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One Dollar

St. Mary's "A-Teams" Make Playoff Run!



Congratulations to St. Mary's Boys Varsity basketball team on finishing the regular 2003-2004 season with an impressive record of 10 wins and 3 losses. Pictured above are (kneeling, l. to r.) Danny Henning, Michael Jaffe, Bruce Haggerty, Joey Ciarletta and Zack Mirabito. Standing are coach Bob Mirabito, Nick Mastracchio, Chris Fouch, Matt Bollati, Emil Berger, Jimmy Doyle, Paul Sauinier and coach Jim Doyle. Not shown: Andrew Michalski and Jonathon Andino.



Photos Courtesy of CONCEPCION PHOTOGRAPHY

Congratulations to the 2003-2004 Girls Varsity team on reaching the playoffs! Many members of the St. Mary's team have played together since third grade. Players are (l. to r.) Delia Berger, Courtney Quinn, Jennifer Brick, Lauren Branley, coach Sue Hayes, Christina Pearson, Christine Arnone, Kelly Carmody and Nicole Cody. Not pictured: Elisa Piparo, Jessica Lombardo and coach Kevin Quinn.

IDEA Project to Relocate

By BARBARA DOLENSEK

The open space next to Public School 175 seems to be no longer viable as a site for the community-wide project proposed by IDEA, in collaboration with other Island organizations (see March *Current*).

This conclusion was reached as the result of discussions between representatives of both IDEA and the City Island Little League, which does not want a building to take up the grassy area next to the Little League ball field.

IDEA and other community organizations, including COLONY, the Leonard H. Hawkins Post of the American Legion, the Civic Association, the Chamber of Commerce, the Community Center, St. Mary's Parish Council, P.S. 175, the City Island Theater Group and the City Island Historical Society and Nautical Museum, along with representatives of the Little League, have held monthly meetings since April 2003 to discuss the possibility of building an educational-recreational center on City Island.

This group of organizations, informally known as the Ed/Rec Center Group, formed committees under IDEA's leadership to study the possible facilities that the community might want to have in such a

center. Suggestions include a swimming pool, a gym and classrooms for the teaching of nautical and maritime activities and crafts.

The practice area in Ambrosini Field was originally proposed for the center because the capital funding for the project raised by IDEA is in the budget of the New York City Department of Parks & Recreation and may be used only on New York City parkland. The executive board of the City Island Little League raised objections to this location and met with the Ed/Rec Center Group on March 14 to resolve the issue.

At the meeting, the group, IDEA and the Little League concurred that the open field space at Ambrosini Park should not be considered a possible site, and a new committee was selected to research alternative sites, both public and private.

IDEA will host a meeting on April 14, 2004, at 7:30 p.m. in the City Island Nautical Museum, 190 Fordham Street, to continue discussions of the project. Everyone is urged to attend and become involved in the project, which may ultimately benefit the entire community.



Photos Courtesy of CONCEPCION PHOTOGRAPHY

The St. Mary, Star of the Sea Boys Junior Varsity A basketball team played more than 25 games and reached the semi-finals in the Catholic Youth Organization (CYO) A division for the 2003-2004 season. Tenacious team members are (kneeling, l. to r.) Tyler Vaughan, Alex Cebek, John Mazzella, Omar Salas, Tommy MacIndoe and Jack McCabe. Standing are Joe Noahvicka, Leon Bennett, Allan Leon, Sal Kulka and Jovan Smith. Proud coaches are Jason Breines, John Mazzella, Tom MacIndoe and Frank Cebek. (For more team results, see Basketball story in this issue).



The St. Mary's Girls Debs A team jumped out to an impressive start and made it to the Bronx CYO A division playoffs. Shown above are (kneeling, l. to r.) Bridget McGowan, Briana Lotrionte, Bernadette McMahon and Sarah Rothschild. Standing are coach John Moore, Adella Iliev, Phoebe Mankiewicz, Sonia Andrades, Elizabeth Arnone, Alycia DaLoia-Moore and coach Tom McMahon.

Police to Hold Traffic Conference

By KAREN NANI

Police from the 45th Precinct are planning to meet with City Island community leaders and restaurant owners in an effort to avoid traffic congestion on Easter Sunday and Mother's Day.

Officer Ann Marie Morrison told *The Current* that a meeting is being set up with Deputy Inspector James Capaldo, the City Island Chamber of Commerce and restaurant owners to avoid a repeat of the traffic jams that occurred on Valentine's Day 2004.

Because the 45th Precinct had not been able to provide personnel, officers from other precincts were sent to cover the traffic detail on Saturday, Feb. 14. However, these officers were not familiar with City Island and its unique traffic problems, and there was no preparation or supervision to help them figure

out how to handle the traffic.

Ideally, officers from the 45th Precinct will be available for traffic detail on Easter and Mother's Day, Officer Morrison explained. If not, the plan is to brief the patrol supervisor and explain the flow of City Island traffic to the outside detail of officers.

"We are not just catering to the restaurants. We want to make sure that all Island residents can come and go in a timely fashion on these two Sundays," Officer Morrison said.

Police hope the restaurants will do their part and use experienced valet parking attendants on these high volume days. The owners need to explain to their valet parkers how to avoid double stacking traffic waiting to enter their lots, especially at the beginning of the Island.



Photo by KAREN NANI

The Department of Transportation (DOT) began repaving City Island Road from "bridge to bridge" during March 2004. The City Island Civic Association requested the repaving last spring because it was not part of the original contract with the people who installed the water mains. DOT found the money to do the work and followed through on their promise. Signs before the circle clearly said that the road was closed and so Islanders had to go around the back way towards Orchard Beach. Some Islanders and visitors made circles around the circle during the late season snowstorms before getting used to the detours.

BRIEFLY...

ORGANIC VEGETABLES: Join the City Island CSA (Community Supported Agriculture) group and get fresh organic vegetables from a local New York farm for 24 weeks.

EASTER EGG HUNT: Welcome spring by joining in a traditional hunt for eggs in the lovely garden of the Bartow-Pell Mansion Museum, 895 Shore Road in Pelham Bay Park, on Saturday, April 3, 2004, at 10 a.m. sharp (rain date is Sunday, April 4).

GLASS RECYCLING STARTS IN APRIL: On Monday, April 5, 2004, City Island is scheduled for its first collection of glass, according to the New York City Department of Sanitation.

"AGATHA CHRISTIE MADE ME DO IT" performances are scheduled for: Friday, April 23, at 8 p.m.; Saturday, April 24, at 8 p.m.; Sunday, April 25, at 3 p.m.; Friday, April 30, at 8 p.m.; Saturday, May 1, at 8 p.m.; and Sunday, May 2, at 8 p.m.

A PTA-SPONSORED COMMUNITY FORUM to study City Island Middle School issues is scheduled for 7 p.m. on April 20, 2004, in the P.S. 175 school cafeteria.

Police Arrest Islander for Menacing

By KAREN NANI

On March 16, police arrested a City Island Avenue resident for menacing another resident with a knife.

Michael Iovanella, age 41, was arrested at 234 City Island Avenue around 7 p.m. and charged with menacing in the second degree and criminal possession of a weapon in the fourth degree, according to the Bronx District Attorney's office.

Police responded to a complaint and initially began their search near the IGA market on City Island Avenue. They mistakenly questioned and searched one of the employees of the IGA before the owner of the IGA and other Islanders told the police that they had the wrong person.

They then located Mr. Iovanella,

searched a pay phone near the defendant, and found the weapon. According to the criminal complaint, the victim told police that Mr. Iovanella had pointed the knife at him and said, "Good, now I know who you are, I will be back for you."

The complaint also states that the defendant intentionally placed another person in reasonable fear of physical injury by displaying a deadly weapon, a knife, which had a blade length of four inches or more.

Mr. Iovanella was arraigned in Bronx County Criminal Court and released without bail on his own recognizance. He is due to return to court on April 21, 2004 and has been assigned a Legal Aid attorney.

45 BLOTTER

Complaints reported from City Island to the 45th Precinct during February 2004. Unfounded complaints are not included in the list nor are complaints for crime occurring on the mainland.

FEBRUARY

- 3 - PETIT LARCENY
3 - GRAND LARCENY
1 - GRAND LARCENY (AUTO)
1 - ASSAULT
1 - HARASSMENT
1 - AGGRAVATED HARASSMENT
6 - LOST PROPERTY
1 - BURGLARY (COMMERCIAL)
1 - ARSON
3 - DRIVING WHILE INTOXICATED (DWI)

Police report the following arrests and incidents for the month of February:

2/2 - At 11:30 a.m. on City Island Avenue, an unknown person took a van without permission of the owner. The vehicle was parked outside a commercial establishment with the engine running.

2/4 - Detectives at the 45th Precinct are investigating an assault that allegedly occurred at 4:30 p.m. on Bay Street. During a verbal dispute with a neighbor, pepper spray was used on the complainant. The victim refused medical attention at the scene.

2/9 - Arson occurred at 9 p.m. at a commer-

cial establishment on Minneford Avenue. According to police, unknown person(s) did intentionally set fire to a building causing damage. The fire was deemed "incendiary" by fire marshals at the scene and is under investigation.

2/15 - A male, 43, was arrested and charged with DWI at 7 p.m. on Bridge Street. Police observed a moving violation and stopped the vehicle. There was a strong odor of marijuana coming from the car and marijuana was also visible inside the car, according to police.

2/25 - At 7:30 p.m. on Pilot Street, unknown person(s) forced entry into a commercial establishment and ransacked numerous rooms. Nothing appeared to be stolen and police are investigating this as a burglary.

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SMSS Basketball Program Continues to Grow

By JOHN MOORE, CATHY CEBEK and NANCY PRYOR

This year St. Mary, Star of the Sea added two new travel teams and a high school alumni team to their longtime basketball program. The expanded program drew more than 125 girls and boys into a successful 2003-2004 season, which came to a satisfying end on March 20, 2004.

Program directors Cathy and Frank Cebek congratulated all the children on their great effort and thanked all the parents for their support and cooperation. Most of the SMSS teams finished with winning records against tough competition in the Catholic Youth Organization (CYO) League and advanced to the postseason in the A Division playoffs and special tournaments.

The program directors thanked Father Robert Moore, pastor of St. Mary, Star of the Sea and Sister James Patrick, principal of the St. Mary, Star of the Sea School, for their enthusiastic support and guidance.

Additional thanks went to assistant director John Moore; his wife, Caryn; and Helen and Tom McMahon for their continued contributions to the success of the program. The maintenance crew—Bob Mirabito, Jimmy Doyle, John Mazzella, Tom MacIndoe and John Moore—was also congratulated for keeping everything fixed and running. Lastly, the directors recognized COLONY for making it possible for the children to have such a wonderful organization.

The season began with player registration in October and ended in March, with all the teams participating in the playoffs and many competing in various local tournaments.

At the annual Old Timers Day, all children who participated during the season received trophies, and many children were given special awards in recognition of their individual achievements. They then all had the chance to compete against their parents and demonstrate how much they had learned. Observers told *The Current* that some of the parents had "slowed down" considerably since their own basketball days.

Boys Varsity

The SMSS Boys Varsity basketball team finished their season with a come-from-behind 46-42 win over St. Brendan's in the St. Theresa Tournament. Nicky Mastracchio scored a season-high 16 points and Matt Bolatti added 10 points and 15 rebounds.

The Boys Varsity had finished the regular season with a 10-3 record before a disappointing 53-44 loss to St. Angela's, the eventual championship team, in a first round A Division playoff game. Chris Fouch scored 20 points with Matt Bolatti and Emil Berger each chipping in 8 points. Andrew Michalski and Bruce Haggerty started a fourth quarter rally with 4

points each.

