



**Meet our Inspiration Award winners** 

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## Tide honors two community women

#### Miriam Gillies and Gerry Sapanaro

#### **BY NICOLE FUENTES**

This year, the Tide of Moriches and Manorville solicited nominations for our Inspiration Award winner. During this time, we sought people who take it upon themselves to make a difference in their community-not simply someone who has a job to do, or who happens to be a member of a well-established organiza-

We had trouble deciding between two very notable women in the community. Miriam Gillies and Gerry Sapanaro. So, instead of debating, we decided to name them co-winners.

Longtime resident of Center Moriches. Miriam Gillies was nominated by local Janice Graf, and Gerry Sapanaro, a Center Moriches business owner and civic leader, was nominated by Brookhaven Town councilman Dan Panico.

"There are so many things Miriam has done and continues to do for others that even this recognition cannot begin to thank her for her unwavering volunteerism throughout the years," Graf said in her nomination. "If anyone is in need of anything, all they need do is call Miriam. Whether she knows you or not, she knows someone who could help. When Miriam is not volunteering, she's on the phone reaching out to her many contacts in order to find a solution with the help of others.'

Miriam brought the Relay for Life to Center Moriches, which raised thousands of dollars in order to help cancer research. She also spent tireless hours for many years organizing, planning, and reaching out to survivors.

As a charter member of the Passport Rotary Club, she's participated in educating people about organ donation, food drives, and delivering food and basic necessities to the working homeless that live in Suffolk County.

Gillies has also been a member of the Moriches Chamber of Commerce for many years as an integral participant in almost every event.

She started her community volunteerism during the annual Blessing of the Fleet in the late '70s and started the first Offshore Women's Fishing Tournament. She also participated in Camp Paquatuck's Bike-A-Thon for years and the chamber's annual Duck Race. She is also known for taking cancer patients back and forth to treatment.

During the years, she has also volunteered for the Moriches Bay Unit of ACS and participated in Daffodil Days, Jail and Bail, Help Soccer Kick Cancer, and the Amazing Kite Fly.

But the most rewarding event, she said, is the Relay for Life and being an active volunteer at East End Hospice.

Additionally, she has been on different programs/committees at the local school, judge for the fire department's holiday parade, and presently, she is on the Board of Directors of Chamber of Commerce of the Moriches, Moriches Community Center, and Our Lady Queen of the Apostles. She is also a parishioner at St Johns R.C.

Several years ago, she also restarted the chamber's Halloween window painting, and chaired the Student of the Month, menorah and tree lighting, and the Veterans Day parade. The chamber also honored her as the first female grand marshal for the annual St. Patrick's Day



Longtime resident of Center Moriches Miriam Gillies was nominated by local Janice Graf.



Gerry Sapanaro, a Center Moriches business owner and civic leader, was nominated by Brookhaven Town councilman Dan Panico. Courtesy photos

parade in 2011.

"The Veterans Day parade wouldn't be the same without her recruiting the veterans to be honored," Graf explained.

Gillies moved to Center Moriches in 1965, purchasing an abandoned duck farm and turning it into a marina. She and her husband had one daughter and one son. She was a registered nurse-turned-nursing-teacher and her husband an electrician. Her husband passed in 2000.

This past year, she also said that she has been "living on the phone," helping people find vaccine sights and reaching out to many who are home alone.

"I am truly honored," she said of the award. "But remember, it takes everyone to make us who we are. I truly enjoy helping/volunteering others and guess that's why God keeps me going."

While equally impressive, Sapanaro devotes countless hours of her time to improve the community in which she lives and works.

Sapanaro owns Moriches Bay Realty on Main Street. She is also an officer of the Chamber of Commerce of the Moriches and Downtown Beautification Commit-

"She works tirelessly to attract businesses to the area to help create a thriving Main Street," Panico said in his nomination letter. "From organizing annual street fairs, to spearheading seasonal beautification initiatives along Main Street, Gerry is constantly involved in efforts to make the Center Moriches downtown business district better for businesses, residents and visitors."

Geraldine "Gerry" Sapanaro was born in Manhattan and has been in the real estate business since 1957. When Sapanaro was 21, she moved out to Long Island with her parents. She privately taught piano for 25 years, helped run a deli and then owned her own deli in Shirley, and eventually became a salesperson at Moriches Bay Realty. In 1991, Sapanaro purchased and became the broker owner of Moriches Bay Realty and continues to actively participate in real estate on a daily basis.

