR BEARS & CUBS



Photos by BARBARA DOLENSEK

Although the Polar Bear Club met for its annual swim at Orchard Beach on the morning of Saturday, Feb. 12, City Island's own polar bears had what they called their first annual dip in the freezing water at the west end of Tier Street that afternoon. The intrepid (and chilly) group included (l. to r.): Liam Flynn, Tommy Lott, Eddie Deery, Norman Stewart, Rob Vivolo and Gerry McCormick.



Island Athletes

Continued from page 1

the near future.

Julia is 10 years old and her team consists of 16 girls, ages 10 to 12. They competed at the juvenile level throughout the winter and earned a trip to the Eastern Regional competition in Lake Placid, New York. They skated a four-minute routine choreographed to a medley of songs from the Blues Brothers (known to "Saturday Night Live" fans as John Belushi and Dan Aykroyd).

"We didn't expect them to qualify for nationals, but it was their Miracle on Ice," her father told *The Current*. He drew the analogy because Team Image placed within the top five teams on the same rink where the 1980 U.S. men's hockey team won the Olympic gold medal.

Julia is supported by her parents and her brother, Chris, along with her grandparents, longtime Bay Street residents Joanne and Dom DiMarco. Her mother, Gina, is especially involved and has become a chaperone

for the team when they travel to competitions.

You can view their winning routine and Julia's terrific sit spin on YouTube by going to http://www.youtube.com/results?search_query=team+image+juvenile+lake+placid&aq=f.

So what's up next for these two energetic and talented young ladies? Well, Julia is preparing for the nationals in California in March while juggling her school work at Villa Maria Academy, where she is in fifth grade. Andrea is training for the Junior Olympics and hoping one day for a scholarship to college. "Right now, I think I would like to attend Fordham University," she told *The Current*.

City Islanders will no doubt cheer them on as they pursue their athletic and academic dreams. Who knows? Maybe we will get to have a parade on City Island Avenue one day honoring a home-grown Olympic gold medalist.

A Current Review

NIGHT WATCH

By BRUCE A. WEIS



Photo by MARY McINTYRE

The cast of "Night Watch," a mystery by Lucille Fletcher, takes a moment to relax for the camera before building up the suspense in this new production directed by Matthieu Regney. Here (seated, l. to r.) are Greg Lederway and Carol Dooner and (standing) Jay Langkamp, Robert Mulroy, Emily McSpadden, T. Abram Lee, Nicole Gadaleta, Camille Kaiser and John Geil. The play will be presented at the Grace Church Parish Hall, City Island Avenue at Pilot Street, from Thursday, March 3, through Saturday, March 5, 2011, at 8 p.m. Call 718-885-3066 for reservations.

Last year the City Island Theater Group mounted a successful season with ambitious productions of popular, well-known shows, "Wait until Dark," "Blithe Spirit" and "Sweet Charity." On Feb. 25, the CITG strode into 2011 opening a two-week run of "Night Watch," a lesser-known psychological drama and descent into madness penned by Lucille Fletcher, author of the better-known radio play and movie "Sorry, Wrong Number."

"Night Watch" first opened in 1972 at the Morosco Theater and the following year was released as a movie starring Elizabeth Taylor and Laurence Harvey (who died just three months after its release). The plot of "Night Watch," briefly, is "Gas Lights" meets "Rear Window" meets "Sorry, Wrong Number." Nobody is quite to be trusted; characters are constantly casting small doubts on one another, and everyone seems to have a backstory. That backstory comes roaring through the walls, led by Emily McSpadden, T. Abram Lee and Nicole Gadaleta in the final chaotic moments.

"Night Watch" places a sleepless Elaine Wheeler (Emily McSpadden) in the living room of her Kips Bay town house. Her husband (T. Abram Lee) tries to comfort her, but Elaine screams uncontrollably when she believes she sees the body of a dead man in a nearby window. A police search finds nothing. Soon Elaine sees another body—a woman's—but by this time the police (John Geil and Greg Lederman) have stopped taking her seriously. Her husband, declaring Elaine on the verge of a breakdown, brings in a psychiatrist (Carol Dooner), who agrees with him that Elaine should be committed.

Elaine's nurse, old friend and house guest Blanche (Nicole Gadaleta); an inquisitive and slightly sinister neighbor (Robert Mulroy), the abrupt, nosy German maid, Helga (Camille Kaiser, who hates potato salad) and a neighborhood deli owner, Sam Hoke (Jay Langkamp; it's his potato salad), all contribute to a spiraling sense of chaos, as "Night Watch" draws to a chilling climax.

CITG's productions always have an effective set, and this play is no exception. The drama takes place in a 1970s Manhattan apartment and its sets, designed by Susan Rauh and built by John Copolla, with help from Liz Paldino and Nick Sala, looks like a great 1970s Manhattan apartment. Props for that great set were selected (or scrounged) by the group's prop mistress, Barbara Dolensek.

Costumes were stylish, as always, the result of hard work by Carol McCabe. Joe Burck did the excellent lighting design, and Denis Zepada was responsible for the sound effects. The City Island Theater Group has worked tirelessly to improve in these two areas, and the effort has obviously paid off.

Matthieu Regney, a seasoned CITG performer, did a fine job directing the play, assisted by Fiorella deLima as production stage manager and Kelly Pere as her assistant. Production managers were Nick Sala and Carol McCabe.

"Night Watch" will continue with performances on March 3, 4 and 5 at 8 p.m. at Grace Church Parish Hall, 116 City Island Avenue at Pilot Street.

A parting word: It is really unfortunate that when you see a corpse in the building across the way, everyone thinks you're crazy. Don't miss this show.

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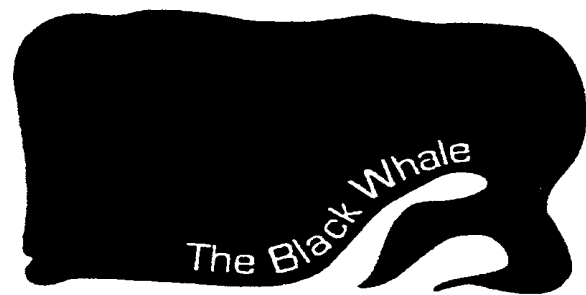
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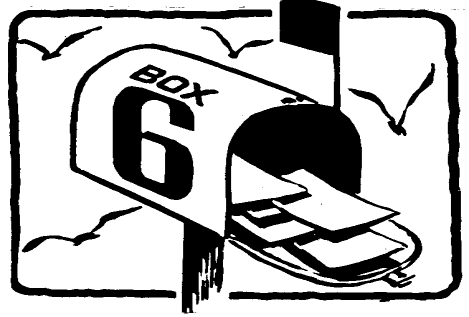
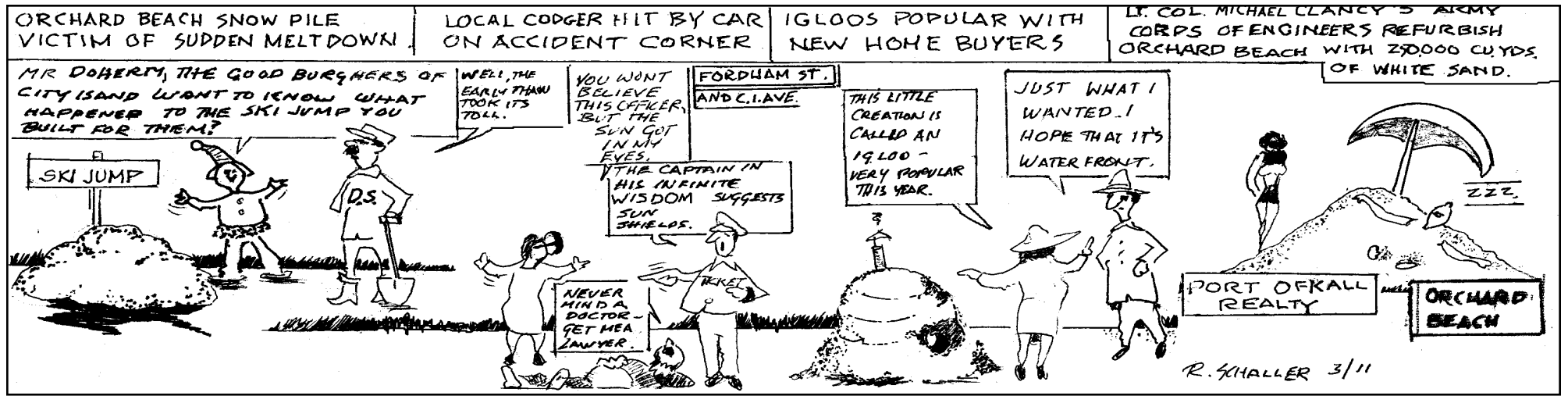
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No to Cell Tower

A copy of the following letter was received by The Current.

New York City Board of Standards and Appeals
40 Rector Street
New York, New York 10006

We, the City Island Civic Association, on behalf of approximately 4,500 residents, wish to express our strong opposition to the application being decided before your board on Feb. 1, 2011. It is our understanding that the applicant, T-Mobile Northeast LLC, is seeking to install a 56-foot cellular tower (unipole) above the existing structure at 454 City Island Avenue.

The primary reason for our rejection of this proposal is rooted in our Special District zoning, which stipulates that no structure can be higher than 35 feet on City Island. The intention of this designation was to preserve the small town nautical character of the island, and we believe this tower would in fact be an "intrusion and burden on our community" as stipulated in the court decision of Cellular One v. Rosenberg, should such a structure be installed. Such an intrusion would also in our view "alter the essential character of the neighborhood" as defined by Zoning Resolution 72-21 (c) and thus would not pass the requirements for a variance. This unipole would soon become the largest structure within many square blocks of its placement, and its appearance would be significantly out of context with its surroundings.

Furthermore, we ask that the Board of Standards and Appeals (BSA) properly scrutinize the applicant's contention that this site must be built out of economic hardship, as it has been not been presented to the satisfaction of our local Community Board 10. In fact, we have been contacted by several residents who claim that their cell-phone reception in our community is satisfactory. Thus it should be incumbent upon the applicant to definitively prove that such a structure is even needed or that "difficulties or that unnecessary hardship" apply within the current zoning, as stipulated by 72-21, even exist. Given the applicant's past history of non-compliance and hostility to the demands of Bronx CB10 to even consider another site, we doubt they will ever comply with these requests, or even with the ruling of the Board as they have disputed your jurisdiction in the past.

It should also be noted that the structure already has a "stop work order" in addition to several Department of Buildings violations for illegally converting apartments in

the structure to which there is no recorded compliance. It is insulting that such an application can even be considered by the Board before these violations have been acted upon and corrected. To grant such an application would be, in our view, rewarding of continuous bad behavior of the land owner and the arrogance of this particular applicant.

This towering unipole serves no proven benefit whatsoever to the residents of City Island and poses many detriments, which we have outlined. This view is shared by our larger community, Community Bronx 10, City Council Member James Vacca, State Assembly Member Michael Benedetto and State Senator Jeffrey Klein.

Respectfully submitted,
City Island Civic Association

Editor's note: The Board of Standards and Appeals met on Feb. 1, 2011, and requested that the applicant provide sufficient need to locate the unipole at 454 City Island Avenue at the proposed height. This evidence must be provided by March 29, and the hearing will be continued on April 11.

Leaving Ring

To my dear friends of City Island:

After 17 years on City Island, I was forced to move out of my apartment for financial reasons and because of the illness of someone in my family. I had to go back to my home in Queens.