The team was comprised of Matt Bolatti, Chris Fouch, Emil Berger, Nicky Mastracchio, Joey Ciarletta, Jimmy Doyle, Paul Saulnier, Zach Mirabito, Danny Henning, Michael Jaffe, Bruce Haggerty and Jonathan Andino.

The coaches, Jim Doyle and Bob Mirabito, would like to wish the eighth-graders good luck in high school.

Girls Varsity

The Girls Varsity team had a great season, which for many will be their last. The coaches want to thank the six eighth-graders, who are moving on to high school, for many years of exciting basketball at St. Mary's: Elisa Piparo, MVP; Christine Arnone, Best Offense; Jenny Brick, Best Defense; Christine Pearson, Sportsmanship; Courtney Quinn, Team Spirit; Kelly Carmody, Best Foul Shooter. The other team members are Nicole Cody, Lauren Branley and Delia Berger.

Boys Junior Varsity Tyro A

The Boys Junior Varsity team was coached by Frank Cebek, Tom MacIndoe and John Mazzella. The boys finished the regular season with an 11-5 record, placing third in their division. One of the most exciting games was against undefeated St. Theresa's with a nail-biting, double-overtime loss by one slim point. Another great game was the playoff game, in which the team won by one giant point against St. Brendan's to earn a spot in the A Division playoffs. The boys played undefeated St. Barnabas in a hard-fought game in the semi-finals and lost by a few points.

This team had a terrific competitive season, in which they played more than 25 games, 5 of which were decided in overtime. Three of the players received trophies in the St. Brendan's tournament: John "Mazz," Tommy "Mac" and Jovan Smith received All Tournament.

Team honors were awarded to the following: MVP's: Alex Cebek and Jovan Smith. These two boys each had 20-point games and well over 200 points this season. Alex's offensive and foul shooting was a valuable contribution to the team. Jovan's outstanding rebounds were second to none.

Best Offensive Player: Tommy MacIndoe. Tommy scored well over 100 points this season, had many assists and contributed to the victories not only with his skills, but with his lightning speed as well.

Best Defensive Player: John Mazzella. John's unrelenting man-to-man play and numerous steals provided the team with great defense.

Coaches awards: Allen Leon contributed with outside shooting and blocks; Tyler Vaughan with aggressive play and assists; Joe Nohavicka with his offensive rebounding; and Omar Salas with his eagerness to play, which made him the most valuable sixth man. Sal Kulka and Jack McCabe, who were the only fifth-graders, did a great job and will be the top guys on next year's team.

The coaches would like to thank Father Moore, Sister James Patrick, the parents and the players.

Boys JV Tyros Gold

The 2003-2004 Tyro Gold team may not have been a success in terms of wins and losses, but it was an outstanding success in the areas of teamwork, sportsmanship and bringing out the best of each player's ability.

Every member of the team worked tirelessly on improving his skills. The team was young and hungry and forced each opponent to work hard to earn its victories. One of the rewards for their tenacity was a fourth-place finish in



The new Girls Debs Blue basketball team was added this year to enhance the program. Team members are (l. to r.) Julia Doyle, Amanda Heffernan, Sarah Graves, coach Susan Hayes, Thaila Panky (kneeling), Megan Hayes, Alyssa Manfredonia and Melissa Pryor.



The battling Boys Bantams, consisting of third- and fourth-graders, were coached by Bob Whelan, Dave Sexton and Paul Saulnier. Players are (kneeling l. to r.) Amir Smith, Micah Hawkins, Ty Mankiewicz, Kevin Whalen and Gregory Sexton. Middle row: Joe Moore, Blake Cottam, Gus Berger, Robert Pirraglia and Tiernan Shanley. Not shown: Kevin Saulnier, Ian Cambell, Ryan Henning and Kyle Zima. Additional Team photos on page 11.

the Blessed Sacrament Holiday Tournament. Coaches George Spencer and Andy Werkhoven would like to especially thank Tina Gisante, Bill Esola, Robert Leavy, Sarah Anderson and all the parents for their help during the season.

Girls Debs A

The Girls Debs A Basketball team jumped out to an impressive start this year with an 8-0 record. They finished the season in second place with 14 wins and only 5 losses. They were eliminated in the first round of the playoffs by the Bronx champ St. Clare's Team.

The girls rallied around Sonia Andrades, who was the MVP for the season. Her outstanding effort to attend all practices and games and her tremendous love for the game reflect well on the team around her. The veteran guards, Bernadette McMahon and Bridget McGowan, played extremely hard, and their defensive ability always forced the other team to turn the ball over. Bridget made many clutch baskets, and Bernadette could pass the ball through the eye of a needle, which made her a very valuable point guard.

The starting forwards, Alycia DaLoia Moore and Elizabeth Arnone, gave opposing teams all they could handle under the boards. They developed into a good producing set of forwards, and they both excelled at dominating the rebounds in each game. Adella Illiev and Phoebe Mankiewicz gave the forwards super relief. Both girls unleashed their ability to score late in the season, holding the team close in many tight games. Sarah Rothschild, who may be the fastest player, continued the pressure on defense and shone as a relief for the guards.

The team lost Briana Lotrionte to a broken wrist a quarter of the way into the season, but she showed up for all the practices and continued with the team until she was able to join them again late in the season. Her talent was sorely missed. Amanda Heffernan joined the Debs team when Briana broke her wrist. She plays with super athleticism and drives the ball to the basket like a high school player.

Both coaches, John Moore and Tommy McMahon, wish the girls a great off-season and remind them to practice for next year over the summer.

Girls Debs Blue

St. Mary's Debs Blue, consisting only of fifth-graders, had a good "coming out" year. For many of them, it was their first time playing organized basketball. Although the Debs Blue didn't have a winning season, the girls were all winners for their efforts against teams that were older and more experienced than they were. Way to go girls! The team is looking forward

to next season: Melissa Pryor, Sarah Graves, Megan Hayes, Alyssa Manfredonia, Amanda Heffernan, Amanda Thomas, Thaila Panky, Samantha Gonzalez and Julie Doyle.

Boys Bantam

The 2003-2004 Boys Bantam team had a great season and should be proud of their accomplishments. They were led by head coach Paul Saulnier and his assistants, Dave Sexton, Paul Mankiewicz and Bob Whelan. The team won five games and battled valiantly in seven losses. The boys played a tenacious St. Theresa team in the playoffs and lost a hard-fought game. The team MVP was given to Amir Smith; Defensive Player of the Year to Kevin Whelan; and Best Offensive Player to Micah Hawkins. Two Coaches Awards, which exemplify teamwork and sportsmanship, were given to Robert Pirraglia and Kevin Saulnier. Thanks for a great season and the coaches hope to see all the players next year.

Girls Gidgets

Girls Gidgets coaches, Carlo Volpe and Frank Strazzera, would like to congratulate the Gidgets Basketball Team on an exciting season. The girls worked hard all year and learned the basics of the game. The coaches are very proud of all of the players. They would also like to extend their gratitude to the parents for their support. Everyone involved deserves a pat on the back and looks forward to next year!

Intramurals

The 2003-2004 Intramurals team enjoyed a tremendous season learning all aspects of the game. By season's end, they had perfected their dribbling, passing and shooting skills and easily defeated their parents in the annual Parents vs. Kids game by 24 to 2! The game's co-MVP's, Christopher DiMarco and Dylan Cullen, led the way, with honorable mention to Little Bob, Cian, Ari, Armand and our most improved player, Tommy Mastracchio.

Boys High School Alumni

After an absence of several years, the high school team was restarted by coach Frank Cebek. It was a great comeback as the team finished the 2003-2004 season with a record of 12 wins and 3 losses. Most of the players are tenth-graders from various high schools. The best game was a win against undefeated St. Benedict's, a team consisting mostly of seniors. The team captain was senior Jason Breines, and the players were: juniors Michael Kelly and Tom Delaney; sophomores Frank Cebek, Joe Leon, Arbor Ukehaxhaj, Matt Breines, Vernon Baluyut and Peter Coyle; and freshman John Mercorella.

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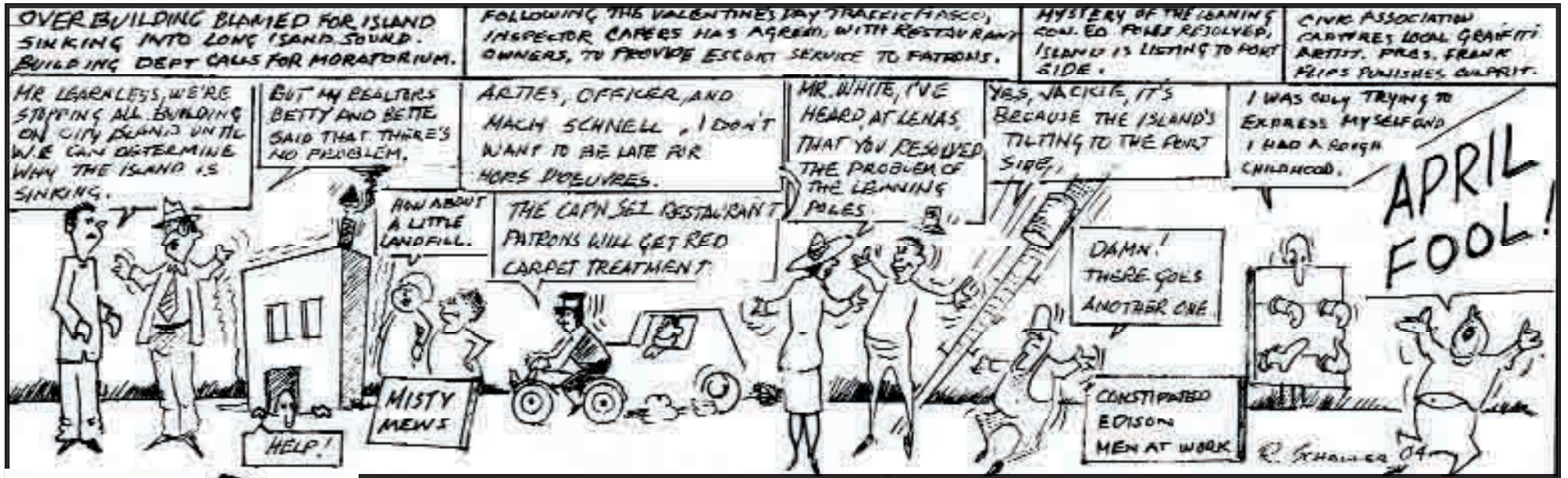
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Response to "The Passion"

To the Editor,

We wish to congratulate Marsha Treiber for at least having seen "The Passion of the Christ" before expressing her opinion (see *March Current*). So many others have criticized the film without viewing it. Of course, discretion is necessary on the part of parents, since they best know their own children. The brutality inflicted on the Christ is truly horrific, but resonates in our hearts as the greatest love story ever. Each person participating in the film with an open heart

and mind will be convinced that this Christ loves him deeply and completely.

It is imperative to lay blame for his Passion. Why? The blame is ours for the sins and evils of the world, especially since today's culture is determined to deny the existence of sin and evil.

The speaking of Aramaic and Latin focused our attention on what was being endured for our sakes. We understood from the mannerisms and tone of the characters enough to realize their motivations. Each of the five main personages—Jesus, Mary, Peter, John and Judas—was accessible to anyone even cursorily familiar with the Passion. The message intended by the film and by the Christ himself is one of penitence and forgiveness.