Sapanaro is a former president of the chamber, currently serves on the board as the treasurer, and is an active member in the chamber's committees for the St Patrick's Day parade, spring and fall fairs, and holiday events.

She has also served on the board or Eastern Suffolk Chapter of Libor and helps run the Downtown Beautification Organization, which helps keep Main Street in the Moriches areas looking beautiful with lampposts decorated with flowers and decorations, and helps with the general upkeep of Main Street itself.

Additionally, she is an active Rotarian of The Rotary Club of the Moriches and participates in many of their fundraising events all year long to help support Camp Pa-Qua-Tuck, The Moriches Rotary Health Camp.

Sapanaro and her late husband, John Sapanaro, have two sons (Scott and John) and she has two grandsons (Johnny and Joey).

"I have and will always serve on many committees, organizations, and activities for my community, whether it be educational, local fundraising, or just to help someone in need," she said, happy to be honored. ■

# Oasis Rehabilitation provides enhanced Parkinson's Program

At Oasis Rehabilitation and Nursing our mission is to provide enhanced, interdisciplinary care to people with Parkinson's Disease. We offer a specialized program designed specifically for people with movement disorders. Our goal is to maximize function and quality of life for individuals affected by Parkinson's and other movement disorders.

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movement disorders. This enables the participant to maximize their functional abilities. At Oasis, we also address the non-physical symptoms of Parkinson's disease, such as depression, anxiety, and hallucinations through regular visits with the onsite board-certified Neurologist and psychologist who provide interdisciplinary treatment plans. In preparation to return home safely, caregiver training is available as well as resources for home modifications. We also provide a once monthly Parkinsons support group for discharged patients and anyone in the community. Oasis Rehab welcomes the opportunity to improve the function, safety and quality of life of those impacted by Parkinson's Disease or other related movement disorders.



Sherry Vigliotti is the Director of Parkinson's Disease Program

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# Working up a spiritual sweat

Getting in shape is about more than just the body with new Faith and Fitness class

BY KATHERINE AL RASHDAN

If you pop in to a Made Well fitness class at South Bay Bible Church, you might think you're attending any regular exercise class. All around you, classmates work up a sweat in their yoga pants and oversized T-shirts as instructor Kelli Schoefer motivates with music and words of encouragement. But this class offers more than meets the eye. Participants get a workout—one that's both physical and spiritual.

"If you had us on mute, we'd look like any other fitness or exercise class. We do cardio drumming, kickboxing, resistance training, bar exercises," said Schoefer of the class, which is held in a tent behind the church.

The class schedule goes down as follows: Schoefer begins with a prayer; then, she sets an intention for the class. Each class is about 50 minutes in length. While students are bumping up their heartrate and isolating their muscles, Schoefer walks around to motivate the class, physically and spiritually; sometimes this might include reading scripture from the Bible, and sometimes it includes pumping up the volume on a song. Schoefer describes herself as "overly peppy" and says her choice in music is energetic and optimistic. During cooldown, Schoefer prays over the individual classmates.

The purpose of these exercise classes is not only to provide a space for participants to get into good physical shape; it's also about getting them in a good head-space, mentally and spiritually.



The Made Well fitness class takes place in a tent in back of South Bay Bible Church in East Moriches.

Courtesy photos



Kelli Schoefer

"We're not just moving our bodies to burn calories; we're moving as a means of worship," she said.

of worship," she said.
For Schoefer, the desire to teach othership. ers physical fitness through spiritual fitness came about when she noticed, over a decade ago, that she was fixated on the physical side of exercise. Schoefer was a fitness buff and noticed she was constantly motivated by the numbers on the scale and the way her jeans fit. Then she had an epiphany. She realized that fitness is about more than looking good; it's about feeling good. She recognized that fitness is about being able to run around and play with your kids and being in good enough physical shape to serve your community.

"The point is not my physical body and what I look like. It's much bigger than that," she said of her realization.

Later, a friend told Schoefer about a nonprofit organization called Revelation Wellness, which trains fitness instructors to combine Christian spirituality and exercise regimes. Schoefer trained with the organization and then created her own class, Made Well. Before creating the class, Schoefer held another role with the church, as the director of communications. She also sings for their worship team.