My love for City Island will never die, not with all the friends I made. I started at P.S. 175 opening the door for faculty and children and serving as a part-time crossing guard. Then I served as a head usher at St. Mary's, which I had to give up because of illness.

My love for the Thrift Shop was another part of my 17 years.

On May 16th, I will be 89 years of age. I just came out of the hospital after a bout with pneumonia. My telephone number is 718-831-6680. If you wish, I'd love to hear from you.

God bless all of you.
Frank B. Ring Sr.

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BOAT SHOW 2011

By BILL CLANCY

This year's big "shew" docked at the Javits Center on Jan. 19, and your "tongues-hanging-out" *Current* crew was on the job. It was a balmy, 40ish day with melting snow all around. Usually, at this stage of the winter, we are bored by the dull dreariness of our atmospheric conditions. Not this year! Starting with the snowfall on the day after Christmas, we had a rather exhilarating month of old-fashioned weather. Snowblowers and shovels, which had been relatively unused for years, were suddenly everywhere. I even saw kids looking to earn some money. What was that about? All that outdoor activity stirs the juices and brings back memories of a former time, a simpler time when people got paid for what they did and felt good about it.

I say all that to explain that there was a different feeling in the mechanically warmed air that was blowing throughout the Javits. People were more enthusiastic, talking about fixing up their boats, ripping their engines down and refinishing the woodwork. There was literally a buzz about doing something, something physical. I credited this to the snow and hope we have more. Our psyche was revived.

My intrepid crew consisted of sons Bill and Mike and City Island bon vivant Gene Valesio. Wednesday was opening day of a five-day show. We didn't know what to expect, but we were hoping for the best, as we carried on a long-standing City Island tradition of going to New York's annual boat show.

The first thing we saw was very poor attendance, followed by a visually smaller selling floor. Two large sections of floor space in the middle of the room were curtained off, as if they were under construction, but they were empty. One positive aspect, however, was a lot more food and beverage carts with a very varied selection of products, both food and drink, from one cart to the next. Fortunately, the great American lager, Budweiser, was readily available at most places. The women behind the tap were new to the area, so it was best to hold up your fingers and point. They were, however, excellent at counting the \$5.50. No discounts or buybacks as on City Island.

Walking into the lobby, we saw first the "History of Boating in America" exhibit, a

unique display that showcased a collection of classic and antique boats from private collectors and classic boat manufacturers. There was an 1899 ELCO electric launch, a fully restored 1937 Syracuse electric launch, an 8-foot model PT boat (many of these were built on C.I.) and a lot of others. It was great! The display was put on by Halls Boat Company of Lake George, New York, and ELCO. It also included photographs, videos and memorabilia of the long-past era, plus exhibits on solar, windmill and battery power.

The south side of the lobby had a large banner announcing the Affordability Pavilion. This was a novel idea, advising consumers how easy it was to get started in boating. A variety of craft were being marketed for \$250 a month or less. They were also offering cutting edge electronics, boating products, fishing gear, insurance, marine services and financing to purchase these items. With all these things in one place, it was a terrific one-stop shop.

Accompanying this booth was the Discover Boating Center, which was intended to explain to new boaters what all the buzz is about and how they too could learn to enjoy the lifestyle. Any and all questions from new boaters were to be answered with unbiased advice, and mini-seminars by boating specialists were available throughout the day. I thought these last two booths were very worthwhile. When you think that 90 percent of Americans live within a one-hour drive of navigable water and 17 million boats are on that water, everyone will agree that we could never have enough advice or instruction.

The marine industry is enormous. The exchange of dollars is in the hundreds of billions. About 66 million adult Americans went boating last year, and nearly one million purchased a powerboat in 2009. The prices at the show notwithstanding, it is still a middle-class activity, with three out of four boat owners having a household income of less than \$100 grand.

The water activity that a lot of City Islanders love has come a long way since Chief Pontiac paddled down Lake Michigan. One scary thought that my crew has observed for more than a couple of years is that a sizable number of our young folk are not taking advantage of our water treasure. Some have said that if they are swimming, fishing or rowing, they are doing it virtually. I feel they are missing a lot.

We started to walk around and were stopped by a Mr. Personality telling us about the Bitter End Yacht Club and Resort in North Sound, Virgin Gorda, in the British Virgin Islands. He gave a tremendous account of the club and, if there had been a plane leaving that night, we would have been on it. I knew that Gene, with his ad agency background, would have been able to come up with a sensible sounding cover story. We did take raffle chances on a seven-day, all inclusive package for two, which included air fare and was valued at \$9 grand, courtesy of the BVI tourist board. I wonder if Diane and John know about this place. If you are traveling by boat, it is approximately 100 miles due east of San Juan, Puerto Rico. Sir Francis Drake Channel, named after the famous circumnavigator, is in the area.

Speaking of destinations, I'm sure everyone will be happy to know that New York State is ranked as the number 5 top boating state, with Lake Champlain as one of the most popular waterways. More locally, the NYC Water Trail Guide is now available from

the Department of Parks and Recreation. It is a map showing the 42 launching and landing areas for human-powered craft in the city, with another six in New Jersey. The Bronx, with 75 miles of shoreline, has seven. The lagoon across from Orchard Beach parking lot has one; the Bronx River has two; and the intersection of the Bronx River and the East River has four. Quite interesting.

We stopped to look at a couple of ski boats. Nautique had a 21-foot model with a radar arch supporting two very large spotlights and a 10-inch subwoofer speaker to accompany the two bow speakers. The Sunestra from Chaparral, a 22-footer with 50 mph capability, had four speakers. The respective prices were \$78 and \$85 thou. I would have liked to see and hear it going at night. Also who was in tow.

We ran into an old friend from Royal Marina, Mike Leading Lady. He is a well-known character from Throggs Neck and currently keeps his beautiful Bertram (Ziggy's old boat) in New Rochelle. He sometimes hangs with the Korony Post men, Pat Devine in particular. Mike is like the Energizer bunny, always moving, always with a smile. We passed another trio of folks with big smiles, Tom, Chris and Kathryn, who were repping Cutco Cutlery of Olean, New York. The world's finest, we were told, and they were so sincere we believed them. Another nice team we talked to were Tom and Marlene Westhus of Port of Egypt Marina in Southold, Long Island. They are the oldest Grady-White dealer in the area, are second-generation family-run and are more than a marina. We are a destination, Marlene told us.

We got ourselves over to the Queen of the Show, a 49-foot Sunseeker Portofino. This was beyond beautiful, a \$1.15 million sports cruiser. Accommodations are centered around a large saloon and a well-equipped galley, with a master stateroom and twin-bed cabin. A second social area is topside with seating, wet bar and sun pad. One can only think of Sean Connery saying "of course, my dear" as you stand by the helm. This craft looks amazing in the water as it passes you by, and you wish you were aboard. There is a large dealership in New Rochelle on Davenport Creek where I'm sure you would see one of these beauties docked.

Another knockout we saw was the 38-foot Azimuth with the most amazing blue hull. I have no idea how these new colors are invented, but this shade was a head-turner. Also unusual were the 15-by-36-inch fixed windows (rectangular portholes?) six inches above the waterline, amidships, on both sides. It also featured an extra large swim platform, hydraulically operated, which went underwater to allow your dinghy to be pulled up easily for stowing while under way. Neat idea, no? I mentioned this boat builder last year, I think, because of its new ideas. Azimuth is from Avigliana, Italy, which is about 50 miles east of Salerno. Next time Ed Esposito visits his family in Amalfi I hope he will take a look at the operation for us.

The last exhibit we stopped at was the legendary Hacker Boat Company of Lake George. Founded in 1908 by 22-year-old



Photo by VIRGINIA DANNEGGER
Mary Dannegger working her fifth New York Boat Show, representing Tiara Yachts

John Hacker, it is a Horatio Algeresque story of innovation and success. While working as a bookkeeper for his father in Detroit, John took correspondence courses in marine architecture, and when he finished, he went out on his own to pursue his dream of building boats. He hit upon the idea of creating a V-hull that would lift as speed increased, running faster and smoother than the round-bottomed boats of that era. His first creation, a 30-foot runabout, was revolutionary not only for its V-hull, but also for placing the propeller and rudder under the transom. Three years later, Hacker designed twin floats for the Wright Brothers' biplane and then built Kitty Hawk, a stepped-hull hydroplane and the first boat to hit the then impossible speed of 50 mph.

Fast forward 100 years and Hacker VP Dan Gilman says: "We have a passion to preserve the Hacker legacy. We are not building replicas; we are creating new mahogany boats that look like classics." I am sure we will see a few of the Hacker 26 Sterling runabouts running about City Island this summer. I find this story to be in the same fantasy vein as if someone started to recreate the Nevins Yawl with multiple layers of mahogany laid up in West System epoxy as they are doing in Lake George. There will be no better man than Tom Nye to head up the newly formed Office of Adherence to Tradition when this occurs.

Stopped to have "one for the ditch" and toasted three outstanding City Islanders—John Tomsen, Dan Cavaluzzi and Chris McGuire—for a night rescue of our beloved *Kitty Clyde*. The event had a good ending, thank God, but due only to the caring, quick action, knowledge and equipment of the aforementioned men. Here! Here!

Apologies to Mary Dannegger for not having a camera to take her picture in action at the show. Luckily, someone had a cell phone. Heading north, we make a stop to rescue Bill's friend Kurstal from the clutches and trepidations of the Upper West Side. Heading north once again, and then east, we soon arrived in the winter serenity of our Paradise Island, got out of our Manhattan mode and checked in with Katy McMahan for a status report.

Con Ed to Install New Meters

By BARBARA DOLENSEK

Consolidated Edison has recently begun a new initiative to install automatic meter reading (AMR) devices in individual homes and businesses in the Bronx. The company has completed this installation in Westchester County, and the next area to be served includes the Bronx east of the Bronx River, including City Island. Residents have already received letters explaining the initiative and preparing them to allow Con Ed employees to install the new meters.

These meters will enable Con Ed to establish actual gas and electric consumption by using handheld devices from the street outside the building. This will eliminate the need to estimate consumption and to access meters by entering the premises, which will result in substantial cost savings.

The company will first attempt to install

meters where there is available access. Second, uniformed Con Ed employees will come to homes or businesses to ask for access or permission to make the installation, or residents may call Con Ed to make an appointment. Power may be interrupted briefly during the process.

Because there has been a recent increase in the number of burglaries involving thieves posing as employees of Con Ed or the Department of Environmental Protection (DEP) in order to obtain access to people's houses, Con Ed advises all residents to insist on seeing photo IDs of anyone requesting access to read meters. If an individual attempting to gain access seems suspicious, the resident may call Con Ed at 800-752-6633 to verify employment or call 911 to alert the police.

For more information about the new meter installation, call 800-576-2005.

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Photo by BARBARA DOLENSEK

The new team at Buddy's Hardware Store: Mary Arena with the new owner, Karl Hoedl.



If you have a new business, or if your old business is offering a new service, write to The Current, P.O. Box 6, City Island, NY 10464 by the 10th of the month.

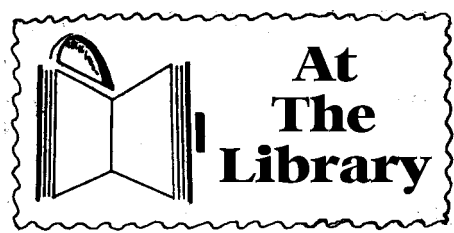
During Women's History Month, the **Focal Point Gallery**, 321 City Island Avenue, will present an exhibition "Celebrating Women" from March 5-27, with an opening reception on Saturday, March 5, from 7 to 10 p.m. If you are an artist and would like to take part in the exhibition "Celebrating Women" call 718-885-1403 to make an appointment to bring in your work. All work has to be framed and ready to hang. There is a \$20 hanging fee for each framed piece and a 30 percent commission of the asking price.