The film's original music, written by John Debney, is equivalent to the great Passion music of Haydn and Franck. Mel Gibson is to be highly praised for his monumental telling of the Passion of the Christ. That he wrestled with his emotions for 10 years, and knew at the end that this film was what he wanted to do, speaks of his own passion for Jesus. He has brought to life what we have meditated upon all our spiritual lives—the end and the beginning of Christ's Passion in

such a way that it is impossible for us to be the same as we were before. We can never again think of ourselves as being innocent or only relatively involved in the events of the Passion.

Teresa Teto
Alice Rotello

A Grateful Dad

To the Editor,

I would like to take this opportunity to send a special thanks to all who were involved in the Girl Scout Sweetheart Dance held on Feb. 7, 2004. This was my first father-daughter type function with my five-year-old daughter, who has been a Daisy since November.

While at the dance, I was reminded of just how great a place City Island truly is. The little "gems" in City Island's crown had a great time laughing and dancing while the parents had a chance to get better acquainted.

Again, a sincere thanks to the organizers of this truly memorable affair for a wholesome, enjoyable evening that I will not soon forget.

Matthew P. Murphy

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Justin Rodstrom Earns Eagle Rank

By STEPHANIE STATKOWSKI-COYLE



Photos by DONALD KOLB

On March 20, 2004, an Eagle Court of Honor and Dinner was held at Trinity Methodist Church to recognize Justin Rodstrom on becoming an Eagle Scout. Justin is shown above with his proud parents, Rose and Walter Rodstrom, his brother, Matthew, and his sisters, Chelsea and Rebecca, and in inset with Troop 211 Scoutmaster, Ed Esposito.

On March 20, 2004, an Eagle Court of Honor and Dinner was held to recognize Justin Philip Rodstrom on his becoming an Eagle Scout, scouting's highest advancement rank. To earn the rank of Eagle, a scout must fulfill requirements in the areas of leadership, service and outdoor skills. Only 4 percent of all boys who enter scouting earn the rank of Eagle Scout.

Justin has been a member of Boy Scout Troop 211 for seven years. He began his scouting career as a Cub Scout, earning the Arrow of Light, Cub Scout's highest award. In Boy Scouts, Justin earned 28 merit badges, the Ad Altari Dei and Pope Pius XII religious awards and the World Conservation award, and he rose to the position of JASM (junior assistant scoutmaster). For his leadership service project, at the request of the Garden Club of City Island, Justin planned, organized and gave

leadership to other scouts in painting the 900-foot railing across the front of Bridge Park.

In addition to Boy Scouts, Justin, a senior at Fordham Prep, is also an altar server, a choir member, a lector and a religious-studies assistant teacher at St. Mary, Star of the Sea. He has also hosted the talent show for IDEA for the past three years.

Justin plans to attend college and promises to return to the troop whenever time permits.

At the ceremony where Justin received his Eagle Scout medal and certificate, he thanked his parents, scout leaders and fellow scouts for having helped him reach this special day.

At the awards ceremony, Scoutmaster Ed Esposito acknowledged the hard work and support of assistant scoutmaster Mario

City Island Fitness

This is the first of what I hope will be a regular column on the subject of health and fitness, which are subjects that are (or should be) of concern to all of us.

Why is it so important to adopt a healthy lifestyle? The facts listed below come from the American Heart Association. Read them carefully, although I warn you that they could change your life!

- 24 percent of adult Americans do no exercise at all, and the 54 percent who do exercise occasionally do so without the necessary intensity to reap heart healthy benefits. Only 22 percent get enough exercise to achieve cardiovascular fitness.

- About 1 in 6 deaths from cardiovascular diseases is attributable to smoking.

- Americans eat 33 percent of their calories as fat, increasing their risk of developing high cholesterol.

- About 129.3 million American adults age 20 and older are considered overweight or obese, and of these 61.2 million are considered obese.

- More than half of all Americans with chronic diseases don't follow their physician's medication and lifestyle guidance.

- Nearly 2.7 billion retail prescriptions were dispensed in 1999, amounting to sales of \$110 billion.

- Adverse drug reactions (ADRs) may be the fourth to sixth leading cause of death. Serious ADRs occur in 6.7 percent of hospitalized patients.

- Less active, less fit individuals have a 30 to 50 percent greater risk of developing high blood pressure.

Here is the good part! All of the ailments listed above can be reduced and all you need to do is to start living a healthy lifestyle.

"Healthy" is a bigger word than you think. It doesn't mean looking good in your new pair of pants. The definition of healthy to me refers to feeling good and not so much to looking good. Don't get me wrong. It is good to lose the weight and get compliments on your body. However, it feels even better to be able to get up everyday energized and ready to start the day and still have enough energy by the end of the work day to go to the park with the kids or out with the family.

Do you ever find that you can't play with the kids in the backyard because you are too tired or too weak to keep up with them? Do you find it increasingly difficult to do everyday things the way you used to, such as lifting heavy boxes or doing yard work? This happens to everyone as we age, but by applying some of my techniques in health and fitness, you could help slow down if not reverse the aging process. And at the same time you can make life a little easier for yourself.

There are three important elements in living a healthy lifestyle: exercise, nutrition and mind power. I will cover all of these in future columns, but for the moment, let's start by clearing up a few issues.

First of all, you don't have to belong to a gym to get a good workout, nor do you have to buy expensive equipment for your home or pay a great deal of money to a personal trainer. All you need are comfortable clothes and a good pair of sneakers. A pair of five or seven-pound dumbbells will be useful, and you might want to purchase a mat, although a soft rug will do very well.

You will need professional advice before

you start. If you have not exercised much, you should definitely get a physician to give you a complete checkup and follow his or her instructions about embarking on an exercise regimen. I would also advise you to consult with a certified fitness expert or a personal trainer to map out a regimen geared to your own physical strengths and limitations. But once you have determined your personal situation, you should be able to adopt a basic program to your own needs.

The Workout

The first part of every effective workout involves cardiovascular exercise. This could consist of brisk walking, light jogging or a bicycle ride. An effective cardiovascular workout should take about 20 to 30 minutes and be undertaken three to five times a week.

The second part of the workout involves strength training, which should take about 30 to 40 minutes two or three times a week. The different types of exercises are listed below.

Note: Beginners who have not worked out in the last five months should limit themselves to one set of 20 repetitive exercises (reps) for the first month; those who are more advanced may do two or three sets of 15 to 20 reps.

For your legs, do 20 squats; for your chest, do 20 push ups (you can do these on your bed if you can't manage them on the floor); for your back, do bend-overs to each side; for your shoulders, do bend-overs to each side or front raises. For your biceps, you will need to lift small dumbbells or weights (5 pounds to start) from your waist to your shoulders, and for your triceps, you will need to do kickbacks. And for your abdominal muscles, 20 crunches (sit ups) will help increase strength.

Nutritional Tips

Even if you are not actually obese or even overweight, you should still pay attention to your eating habits if you want to be healthy.

For example, eat four to six small meals a day rather than three large meals. Include protein, grains, vegetables and so on according to the food pyramid charts recommended by the Food and Drug Administration.

Do not eat late at night.

Avoid empty calories from highly processed foods that are high in fat and/or sugar.

Eat breakfast every day. It is true that this is the most important meal of the day.

Mental Exercise

If your schedule is so full of work and chores that you can't spare yourself an hour or so a few days every week, then you really should take stock of your life and start to take care of yourself. This regimen doesn't have to be another chore. Think of it as a time to enjoy yourself. Walk the length of City Island or take the stairs instead of the elevator. Stop to smell the roses.

Good health isn't just about the physical body. It's an attitude, a sign of respect for yourself and for those you love.

Island resident Nathaniel Oliver is a certified professional trainer with more than 10 years of experience in fitness training. As an independent contractor at the New York Sports Clubs, he has earned the title of master trainer, the company's highest rank of professional fitness trainers. He is the founder of Type-A Training, an at-home training program.

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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.

The annual Young City Island Art Show will be on exhibit at the **Focal Point Gallery**, 321 City Island Avenue, from April 3 to 25, with an opening reception on Saturday, April 3, from 1:30 to 3 p.m. The exhibition is made possible with funds from The Bronx Council of the Arts and the Department of Cultural Affairs and with the support of the Bronx Borough President.

The **Kathlyn Moses Gallery**, 327 City Island Avenue, will show works by Lois Weingarten, Joseph Giongetti and Glenn and Nadiya Goldstein during the month of April. An opening reception will be held on Friday, April 9, from 7 to 10 p.m.

On the "menu" in April at the **Starving Artist Café & Gallery**, 249 City Island Avenue, is a musical performance by City Island's Sea Majors on Sunday, April 18, at 3 p.m. They will be celebrating "100 Years of Broadway" and featuring solos and duets with local musicians. The next weekend, on Saturday, April 24, Starving Artist will showcase new work by City Island's Mark Whitcombe, with a reception from 3 to 6 p.m. Always on the menu at Starving Artist are the handmade jewelry creations by Elliott Glick, fine art/craft by various artists, and coffee, tea, cappuccino, espresso and treats, including "Jen's Sweets"—pastries that are works of art.

Island resident Nathaniel Oliver is a certified professional trainer with more than 10 years of experience in fitness training. As an independent contractor at the New York Sports Clubs, he has earned the title of master trainer, the company's highest rank of professional fitness trainers. He developed **Type-A Training**, an in-house personal training program, which uses established techniques and programs tailored to the needs of clients who can't find time to get to health clubs. If you want a fit and healthy lifestyle, call 917-867-0606 or e-mail nathaniel@typeatraining.com. Visit Nathaniel's Web site at www.typeatraining.com. On April 11 at 10 a.m., he will demonstrate in the yard next to P.S. 175 a free introductory-level fitness routine to help get you started.



As a service to our readers, *The Island Current* will periodically list recent sales of residential and commercial property as found in the public record. This feature is designed to give a general idea of the fair market values of property on City Island. An update will be published every few months at our discretion. The listings below represent some of the recent sales. *The Current* is not responsible for errors or omissions in the data.

Address	Closing Date	Sale Price	Type
74 Tier Street	10/7/03	\$447,000	2 Family
45 Winters Street	10/10/03	\$572,500	2 Family
170 Schofield Street	10/11/03	\$315,000	Condo
153 Reville Street	12/16/03	\$415,000	1 Family
18 Windward Lane	12/18/03	\$500,000	Condo

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Den 3 showed off their Wolf badges under the leadership of Mary Jo Byrnes. The proud scouts are Daniel Clancy, Cian Byrnes, Andre Brown and Michael Candelaria.



First-grade Tigers who advanced to become Cub Scouts are (l. to r.) Anthony Orzo, John Branley, Jason Cuomo, Conner Saulnier, Marciello Ciero and Brandon Rosenblatt. The leaders are Ida Orzo and Larry Saulnier.

A Blue and Gold Bridge to the Future



Photos by ANGELO BELLOCCHIO

The Cub Scout Pack 211 Annual Blue and Gold Awards ceremony was held on Friday, March 19, 2004, at Trinity Methodist Church. The awards began with the lighting of the ceremonial candles by the Arrow of Light recipients (shown above). After these Webelos trained under the direction of Leader Karin Duwel and crossed the scouting bridge, they were officially welcomed as Boy Scouts by Scoutmaster Ed Esposito. The second-year Webelos are (l. to r.) John Broughal, Hart Deese, Mark Luchinsky, David Anderson and Sal Kulka.



The first year Webelos showing off their awards at the March 19 ceremony are (l. to r.) Kevin Whalen, Nicholas Marricco, Daniel Masterson, Daniel Doarti, Nicholas Ruggiero and Kyle Williams. Den leaders are Tina Ruggiero and Christine Williams, represented by her husband, John.