The classes unite two things Schoefer cares deeply about: spirituality and fitness. This is why she affectionately calls herself a "fitness teacher and gospel preacher."

Anyone of any skill level or age is invited to attend. Also, anyone of any spiritual level can attend, from those that regularly attend church to those that have never been. Whatever participants do in class, Schoefer encourages them to just keep moving.

"We always tell people, 'If you're moving, you're doing it right'," she said.

For more information about the class, email Schoefer at Kellischoefer@gmail.com. ■

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#### BY VIRGINIA WHITE, LE

February is for love...and that includes loving yourself! When cold winter weather wreaks havoc on your skin, your body, and your mental health, it's time to head over to Ocean Spa for a full reset. We've got all the treatments you need - and with Valentine's Day just around the corner a wink and a nudge may get you the gift card you really want!

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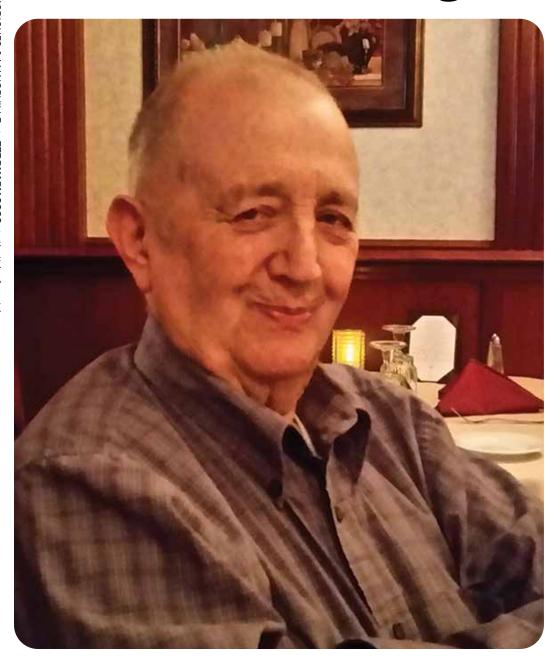
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Ocean Spa Beauty & Wellness, established in 2015, is a family owned and operated day spa at 369 Montauk Hwy in East Moriches. Owners (and sisters) Stacy Krey, LMT and Virginia White, LE have over 20 years collective experience in the day spa industry. To speak with one of them directly, please call (631) 909-3810. A full menu of services can be found at www. OceanSpaLI.com.

## Moriches announces St. Pat's grand marshal



Ninety-year-old Kenneth Johnson has been selected by the Moriches Chamber of Commerce as this year's 2022 St. Patrick's Day grand marshal. Courtesy photo

#### Ken Johnson honored at 90 years old

#### BY NICOLE FUENTES

Ninety-year-old Kenneth Johnson has been selected by the Moriches Chamber of Commerce as this year's 2022 St. Patrick's Day grand mar-

"Just being with the people, I love this town," Johnson said, excited by the honor.

He plans to attend the parade with his family and even some of his grand and great-grandchildren.

He and his wife, Grace, have four grown children, seven grandchildren and five—soon-to-be six—great-grandchildren. Johnson was born in Center Moriches in 1931, growing up on Redford Road. He is now the oldest living resident born in town.

He remembers being one of six people in the first sixth-grade class at the old Mastic, Manorville and East Moriches Middle School. He graduated in 1949 with 43 people in his graduating class.

After his marriage to Grace, they built a home on Howells Place, where they currently live. The couple has been married for 66 years. Grace is 82.

He enlisted in the United States Marine Corps during the Korean War and worked at his uncle's farm, Bernstein Duck Farm & Nursery, in Manorville, the current location of IGHL. He eventually went on to work for Brookhaven National Laboratory in 1959. He retired after 42 years.

His Irish roots come from his family's ancestors, and at the ripe age of 90, he said he now loves the holiday for the traditional corned beef and cabbage meal, though his daughter said he probably loved the holiday for the beer back in the day.

'I put in the paperwork for him," his daughter Kim Johnson Hennessey said, proud of her father's accomplishments and submitting him

Johnson was known for his community service. He is a dedicated member of the Center Moriches Fire Department with over 70 years in active duty. He also served as a commissioner and chief.