In March at **Starving Artist Cafe & Gallery** (249 City Island Avenue, 718-885-3779), it's about blues, songwriters and holidays. Celebrate Mardi Gras (Tuesday, March 8) and St. Patrick's Day (Thursday, March 17). And the weekend after St. Patrick's Day, enjoy some traditional Irish songs from a Liverpool native, Kenny Cunningham (Saturday, March 19, 8 p.m.). Songwriters are "on the menu" during the

month: Fred Gillen Jr. (Saturday, March 5, 8 p.m.), Julia Joseph (Friday, March 11, 8 p.m.), Jack Serra Lima, with City Island's John "Strat" Sheridan (Friday, March 18, 8 p.m.), and Theresa Sareo, Starving Artist's "sweetheart" (Sunday, March 27, 3 p.m.). And if blues are what you crave, check out Bennett Harris for a "Saturday Night Blues Party" on March 12 at 8 p.m., and the Blues Mothers on Saturday, March 26, 8 p.m. For a complete schedule, visit www.starvingartistonline.com.

Good news during the muddy season: **Doggie Island** at 268 City Island Avenue has new extended hours. They will be open Monday through Saturday from 10 a.m. to 7 p.m.

City Island Hardware and Marine Supplies, better known as Buddy's, has changed hands but not its determination to serve the City Island community effectively and well. The new owner, Karl Hoedl, has purchased the business at 260 City Island Avenue, at Carroll Street, and plans eventually to buy the property itself, from longtime owner Buddy Pontecorvo. Although he is doing a bit of reorganizing, including the addition of a garden center, and will soon expand the hours to seven days a week, 8 a.m. to 8 p.m., Karl expects the store to remain much the same, with Buddy on the premises to greet customers and dispense wisdom.



Come Celebrate the Library's 100th Anniversary on City Island (1911-2011)!

Hours: Mondays and Thursdays 11 a.m. to 7 p.m. Tuesdays and Wednesdays, 11 a.m. to 6 p.m. Fridays and Saturdays, 10 a.m. to 5 p.m.

March Children's Programs

Lapsit Program: Wednesdays, March 9 and 23, 11 a.m. Birth to 18 months. All welcome for story time and music.

Toddler Time: Tuesdays, March 1, 8, 15, 22 and 29, 11 a.m. 18 to 36 months.

Story Time: Read-aloud picture books: Thursdays, March 3, 10, 17, 24 and 31, 3:30 p.m. Ages 4 to 10.

St. Patrick's Day Arts and Crafts: Tuesday, March 15, 3:30 p.m.

Special Program: "Sherlock Holmes Takes the Case." Solve a mystery with audience participation. Monday, March 7, 4 p.m. Ages 4 and up.

Young Adult Programs

Manga Overdrive: Every Tuesday at 4 p.m.

Yu-Gi-Oh: Every Wednesday at 4 p.m.

Game On: Every Thursday at 4 p.m. Friday Tweens and Teen Lounge, 3:30 to 4:30 p.m.

"Game Strike": Saturday, March 19, 1 to 3:30 p.m.

Adult Programs

Introduction to the Internet: Tuesday mornings from 10 a.m. to noon. Please register in advance.

Resumé Writing Workshop: Wednesdays from 10 a.m. to noon. Please register in advance.

Monthly Movie Series

New York Fire Fighters: The Brotherhood of 9/11: A tribute to the rescue workers who saved lives on 9/11. Saturday, March 12, at 2 p.m.

New York Day and Night: Images of the city during the daytime and nighttime. Saturday, March 19, 2 p.m. Movie details will be posted on our flyers.

Special Event: Resident and historian Barbara Dolensek will give a presentation on the history of City Island, Saturday, March 5, at 2 p.m. Presented as part of our branch's 100th anniversary celebration. Don't miss this!

Please check our flyers for any additional programs, cancellations, or last-minute changes for March 2011. We are located at 320 City Island Avenue at Bay Street. For information about any of the programs above, call the City Island branch at 718-885-1703.

Bartow-Pell Events

The Bartow-Pell Mansion Museum winter lecture series, "Brides, Bohemians, and Booze: Historical Perspectives," continues in March with the following talks scheduled:

On Thursday, March 10, at 7 p.m. author Andrea Barnet discusses her work "All-Night Party: The Women of Bohemian Greenwich Village and Harlem, 1913-1930," which will be followed by a book-signing and reception.

On Thursday, March 17, at 7 p.m., author Michael Lerner discusses his book "Dry Manhattan: Prohibition in New York

City," which will be followed by a book-signing and reception.

Registration is requested for both events; call 718-885-1461 or e-mail info@bpm.org. \$10 adults; \$7 seniors and students; members free.

Volunteer Garden Clean-Up Day will take place on Saturday, March 19, from 10 a.m. to 1 p.m. Roll up your sleeves and don your gardening gloves to help keep the garden and grounds of BPMM looking beautiful! Light breakfast will be available. Please bring gloves and wear sturdy shoes. Registration requested: 718-885-1461 or info@bpm.org. Free.

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Photos by BARBARA DOLENSEK
 "Boardwalk Empire," the new award-winning HBO television series about the Prohibition era in Atlantic City, chose City Island to film two scenes that will appear in the first episode of its second season, which starts in the fall of 2011. On Friday, Feb. 11, Trinity Methodist Church was the location for a 1920s-style funeral (its windows were shaded from the sun to create a night scene) and the City Island Nautical Museum, formerly P.S. 17, was used for a schoolroom scene.



SOUPER BOWL SUNDAY



Photo by RICK DeWITT

Ben Chadwick takes a swing at the football piñata during Trinity's Souper Bowl of Caring Lunch.



Photo by KAREN NANI

On Super Bowl Sunday, Feb. 6, the young people of Grace Episcopal Church and Trinity United Methodist Church collected donations for the "Souper Bowl of Caring." The Grace kids (bottom photo, back row, l. to r.), Emily Sexton, Noel Aponte and Dusty Prohaska; front row, Emilio Aponte, Sofia Aponte and Carly Roberts, collected \$250, which will go to the POTS (Part of the Solution) and to the Carpenter's Kids, Grace's linked village in Tanzania. The Trinity Sunday school collected about \$250 and more than 150 food items, which will go to City Harvest. Congratulations to these fine young people for a job well done.



MR. AMERICA'S PERSONAL TRAINING

By BUTCH NIEVES

The World's Best Exercise

Wait! Don't just skim down to see which exercise I've labeled as the best. Get the whole story.

I am often asked to pin down a single exercise as the one that will help lose the most fat and sculpt one's physique the quickest. That's not an easy question to answer. I am well aware of the fact that although one exercise may be perfect for Client A, it may not be the best choice for Client B—hence my hesitation to label any exercise as the universal best. That being said, some exercises are definitely better than others. And, yes, there are even a few that I would call the best.

What makes an exercise the best?

When you decide which exercises to include in your routine, it is important to consider the type of movement involved. The simpler the movement, the fewer calories you will burn and the fewer muscles you will strengthen. On the other hand, the more complex the movement, the more calories you will burn and the more muscles you will strengthen.

To put it simply, exercises that use complex movements will deliver better results than exercises that use only simple movements. Complex movements recruit multiple muscles, some to stabilize and others to perform the movement. This process keeps your heart rate higher than a simple exercise would, giving you a more intense workout.

What is a complex movement?

A complex movement is a multi-joint movement that recruits large portions of the body to complete the exercise. Let's

compare a simple movement leg exercise with a complex movement leg exercise:

The leg-extension machine uses a simple, isolated movement to work the quadriceps. You are in a seated position, moving only your knee joint. There isn't much involvement, if any, from other muscles, so the exercise doesn't burn very many calories.

Now let's look at a free-weight walking lunge. You start by standing with your feet together and a dumbbell in each hand at your sides (or a barbell across your shoulders, or a medicine ball held at your chest, or even with no weight at all). You take a large step forward and lower your back knee, keeping your front knee at a 90 degree angle. Now you push off your front foot and pull your back leg forward, repeating the movement.

How many muscles did you utilize while performing the lunge? Probably too many to count. You certainly worked your quadriceps, gluteus, hamstrings, calves, abdominals, supporting muscles in your shoulders, arms and back—to name just a few. You also raised your heart rate and really kicked your metabolism into high gear. That's what I call a great exercise.

Using complex movements are just one of many ways to kick your workout intensity up a notch. Try incorporating a Super Set into your routine. To do so simply perform two or more exercises in a row and then take a short rest.

Or how about a Compound Set? Perform one exercise, rest, and then perform an exercise with opposing body parts. To find exercises that complement one another, choose those that have similar but opposite

Continued on page 11

Setting Goals for the New Year

By JOHN SCARDINA

New Year's resolutions have become a part of the pop culture, usually in the context of "how long will it take before I am back to my old habits?" At the gym, members of the staff often wink at each other as the crowds file in every Jan. 2, only to have things settle back to normal in a few weeks. Nevertheless, I still make goals in January, if only to have some sense of the journey for the next 12 months. I am reminded of this every year at this time: I use two daily meditation books for morning readings, and the sense of starting over each Jan. 1 (back to page one . . .) is a very real metaphor for the cycles of life.

Children often do well with goals, especially with some modeling and help from parents. Just as we adults might need concrete and tangible reminders of our progress—a list on the fridge, daily weigh-ins, marks on a calendar, a regular deposit into a special account—children benefit from tangible reminders as well, such as stickers on a chart for days we accomplish our goal, marbles in a jar for jobs well done (with a marble taken out for days we miss our target) and money earned in the piggy bank for that special purchase that will take a long time to afford.

So how do we set goals with our children?

- Be both realistic and optimistic: make sure at least some of the goals are easily attainable, while others might be idealistic dreams.

- Think in terms of long-term versus short-term goals. Setting our sights

on more distant achievements (getting a degree for an adult or qualifying for the Olympics for a child) can build resilience and perseverance, even if there may be eventual disappointment.

- Write your goals down and share them with other members of your family. The list can be posted in a prominent place, and the others can provide support and encouragement.

- Start small. Set one goal for yourself and one goal for your child, and try to accomplish that goal within a month. Then move on to a new goal for each of you, perhaps incorporating some long-term goals along the way, and see how things progress.

- Bounce back with style: make a good effort to show your child how to come back from initial defeats: "Well, that was hard! No big surprise, huh? I guess I didn't try hard enough to really change my eating habits and lose the weight, but I do believe I can make this goal happen in the next month with renewed efforts!" With honesty, humility and a good sense of humor, we can certainly model the optimism we are trying to develop with goal setting.

So don't just sit there, give this a try!

Island resident John Scardina is a certified school psychologist, child development expert and parent educator. Join his parenting courses at the City Island Community Center and Bronx Community College. Also check out John's website at www.ThinkLaughLearn.com.



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Organization News

News on this page concerning organizations, and events listed in, are submitted by representatives of those organizations. A limit of 150 words is requested for all news items submitted. In most cases news will be edited and every effort will be made to preserve the substance of longer items. News and calendar events must be received by no later than the 20th of each month except December and July. If the 20th falls on a holiday or Sunday, the deadline is the 19th. Mail submissions to P.O. Box 6, City Island, NY 10464. YOUR NAME AND PHONE NUMBER MUST BE INCLUDED.

Current Calendar

MARCH

Fri., March 4, **P.S. 175 Card Party**, Lido Caterers, 101 City Island Avenue at Pilot Street.