Leaders Mervette Lajqui and Regina Kreig flank the scouts who completed their requirements to receive the Bear badge: (l. to r.) Kyle Kreig, Hajqi Lajqui, Matthew Sliker and Kevin DeCuffa.



The enthusiastic scouts from Den 2 who received their Wolf badge are Daniel Green, Andrew Simoncek, Luke Kitagawa, Benjamin Cuomo and Nicholas Bellocchio. The Den Leaders are Peter Green and Angelo Bellocchio.

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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

APRIL

Sat., April 3, **Young City Island Art Exhibition** opens, 1:30 to 3 p.m. Focal Point Gallery, 321 City Island Avenue. Exhibit continues through April 25.

Thurs., April 15, **Community Board 10 meets**, 7:30 p.m., St. Mary, Star of the Sea, 595 Minneford Avenue, City Island.

Sat., April 17, **Little League Parade**, sponsored by City Island Little League. Players gather at 10:45 a.m. at Catherine Scott Promenade (Bridge Park).

Sat., April 24, **POTS Program**, St. Mary's School Yard, Minneford Avenue and Kilroe Street, drop-off between 4:30 and 5 p.m. Menu: canned ham sliced with potatoes.

Tues., April 27, **City Island Civic Association meets**, 8 p.m., Community Center, 190 Fordham Street.

Garden Club News

The next meeting of the Garden Club is Monday, April 4, at 10 a.m. at the City Island Yacht Club on Pilot Street.

We are planning our Spring Garden Tour for Saturday, June 5, and the annual spring luncheon on Thursday, June 17. Please make note of these dates.

Gardening hint: This spring, when you are putting a new plant into your garden, make the hole the same depth as the container and two to three times wider. Keep the plant at the same level as the ground or a bit higher, to avoid rotting at the base of the plant.

Phyllis Goodman

City Island Chamber Music

On April 4, the talented and beautiful French pianist Christie Julien will perform in a mixed program of solo piano and vocal pieces.

On April 11, 18 and 25, the founder of the Sundays On The Island series, Ilan Rechtman, who is both a pianist and a composer, will hold court in three successive weekends of stunning chamber music programs. He will be joined by old friends, including star violist Ori Kam, who will be visiting from Germany; cellist Kristina Reiko Cooper; and phenomenal violinist Ariel Shamai in music by Beethoven, Bach, Schumann, Bruch and Mendelssohn.

Concerts begin at 12:30 p.m. in the cottage behind Le Refuge Inn, 620 City Island Avenue. Admission is \$16. For more information, call 914-664-6934 or visit the Web site SundaysOnTheIsland@earthlink.net

Paul Gewirtz

Chapter 3303 AARP

The members of the Minneford Chapter 3303 have been informed that the AARP continues to work on several fronts to bring down the price of prescription drugs. AARP is looking at all the legislative options available to allow re-importation of drugs from Canada for individuals. They are also sending letters to the CEOs of major pharmaceutical companies, calling on them to limit price increases to no greater than the level of inflation.

AARP is urging the pharmaceutical industry to take decisive action on behalf of people struggling to afford the high cost of prescription drugs. AARP will serve as a watchdog for our members and all older Americans. They are informing the drug companies that they will monitor and publicly report their pricing policies to ensure that prescription drugs become more affordable under the new law.

On Tuesday, May 18, the chapter will sponsor a Mother's Day celebration at the beautiful Skylands Catering House in Randolph, New Jersey. The trip includes Danish and coffee on arrival, champagne toast, a full-service luncheon with choice of menu. There will be a gift for everyone, plus dancing and entertainment. Departure time is 8:45 a.m.

Reservations are being accepted for an

exciting five-day vacation trip to Cape Cod, Martha's Vineyard, Provincetown and Boston from Monday, Sept. 27, to Friday, Oct. 1, 2004. Every day we will be touring the famous and historical sights. Day tours will include visits to the important cities in the area. The trip will also include first-class accommodations, all meals, deluxe motor-coach transportation with a professional tour manager and much more.

Prices and more details for these events will be discussed at our meetings, or call Tina DeCristofaro at 718-885-0865.

Lucy Puglia

Chapter 318 AARP

Our next trip to Atlantic City is on Tuesday, April 13. The bus leaves at 9 a.m. from 113 Bay Street. For reservations, call Jean Ringel at 718-885-1479 or John Bonicoro at 718-885-1844.

Our president, Bob McLaughlin, attended a workshop at the Knights of Columbus Hall, given by the main chapter of the AARP. He found it very interesting to learn about the many entitlements for seniors that many of us may not be aware of. There will be another workshop on Monday, June 7, for anyone interested in becoming an officer of the chapter. It will be held at the Knights of Columbus Hall on Ampere Avenue.

Flo Bonicoro has been busy arranging many trips for us. For starters we are going to Dolan's in Spring Lake, New Jersey, on Tuesday, June 22. In September we are going to Cape Cod for a three-day, two-night trip. In October we will go to Mount Haven, Pennsylvania, for Oktoberfest. This will be held on Friday, Oct. 8. For information, please attend our meetings and see Flo or Marie.

Our end of the season luncheon is on Friday, June 11, at the Marina del Rey, from 12 to 4 p.m., with an open bar. Chairpersons for this event are Florence Quinn and Gloria Salacan. Please try to attend this luncheon and make it a great success. Music by Johnny Dell.

Happy Easter.

Marie Tirelli

Holiday Services

Temple Beth-El

480 City Island Avenue

April 6, Passover Seder (second night): Traditional food and drink. For reservations, call 885-3098 by April 1 (see *Organization News*).

Grace Episcopal Church

City Island Avenue at Pilot Street

April 4, Palm Sunday: 10 a.m. Liturgy of the Palms and Holy Eucharist.

April 8, Maundy Thursday: Christian Seder, 6:30 p.m. On this night, we will relive the Lord's Supper with a special meal and program in the parish hall. A donation of \$13 per person is requested. Reservations must be sent by April 4 to Grace Church, P.O. Box 131, City Island, NY 10464. For more information, call Father Doug at 917-865-6644.

April 9, Good Friday: Service of Devotions on The Cross, 10:30 a.m. Joint community service with Trinity Methodist Church commemorating the Passion of Christ, 8 p.m. This year's service will be held at Trinity United Methodist Church.

April 11, Easter Day: 10 a.m. Choral celebration of the Holy Eucharist.

St. Mary, Star of the Sea Church

City Island Ave. near the Bridge

April 3, Confessions: 4:15 to 5:15 p.m.

April 3, Vigil Mass at 5:15 p.m.

April 4, Palm Sunday Masses at 8, 10 a.m. and noon. Blessing of Palms at all masses.

April 8, 9, 10, Thursday, Friday and Saturday: 8 a.m. Tenebrae, psalms and readings. No morning masses.

April 8, Holy Thursday: Solemn Commemoration of the Lord's Supper, 7:30 p.m. Procession to the Repository; adoration to

10p.m.

April 9, Good Friday: Commemoration of the Passion and Death of Jesus, 3 p.m. Stations of the Cross, 7:30 p.m.

April 10, Holy Saturday: 8 p.m. Solemn Easter Vigil.

April 11, Easter Sunday: Masses at 8, 10 a.m. and noon.

Trinity United Methodist Church

113 Bay Street

April 9, Good Friday: Joint community service with Grace Episcopal Church commemorating the Passion of Christ, 8 p.m. This year's service will be held at Trinity United Methodist Church.

April 11, Easter Sunday: Sunrise Service at Pelham Cemetery on King Avenue, 6 a.m. Traditional Easter Service, 10 a.m.

Temple Beth-El

The temple conducts services every Friday night at 7:30 p.m. and a Torah study group (led by Jennifer Birk) on Saturdays at 10:30 a.m. Our doors are open to all, and attendance is free. If you are interested in Sunday school classes, please call Rabbi Wiener at 914-636-2504.

We welcome you to our Kabbalat Shabbat Service on Friday, April 9, at 7:30 p.m. This service will be led by Rabbi Wiener. Refreshments will follow.

Other Special Events are as follows:

Ballroom dance class on eight Wednesdays, beginning on April 14 at 7:30 p.m. The class will be taught by Elaine Belasco. Learn or improve your fox trot, rumba, salsa, tango and more. Cost is \$5 per session for members, \$10 for non-members.

Passover Seder (second night): Celebrate Passover with us on Tuesday, April 6. Traditional, yummy food and drink. Warm and congenial. \$36 per adult and \$10 per child. Call 718-885-3098 by April 1 to make reservations or for information.

70th Anniversary Dinner and Dance: Saturday evening, April 24, at the City Island Yacht Club, 63 Pilot Street. This will be a very special gala event with a varied menu, so save the date! Alan and Edie Goodman will be our honorees. The cost is \$65 per person for this great evening of dining and dancing. Call 718-885-2231 for more information.

Memorial plaques for your departed loved ones are now available. Visit our Web site at www.yourshulbythesea.org.

Bob Berent

City Island Theater Group

Side-splitting laughter is what you will encounter when you attend the City Island Theater Group's Spring production of "Agatha Christie Made Me Do It." This comedy, written by Eddie Cope, centers around Police Officer Hootspah, who tires of being a cop and decides to write a mystery play. His main character, Monte Brainard, interacts with a cast of crazy characters including: a no-nonsense maid, a very proper butler, a businessman, a sexy stripper, a ditzy chocolate dipper and her tough-talking brother, a distinguished attorney, a seemingly sweet fiancée and a greedy cousin.

Directed by City Island's Christopher McGowan, this first-rate cast includes: Michelle Accardi, Margaret Cioffi, Tee Cotter, Bill Cozy, Jerry Demers, Con Grondahl, T.J. Myers, Susan Rauh, Lindy Tabano and Keith

Trauceniek.

Performances are scheduled for: Friday, April 23, at 8 p.m.; Saturday, April 24, at 8 p.m.; Sunday, April 25, at 3 p.m.; Friday, April 30, at 8 p.m.; Saturday, May 1, at 8 p.m.; and Sunday, May 2, at 8 p.m. in Grace Episcopal Church Hall, 104 City Island Avenue. Tickets are \$12 (adults) and \$10 (students/seniors/Bronx Cultural Cardholders). Please call 718-885-3066 for reservations. CITG is also looking for volunteers to help out with the production! Don't miss the fun! Reserve your tickets now!

Susan L. Rauh

Trinity United Methodist Church

Happy Spring Everyone...it's been a hard winter and we're very glad to see it gone! This year our Maundy Thursday and Good Friday services will be celebrated at 8 p.m.

Hallelujah! Christ has risen! Come and join us at our annual Sunrise Service celebrated at Pelham Cemetery at 6 a.m. You are all welcome to join us at our Celebration service at 10 a.m. at Trinity also. Come to one or both. You are very welcome here! We'll have a coffee hour after the 10 a.m. service for fellowship.

Our Sunday school is growing and we welcome all who would like to join us. It's fun for all who are 3-13. Come join us at 10 a.m. each Sunday morning!

Keep May 8 available. We are going to be hosting a Pampered Chef Party at Trinity's Fellowship Hall. All proceeds from the sale of these wonderful kitchen utensils and gadgets will go to Trinity. We'll be fed and have fun at this one folks. Call Donna at 718-885-0931 or Ellen at 718-418-7241 to reserve a spot! Bring your friends. We'll have a ball!