"Ken Johnson was selected as grand marshal in recognition of the decades of service to the community that has included the Center Moriches Fire Department, the Suffolk County Fire Service, and as a member of the Center Moriches Board of Education," said chamber president Art Gerhauser.

#### ABOUT THE PARADE

Center Moriches will host the 19th annual St. Patrick's Day parade on Sunday, March 13 at 2 p.m. on Main Street. The parade begins on Lake Avenue and ends at Railroad Avenue and includes floats, fire departments and Irish bands.

The chamber's dinner will be held on March 11 at 7 p.m. in honor of Johnson. Tickets are \$75 per person.

For more information or to request to be part of the parade, visit www. moricheschamber.org. ■

## **Folkie Fest** is back on!

The Moriches Community Center will host another Folkie Fest event on Feb. 13 at 2 p.m. The theme is "Heart Songs," and talented local musicians will share songs which have touched their hearts. Tickets are \$15 in advance at their website (www.morichescommunitycenter. org) or \$20 at the door. All attendees must wear a mask. ■





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## Main Street Q&A: What's your New Year's resolution?

#### BY KATHERINE AL RASHDAN

The month of January is all about new beginnings. For many of us, Jan. 1 is like a fresh start—a day when we can hit the reset button and try once again to accomplish the things in life that matter most

A new year means new goals and a new vision for what we want out of life. This year, neighbors are getting back to the basics when it comes to resolving for change in the new year. Things like getting one's health under control, showing more generosity, working less, laughing more—those are the responses we found most. For this edition, we made an appearance at the Moriches Winter Wonderland Festival; then we made a pit stop at the Festival of Lights in Center Moriches.

We also ventured across town to the

King Kullen shopping center in Manorville. We'd love to hear what your New Year's resolution is this year. Feel free to share it with us in the email below.

And as always, if you have a question or idea for next month's Main Street Q&A, email us at advletters@optonline.net. ■



Joanne Ziminski and Linda Schultz

#### Joanne Ziminski

"To quit smoking. It's got to happen, and so it's going to happen this year.'

#### Linda Schultz

"It's not necessarily a resolution, but I want happiness and health for my family this year. That's it."



**Neil Smith** 

"To work less."

### We're Online

thetideofmoriches.com



**Ashley McGonigal** 

"I would like to show more generosity this year, as the world has shown for me. I've had such an amazing year and I want to do my part to help other people in their pursuits."

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### It's cold and they need coats!

Long Island has been getting some really cold temperatures, 20 and 30 degrees, and some days even colderadmittedly, normal for winter. But as we trek out into the cold, most of us do so fully bundled up, especially the little ones. Unfortunately, that is not a reality for so many.

Lighthouse Mission pastor Jim Ryan estimated the organization hands out almost 5,000 coats per winter, though donations have been scarce.

The mission is in need of warm winter coats in all sizes for adults and children. However, he said, large and extra-large coats can fit just about anyone. The collected coats are handed out to local school districts and during their mobile food distributions.

'There is always need, but this year seems to be a lot, and we just haven't gotten a lot of coats," he said. "Everything goes right here; if you give clothes here, you might see that coat one someone in the neighborhood."

Also needed and greatly appreciated are hats, gloves, coats and scarves. Please consider donating any lightly used or new winter coats. To donate, visit the Lighthouse Mission at 1543 Montauk Highway in Bellport or donate via their website at www.lighthousemission.com. For more information call 631-758-7584.

If you or someone you know is in need of these items, the Lighthouse Mission will be handing them out at their 10 weekly mobile food outreaches.

#### WHERE TO DONATE:

#### **Brookhaven Town, Moriches Bay Recreation** Center, 313 Frowein Road, Center Moriches:

The Town of Brookhaven Youth Bureau will hold its annual Interface Coat Drive to help residents in need stay warm this winter. Donations of new or gently used clean coats, scarves, hats and gloves in infant to adult sizes can be dropped off.

#### Helping Makes U Happy, 1 Neville Street, Center Moriches:

The coats collected go to local schools, street ministry and the homeless. Donations can be dropped off at the organization's collection box at Carlos Pizza in Manorville or at the headquarters' beige drop closet.