Thurs., March 10, **Community Board 10 meets**, 7:30 p.m., Preston High School, 2870 Schurz Avenue, Bronx.

Sun., March 13, **Women's Herstory Month Celebration**, Community Center, 190 Fordham Street.

Sun., March 20, **St. Patrick's Day Dinner**, Leonard Hawkins Post 156 American Legion, 550 City Island Avenue.

Sat., March 26, **POTS Program**, St. Mary's Schoolyard, Minneford Avenue and Kilroe Street, drop-off between 4:30 and 5 p.m. Menu: Chicken and sausage with peppers, potatoes and onions.

Sat., March 26, **Sound Shore Blood Drive**, 10 a.m. to 1 p.m., Pelham Manor Fire Department, 4 Penfield Place, Pelham.

Mon., March 28, to Fri., April 15, **Kindergarten Pre-registration**, 9 to 11 a.m., P.S. 175, 200 City Island Avenue.

Tues., March 29, **City Island Civic Association meets**, 7:30 p.m., Community Center, 190 Fordham Street.

Grace Episcopal Church

Weekly worship schedule: Grace Church celebrates Holy Communion every Sunday at 10 a.m., with healing prayers on the second Sunday on the month. We also offer Evening Prayer in the Church every Monday at 7 p.m., and Morning Prayer on Wednesdays at 10 a.m. Also, the Rite of Reconciliation of a Penitent (Confession) is especially recommended during Lent and Holy Week and may be scheduled by calling Mother Patty Alexander at 718-885-1080. For more information about Grace, please visit our website, www.gracecityisland.org.

Here is an overview of what's happening at Grace Church during March:

Sunday, March 6, 9:50 a.m.: "Lambs" Babysitting available in the Parish Hall.

Tuesday, March 8, at 5 and 6:30 p.m.: Shrove Tuesday Pancake Supper. Come prepare for the start of Lent at our annual "Fat Tuesday" (Shrove Tuesday) Pancake Supper. Cost is \$5.00 per person, payable at the door.

Wednesday, March 9, at 10 a.m. and 6 p.m.: Ash Wednesday, Services of Holy Eucharist, with the Imposition of Ashes.

Saturday, March 12, 11 a.m.: "Stampin' Up" Workshop. Winter got you down? Come to Grace Church for crafting therapy! We will be making four lovely hand-made cards for you to send to family and friends. Prior experience not necessary. The cost of this fundraising event is just \$10 for four cards; there will be gifts for everyone who registers in advance. To sign up, please contact Joanne Brogan at 718-885-2713, or joanneok@aol.com. Hope to see you there!

Sunday, March 13, 11:30 a.m.: Elder Law/Estate Planning Workshop. Join the Rev. John Zacker, Esq. (an Episcopal priest and trusts and estates attorney) for this informative and practical forum on planning for our futures while providing for our loved ones. All are welcomed; no registration required. Come and see!

Tuesday, March 22, 7 p.m.: "Hearts and Hands" Ministry.

Tuesday, March 29, 7 p.m.: "Hearts and Hands" Ministry.

Rev. Patricia Alexander

St. Mary, Star of the Sea

On March 4, the first Friday of the month, we will hold our monthly Holy Hour with exposition of the Blessed Sacrament from 4 to 5 p.m. All are welcome to attend this special period of prayer.

Wednesday, March 9, is Ash Wednesday, the beginning of the holy season of Lent, a time of prayer and fasting. Masses on that day will be at 7 and 8 a.m., 12 noon and 7:30 p.m. Ashes will be blessed and distributed at all the Masses.

On Thursday, March 10, there will be an important meeting of parents and sponsors of all our eighth-graders who are preparing to receive the Sacrament of Confirmation. The meeting will be held in St. Mary's gym at 7 p.m.

The Lenten devotion of Stations of the Cross will be held each Friday evening during Lent at 7 p.m.

Our gala St. Patrick's Day Dinner Dance will take place on Saturday evening, March 12, in St. Mary, Star of the Sea School. The band is called "Good Clean Fun," and the night promises to be filled with just that. For more information and to check if reservations are still available, please call Margaret Knapp at 718-885-1048.

All are welcome to join us at our monthly Hospitality Hour on Sunday, March 13. It will be held in the rectory after the 10 o'clock Mass.

The March meeting of the Parish Council will take place on Monday, March 28, at 7 p.m. in the rectory.

Sr. Bernadette, osu

Sons of the American Legion Squadron # 156

The annual Pigs-knuckle Party was a huge success yet again. Pig farmers will be happy, since everyone ate plenty of pork at the dinner. This annual Legion tradition will be continued once again next year.

We would like to announce that dual member Bill Clancy Sr., past commander of the Post, has been nominated for state commander in 2013.

Just a reminder, dues are now past due. Please pay them as soon as possible, since we have to send up a regular report to the state. Dues are once again \$30. Membership cards for 2011 are issued upon payment of dues.

Anyone who is a male descendant, step-descendant or adopted descendant who is interested in joining can call the Post at 718-885-0639.

The state and national organization each have websites that members and those interested in joining can log onto to see the organization in action; they even include some of the benefits for members, including travel and cellular phone discounts. The state website is <http://www.sonsdny.org> and the national website is <http://www.sal.legion.org>. They are extremely informative.

Once again Post #156 and Bronx County are privileged to have the visitation of the Legionnaire and the Sons state commanders along with the state Auxilliary president. They will tour Bronx County, and there will be the annual county dinner at the Turner Club at 7 p.m.

A big thanks goes out to Jimmy Livingston who cleaned and powerwashed the Post property after most of the snow finally melted. Now we can see our reflections!

A thank-you also goes out to Jim Livingston and Legionnaire Tommy Tomsen for the great job on cleaning up and replacing the trim on the membership boards at the front door.

The renovation of the first floor men's bathroom and entranceway have been completed. Stop by to see the wonderful job. You will not recognize the place.

The March meeting will be held on Thursday, March 10, at 8 p.m. at the Post. We will hold elections for 2011 officers.

Save the date! Friday, April 29, will be our golf outing. We will be raising money for the Wounded Warriors Project. Details will follow.

Fred Ramftl Jr.

Trinity United Methodist Church

Our weekly worship service and Sunday school are at 10 a.m. Holy Communion is celebrated on the first Sunday of each month. Prayer service is held every weekday at 9:15 a.m. We encourage you to bring your children to Sunday school to further their knowledge of the teachings of Jesus Christ. Trinity often has a coffee hour after the service. Come and join us for worship and fellowship.

The fourth annual Souper Bowl of Caring on Feb. 6 was a huge success! The Sunday school children collected more than \$250 and 150 food items. Congratulations to them on a job well done. The money and food will go to City Harvest. Trinity was pleased to host the Cub Scouts and Boy Scouts on that day, and everyone enjoyed good food and fellowship after the service.

A Group Bible Study will begin March 13 and will meet for five consecutive Sundays of Lent, finishing on April 10. The study is a continuation of the New Testament historical narrative of chapters 11 through 15 of the Acts of the Apostles written by Luke. This passage deals with the first church which began in Jerusalem, a totally Judean church. Under Peter and ultimately under Paul the church grew to include non-Jews under the guidance and by the call of Holy Spirit's leading, with a powerful apostolic witness to the Resurrection of Christ Jesus, during the first century of the church. The method of study will be of the Biblical text, on a subject-by-subject basis and a verse-by-verse study, with discussions aimed to understand the historic value and the present spiritual value of this record for believers in our day. George Cavalieri, Trinity's co-lay leader/speaker is the moderator and instructor. No registration or fee is required. Each session begins at 11:30 a.m., with Bibles and refreshments provided, and will end at 12:30 p.m. All in the community interested in Bible study are welcome whether or not you have attended previously. Please plan to join us.

On April 24, Easter Sunday, an informal ecumenical meeting will be held in Pelham Cemetery for a Sunrise Resurrection Celebration Service at 6:15 a.m. More details will follow in the next issue of *The Current*.

The Budget Corner is open with bargains galore! Will someone out there please volunteer to lead Budget behind the scenes? Myra Martin will work right along with you to help and train you for this responsibility, which basically involves contacting the established crew for work dates and helping with the gleaning and pricing. We need your help; call Myra at 718-885-1049.

Rick DeWitt

Temple Beth-El

Temple Beth-El of City Island, an unaffiliated, all-inclusive and egalitarian synagogue, has a spirited congregation that gathers together under the leadership of the stimulating and innovative Rabbi Shohama Wiener.

Located at 480 City Island Avenue, between Beach and Bowne Streets, we conduct Sabbath services each Friday night at 7:30 p.m. Our doors are open to all and we follow the Rabbi Marcia Prager prayer book, primarily in English, with easy-to-read typeface and singable Hebrew.

TBE joins Shabbat Across America on Friday, March 4, with a traditional chicken

dinner downstairs at 6 p.m. (free to temple members; \$10 for non-members) followed by a special Sabbath service for everyone upstairs. Reb Eva Sax-Boulder and Cantor Elaine will lead the service at 7:30 p.m. Please RSVP for dinner by Thursday. Call Mike Eiron 718-792-3709.

Rabbi Shohama will conduct her next Kabbalat Shabbat on Friday, March 11. Mort Ellis will give the D'var Torah on March 18, and Bob Berent will head the March 25 service.

Purim is a big shindig on City Island and will be celebrated on Sunday, March 20, starting at 1 p.m., so plan on joining us then. The rabbi and volunteers will be "interviewed" by a prominent TV personality. Hamentashen and other refreshments will be on hand.

Our Passover Community Seder is scheduled for Tuesday, April 19 (the second night of Passover). As always, the seder will be kosher, complete and quite congenial. Call Bob Berent at 718-885-3098 for information and RSVPs.

Also, plan to join us on Saturday, May 7, for our 77th Anniversary Dinner and Dance (I will be one of the honorees).

Bob Berent

City Island Republicans

Our next meeting will be held on Thursday, April 7, at 7:30 p.m. at the Legion Post, 550 City Island Avenue.

We are now five years old and growing!

We have plenty on the agenda, including updates regarding our new voting process. The Board of Elections is trying to make the process easier for both voters and poll workers. Republican poll workers are strongly encouraged to attend.

Fred Ramftl Jr.

PSS Healthy Senior Exercise Program

We are happy to announce a new Fit for Life aerobic and strength-training class with Sarah Persteins on Fridays at 9:30 a.m. at Grace Church Hall. In addition please join Zumba with Stephanie on Mondays at 10:30 at the Community Center; Cardio Fitness with Mary on Tuesdays at 9:30 at Grace Church Hall; Sittercise with Patty on Tuesdays at 10:20 at Grace Church Hall; Orchard Beach Walk on Wednesdays, leaving Pilot Street at 9:30 a.m.; Yoga Stretch with Michael on Thursdays at 9:30 at Grace Church Hall; Arthritis Exercise with Patty on Thursdays at 10:30 at Grace Church Hall.

Remember that you can attend all classes for \$20 per month or all classes for \$6 per week. Or you may contribute for individual classes at \$2 for exercise, and \$4 for dance.

Pat Grondahl

REGULAR MEETINGS

Weekly Twelve-Step Meetings on City Island

Narcotics Anonymous:

Sundays at 2 p.m., St. Mary, Star of the Sea Church, City Island Avenue near the Bridge.

Thursdays at 8 p.m., Trinity United Methodist Church hall, 113 Bay Street.

Alcoholics Anonymous:

Mondays at 8 p.m., Trinity United Methodist Church hall.

Tuesdays at 8 p.m., St. Mary, Star of the Sea Church.