We have organized an outing to see "Menopause... The Musical" in Manhattan on May 15. All reports are that this is a very funny performance. We'd love to have you join us. Call Donna at 718-885-0931 before April 11 for reservations. Tickets are \$49.50 a person.

Donna LaValle

City Island Historical Society

To celebrate the arrival of spring and the reprinting of Alice Payne's classic "City Island: Tales of the Clam Diggers," we had a wonderful reception on March 21 that was attended by well over 100 people. Mrs. Payne's daughters, Dottie and Ginny, were responsible for the new edition, and friends came from all over to help mark the special occasion.

The party was held in the Walsh Room, which looked very spiffy indeed. New bookshelves were installed, the walls were painted and the floor polished. And on exhibit again were many pictures by Harold Vandervoort Walsh, for whom the room is named. Thanks to his daughter, Winifred Doane, we were able to reframe almost half the Walsh pictures in our collection, and they looked great against the white walls.

Mrs. Payne's book will be on sale at the museum (and on line through www.cityisland-clamdigger.com). Come buy a copy and see the Walsh pictures in their lovely new setting.

Barbara Dolensek

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If you wish to submit, for inclusion in this column, information regarding events and activities at the City Island Community Center, please call Laury Hopkins at 885-3202 no later than the 15th of each month, except December and July. Leave a message, including your name and phone number.

Announcements

Community Tag Sale to be held at the Community Center (indoors!) on April 17 from 10 a.m. to 2 p.m., with set-up at 9 a.m. Reserve a table now! \$10 donation suggested per table. Call and leave a message at 718-885-1145.

Ongoing Events

Monthly Meetings are held on the first Tuesday of each month at 8 p.m. in the Community Center, 190 Fordham Street.

To schedule events at the Center, call Laury Hopkins at 718-885-3202.

Teen Center: Saturday evenings. To volunteer your time so that we can keep the Teen Center open, please call Jay Howard at 718-885-2192.

Dance Classes: Pre-ballet, jazz and tap for kids. Call Linda at Dance Connection, 914-576-5515.

Millennium Babies: A Moms and Babies Playgroup. Call Brenda Prohaska at 718-885-9040.

Senior Nutrition Program: Held at Pilot Cove Manor, weekdays 11 a.m. to 1 p.m. All senior citizens are welcome; the cost is only \$1 per meal. Call 718-885-0727 between 9 a.m. and 1 p.m. for your monthly calendar with daily lunch menus and schedule of visits to shopping centers.

Irish dance: Call Deirdre OMara at (201) 947-8535

Kundalini Yoga: Saturdays at 10 a.m., call Ann Ward at 718-885-1478

Adult Tap Classes: Call Corinne Gron-dahl at 718-885-2011.

Photography Classes: for adults and

teens. Call Ron Turner at 718-885-1403 or inquire at Focal Point Gallery.

Step Aerobics Classes: Sundays, 8:30 to 9:30 a.m.; Mondays, Wednesdays and Fridays, 9 to 10:30 a.m., and Mondays and Wednesdays, 7 to 8 p.m. Call Mary Immediato at 718-885-0793.

Yoga: Basic-level Hatha Yoga classes include yoga postures, deep relaxation and breathing practices, and stress management for peace of mind and physical well-being. Call Annette at 718-885-0724 for further information.

Scrapbook Club: If you are interested in getting all those old photos out of the boxes and into attractive books, without cluttering up your dining room table, call Joanne Brogan at 718-885-2713.

Chess Club: Monday evenings from 7 to 11 p.m. For ages 13 and up. No need to register, just show up!

Laury Hopkins

Boy Scout Troop 211

On Sunday, Feb. 29, eight scouts went to the Mountain Creek Ski Resort in northern New Jersey for a day of snowboarding (the adults opted to ski). The weather was balmy (50 degrees), the sun was shining brightly and snow conditions were good; we all had a glorious day. Thank you, Francisco Gavila, for organizing this wonderful event.

We would like to welcome back Eagle Scout Waldo Persteins as a leader in the troop. He enthusiastically jumped into the role and began teaching the scouts semaphore (a system of signaling using flags and various arm positions), Morse code and various knots. Waldo created an obstacle course on which the scouts applied their newly learned skills in a competition. They were all winners!

Celebrate spring by coming to our annual flower sale April 7-10 at Trinity Church and supporting City Island's Boy Scout program. The proceeds supplement the cost of summer camp at Ten Mile River located northwest of New York City. Learn about the Boy Scout program at our parents' night, Friday, April 23, 7:30 p.m., at Trinity's Fellowship Hall, 113 Bay Street. Troop meetings are held each Friday from 7:30 to 9:30 p.m. in Trinity's Fellowship Hall.

Stephanie Statkowski-Coyle



Photos by KAREN NANI

Jane Protzman was part of the team that installed the newly framed pictures by Harold Vandervoort Walsh in the City Island Nautical Museum's Walsh room (inset photo). The new exhibit coincided with the book party held for Alice Payne, author of "City Island Tales of the Clam Diggers." The 1969 book has been reprinted to the delight of many Islanders and guests who lined up for an autographed copy from Mrs. Payne on Sunday, March 21, 2004. Her daughters, Dottie Payne and Ginny Letourneau, are shown assisting the author in the above photo. Books will be on sale at the Nautical Museum (open Sundays 1 to 5 p.m.) or on line at www.cityislandclamdigger.com.

Cub Scout Pack 211 News

On March 19, 2004, the Cub Scouts of Pack 211 held their annual Blue and Gold Dinner along with the Crossing of the Bridge ceremony. On this eventful evening, the scouts were honored and given their hard-earned awards and merit badges.

The Crossing of the Bridge is the ceremony that takes place when the second year Webelos graduate into Boy Scouts and are welcomed by Scoutmaster Ed Esposito, along with some current Boy Scouts. These Webelos—Mark Luchinsky, Hart Deese, David Anderson and John Boughal—were also awarded the prestigious Arrow of Light for their dedication to scouting. Their leader, Karin Duwel, did an outstanding job grooming these young men for Boy Scouts. We wish these fine young men good luck.

On Sunday, March 28, nine of our young boys were given religious awards at a special mass at St. Mary's. Congratulations to the Life of Christ recipients, Nicholas Bellocchio, Daniel Green and Ryan Fitzpatrick. In addition, Nicholas Ruggiero, Daniel Doati, Nicholas Marricco, Paul DiNome and Kevin Whelan received the Parvuli Dei award.

Stay tuned for more adventure, and keep a look-out for our fundraiser, the first "Cub Scout Pack 211 Cookbook."

Finally, congratulations to Justin Rodstrom for achieving the rank of Eagle Scout.

Angelo Bellocchio
Cub Master

Legion News

Well, spring finally arrived, but it doesn't feel like spring. The temperature today, March 22, was 25 degrees at 7 a.m. With Easter just a few weeks away, we're looking for a change for the better.

The post has a number of events planned for April. Our Post Everlasting ceremony will be held at our first regular meeting, April 5. We will pay homage to 36 veterans, who survived during World War II. Each veteran's family will receive a letter informing them of the event.

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Attendance at recent meetings has been down, so much so that there is no quorum on regular meeting nights. We hope that this will not be so on April 5. Try to come. The Post Everlasting service will begin about 8:15 p.m. Doors will be closed for the ceremony. Refreshments befitting the occasion will be served.

The post will host an Easter party on Saturday, April 4, from 1 to 3 p.m. Photographs will be taken of the children with the Easter Bunny. There will be an egg hunt, games and prizes. Snacks and beverages will be served. After the event, a group with the Easter Bunny in tow will visit a local hospital.

A nice letter was addressed to the post from Marie M. Crooke of the Department of Veterans Affairs, thanking our commander for the donation of three boxes of razors. We always knew Vinny to be one cut above the rest (no pun intended).

The City Island Little League parade will be held on Saturday, April 17. Our sergeant-at-arms, Dave Carman, will lead the color guard.

Rumor has it that Bill Clancy is in Albany hobnobbing with the governor. Although a prior invitation kept me from attending the St. Patrick's dinner, I've been told the festivities were the best ever. Cooks for the affair were Ray Kelly, Peter Brewer, Peter (Gumby) Zavara, Gene Valesio and Vinny Hecker. The raffles were handled by Pat Kelly, Cathy Seamons and Ann Marie Rogers. Peter Booth and Mike Jawski concocted the Irish coffee.

Keep in mind Saturday, May 29. The WWII monument will be dedicated in Washington, D.C. A local celebration will be held at Lehman High School on East Tremont Avenue from 11 a.m. to 5 p.m. A large television screen will provide live coverage of the event at 2 p.m.

Meetings: Regular, April 5 and 19; executive board, April 12.

Sick Call: A few members reported for sick call in March. Robert Branizza had his left hip replaced and is recuperating at home. Joe Strongoni is on the mend after doctors changed his medication. Remember our shut-ins. They enjoy a visit, a call or a card.

I hope you've read Bill Clancy's "Boat Show '04" article in the March Current. In it he recounted myriad feats of swimming and asked when was the last time anyone swam around City Island? I'm told it was Skip Lane, who also holds the record for circumventing Big Tom at high tide.

Enough for one month. Our commander, a U.S. Marine of repute, told me not to forget Okinawa. It was Easter Sunday, April 1, 1945, when U.S. troops landed. This battle lasted until late May, when all but a few thousand Japanese remained alive. Between 80,000 to 100,000 Japanese had been dispatched.

Until next month, fall out and take five.



Public School 175

The kindergarten children are working very hard on their mathematical skills, with an emphasis this month on fractions. They will also continue to collect, discuss and display data in various ways. Spring break will be a perfect time to catch up on reading different genres at home, and this should lead to some lively discussions when they return.

Grade 1 is getting ready for the holidays by reading stories and discussing family customs. The children are planning many outdoor activities and thinking about how the environment will change as the temperature climbs.

The second-graders are studying adaptations of animals in preparation for their trip to the Bronx Zoo. During the month of April, they will read and write fairy tales and learn about fractions in math class.

Students in the third grade are researching the countries their ancestors came from and will create reports about the countries, including their capitals, borders, products, climate and many other interesting facts, all in preparation for International Day on Friday, May 28. Students will also participate in TV Turnoff Week from April 19 to 25 by exploring alternative ways to spend time while not watching television.

Grade 4 students are continuing work on their genealogy projects, creating family crests and mottos for the cover of the projects. A docent at the Bartow-Pell Mansion Museum and Carriage House will visit the school to tell students what life was like in our area during the 1800's. The grade will visit the mansion during the following week.

Grade 5 has been busy writing book reviews for a study of the fantasy genre. The students will soon begin reading stories about characters forced to survive. In social studies, the children have begun learning about their neighbors to the south, Latin America.

The sixth-graders have been busy creating their own town parks. They must decide what and where things such as the golf course, play area, tennis courts and more would be located. They are also working on graphing in order to determine how a graph makes it easier to analyze data. In life science, the students are becoming familiar with the microscope and its various parts and uses.

April is National Poetry Month, and in celebration, the seventh-grade students will be memorizing, illustrating, analyzing and writing their own poems. They will then share their poetry at the second annual Seventh-Grade Poetry Picnic.

Grade 8 students are busy planning their graduation ceremony. They are thinking about a theme and, of course, the upcom-

ing trips and dance. In language arts, the students are finishing up a study of "Romeo and Juliet," choosing their favorite character and making posters to advertise the play. In math, they are reviewing everything they have learned in order to prepare for the state assessments.

St. Mary, Star of the Sea

The kindergartners are studying the letters e, q, x and y. There will be a spelling test on their high-frequency words. In math they are learning about addition and subtraction. The cooking project will be Easter eggs, which the children will boil and color. Miss Beth will then host an egg hunt for the class.