#### St. John the Evangelist, 25 Ocean Ave., Center Moriches:

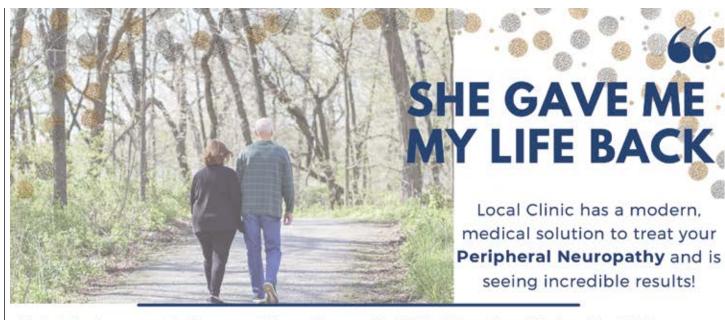
Drop a coat in the drop bin.

#### **Center Moriches Methodist Church Thrift** Store, 464 Main Street:

The shop now solely collects clothing items.

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"It started out as a normal outing. My wife and I had to run to the grocery store. We were driving down the road casually going over our shopping list when the car ahead of me started to slow down anticipating the yellow light. I started to move my foot from the gas to the brake as any normal person would do when they see brake lights in front of them, but I couldn't. I couldn't feel my foot. The car kept moving forward and I just couldn't get my foot on the brake. And CRUNCH! I finally came to a stop when I hit the car in front of me."

This tragic story was shared with us by Bill M., a Long Island resident who has peripheral neuropathy. And while no one was hurt in the accident, Bill M. had suffered almost everyday with tingling and burning in his feet until numbness set in and he could no longer feel the brake pedal beneath his foot.

"The first stage is pain." shares Acupuncturist Melissa Peters of Wellspring of Life Acupuncture. "You feel burning tingling, sharp pains, or you feel like you're walking on tacks or marbles. This pain eventually subsides and the numbness sets in. Unfortunately, the numbness brings with it a whole other host of problems."

This was the case with Bill. "I said I wasn't going to drive again. What if that had been a pedestrian?"

It is terribly common that peripheral neuropathy and its debilitating symptoms interfere with a person's ability to live their life. Bill was now reliant on his wife to drive him around, even the simple pleasure of driving down to the beach or taking her out to dinner was outside his capabilities And even more common, Bill's general practitioner and several specialists told him there was nothing they could do other than presrcibe him pills that would ease the pain of his neuropathy.

That's where Acupuncturist Melissa and her staff at Wellspring of Life Acupuncture come in. "About 50% of our current patients come to us suffering with the same condition as Bill,"tells Melissa Peters, L.Ac.

They're in constant pain from neuropathy and it prevents them from not only living but more importantly, it prevents them from enjoying it. Depending on the severity of their nerve damage, we typically see tremendous progress in 3-4

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"I can't lie," confides Bill. "I was skeptical at first. I've heard over and over again from docs and specialists that there was nothing that could be done and then there's a local Acupuncturist that tells me she can help. Turns out she was right! About three months after treatment I was able to confidently drive myself to my appointments! It's hard to put into words how incredible this is, quite frankly Acupuncturist Melissa Peters gave me my life back."

seeing incredible results!

While Wellspring of Life Acupuncture specializes in acupuncture and it's definitly part of their protocols in treating neuropathy, the real secret is in a more modern medical solution called ATP Resonance BioTherapy. "This technology was originally developed by NASA to expedite healing and recovery"shares Melissa, acupuncturist and owner of the clinic. "It's like watering a plant. ATP Resonance BioTherapy stimulates the blood vessels to grow back around the peripheral nerve and provide them the proper nutrients to heal and repair."

You can learn more about Acupuncturist Melissa Peters and Wellspring of Life Acupuncture by visiting www.wolacupuncture.com. If you're ready to schedule a consultation call (631) 591-2210. Wellspring of Life is a very intimate clinic and the staff takes pride in their ability to take their time with each patient.