Wednesdays at 7:30 p.m., Grace Episcopal Church.

St. Mary, Star of the Sea Church: 718-885-1440

Trinity United Methodist Church: 718-885-1218

Grace Episcopal Church: 718-885-1080



For additional information about the Community Center, or if you are interested in conducting classes here please call 718-885-1145.

Open Monthly Meetings of the Board are held on the first Tuesday of each month at 7:30 p.m. in the Community Center Main Room at 190 Fordham Street. All members are encouraged to attend. For up to date information, visit www.cityisland-communitycenter.org, call 718-885-1145 or "Like" us on Facebook.

SPECIAL EVENTS/NEW PROGRAMS

Indoor Tag Sales: March dates are Sunday, March 20, and Sunday, March 27. To reserve a table or for information, call Joe at 917-318-6302. Tables are \$10 each. (Looking ahead, tag sales will also be held on April 3 and 10 and May 15 and 22).

March Classic Movie Night: Friday, March 11, at 7 p.m. "The Quiet Man." \$2 per ticket. Concessions available. For more information please e-mail BxShanley@optonline.net or call 917-721-8747.

Art Classes by Laury Hopkins: New classes beginning in April. Putting Art Together: building boxes and mobiles, grades K-4, Mondays. Texture and Patina: creating art with unusual surfaces, grades K-4, Tuesdays. Storytime Art: preschool with adults, Thursdays. Painting and Drawing basics, grades 3-6, Thursdays. Call Laury Hopkins at 718-885-3202. Please leave a message.

Weekly Schedule

YOUTH PROGRAM

Irish Dance: The Deirdre O'Mara School of Irish Dance teaches step dancing in a fun, competitive environment for all ages. A confidence-building and cultural experience for all who participate. Wednesdays after school. Call Deirdre at 201-679-1450 or visit www.deirdreomara.com.

Mommy and Me Fitness: A high-energy aerobic class that allows you to bring your children with you. All levels welcome. Tuesday and Thursday, 9 to 10 a.m. \$8 per class. For more information, call Sarah Persteins at 718-885-9122.

Jill's Playgroup: For pre-school children on Wednesdays from 9:30 to 12:30 p.m. No charge, but donations are appreciated. Call 516-841-5751 for more information.

Tai Kwando Classes: For men, women and children. Lil Dragons/Hapkido for teens and adults/Body Blast cardio kick-boxing for men and women. For schedule, fees and information, please call Jahbunim Eddie at 917-742-2007 or visit www.dragonspathacademy.com.

Drama Classes with Laury Hopkins: Friday afternoons starting in January. Ages 6 to 12. Call and leave a message if your child is interested. Classes and age groups will be determined based on amount of interest. Classes will culminate in a show.

ADULT PROGRAM

Get Ready, Get Set . . . (An Intro to Exercise): The relaxed pace allows you to learn the basics of many different types of low-impact aerobic, strength training and stretching exercises, which will help to improve cardiovascular endurance, muscular strength and range of motion. This class also utilizes chair (seated) exercises. Thursday night at 7:30 p.m. Fee: \$10/session (45 min.). First session is free of charge. Contact Judy Farnum, group fitness instructor, at 914-548-4184 or judyfarnum@aol.com.

Gentle Yoga-Qi Gong class with Norma: Wednesdays at 7 p.m. Get into shape, relax the body and mind and have some fun doing it! This class is a combination of low-impact Hatha Yoga and Qi-Gong (free form Tai Chi) and mild stretches. Although this class is geared to those who have not exercised in a while, all levels are welcome. Price per class is \$7. Please bring a yoga mat, yoga strap and yoga blocks. Most of these items are available at Barnes & Noble, Modell's, Target or K-Mart. Straps and blocks will be available for purchase on the day of the class. For more information, please call 718-730-3442. Namaste.

Fit for Life with Sarah: Hi-Lo impact aerobic and strength-training class. All levels welcome. Tuesdays and Thursdays from 4 to 5 p.m. and Wednesdays from 7 to 8 p.m. For more information, call Sarah Persteins at 718-885-9122.

Zumba Gold: A fun-filled dance/exercise session with a salsa beat. Geared for ages 50 and up. Fee for the class is \$4. Mondays at 10:30 a.m.

Rhythmic Movement Exercise Class: A fun way to combine exercise with various styles of dance. Mondays from 6 to 7:15 p.m. \$15 per person. If you have questions, please call Judy Farnum at 914-548-4184 or e-mail judyfarnum@aol.com.

Belly Dancing: Shimmy by the Sea. Theresa Mahon (a.k.a. Salacia) teaches the oldest documented dance in the history of mankind—Egyptian belly dancing. It is a low-impact way to get in shape and tone your body while having lots of fun. Terry has been a professional belly dancer for 23 years and a teacher of the art for 15 years. Classes are held every Monday evening at 7:30 p.m. The fee for each one-hour class is \$15. Call 845-358-0260.

Aerobics with Mary: Sunday, Monday, Wednesday and Friday from 9 to 10 a.m. Call Mary Immediato at 718-885-0793.

Yoga with Vincenza: All levels welcome. Wednesdays, 10 a.m. Classes \$10. Please bring your own mat.

Tai-chi: Please join us at 9 a.m. on Saturdays for gentle Tai-chi and yoga sessions. Using bamboo props, balls, straps and partnering to increase flexibility and strength. For more information, please call Marc Kaplan at 718-885-2445.

Parenting in the 21st Century: Talks with Teacher John: Join an ongoing and free-wheeling discussion of the joys and pains of parenting led by Teacher John (parent, grandparent, school psychologist, parent educator). Learn to stop yelling, get what you want from your family life and create opportunities for your children to become responsible, loving and independent. Eight sessions (one per month) from 7:30 to 9 p.m. \$20 per session. Contact John Scardina at 718-885-9305 or through his website www.thinklaughlearn.com.

SheWorkHer: Learn basic home repair. SheWorkHer is dedicated to helping women learn just how much they can do with a few tools and the right knowledge, and saving hundreds of dollars doing it yourself. Classes are every other Monday. March classes start Mar. 7 at 7 p.m. Call Nancy today at 646-235-1175 and reserve your spot.

Tap Dance: Intermediate level adult Jazz-Tap class with Corinne Grondahl. Let your feet become a musical instrument! Tuesdays from 7 to 8 p.m. Call 718-309-8041.

Chess Club: Meets each Thursday at 7 p.m. Chess taught, played and discussed. All levels welcome. Come on in! Avoid T.V. Have fun.

City Island Civic Association: Meets at 7:30 p.m. on the last Tuesday of every month (except December).

Amy Gottlieb



Photos by ANGELO BELLOCCHIO

On Feb. 6, 2011, Troop 211 joined Cub Pack 211 to celebrate National Scout Sunday at Trinity Methodist Church with Captain Ed Sadler, who was a scout in Troop 211 in 1928.



During the weekend of Jan. 29, 2011, two sled teams from Troop 211 competed at the Klondike Derby Race at Alpine Scout Camp in New Jersey, where Team Hornets took third place.

Boy Scout Troop 211

What an exciting and challenging season this has been for Troop 211 so far! Our young men have been learning and teaching some great skills, and they had an opportunity to test some of these skills at the annual Klondike Derby Race at Alpine Scout Camp in Alpine, New Jersey, over the weekend of Jan. 29. Thirteen scouts from Troop 211 divided into two sled teams, the Hornets and the Clamdiggers, and competed in the derby against some daunting odds and more than 20 troops. Team Hornets consisted of team leader Michael Bellocchio, assistant team leader Connor Saulnier, and Daniel Green, Ryan Herrera Murphy, Graham Herrera Murphy and Nicholas Moore. The team took third place and the East Meridian trophy. When you see a 211 scout, join us in congratulating him for a job well done.

On Feb. 6, Troop 211 joined Cub Pack 211 and celebrated National Scout Sunday at Trinity Methodist Church. Troop 211 had the honor of joining the most senior Troop 211 Scout in attendance, Captain Ed Sadler, who was a scout on City Island back in 1928 and is still doing his best!

Keep a sharp look out for our scouts doing some great community service in the near future, and don't forget our Easter Flower Sale fund-raiser on April 21-23 in front of the Methodist Church at Bay Street. Anyone with service ideas or questions about joining can e-mail Troop211ideas@yahoo.com.

**Assistant Scoutmaster
Angelo Bellocchio**

American Legion Post # 156

The commander cautions us to beware of the Ides of March. The month of March heralds a number of holidays observed by the Post. St. Patrick's Day is Wednesday, March 17. The annual St. Patrick's dinner will be held on Sunday, March 20, which is also the first day of spring this year. The event will be catered by the World of Foods. The commander urges all to bring their appetites and to come early. See the bulletin board for time.

Here is a run-down of future events so that you can mark your calendars:

Sons of the Legion will hold their annual golf outing on Friday, April 29.

We are the host post for the Blessing of the Colors in Bronx County on Sunday, May 1.

The annual Cancer Bingo will be held Thursday, May 12. This is an auxiliary unit event.

The annual memorial service will be held on Sunday, May 22, at St. Mary, Star of the Sea Church.

The Bronx County convention is Friday, June 3.

The pumpkin sale will be held over the weekend starting Friday, Sept. 30.

The annual Oktoberfest will be on Saturday, Oct. 15.

The Servicemen's Dance and turkey raffle will be on Saturday, Nov. 19.

Saturday, Dec. 3, the Sons of the Legion will hold their annual Pearl Harbor service.

The children's Christmas party will be held on Saturday, Dec. 17, and the adults' Christmas party will follow the regular monthly meeting on Monday, Dec. 19.

Wow, doesn't time fly?

The Post meetings for the month of March are: regular meeting, Monday, March 7, and executive board Monday, March 21.

We lost two members since our last newsletter: Giles Bates on Christmas Day and Larry Barron last year. We were not notified about Larry's passing since we had lost contact with him.

Russ Schaller, Sgt. Emeritus

PSS Senior Programs

Leave a written legacy. A writing group is forming at Grace Episcopal Church Hall on Tuesdays, for four weeks beginning March 15, from 12:30 to 2 p.m. The general theme is "Leaving a Written Legacy for Your Family." In prose or poetry, find your own writing voice by drawing from memorable experiences with people, places,

Continued on page 12



In the Mines

The recent mine disaster and amazing rescue in Chile reminded me of the myriad films in which mining is a topic or a setting. The somewhat dated classic film **How Green Was My Valley** (1941) received five Academy Awards, including best picture. It is the story of a Welsh coal mining family told from the viewpoint of the youngest child, Huw (Roddy McDowell). It stars Walter Pidgeon as Mr. Gruffydd, the local clergyman; Maureen O'Hara as Angharad, who loves him but marries another; and Donald Crisp as Gwilym Morgan, the family patriarch and tower of strength.

King Solomon's Mines (1950) takes us to the wilds of Africa, where adventurers have gone in search of a fantastical diamond mine. When the husband of Elizabeth Curtis (Deborah Kerr) goes missing, she and her brother John Goode (Richard Carlson) hire Allan Quartermain (Stewart Granger) to take them on safari to search for him. The remake with Sharon Stone and Richard Chamberlain is startlingly stupid.

The Molly Maguires (1970), based on real-life events, features Sean Connery as Jack Kehoe, an activist leader who is trying to force the local coal company to improve working conditions. When James McParlan (Richard Harris) is sent to infiltrate the terrorist organization, his loyalties are divided by the wretched conditions that he witnesses.