The first-grade computer class is expanding on themes and programs learned in kindergarten with a little more independent work. Ultimate Writing and Creativity Center, Flash Typing and Kid Pix are some of the programs being used.

Grade 2 is entering the Bronx Times Mother's Day contest, which requires each student to write an essay entitled "Why Your Mother is the Best." For social studies, the class will do a transportation project, detailing the functions and uses of planes, trains and buses. As part of their continuing literature studies, they will read and report on a mystery story. The children are preparing for Holy Communion.

The fourth grade is studying fractions. The class will learn how to find common denominators and like and unlike fractions, as well as how to reduce fractions. The children will finish their studies of New York's role in the Revolutionary War with a role-playing lesson that focuses on George Washington and General Burgoyne.

In addition to practicing touch-typing skills using Mavis Beacon Teaches Typing, the fifth-graders recently completed an ocean research project using downloaded Internet sites and Open Office Writer.

Grade 7 will study the anatomy of the human body and prepare a related science project. There will be an important discussion on the media and the images presented by the various media outlets, with an emphasis on television.

The eighth grade is preparing for the state science test. Book reports this month will be chosen from a list that emphasizes the best of human behavior and possibility. High on the agenda is the selection of a class song in anticipation of graduation.

Special dates for St. Mary's are as follows: April 2, first Friday Mass prepared by the third grade; April 2, end of third quarter for grades 5-8; April 5, testing of new students; April 13-16, Sr. James Patrick will attend the NCEA (National Catholic Educators Association) conference in Boston. The theme is "Heritage of Hope; Faithful Past, Faith-filled Future"; April 19, school reopens after Easter recess; May 1, first Holy Communion at 11 a.m. in the church; May 2 and 3, Sr. James Patrick will attend the CSAANY (Catholic School Administrators Association of New York) Conference in Albany; May 4 and 5, Grade 8 will take the state math exam; May 4-6, Grade 4 will take the state math exam; May 7, First Friday Mass prepared by the fifth grade.



Something Fishy

Director Steven Spielberg put himself on the map in 1975 with the release of the blockbuster thriller *Jaws*. Based on the best-selling book by Peter Benchley, this is the story of an East Coast town, Amity Island, where a great white shark has begun dining on tourists. Police Chief Brody (Roy Scheider) pleads with a reluctant mayor (Murray Hamilton) to close the beaches, but the July Fourth holiday is approaching. Ultimately, it is up to a local fisherman named Quint (Robert Shaw) and an ichthyologist named Hooper (Richard Dreyfuss) to fight the beast. When asked if this film made me afraid of swimming in the ocean, I replied: "To a person who is afraid of jellyfish, a shark has no meaning."

Moving from thriller to drama, we have Robert Redford's *A River Runs Through It* (1992), which is set in Montana in the years leading up to World War I. Redford himself narrates this memoir of Norman Maclean (Craig Sheffer), the elder son of a Presbyterian minister (Tom Skerrit) and his wife (Brenda Blethyn), and a brother to Paul (Brad Pitt) a wild, free-spirited newspaperman. This is the story of how fundamental principles of life are passed down from father to son, not only through the ministry, but also, and more often, through fishing in trout streams. It is a gentle, poignant and nostalgic film of days gone by.

Another powerful drama in which fishing plays a crucial role is *Limbo* (1999). Set in Juneau, Alaska, the film is about Joe Gastineau (David Strathairn), who as a boy was involved in a fishing boat accident that has affected his entire existence ever since. His life begins to change when he meets a free-spirited lounge singer, Donna De Angelo (Mary Elizabeth Mastrantonio), and her teenage daughter, Noelle (Vanessa Martinez). When Joe's brother Bobby (Casey Siemaszko) shows up, he arrives with a scheme that places them all in danger.

Based on a 1991 tragedy in which a tropical hurricane collided with a cold front from the Great Lakes, *The Perfect Storm* (2000)

tells the story about the fishing boat *Andrea Gail*. Captain Billy Tyne (George Clooney), and his crew, Bob Shattford (Mark Wahlberg), Dale Murphy (John C. Reilly) and David Sullivan (William Fichtner), had been having a bad season, so they decided to go out and catch fish, even with stormy weather predicted. The supporting cast, directed by Wolfgang Peterson, includes the wonderful Diane Lane, Mary Elizabeth Mastrantonio, Bob Gunton and Karen Allen.

Moving on to comedy, we have the farce *A Fish Called Wanda* (1988), which stars Jamie Lee Curtis as Wanda Gerschwitz, after whom a fish in the film is named. She is a con artist who uses her sexuality to try to filch jewels stolen by her gangster boyfriend, George (Tom Georgeson). She crosses paths with his dim-witted henchman, Otto (Kevin Kline), his attorney, Archie (John Cleese), and his gofer, Ken (Michael Palin). This black comedy will be offensive to many, but for its genre it is very well done.

Ice fishing in winter Minnesota is a source of merriment in the genuinely funny *Grumpy Old Men* (1993), which re-teams "odd couple" Jack Lemmon and Walter Matthau. They play John and his neighbor Max, who have been playing practical jokes on each other for years. When the sexy Ariel (Ann-Margret) moves in across the street, they both vie for her attention. A subplot concerns a budding romance between Max's son, Jacob (Kevin Pollak) and John's daughter, Melanie (Daryl Hannah). The primary scene-stealer in the movie is Burgess Meredith as John's father, a rather dirty old man. The cast continues with *Grumpier Old Men* (1995), which adds Sophia Loren to the mix, as Maria Ragetti who wants to turn the old bait and tackle shop into a restaurant. Be sure to watch the end credits because there are some hilarious outtakes.

A fine film for the entire family is *Finding Nemo* (2003), another Pixar Animation Studio success (which began with *Toy Story*). It is the story of a clownfish named Marlin, who is a very nervous, overprotective father to his son, Nemo. When the two get separated, Marlin sets out on a quest to find Nemo with his friends Dory, a blue tang fish with a bad memory, and Bruce, a great white shark who has adopted a 12-step program to curb his ravenous appetite for fish. There is a wonderful scene in a dentist's office where Nemo winds up in a fish tank. The escape attempts in this wonderful family movie are inventive and masterful.

Be safe, and until next time, happy viewing. . . .

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St. Mary's Intramural team was coached by (standing, third from left) Dave Sexton, Chris DeMarco and Bob Carmody. Their enthusiastic team shows great potential and includes (kneeling, l. to r.) Cian Byrne, Nathaniel Correa and William Ortega. Standing are Armand Lavezzari, Emily Sexton, Gregory Sexton, Christopher DiMarco, Dylan Cullen and Robert Carmody.



The St. Mary, Star of the Sea Boys Tyros Gold basketball team consisted of enthusiastic fifth- and sixth-graders. Shown above are (kneeling l. to r.) David Anderson, Mark Lishinsky, Henry Sanchez, Rashad Bryant and Vincens Mira. Back row: Brandon Esola, Nick Peluso, James Gisante, Reese Werkhoven, coach George Spencer, Kieran Spencer, Michael Sowa, Hart Deese and Robert Leavy. Not shown: coach Andy Werkhoven.



The Girls Gidgets basketball team ended their season with a win at the St. Theresa tournament. The team was coached by Carlo Volpe and Frank Strazzera (top row). Their players are (kneeling, l. to r.) Amanda Sowa, Luz Salas, Victoria Strazzera, Nicole Cerrato, Gabrielle Pirraglia, Ashlee Yarusso and Victoria Volpe. Standing are Rebecca Rodstrom, Kim Ayala, Paige O'Donnell, Angela Acocella, Julia Hayes, Larissa Pirraglia, Samantha Weyhrauch and Danielle McGuire. Not pictured: Jennifer Branley.

The Mysteries of Autism

By CAROLYN DEAN, M.D., N.D.

Autism, Asperger's and pervasive developmental disorder (PDD) are all part of the autism spectrum of disorders that are increasing in almost epidemic proportions. Autism was first recognized and named in 1943, and it was thought to occur in about one in 10,000 people. However, in the last 60 years, the incidence has escalated about one in 200 children.

There is no lab test for autism, and the diagnosis is made based on several core symptoms: (1) impaired social and personal behavior; (2) communication difficulties; and (3) repetitive and stereotyped play and work activities.

Most experts have finally discounted the theory of poor parenting as the cause. They agree that autism has neurobiological origins in the dysfunction of specific nerve networks, but they cannot agree on what causes the original damage.

Some children are developmentally damaged from birth. Another group of children appear to develop normally but then at about 18 months of age they begin to regress, sometimes to the point of not communicating at all with the outside world.

It is the latter, regressive form of autism that I have been studying for a book that I am writing on the subject of mercury. It appears that during the last decade, the number of vaccines given to children has dramatically increased at a rate that parallels the increase in autism. Until about 2001, the preservative used in vaccines was thimerosal, which consists of 50 percent mercury.

A paper published by the Institute of Medicine (IOM) in October 2001 arose, in part, from the testimony of expert witnesses at IOM hearings, including Dr. Neal Halsey, who was on the vaccine advisory panel in charge of setting safe limits for thimerosal in vaccines. He had already acknowledged in 1999 that mercury in vaccines exceeded government safety guidelines. At the IOM hearings he admitted that the advisory panel had assumed the 0.01 percent amount of thimerosal in vaccines was sufficiently low to be safe, but that the panel failed to understand that mercury is toxic at levels measured in nanograms and micrograms. Dr. Halsey said "I feel bad that I didn't pick it up."

The vaccine advisory panel at the IOM hearings also admitted they knew little about the means of mercury elimination from an infant's body. They did not realize that most mercury from vaccines may not be excreted and instead migrates to the brain. And they did not know whether an infant's immature immune system could handle the insult of an injection of 62.5 micrograms of mercury on a single day.

In setting standards, the experts admitted that allowable doses of thimerosal were automatically averaged as if given in small daily amounts over a six-month period, not all on any one day. This makes the 12.5 micro-

grams of mercury, in a single shot of most vaccines, far in excess of the EPA's safe limit of 0.1 micrograms per kilogram, which in the average newborn is approximately 0.4 micrograms. It is standard practice for children to receive several shots in one day.

I found the following paper very convincing as to the role of mercury in autism: "Autism: A Unique Type of Mercury Poisoning" (to read about it, go to www.vaccinationnews.com/DailyNews/July2001/AutismUniqueMerPoison.htm).

In brief, the authors researched the use of mercurous chloride, or calomel, a white, relatively insoluble mercury salt used as a teething powder from the mid-1800s to the mid-1900s. Pink disease was a direct result of mercury poisoning in these infants. The authors inventoried over 75 symptoms comparing autism and Pink Disease in the following categories: psychiatric disturbances, speech, language and hearing deficits, sensory abnormalities, cognitive impairments, unusual behaviors, visual impairment, physical disturbances, gastrointestinal disturbances, abnormal biochemistry, immune dysfunction, central nervous system structural pathology, abnormalities in neurochemistry, EEG abnormalities/epilepsy, and population characteristics.

The conclusion: "The parallels between the two diseases are so thorough as to suggest, based on total Hg (mercury) injected into U.S. children, that many cases of autism are a form of mercury poisoning."

Current research shows that up to 10 percent of children have enzyme deficiencies that prevent them from detoxifying mercury and other heavy metals. That's why not all children show signs of mercury poisoning from mercury teething powders or from vaccines.