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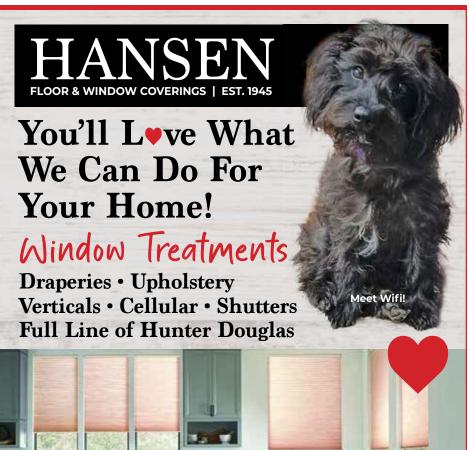
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### JOHN A. PENNEY

JANUARY 8, 1922 - DECEMBER 27, 2021



John Addison Penney, 99, a 40 year resident of Athens, TN, died and was ushered into glory on December 27, 2021. Though absent from the body, he is now present with the Lord. Born on January 8, 1922, the son of Harold Fanning Penney and Janet Madorah Bates Penney and, after his mother's death in 1927, his stepmother Sara Lillian Pettit Penney, John and his siblings grew up during the Great Depression and moved numerous times as his father followed the opportunities for employment. John was a WW II veteran serving in the U. S. Maritime Service from 1941 to 1946. He graduated from training at Fort Trumbull in New London, CT. as a licensed Third Mate in August 1944. He was then assigned to a new Liberty Ship in Baltimore, MD and sailed in convoy across the Atlantic. John married the love of his life, Martha Agnes McMullan on December 16, 1945. Martha preceded him in death after 70 years of marriage. Together, they raised their four children, John Jr., Robert, James and Sara in Center Moriches, NY on Long Island. John worked at the Brookhaven National Laboratory in Brookhaven, NY from 1950 to 1981 in the Reactor Division, retiring as an Isotope and Special Materials Engineer. John always served as an active member of his church wherever he lived. He also served on the Center Moriches, District 23, School Board for eleven years including as President of the School Board during

that time. John was a member of community choruses in both Center Moriches and Athens. He enjoyed gardening and kept his own vegetable garden until the age of 97. He was an excellent sketch artist and loved sailing on the Great South Bay of Long Island. John loved to read, especially the Bible, which he made a practice of reading through each year.

John was preceded in death by his parents and four siblings Harold Fanning Penney, Jr., Franklin Forest Penney, Louise Bates Penney Moffat, and Madeline Joy Pennev Adsit and by his beloved wife Martha, their first child, a son who died at birth, and by his great grandson Luke Shumate. He is survived by his four children John A. Penney Jr. (Rebecca), Robert M. Penney (Winkie), James F. Penney (Dottie) and Sara J. Penney Kessler (Paul) and their families including seven grandchildren and ten great-grandchildren as well as many nieces, nephews, grandnieces and grandnephews.

A memorial service was held on January 8, 2022 at Allen Memorial United Methodist Church, 800 Decatur Pike, Athens, TN 37303. Friends will be received beginning at 1:00 pm with the memorial service beginning at 2:00 pm. In lieu of flowers, donations may be made to Hospice of Chattanooga.

Interment will be in Mount Pleasant Cemetery, 43 Main Street, Center Moriches, Suffolk County, New York at a future date.

# Five places to show your loved one you care

## Celebrating Valentine's Day in the Moriches and Manorville

BY KATHERINE AL RASHDAN

Feb. 14 is fast approaching and for those of us that aren't good with dates or anniversaries, it's a big one: Valentine's Day. The day of love, hearts and chocolate is just around the corner, and that means you need plans, sweet plans for the day or weekend in order to show your love and appreciation.

Don't know where to go? Don't sweat it. We've come up with a list of five things to do in our area this Valentine's Day. There's something here for everyone, from those that want to spend a romantic night in, to those that want to celebrate with friends, to those who want something sweet, to those that want to show their love with a beautifully wrapped gift.

### Have dessert at The Rainbow Rolls in Center Moriches

333 Main Street, Center Moriches

The Rainbow Rolls is a truly unique experience, serving up colorful rolled ice cream in cups or tacos that overflow with free extra toppings like cake bites, Reese's Pieces and sprinkles. If your significant other doesn't know about this Main Street institution, take them and show them how they should order: by asking for either a taco or cup. Sit down and enjoy the family-friendly vibe while at the same time enjoying a truly unique experience that people travel near and far for.

## Spend the night in with a bottle of wine from The Tipsy Duck in Eastport

509 Montauk Highway, Eastport

Enjoy an assortment of wine and spirits that run the gamut from locals to selections from far away. The cute, stylish store perfectly displays each bottle

proudly. Pick one out that you know your significant other will like and then pop the cork and pull out the decanter for a comfortable night in. If you're not sure what you want, ask for some options based on what you know your love likes.