Eleven years later, we again find Sean Connery, this time as Bill O'Neil, a federal district marshal assigned to a remote mining camp located on Jupiter's moon Io, in the sci-fi thriller **Outland** (1981). Helped by the brilliant and feisty Dr. Marian Lazarus (Frances Sternhagen), he struggles to determine why workers are dying in disturbingly psychotic ways.

Set in the 1920s in the West Virginia town of **Matewan** (1987), independent filmmaker John Sayles tells the story of a labor dispute with the Stone Mountain Coal Company. When the company brings in immigrants and minorities (including the likes of James Earl Jones) to provide cheap labor, union organizer Joe Kenehan (Chris Cooper) tries to unite the miners in a strike. The excellent cast includes David Strathairn as the police chief, Josh Mostel as the mayor, Mary McDonnell as the widowed rooming-house owner and Bob Gunton as a company fink.

October Sky (1999) is the true story of Homer H. Hickam Jr. (Jake Gyllenhaal) who grew up in a West Virginia coal mining town in the 1950s. His father (Chris Cooper again) is a hard-working mine foreman who expects his son to follow in his footsteps. But Homer has different aspirations. With the encouragement of his science teacher (Laura Dern), Homer builds rockets with the ultimate goal of reaching for the stars.

Set in northern England, **Billy Elliot** (2000) recounts the story of an 11-year old boy (Jamie Bell in the title role), who takes the money his mineworker father (Gary Lewis) gives him for boxing lessons and instead pays Mrs. Wilkinson (Julie Walters) for ballet lessons. The way in which the father finally accepts his son's ambition is poignant indeed. Both this and *October Sky* are fine family films.

Inspired by the first sexual harassment class-action suit in the United States, **North Country** (2005) is the story of Josey Aimes (Charlize Theron), a single mother who wants to make a better life by earning the premium pay of a miner at the Eveleth Mines in Minnesota. The few women who work in the mine during the

late 1980s are subjected to cruel physical and verbal abuse by the male workers. Josey's father (Richard Jenkins) is ashamed that she works in his mine, and her mother (Sissy Spacek) is at best ambivalent. Frances McDormand is perfection as Glory, a fellow worker who knows how to handle herself and serves as an inspiration.

Although one might not think of this film as a "mining movie," in point of fact the plot of **Avatar** (2009) is a U.S. military mission to Pandora, an earth-sized moon in the year 2154, to excavate this world rich in a mineral that the Earth desperately needs. The main character, Jake Sully (Sam Worthington), is a paraplegic soldier whose being is injected into the body of an avatar and who is charged with befriending Pandora's inhabitants, the Na'vi. The scientific leader of his team is Dr. Grace Augustine (Sigourney Weaver) who conflicts with military commander Col. Miles Quaritch (Stephen Lang). However, the primary focus of attention is the sumptuous world created by director James Cameron. One may not be captivated by the created species the Na'vi, but no one can fail to appreciate the splendor of the visual effects of this gorgeous but violent film.

And until next time, happy viewing. . .



Public School 175

Although a short month, February was quite busy. Our Student Leaders, with the coaching of consultant Lynne Hurdle-Price, conducted classroom presentations in all grades about respecting each other and honoring differences. They did a fabulous job, and we are proud to have such wonderful boys and girls as leaders in our school.

The first session of our Bronx Arts Ensemble Visual Arts program recently finished, and teaching artist Marney Fuller has created beautiful displays of student work. The second session is beginning, and we look forward to seeing more creative projects from our students.

Our Sports & Arts after-school program has been in full swing, with students participating in art, music, athletic activities, ping pong tournaments and homework help. In addition, over the mid-winter break, small groups of students went roller skating in Lynbrook, Long Island, snow tubing in Pennsylvania and ice skating in Queens, and they visited the New York Hall of Science.

Thanks to another grant from Council Member James Vacca, we are able to provide an after-school arts program for students in grades six through eight. Students are working with teaching artists from the Bronx Arts Ensemble on a musical montage performance. Rehearsals have been going very well, and students will be putting on the performance for their families at the end of March.

Our fifth-graders have also been busy working with the teaching artists from the Bronx Arts Ensemble and their classroom teachers on their April performance of "Music Man." After seeing the rehearsals, we can tell that this is going to be a marvelous production! A portion of the grant from Council Member Vacca is also being used to subsidize this performance. In May, as an extension activity, the students and teachers are going to see "Sister Act" on Broadway and will meet with one of the cast members after the show to learn more about what goes into a professional production.

The P.S. 175 tradition of the sixth-grade trip to Camp Greenkill will continue this year in April. We are most fortunate that Mr. Rauh has promised to accompany our students for the 26 consecutive year!

Our seventh-graders are gearing up for two learning-filled trips that will take place in the coming months. In March they will go to Philadelphia and in May to Boston.

Both trips tie in with what they have been learning in social studies.

Our eighth-grade students are working hard to be ready for their momentous June event. This month they held a Valentine's Day bake and candygram sale, which provided an opportunity for their schoolmates to purchase Valentine's Day goodies for their family members. The fund-raiser was a huge success! This year's senior trip will be an overnight visit to Washington, D.C.

Please keep in mind these important dates: Parent-teacher conferences will take place on Wednesday, March 16, from 1 to 3 p.m. and 5:30 to 8 p.m. The Book Fair and Science Fair Display will take place on this day, as well. Kindergarten registration for City Island residents only is ongoing. Families with children turning five on or before Dec. 31, 2011, should come in to fill out registration paperwork. Eighth-grade graduation will take place on Friday, June 24, at 9:30 a.m. The eighth grade dance will take place the same evening, from 8 to 10:30 p.m. The Eighth-Grade Awards Night Dinner will take place on Thursday, June 16, at 6 p.m. The Kindergarten moving-up ceremony will take place on Thursday, June 23, at 9:30 a.m. and will be followed by a family celebration in the gym.

Citizens of the month for February were Emily Lyons and Natalia Tranquillo (kindergarten); Julian McElroy and Joseph Peloso (first grade); Angelina Sciarra and Kaltrina Rugova (second grade); Brandon McGaughan and Albieris Sosa (third grade); Damon Hamblin and Julisa Viguera (fourth grade); Olivia Albertelli and Rebecca Scott (fifth grade); William Willis and Joseph Mancuso (sixth grade); Valerie Kornitouchouk and Gabriel Gojani (seventh grade); Kayla Lawson and Brian Buryakov (eighth grade).

St. Mary, Star of the Sea

The school year is flying! The boys of summer are back in spring training. Everyone is anxiously awaiting warm spring evenings, field trips and no more snow.

St. Mary, Star of the Sea School is alive and well. Registration is growing steadily and great things are happening. By September 2011, every class will be equipped with an interactive white board. The staff has already had extensive training, but all will have the opportunity for several more training hours to increase their proficiency in this innovative technology. Smart Boards are a crowd pleaser at SMSS.

Catholic Schools Week was great fun! There were crazy hats, pajamas, and our 22nd annual international luncheon, along with a Mass offered for our school and for the Catholic school community in general. One of the kindergarten families won the yearly family raffle with a grand prize of \$5,000. Our first-grade teacher, Sr. Joan McKinney OP, drew the lucky ticket during our annual luncheon.

We have had the pleasure of honoring many of our students as Student of the Month. Please join us in congratulating the following students who have recently been chosen to receive this honor for December and January: Marcello Pervizi, Anders Ped-

ersen, Lily Jude Pecoraro, Gabriel Toribio, Theresa Coffey-Carlton, Heaven DeCuffa, Jordan Ingram, Andrew Reyes, Erayah Moore, Deni Gerdec, Julian Coley, Erulan Owens, Larnell Dorsey, Tyler Cantres, Krisanta Ojo, Kayla Tricoche, Arielle Clarke, Christina Hewen-Lowe, Jane Shvartsman, Camille Smith, Damien Thorne, Jonathan Martinez, Nia Drew, Viviana Ortiz, Bryce Campbell, Aimani Cantres, Ryan Herrera-Murphy, Fernando Gonzalez, Amanda Brown and G'Sean Coley.

The following students have earned honors for the second marking period: First grade principal's honors: Leah Mastin, Brooke Miller, Star Moroch; first honors: Joseph Burton, Jonathan Delgado, Isyss Lind, Sanai Mingo, Raven Reed, Tykai Rosario, Sara Vega, Julius Williams; second honors: Kayla Broodie, Michael Robson, Emily Terry, Mia Vargas. Second grade first honors: Anna Borovinskaya, Julian Coley, Devin Cruz, Mykaila Donovan; second honors: Serenity Baptiste, Adelyse Guzman, Steven Jefferson, Destiny Murray. Third grade first honors: Nicholas Badillo, Krisanta Ojo; second honors: Tyler Cantres, Jordan Correa, Andrew Cruz, Ahmari Fails, Nina McPherson, Julitza Rendon, Steven Rice, Jordan Rodriguez, John Wilson, Daniela Zoquier. Fourth grade first honors: Michael Bannister, Arielle Clarke, Christine Hewn-Lowe, Timothy Hudson, Kiera Lane, Aiden Saulnier, Camille Smith; second honors: Anthony Brodie, Cierra Brown. Fifth grade first honors: Jasmine Billings, Christina Martinez, Johathan Martinez, Deion Rodriguez, Jane Shvartsman, Mateo Tomlinson, Destinee White -Foster, Randiel Zoquier; second honors: Jessica Hines. Sixth grade first honors: Tamia Hackworth, Raonna Jefferson, Nicholas Moore, Anthony Perkinson, Christine Rice, Shannon Saulnier; second honors: Ryan Hernandez, Daniel Johnson, Alicia Jones, Diego Mercado, Michael Santamaria, Damien Thorne. Seventh grade first honors: Nia Drew, Graham Herrera-Murphy, Dana Johnson, Azaria Laster, Briana Marrero, Eddie Ocasio, Taisja Robison, Jahquell Terry, Jabari Weste; second honors: Kyle Caso, Fernando Gonzalez, Ashlie Howell, Erynn Owens, Briana Smith, Destiny Vargas. Eighth grade principal's honors: Maya Lugo, Conner Saulnier; first honors: Gabriella Federowicz, Ryan Herrera-Murphy, Michael O'Connor; second honors: Danielle Billings, Amanda Brown, Lynette Cartegena, Eliana DeJimenez, Emily DeJimenez, Brianna Ocasio, Isaac Rowser, Bryton Snowball, Saquasia Terry.

We are very proud of our students and all of their fine accomplishments.

If you are interested in registering your child at St. Mary, Star of the Sea, please call Mrs. Jane Dennehy at 718-885-1527. We have a great deal to offer your child. Our goal is to educate the whole child and give them the confidence to become lovers of learning. We stress the strengths that each child possesses while helping them where they may struggle. We are dedicated to encouraging children to become the best they can possibly be in a warm, safe and nurturing atmosphere.



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Mr. America

Continued from page 7

motions, such as a chest press and a row.

The key to finding the best exercise is to find those that bring your workout intensity to a whole new level. I would be short-changing you if I named any exercise as the best. The fact of the matter is that the combination of changing your workouts, using

interval training, and even using some good old cardio will ultimately see you to your goal.

These methods will help you to burn more calories, increase your metabolic rate and stimulate the production of more fat-burning and muscle-toning hormones. Of course, there is more involved to achieving your fitness goals. You need to incorporate fat-burning into your routine. You need to consistently challenge yourself during workouts. You need to take control of your eating habits and to get your diet dialed in.

Although there are many things in life you do not have direct control over, what ends up in your mouth is not one of them! You control what you eat. Instead of eating extra large portions, choose wisely, and your body and waistline will thank you for it. Couple this with a regular fitness routine, and you will find that reaching and maintaining your goal weight is easier than ever.