Another correlation between Pink Disease and autism, and a discrepancy that has been difficult to explain, is that they both affect far more boys than girls, about four to one. Dr. Boyd Haley, in new, and, as yet, unpublished research, explained to me that estrogen (the female hormone) reduces the toxicity of thimerosal, and testosterone (the male hormone) dramatically increases it. Other researchers have observed that the amniotic fluid bathing autistic infants is higher in testosterone and lower in estrogen.

These studies help explain why autism is more common in boys than girls.

If you are concerned about a child who may have autism, call 718-918-3827 to join an autism parent's support group, which meets at Jacobi Medical Center once a month. This is a medical support group that hosts international speakers and supports research to find effective treatments for autism.

Participate in a fund- and consciousness-raising event for the National Alliance for Autism Research (NAAR) by joining in the first NAAR Walk in New York City on Sunday, June 6, at Jacobi Medical Center. To register call 718-918-3827 or come at 10 a.m. on June 6. The walk starts at 11 a.m., and anyone may participate.

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New Sales and Use Tax Reporting Requirements

Individual resident taxpayer liability and responsibility for New York State's sales and use tax is nothing new. For decades, NYS residents have been required to pay sales and use tax within 20 days from the date any out-of-state property or service subject to sales or use tax is brought or delivered into the state, and sales or use taxpayers who are not vendors are to use form ST-130 for this purpose.

What is new is that in late 2003, New York's state legislature passed into law a provision that now requires any previously unpaid sales and use tax to be paid on each and every individual taxpayer's personal income tax return. This new legislation effected the addition of a new input line on the NYS Resident Income Tax Return, form IT-201, Line 56.

This infamous line 56 involves complicated instructions, and taxpayers may be stunned to learn of the new reporting requirements, as well as the amount of the additional tax that may be due on their personal income tax returns for previously unpaid sales and use tax.

This is a rather serious matter, one that should not be overlooked by the professional tax practitioner, nor by the individual taxpayer. The new law provides for both routine and special audits, as well as the imposition of penalty and interest charges for either underreported or unreported sales and use taxes.

The State Taxing Authority has the ability to obtain information from the U.S. Customs Service via customs declaration documentation and from other states that have reciprocal information agreements and that forward vendor/merchant audit results to one another regarding interstate sales, shipping and delivery data.

According to the filing instructions, if a taxpayer does not owe any additional sales or use tax, a "zero" must be entered on line 56. Neglecting to enter either a "zero" or an actual dollar amount will negate the commencement of the statute of limitation rules. Even if a tax-

payer has already filed and paid sales and use taxes due on Form IT-130, either a "zero" or an actual dollar amount for any additional sales or use taxes that might be due on any out-of-state purchases of goods or services that were either brought or delivered into NYS must be entered on Form IT-201, line 56. If line 56 is left blank, the statute of limitations will not run. Thus, my advice is—do not leave this line blank!

The new instructions contain a chart providing the amount of sales and use tax to be placed on line 56 according to a taxpayer's adjusted gross income for aggregated non-business related items or services costing less than \$1,000 each (excluding shipping and handling). Exact tax calculations are required for items and services costing more than \$1,000 each and for all business-related purchases.

There are certain exceptions for apparel, and this is where the rules start to get complex. Believe it or not, taxpayers must also take into consideration the purchase of taxable goods and services acquired in lower-taxed NYS counties and localities that were either brought or delivered to their place of residence. The instructions give various examples, so please read them carefully. There are additional rules and filing requirements for items or services costing in excess of \$25,000 and the filing of Form IT-135 is to be attached to your IT-201, if applicable.

Line 56 of Form IT-201 is to be used for unincorporated business purchases and for rent or royalty-related purchases as well, and the sales and use tax payment requirements will depend on the method of accounting used.

By now it should be apparent that the new sales and use tax reporting rules mean that practitioners who prepare personal income tax returns for clients and individual taxpayers who prepare their own returns must be competent and well-versed in all the nuances of sales and use tax regulation. They must also be aware of the issues surrounding which goods, property, merchandise, services and other items are subject to sales and use tax in NYS and which are exempt.

Additional information about this matter can be found at www.nysalestax.com and in NYS Publication 39, Guide to NYS Reciprocal Credits for Sales and Use Taxes Paid to Other States. Sales and use tax rules involving construction and improvements and so on can get very complicated, so read the regulations carefully or consult an experienced, competent tax advisor. Good luck!

Obituaries

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

Ralph Pezone

Former Island resident Ralph Pezone, 55, of Marcellus, New York, passed away unexpectedly on Monday, Feb. 23, 2004.

Ralph was born in New York City, the son of the late Ralph Sr. and Angelina Squitieri Pezone, and lived for many years on City Island after his marriage to Jeanne Sadler in 1969.

After serving in the U.S. Navy during the Vietnam War, Ralph joined his father's firm, Crest Masonry in the Bronx, where he worked for more than 23 years. He and his brother, Neil, took over the business in 1991.

Ralph and his family moved to upper New York State in 1995, where he worked as a construction supervisor for several years; most recently he was employed by Picciano Real Estate in Auburn.

Ralph was an active softball player and bowler. When he lived on City Island, he was a member of three softball leagues and often played in White Plains with other Islanders. In upstate New York, he was a member of the Auburn Bowling Association and won many medals from the National Senior Olympics and the Empire State Games. He also enjoyed snow-mobiling and hunting. He was an avid lifelong Yankees fan.

He is survived by his wife; his son, Jeff, and his fiancée, Lisa Guglielmo; three daughters, Jennifer Pezone of City Island, Jaime Pezone of Boca Raton, Florida, and Jodi Pezone of Auburn, New York; a brother, Neil, and his wife, Carol, of Pelham Manor; his in-laws, Laura and Edward Sadler; two brothers-in-law, Dick Sadler of City Island and Edward Sadler Jr. of Maryland; two aunts; several nieces, nephews and cousins; and his beloved dog, Mickey.

Funeral services were held in Auburn, and the burial service took place on Feb. 28 in Pelham Cemetery on City Island.

Contributions may be made in Ralph's memory to a charity of one's choice.

Richard Alan Smith

Richard Alan Smith, a lifelong resident of City Island, died on March 18, 2004.

He was born May 16, 1956, the son of Howard and Eileen Smith, and attended St. Mary, Star of the Sea School and St. Helena's High School. He graduated from Christopher Columbus High School.

Growing up on the Island, Richy played baseball for the City Island Little League and coached for them after his playing years were over. He was also a member of City Island's Sea Scouts and Boy Scout Troop 211.

Richy was an avid and accomplished deer hunter. A number of City Islanders of his generation tell of the hunting skills that he imparted to them, along with a deep knowledge of the secrets of the wild. Richy loved nature and the wilderness, and he enjoyed spending time with his father at the family's upstate New York farm. He worked with his father there on such projects as managing the forest and planting clover in the fields for the benefit of the deer population.

Richy is survived by his mother; his brothers, Robert, Thomas and William; and his sister, Patricia.

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

APRIL 2004

DAY	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	DAY
	HH MM	FEET	HH MM	FEET	HH MM	FEET	HH MM	FEET	
01 Thu	0150	1.4	0811	7.0	1442	0.9	2047	7.1	Thu 01
02 Fri	0251	0.9	0923	7.3	1520	0.5	2118	7.8	Fri 02
03 Sat	0337	0.3	0931	7.8	1558	0.1	2150	8.0	Sat 03
ALL TIMES ARE DAYLIGHT SAVING'S TIME BEGINNING SUNDAY, APRIL 4									
04 Sun	0620	-0.2	1111	7.8	1732	-0.2	2327	8.3	Sun 04
05 Mon	0602	-0.6	1132	8.0	1810	-0.6			Mon 05
06 Tue	0007	8.8	0845	-0.9	1236	7.9	1851	-0.5	Tue 06
07 Wed	0050	8.7	0751	-0.9	1321	7.8	1934	-0.4	Wed 07
08 Thu	0135	8.8	0820	-0.7	1410	7.6	2021	-0.1	Thu 08
09 Fri	0224	8.4	0915	-0.4	1504	7.1	2114	0.4	Fri 09
10 Sat	0319	8.0	1025	0.1	1609	8.7	2218	0.9	Sat 10
11 Sun	0423	7.6	1155	0.5	1743	8.8			Sun 11
12 Mon	0001	1.2	0900	7.1	1813	0.8	1918	8.8	Mon 12
13 Tue	0134	1.2	0742	7.1	1421	0.4	2024	7.0	Tue 13
14 Wed	0244	0.8	0851	7.4	1520	0.2	2122	7.4	Wed 14
15 Thu	0344	0.3	0948	7.8	1612	0.0	2212	7.8	Thu 15
16 Fri	0438	-0.1	1038	7.8	1700	-0.2	2258	8.1	Fri 16
17 Sat	0524	-0.5	1126	7.8	1743	-0.2	2341	8.2	Sat 17
18 Sun	0609	-0.8	1207	7.9	1825	-0.1			Sun 18
19 Mon	0620	8.2	0950	-0.8	1248	7.8	1858	0.1	Mon 19
20 Tue	0654	8.1	0727	-0.4	1323	7.4	1928	0.4	Tue 20
21 Wed	0124	7.9	0800	-0.1	1355	7.1	1940	0.8	Wed 21
22 Thu	0145	7.7	0826	0.2	1421	6.8	1957	0.8	Thu 22
23 Fri	0208	7.5	0841	0.5	1448	6.7	2029	1.1	Fri 23
24 Sat	0240	7.4	0909	0.8	1519	6.8	2110	1.3	Sat 24
25 Sun	0319	7.2	0940	1.1	1601	6.5	2158	1.5	Sun 25
26 Mon	0405	7.1	1039	1.3	1680	6.5	2249	1.7	Mon 26
27 Tue	0457	6.9	1129	1.4	1748	6.8	2347	1.8	Tue 27
28 Wed	0558	6.8	1225	1.4	1847	6.8			Wed 28
29 Thu	0652	1.8	0858	6.8	1529	1.2	1945	7.1	Thu 29
30 Fri	0800	1.2	0952	7.1	1429	0.8	2037	7.5	Fri 30

MAY 2004

DAY	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	DAY
	HH MM	FEET	HH MM	FEET	HH MM	FEET	HH MM	FEET	
01 Sat	0905	0.7	0900	7.3	1820	0.6	2124	7.9	Sat 01
02 Sun	0401	0.1	0852	7.5	1808	0.1	2208	8.3	Sun 02
03 Mon	0453	-0.4	1041	7.7	1855	-0.2	2255	8.7	Mon 03
04 Tue	0542	-0.8	1129	7.5	1741	-0.3	2341	8.9	Tue 04
05 Wed	0632	-1.0	1218	7.8	1829	-0.3			Wed 05
06 Thu	0029	8.9	0723	-1.0	1309	7.8	1918	0.2	Thu 06
07 Fri	0118	8.7	0819	-0.7	1405	7.4	2013	0.2	Fri 07



SPRING IS SPRINGING
 We spent a couple of hours at the New York Botanical Garden last month, taking in the orchids at the garden's annual orchid show. Like the trains at Christmastime, the show was a world-class treat. The variety of colors is hard to describe. At times, it was as if we were walking through a box of Crayola crayons—the 64 size! Then, of course, there were the shapes and sizes. Some blooms could have passed for ordinary moss, others for spiders and still others for jazz musicians. Check it out next March.
 Another can't-miss event at the Botanical Garden is the blooming of roses at the Peggy Rockefeller Rose Garden. The best viewing will be in June and September, as it is in those months that the blooms are freshest. Afterwards (and if your olfactory senses have not had enough yet), spend a little time over on

Arthur Avenue, the Bronx's own Little Italy. It's a short walk, let alone drive, from the garden, and you can be back on City Island with your fresh pasta, meats and assorted cheeses in 20 minutes or less, depending on your appetite.
 We received a letter from a reader at Pilot Cove inquiring after the black and white birds in the water behind the building. Without actually having seen them, we'd have to say they were probably buffleheads. Buffleheads are black and white, and they are common visitors to the waters surrounding City Island in winter. Eiders, scoters, scaup, and goldeneye are some of the other waterfowl to be found in our area in winter, but these sound like buffleheads.
 We've been seeing more and more of the robin redbreasts lately. Want to bet these harbingers of spring were second-guessing themselves last month with all that extra snow we had? The ring-necked pheasants are back, too. Actually, the ring-necks are bouncing back to our area, their numbers having been decimated over the years by the stray dogs, fox and even coyote that roam Pelham Bay Park. Look for pheasant in the reeds across the parkway from the old garbage dump or in the brush along the approach to the Hutch, after the second traffic circle. Look for robins all over.
 As always, we welcome your feedback and invite your input at jdsstrat@earthlink.net.