### Pop across the street for a gift from Eastport General Store

510B Montauk Highway, Eastport

The store sells everything from locally made jewelry to chocolates to chic gardening supplies to refrigerated drinks. You can even pick up a flask or shot glass to go with your spirits from The Tipsy Duck. Also available are a selection of artisanal soaps and environmentally friendly cleaning products. Surprise your loved one with a thoughtful gift and then have it specially wrapped.

### Take 'em for a pint at Moriches Field Brewing Co.

1 Wilcox Avenue. Center Moriches

Visit the tasting room for a fun and social date night. There are always different beers on tap, so try a new one and enjoy, or stick to an old, familiar favorite. Maybe make it a group night and gather your friends together for a fun night out on the town. This is an excellent idea for those that want to spend the Hallmark holiday with your special sweetheart and other loved ones as well.

### Enjoy some Italian-style 'amore' at Pennachio's in Manorville

460 County Road 111, Suit 2, Manorville

That's amore! When love is in the air, there's no better place to be than a restaurant serving up Italian favorites like gnocchi, eggplant parmesan, penne alla vodka and refreshing salad topped with gorgonzola cheese. This Manorville staple is a great place for those that want to spend Valentine's Day enjoying a romantic dinner with their love. But also, for a night in, pizza is a great option, too. Maybe pair your pizza with a wine from The Tipsy Duck? ■



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## Moriches chamber gets new president

#### **Arthur Gerhauser** takes on new role

#### BY NICOLE FUENTES

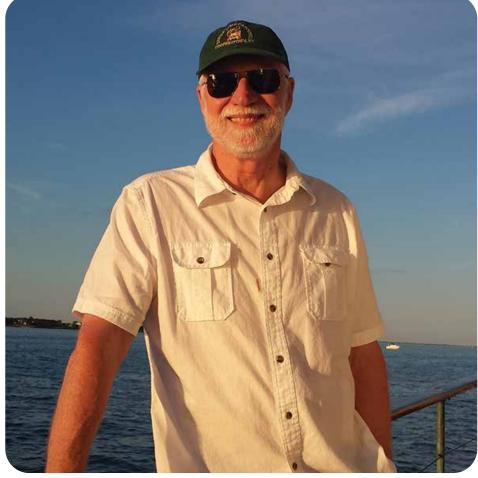
Known for his humble service to the community and as the 2019 grand marshal of the Center Moriches St. Patrick's Day parade, Arthur Gerhauser returns as the new Moriches Chamber

He previously served as president for six terms from 2003-2008 and has recently taken over for Julie Pratt.

Pratt recently retired as branch manager of the East Moriches Dime Bank. She remains with the chamber as past president, but has left the area.

"We do many events for a relatively small chamber. I intend to maintain those events, improve on them, and look at adding ways to improve business for our members and the downtown business community," he said of his new position. "A strong business community employs local residents, makes available goods and services, and entertainment to our residents in close proximity to their homes. The business community also supports our schools through the taxes they pay while not sending students to the school. I will work toward strengthening the local business community by improving the many events we currently sponsor. I will look to add events that support business and provide leisure activities to our residents."

Those events include: St. Patrick's Day parade; St. Patrick's party to honor the grand marshal; American flags on Main Street; Spring Street Fair; scholarship awards at East Moriches and Center Moriches high schools, Clayton Huey Elementary School and Our Lady Queen of the Apostles: summer concerts and movie nights; the Fall Festival; March of the Goblins; Veterans Day parade; tree lighting; holiday



After previously serving as chamber president for six terms from 2003 to 2008, Art Gerhauser returns to serve the community once again. Courtesy photo

lighting; and Winter Wonderland.

"I definitely intend to grow the Veterans [Day] parade; it is right and proper to honor our veterans," he said of one of his goals as president. "The parade thanks them for their service and is a feel-good event for participants and

Gerhauser also participates with the chamber's sister organization The **Downtown Beautification Organization**  of Center Moriches, a 501(c)4 the chamber formed about 15 years ago.