Molly Schroeder, Ph.D.

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THE RIGHT STUFF

By JERI STARK

If you are reading this article, you have probably lived long enough to accumulate a lot of "stuff." Some of us have lived so long that even our "stuff" has accumulated "stuff." George Carlin, the late comedian and social commentator, used to do a hilarious stand-up routine about people and their stuff. "That's all your house is," Carlin said, "It's just a place to keep your stuff. If you didn't have so much stuff, you wouldn't need a house. You could just walk around all the time." Basically, according to Carlin, "a house is just a pile of stuff with a cover on it."

Dealing With It

Admittedly, there are a great many reasons why we have so much stuff in our homes and simultaneously in our lives. And there are just as many reasons why nothing seems to change, including the fact that de-cluttering and organizing require time, skill and motivation, not to mention detaching from things of sentimental value that have occupied a special place in your home and heart for more years than are beneficial.

A common mistake that clutterers make is to try organizing their clutter. By definition, clutter cannot be organized. It is inherently a mess, and having a cluttered home is like having a thick head of hair that is unsightly and unwieldy until it is cut, thinned and styled. Once you have fully accepted this premise, you'll be in the right frame of mind to begin de-cluttering.

Getting Started

The first thing to do is make sure you have the right equipment and supplies. Skipping or skimping in this area could keep you clutter-bound. So go all out with these items. You'll need garbage bags, but not the flimsy, scented white ones. We're talking about contractor bags, those heavy-duty, 42-gallon plastic bags that are 3 or 4 millimeters thick. In addition, you will need three medium boxes (the ones you get from a storage center or moving company), magic markers, a pail of water, a sponge, dust rags and a timer.

Start in the room or the space that sickens you most. That way you'll experience your recovery from clutter faster. Use the zone method of de-cluttering, which involves working from the door inward and clockwise around the room, doing a little at a time, twice a day. Decide how much time you want to allocate to each session, and set the timer accordingly. Don't be too ambitious, or you'll burn yourself out. De-clutter in small increments of time, dusting and cleaning as you go. After all, the house didn't become cluttered all at once. It took a while, so it's okay for it to take a while to get cleaned up. The goal is to get it done, but not necessarily overnight.

Now label your boxes as follows: "Give Away," "Put Away," and "Throw Away." Then use one of the garbage bags

to line the box labeled "Throw Away." Set the timer for about 40 minutes for your first session, but not more than 60 minutes and not less than 10. Find the time period that works for you, one that will allow you to experience a sense of accomplishment without feeling burdened. Work fast, but don't pull out more stuff than you can put away in the allotted time. The trick is to avoid feeling overwhelmed. That's why you're working in zones, clockwise and incrementally. But don't skip anything.

De-clutter Decision Making

Ask yourself if an item is trash or treasure? If it's trash, toss it in the "Throw Away" box. If it's treasure, whose treasure is it? If you smile when you think about it, drop it in the "Put Away" box. If it doesn't make you smile, give it to someone else to treasure. Throw away or give away any items that you haven't used or worn in a long time, and that you probably won't use or wear any time soon. If you find yourself thinking "this may be worth something someday," it won't, so get rid of it.

My friend's 100-year-old mother says, if you study long, you study wrong. So don't dwell on deciding what to do with an item. If you find yourself thinking about it for more than a few seconds, it should probably be discarded.

When the "Throw Away" box is full, remove the bag and put it outdoors with the trash. Re-line the "Throw Away" box and keep up your momentum. Seal the "Give Away" box when it is full and put it in your car so you can take it to the thrift shop right away. Don't save it for a yard sale. Now start another "Give Away" box.

When the "Put Away" box is full, take the box from room to room putting the items where they belong. If the timer signals that your time is up, put away all the boxes. But first empty or dispose of them as suggested, moving about as quickly as possible.

Helping Hands

Despite the personal satisfaction it brings, you may not be a do-it-yourselfer. You may want to engage a professional. Elizabeth Quincy, a New York-based professional organizer, runs a firm called Matter of Heart Organizing and Coaching (Elizabeth@matterofheartorganizing.com, 917-449-4402) and uses a model that recognizes the client as naturally resourceful, creative and whole. "As a coach," Ms. Quincy says, "I ask questions and offer perspectives that allow [clients] to make discoveries and move forward with what matters most."

It may not be as hard as you thought to part with that peacock chair and netting that you've had since college. And it definitely won't cut into your time as much.

Whether you do it yourself or have someone else do it, you can get your stuff under control and experience the freedom that comes with an uncluttered home. You deserve it.



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Obituaries

The Current will print obituaries free of charge upon notification by a member of the deceased's immediate family. Call 718-885-0760 or write to P.O. Box 6, City Island, NY 10464, including your telephone number.

Doris Deveau Byrnes

Longtime resident of City Island Doris Deveau Byrnes, passed away on Nov. 11, 2010, at the age of 90.

Doris was born on Sept. 29, 1920, in New York City. She moved to City Island at the age of two with her parents, Moses and Beatrice Deveau, who had emigrated from Mavilette and Salmons River in Nova Scotia. Her father was a shipbuilder at Nevins Boatyard during City Island's boat-building prime.

Doris attended P.S. 17 and Evander Childs High School. She married James Byrnes at St. Mary, Star of the Sea Church on Sept. 1, 1946.

She loved her home and garden and her family and friends on City Island. She always had a smile and a warm hello for everyone.

Doris was predeceased by her husband, James, and her brother, Edwin. She is survived by her children, James, Timothy, Maureen and Cathleen; her daughters-in-law, Jane and Judy; her son-in-law, John Yarusso; and her grandchildren, Heather, Jimmy, Mallory, Timmy, Jaelyn, Danielle and Megan.

She was laid to rest in Pelham Cemetery after a funeral mass on Nov. 13 at St. Mary, Star of the Sea Church.



From EDWARD D. HEBEN, C.P.A.

IRS Calendar

To help make sure you don't miss any important 2011 deadlines, I am providing this summary of when various tax-related forms, payments and other actions are due. Please review it and be sure to file in a timely manner to avoid interest and penalties for late filing or, worse, non-compliance.

The first two months of 2011 have passed by, but during January and February, individuals should have reported their tip income of \$20 or more to their employers (Form 4070) on Jan. 10 and Feb. 10; paid the final installment of their 2010 estimated taxes (by Jan. 18); and filed income tax returns to avoid penalties for underpaying estimated taxes. Businesses must also have provided Form 1099 to recipients of any 2010 interest, dividend or miscellaneous income and filed those forms with the IRS, and employers had to provide 2010 Form W-2 to employees reporting income tax withholding and FICA taxes for the fourth quarter of 2010. They also should have filed the annual return of federal unemployment taxes and paid any tax due. Those claiming an exemption from withholding should have filed a new form by Feb. 15, and filed various forms with the Social Security Administration.

March 10: Individuals report February tip income of \$20 or more to their employers (Form 4070).

March 15: Fiscal-year corporations file 2010 income tax returns (Form 1120 or 1120-A) or file automatic six-month extensions (Form 7004), and pay any tax due.

March 31: Employers electronically file Forms 1098, 1099 and W-2G.

April 11: Individuals report March tip income, \$20 or more, to employers (Form 4070).

Note that the April 15 deadlines have been extended to April 18 this year because

of a District of Columbia holiday

April 18: Individuals file 2010 income tax return (Form 1040, Form 1040A or Form 1040EZ) or an automatic six-month extension (Form 4868), and pay any tax due.

Individuals pay first installment of 2011 estimated taxes if not paying income tax through withholding (Form 1040-ES) and make any 2010 contributions to a traditional IRA or Roth IRA (even if 2010 income tax return extension is filed). This is also the date by which individuals must make 2010 contributions to a SEP (unless income tax return extension is filed) and file a 2010 gift tax return (Form 709) or an automatic six-month extension (Form 8892), paying any gift tax due.

Household employers file Schedule H (Form 1040) if wages paid equal \$1,700 or more.

Calendar-year partnerships file income tax return for 2010 (Forms 1065, 1065-B) or request automatic five-month extension (Form 7004). Trusts and estates file income tax return for 2010 calendar year (Form 1041) or automatic five-month extension (Form 7004), paying any income tax due. Calendar-year corporations pay first installment of 2011 estimated income taxes.

May 2: Employers report income tax withholding and FICA taxes for first quarter 2011 (Form 941), and pay any tax due.

May 10: Individuals report April tip income, \$20 or more, to employers (Form 4070). Employers report income tax withholding and FICA taxes for first quarter 2011 (Form 941), if all associated taxes due were deposited on time and in full.

May 16: Exempt organizations file 2010 calendar-year information returns (Forms 990, 990-EZ, or 990-PF) and pay any tax due.

June 10: Individuals report May tip income, \$20 or more, to employers (Form 4070).

June 15: Individuals file individual income tax return (Form 1040) or four-month extension (Form 4868) if living outside the United States and pay any tax and interest due.

Individuals pay second installment of 2011 estimated taxes if not paying income tax through withholding (Form 1040-ES).

Calendar-year corporations pay second installment of 2011 estimated income taxes.

July 11: Individuals report June tip income, \$20 or more, to employers (Form 4070).

Aug. 1: Employers file calendar-year retirement plan report (Forms 5500, 5500-EZ) or request an extension.

Employers report income tax withholding and FICA taxes for second quarter 2011 (Form 941) and pay any tax due.

Aug. 10: Individuals report July tip income, \$20 or more, to employers (Form 4070). Employers report income tax with-

holding and FICA taxes for second quarter 2011 (Form 941), if they deposited on time and in full all of the associated taxes due.

Sept. 12: Individuals report August tip income, \$20 or more, to employers (Form 4070).

Sept. 15: Individuals pay the third installment of 2011 estimated taxes if not paying income tax through withholding (Form 1040-ES).

Calendar-year corporations pay third installment of 2011 estimated income taxes.

Calendar-year corporations file 2010 income tax return (Forms 1120, 1120S) and pay any tax, interest, and penalties due if automatic six-month extension was filed.

Calendar-year corporations make contributions for 2010 to certain employer-sponsored retirement plans if automatic six-month extension was filed.

Calendar-year partnerships file income tax return for 2010 (Forms 1065, 1065-B) if automatic five-month extension was filed.

Trusts and estates file income tax return for 2010 calendar year (Form 1041) and pay any tax, interest, and penalties due if automatic five-month extension was filed.

Sept. 19: Estates file estate tax return for estates of those dying after Dec. 31, 2009, and before Dec. 17, 2010.

Oct. 3: Employers must establish a SIMPLE for 2011, except in certain circumstances when it must have been created effective Jan. 1.

Oct. 11: Individuals report September tip income, \$20 or more, to employers (Form 4070).

Oct. 17: Individuals file 2010 income tax return (Form 1040, 1040A or 1040EZ) and pay any tax, interest and penalties due if automatic six-month extension was filed. Individuals make contributions for 2010 to certain retirement plans or establish a SEP for 2010, if automatic six-month extension was filed.

Individuals file 2010 gift tax return (Form 709) and pay any tax, interest and penalties due if automatic six-month extension was filed.

Oct. 31: Employers reporting income tax withholding and FICA taxes for third quarter 2011 (Form 941) and pay any tax due.

Nov. 10: Individuals reporting October tip income, \$20 or more, to employers

(Form 4070). Employers report income tax withholding and FICA taxes for third quarter 2011 (Form 941), if you deposited on time and in full all of the associated taxes due.

Dec. 12: Individuals report November tip income, \$20 or more, to employers (Form 4070).

Dec. 15: Calendar-year corporations pay fourth installment of 2011 estimated income taxes.