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Sunday, April 4	Chris Brown	4-8PM
Saturday, April 10	Dawn & Greg	9:00PM-1:00AM
Friday, April 16	Mike Barry Duo	10PM-2AM
Saturday, April 17	Cover Dogs	10PM-2AM
Sunday, April 18	Chris Brown	4-8PM
Saturday, April 24	Ill (Three)	10PM-2AM
Sunday, April 25	Jim Kencally	4-8PM
Saturday, May 1	Boomerang	10PM-2AM
Sunday, May 2	Twister	4-8PM

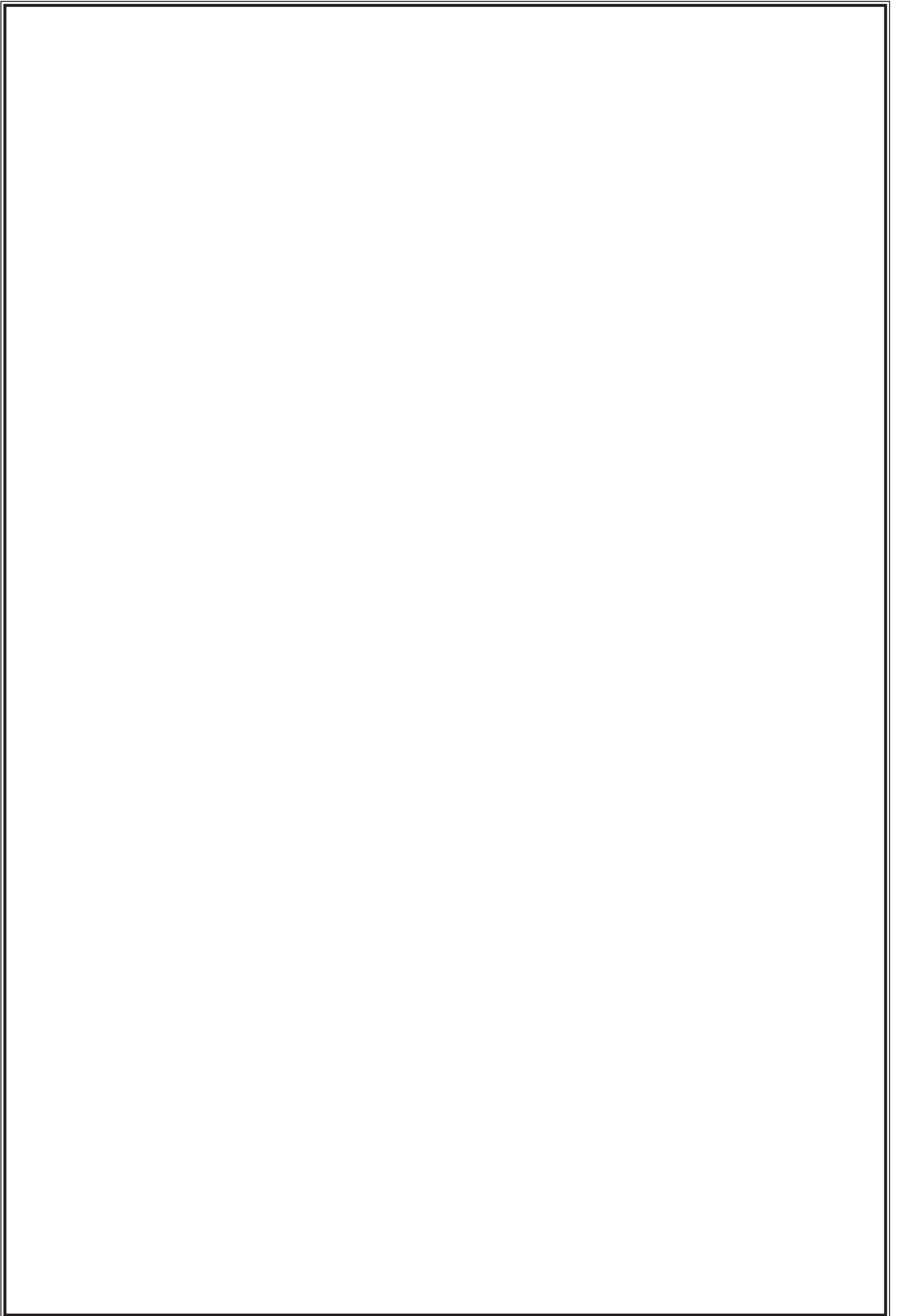
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It has been a long winter, but we are confident the warm weather is on its way. Our indoor winter program is coming to a close, and we are eagerly awaiting the opportunity to get outside and breathe some fresh air.

Our season begins officially on Saturday, April 17, 2004. The festivities will begin with our annual opening-day parade and ceremonies. We will meet up at Catherine Scott Promenade (Bridge Park) at 10:45 a.m. (Please note that the time listed in last month's Current was incorrect). The parade will proceed to Belden Point and end at Ambrosini Field.

Our opening-day ceremony will include recognition of those who have supported the Little League. This year we will especially be honoring our local politicians, who have been a great source of support to both our Little League and the City Island community. We would like to take this opportunity to thank those groups who attend and support our parade every year, with special recognition to the American Legion for providing the color guard and to Aquinas High School Band for providing us with the lovely music.

Everyone is invited to come down and join us on April 17 to celebrate the opening of another fine season of baseball on City Island.

This year we will be featuring three minor league teams, three major league teams and

two junior teams. The major and minor leagues will play at Ambrosini Field, and the junior teams will engage in inter-league play throughout the Northeast Bronx.

Registration for minors, majors and juniors is now closed, except for new residents. However, we are still accepting registrations for our instructional league. Six-year-old children will be enrolled in our Tee-Pitch program. Five-year-olds play T-Ball, and children 4 years old and under can join our whiffle ball program. Parents who are interested in the instructional league can register at any time, but we would like to have all children registered before the parade so we can supply them with uniforms. Interested parents can contact us by e-mail at cityislandlittleleague@yahoo.com or call us and leave a message at 718-885-3875.

Members of the executive board met with members of the Ed/Rec Center Group formed under the leadership of IDEA on March 18 to discuss using the practice field for the proposed Educational/Recreational Center. IDEA and the Ed/Rec Center Group have agreed not to support the building of any structure on the practice field. The City Island Little League's executive board fully supports the proposed Center. We have pledged our assistance in helping IDEA find an alternative location for this project and urge all members of the community to get behind this project and pledge their support. The executive board believes that this type of facility would be beneficial to our community.

CILL Executive Board

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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.

Best wishes to Rochelle Street's Justin Rodstrom, who made Eagle Scout on March 20 in a ceremony at Trinity Methodist Church. Justin, a senior at Fordham Prep, was accompanied by his proud parents, Rose and Walter; his brother, Matthew; his sisters, Chelsea and Rebecca; and a host of friends.

Happy 14th birthday wishes on April 4 to Carroll Street's Frank Ramftl with love from Mom, Dad, Fred and Grandma.

Congratulations to Minnieford Avenue's Robert Ruggiero, who received the Father Stephen Kelly Man of the Year Award from Our Lady of Solace Church at a ceremony on March 12 at the Villa Barone Manor. The Father Kelly Award honored Robert's service as a positive role model to the youth of the community and for his humanitarian efforts as a member of the U.S. Public Health Services Emergency Preparedness Team. Robert and his team worked tirelessly on the Happy Land Social Club fire disaster, the crash of TWA Flight 800 and the tragedies of Sept. 11. We are so proud of you! Love, Tina, Nick and Chris.

Happy 17th birthday greetings on April 17

to George Vrettos, with love from your friends and family.

Best wishes to Jesse D'Allesandro and Dorothy (Comeau) Fiederlein on their recent engagement. After dating in the mid-1960s, Jesse and Dorothy went their separate ways. They were reunited at their eighth-grade St. Mary, Star of the Sea reunion in 2002 and "the rest is history." The former Fordham Street residents plan on living in Conowingo, Maryland.

Happy birthday(s) on April 23 to the Sailmaker's Judy Iovieno and to her sister-in-law Maria Swieciki on April 25, with love from your family.

Birthday greetings to the entire Doyle/Butterworth clan: Christopher Butterworth on March 8, Joseph Nelson on March 10, Joe Nelson on March 28, David Butterworth on April 30, Jack Strnad on April 28, Cathie Doyle on April 24 and Mari Doyle on April 14.

Best wishes for continued happiness to Marcy and Chris McGuire, who will celebrate their first wedding anniversary on April 26.

Happy birthday on April 22 to Bay Street's Anne McIntyre and on April 26 to her mom, Peggy Eberhart.

Congratulations to former Islander Anthony DeGrazia and his wife Julie on the birth of their daughter, Sophia, born in Florida on March 7. Proud grandmother is Lina DeGrazia of the Lina Petit Salon on City Island Avenue. Love to Sophia from nonna Lina, zia Lola, Jonathan and zio Jean Pierre. Lina and her family also send Happy Birthday wishes to Jean Pierre in California on April 15.

Birthday greetings go out to Timmy Byrnes, who will celebrate his big day on April 18. All our love, Mom, Dad, Mal and the rest of the gang.



Robert Ruggiero, third from left, received the Father Steven Kelly Man of the Year Award on March 12, 2004 from, left, John Kelly and Kelly Levine. Robert's wife Tina is pictured on the right.



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St. Mary, Star of the Sea Holy Week Schedule 2004

CONFESSIONS
 SATURDAY, April 3
 4:15 - 5:15 P.M.

PALM SUNDAY - April 4
 VIGIL MASS - SATURDAY, 5:15 P.M..
 SUNDAY - 8:00, 10:00 A.M. & 12:00 Noon
 (Blessing of Palm at all Masses)

THURSDAY, FRIDAY & SATURDAY
8:00 A.M. - TENEBRAE
 Consists of Psalms and Readings
NO MORNING MASS

HOLY THURSDAY, April 8
SOLEMN COMMEMORATION OF THE LORD'S SUPPER - 7:30 P.M.
 Procession to Repository
 Adoration to 10:00 P.M.

GOOD FRIDAY, April 9
COMMEMORATION OF THE PASSION AND DEATH OF JESUS - 3:00 P.M.
STATIONS OF THE CROSS - 7:30 P.M.

HOLY SATURDAY, April 10
SOLEMN EASTER VIGIL- 8:00 P.M.
 (Fulfills Sunday Obligation)

EASTER SUNDAY, April 11
MASSSES - 8:00, *10:00, and 12:00 Noon
 * Easter Egg Hunt follows the 10:00 A.M. Mass