Dec. 31: Employers establish a retirement plan (other than a SIMPLE or a SEP).

PSS Senior Programs

Continued from page 9

things and events. Writers of all levels are welcome. There is no charge for the sessions. Just bring a notebook and two pens.

For further information please call the Writing Group leader Joan Nilon at 718-885-1604. Joan is a published writer, has taught writing courses for adults, and has an MA in writing from New York University.

Caregivers Support. If you are caring for someone or if you know someone who is caring for another, we have some supportive services that might be helpful, including respite, escort assistance and shopping assistance. Please call Patty at 718-885-1891.

Transportation Services. Anyone over 60 is encouraged to take advantage of our door-to-door transportation services. Call Anthony Mazzella at 347-834-6466 a day ahead for Island and off-Island trips. Regular afternoon shopping trips are Monday: Bay Plaza; Thursday: A&P; every other Wednesday: Shop Rite in New Rochelle. Trips are also made to Fairway, Target, Trader Joe's, the Christmas Tree Shop, Key Food, Stop & Shop, Empire City and more. The suggested contribution for round trips is \$1 on City Island, and \$2.50 off-Island.

For further information and a complete schedule of transportation and exercise programs, call Patty at 718-885-1891. Programs are funded by Presbyterian Senior Services, the NYC Department for the Aging and the NYC Arthritis Foundation.

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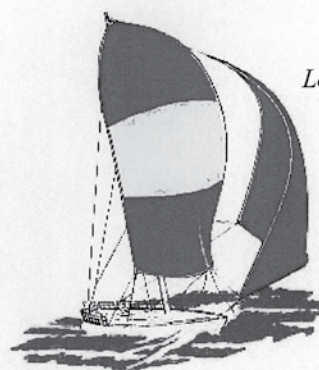
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HH = hours; MM = minutes Tide chart by Tom Smith

MARCH 2011									
DAY	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	DAY
	HH MM	FEET	HH MM	FEET	HH MM	FEET	HH MM	FEET	
01 Tue	0327	0.25	0932	7.63	1558	-0.13	2155	7.38	Tue 01
02 Wed	0414	0.05	1018	7.71	1641	-0.17	2238	7.55	Wed 02
03 Thu	0457	-0.07	1059	7.70	1720	-0.12	2317	7.62	Thu 03
04 Fri	0535	-0.11	1137	7.60	1753	-0.01	2351	7.60	Fri 04
05 Sat	0608	-0.06	1209	7.42	1818	0.15			Sat 05
06 Sun	0016	7.52	0632	0.04	1230	7.23	1825	0.26	Sun 06
07 Mon	0026	7.48	0642	0.12	1241	7.09	1839	0.29	Mon 07
08 Tue	0044	7.51	0704	0.18	1305	7.01	1909	0.35	Tue 08
09 Wed	0115	7.55	0738	0.28	1340	6.93	1947	0.48	Wed 09
10 Thu	0153	7.55	0819	0.44	1422	6.81	2031	0.68	Thu 10
11 Fri	0237	7.50	0906	0.64	1509	6.68	2119	0.90	Fri 11
12 Sat	0326	7.40	0958	0.83	1602	6.58	2213	1.08	Sat 12
All times are Eastern Daylight Time beginning Sunday, March 13									
13 Sun	0522	7.30	1158	0.93	1803	6.58			Sun 13
14 Mon	0015	1.13	0624	7.26	1307	0.86	1911	6.74	Mon 14
15 Tue	0124	0.98	0732	7.35	1428	0.56	2021	7.10	Tue 15
16 Wed	0244	0.57	0843	7.58	1539	0.09	2126	7.59	Wed 16
17 Thu	0359	-0.03	0948	7.89	1635	-0.42	2222	8.09	Thu 17
18 Fri	0500	-0.65	1046	8.15	1725	-0.84	2312	8.51	Fri 18
19 Sat	0554	-1.15	1139	8.31	1812	-1.10			Sat 19
20 Sun	0000	8.77	0645	-1.44	1230	8.30	1858	-1.16	Sun 20
21 Mon	0048	8.85	0737	-1.48	1321	8.12	1945	-1.01	Mon 21
22 Tue	0137	8.72	0831	-1.28	1413	7.80	2035	-0.65	Tue 22
23 Wed	0229	8.41	0929	-0.88	1512	7.40	2131	-0.16	Wed 23
24 Thu	0327	7.97	1033	-0.39	1620	7.00	2239	0.36	Thu 24
25 Fri	0441	7.52	1140	0.07	1737	6.74	2355	0.77	Fri 25
26 Sat	0604	7.22	1247	0.38	1848	6.71			Sat 26
27 Sun	0107	0.94	0717	7.14	1350	0.52	1952	6.86	Sun 27
28 Mon	0212	0.90	0820	7.22	1448	0.52	2049	7.11	Mon 28
29 Tue	0310	0.71	0916	7.36	1540	0.44	2140	7.38	Tue 29
30 Wed	0402	0.47	1006	7.49	1627	0.36	2227	7.61	Wed 30
31 Thu	0448	0.24	1051	7.57	1709	0.31	2309	7.75	Thu 31
APRIL 2011									
01 Fri	0530	0.09	1133	7.56	1747	0.33	2347	7.79	Fri 01
02 Sat	0608	0.02	1210	7.48	1819	0.40			Sat 02
03 Sun	0019	7.75	0641	0.02	1242	7.34	1839	0.49	Sun 03
04 Mon	0039	7.69	0704	0.08	1302	7.19	1845	0.52	Mon 04
05 Tue	0047	7.70	0717	0.12	1312	7.13	1907	0.51	Tue 05
06 Wed	0101	7.79	0739	0.15	1338	7.13	1941	0.54	Wed 06
07 Thu	0143	7.87	0814	0.22	1414	7.12	2021	0.64	Thu 07



Photo by GARY MAKUFKA

Island resident and animal rescue specialist Yolanda Cirulli arranged for the ASPCA to bring a van to City Island on Feb. 22 to neuter 15 stray cats that had been captured for the purpose from various locations on the Island. Yolanda worked with two ASPCA staff members, Amie Saladis (left) and Nicki Miller, to organize the initiative.



LIFE AND DEARTH

There were not nearly as many enterprising City Island youth out on the streets this winter as there ought to have been. Not all that long ago, the same kids would have been racing one another with snow shovels to the next snowed-in customer. Now it seems sometimes as if these sorts of opportunities are not even a blip on the old video game screen. Karl, on the other hand, the new proprietor of the City Island hardware store, was more than ready for nasty winter weather. We understand that he had enough rock salt and ice melt on hand to make a glacier disappear. Before your next trip to Home Depot, why not give him a chance? Karl may have what you're looking for and with the kind of service you can take to the bank. You know the address.

Ask any wild animal: foraging for food is much more complicated after a snow-storm. After successive storms, it can be downright impossible. Anyone who scattered birdseed at some point last month knows what we're talking about. It was obvious sometimes that there were some very hungry birds out there. Chickadees, we have been told, will literally take the food from your hand, if you have the patience.

Unsalted, shelled peanuts are your best bet. Chickadees are some of the easiest birds to identify because they take their name from the sound that they often make: chick-a-DEE-DEE-DEE. Classic onomatopoeia.

We frequently wondered this winter if the slim pickings on the ground had anything to do with the dearth of waterfowl in the bay. Buffleheads, mergansers, black ducks, scaup, all seemed especially underrepresented this year. The seemingly starved geese that we attempted to feed on the beach had to contend with very aggressive seagulls that would greedily stab crusts of bread right out of a goose's beak. We learned that it was better to toss a whole slice of bread toward the geese and let them nibble away at it in relative peace. Saturated slices of bread were too heavy for gulls to grab and fly away with.

On a happy note, it would appear as if Pelham Bay Park Administrator, Marianne Anderson, is good to her word. She promised she would do what she could to replace the platforms that monk parakeets had been calling home for years in Pelham Bay Park, and now six new nesting platforms have been approved for installation. Kudos to all those advocates for the monks, but a special thanks seems in order for Ms. Anderson, not only for listening but, more importantly, for following things up with action. Look for work to begin as the weather warms up.

As usual, we welcome your feedback and invite your input at jdsstrat@msn.com.

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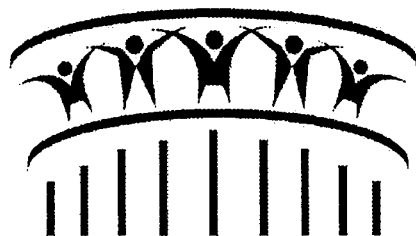
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Photos by RICK DeWITT

Snow woes continued throughout February on City Island. Residents and business owners are hoping to finally put away their shovels in March.

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Information for the Talebearer must be received in writing no later than the 15th of the month except July and December. Mail to The Island Current, P.O. Box 6, City Island, NY 10464; include your name and telephone number.



Tessa Marie Barron was born on Jan. 27, 2011.

dad, Joe, who celebrates his 40th on March 28. With love from the Butterworths.

Happy March birthdays to Phil Tomsen (3/3), Dotty Tomsen (3/10), Eugene Occhicone (3/15) and Judy McCormick (3/18).

Happy 25th anniversary to Mom and Dad! As Mom says, "sometimes it feels like 50. Ha! Ha!" Here's to 25 more. With love from your seven dwarfs.

Best wishes for a lifetime of happiness to Carroll Street's Alexandra Fitzgerald and Paul Siegfried of Mount Vernon, who were married at the Surf Club in New Rochelle on Sept. 10, 2010.

It's a girl for Jason and Annie Barron. Tessa Marie was born on Jan. 27, 2011. Even her snowstorm arrival did not prevent her family from being at the hospital to welcome her into the world.

Maria Swieciki



Alexandra Fitzgerald and Paul Siegfried, who were married in September.

Congratulations to Julia DiMarco of Earley Street, who recently helped her synchronized figure skating team qualify for the U.S. Figure Skating National Championships with a strong showing at the regionals in Lake Placid. Mom, Dad, brother Chris and grandparents Josephine, Joanne and Dom are very proud of you. Good luck in California!

Welcome to City Island's newest clam digger, Evie Gabriella, who arrived on Valentine's Day (same birthday as her soon-to-be godfather). It will be easy for future boyfriends and husband to remember her birthday! Proud parents are Toby and Theresa Moors and thrilled big brother is Oliver.

A very happy 15th birthday on March 28 to Isabel Werkhoven, with love from Mom, Dad and brother Reese.

March birthday greetings go out to former Islander Jennie Varian.

The City Island Republicans would like to wish Bronx Chairman Jay Savino a very happy birthday on March 13.

Happy Saint Patrick's Day to my precious OPAL. Go easy on the corned beef and cabbage! Love, E.B.

Best wishes for continued happiness to Anne and Scouse McIntyre, who are celebrating their 25th wedding anniversary on March 28.

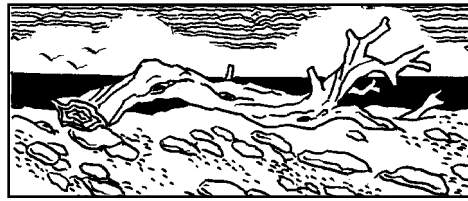
Happy 21st birthday wishes on March 8 to Marine Street's Chris Butterworth, with love from your family.

Birthday greetings on March 10 to Joseph Nelson, who turns 13, and to his



Photo by RICK DeWITT

On Boy Scout Sunday at Trinity, Pastor Susan Chadwick presents Scout Jeremy Filomio with his God and Country Badge; also present are his father, Jerry Filomio, and Larry Saulnier.



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