In the early '80s, the Gerhausers became involved with the Boy Scouts of America. In addition to organizing camping trips and fundraising dinners, he also served as a member of the Boy Scout Camp's Construction Committee. He is one of the original organizers of the St. Patrick's Day parade and has served as the chairperson of the parade committee since 2007.

He has also served as Boy Scout Troop 414 recording secretary and vice president of the Moriches Bay Civic Association. Gerhauser is known for coordinating the summer concert series at the elementary school. During his time in the community, he has also served as a member of the Facilities Advisory Committee for the Center Moriches School District since the committee was formed in 1989, and has served as the committee's chair or co-chair for most of that time.

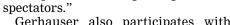
Also, have you noticed the flags and lights on the light poles in Center

Yes. Gerhauser does that, too.

"Our communities are made up of hardworking people with old-time core values; they teach their children the importance of education, to treat other people with consideration and respect, and the importance of family," he said of the residents. "They maintain their homes and help one another. I do my best to make life in our communities a little bit better because I know as nice as our communities are, they can be even better, and that we deserve better."

He married his first wife, Janet, in 1974, and soon moved to Center Moriches. Together they have four grown children. In 2013, he married Janice Papa. Gerhauser has been a contractor for the last 22 years, then a building inspector holding the position of chief building inspector in the Town of Brookhaven for 14 years. After retiring at the end of 2019, he formed Build All Construction Services, though he is currently filling in as acting chief building inspector for the Town of Southampton.

"Artie has been a lifesaver to us," Miriam Gillies, board of directors, said. "He signed up again, and we are really appreciative; he is a dedicated, caring person." ■





## Mazzarella sworn in for first full term

At the organizational meeting of the Suffolk County Legislature on Jan. 3, Jim Mazzarella was officially sworn in for his first full term as Suffolk County legislator of the Third District. In an official ceremony, Legis. Mazzarella took the oath of office, administered by Suffolk County clerk Judith Pascale, and signed the Public Official Ledger of Suffolk County, marking the official start of his new term.

"I am humbled that the residents have once again placed their trust in me to serve as their legislator for the next two years," said Mazzarella. "I take this position of trust very seriously, and I promise to work tirelessly for the betterment of the Third Legislative District and all of its residents.

During his term, he looks forward to completing the Forge River sewer project. He also hopes to help preserve the bucolic character of the Moriches community, as well as install a left-turn signal for eastbound traffic at the Moriches bypass at Moriches Middle Island Road.





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#### KEITH'S CORNER

## It's February, and we're feeling the love!

This Valentine's Day, Brothers Four restaurant and Dairy Queen will be offering the heart-shaped pizza and ice cream cake special, and Helping Makes U Happy will add in a special stuffed animal to love.

We'll be donating a portion of the proceeds to St. Jude Children's Hospital through our friends at Kay Jewelers in Riverhead—who for the past several years has generously donated the stuffed

animals to us—because we love making a difference for kids fighting cancer.

On Feb. 23 and 24, we'll be hosting free Cooking With a Cop classes at the HMUH building. We love bringing kids and cops together in a positive, fun, and delicious way!

Here's hoping you'll be sharing the love this month with those you hold nearest and dearest-just like me and mom! ■



### Over 6,000 pedestrian fatalities

ccording to the National Highway Traffic Safety Administration, in 2019, 6,205 pedestrians were killed and an estimated 76,000 pedestrians were injured nationwide.

Everyone is at some point a pedestrian and according to those numbers that means a person was killed every 85 minutes in traffic crashes in 2019.

NHTSA provides these tips to keep pedestrians safe:

#### **Tips for drivers:**

- · Look out for pedestrians everywhere, at all times.
- Use extra caution when driving in hard-to-see conditions, such as nighttime or bad weather.
- Slow down and be prepared to stop when turning or otherwise entering a crosswalk.
- Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.
- · Never pass vehicles stopped at a crosswalk. There may be people crossing where you can't see.
- · Never drive under the influence of alcohol and/or drugs.
- Follow the speed limit, especially around people on the street, in school zones and in neighborhoods where children are present.

· Be extra cautious when backing up and look for pedestrians.

#### **Tips for walkers:**

- · Follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever they are available.
- If there is no sidewalk, walk facing traffic and as far from traffic as possible.
- Cross streets at crosswalks or intersections. Look for cars in all directions, including those turning left or
- If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you
- Watch for cars entering or exiting driveways, or backing up in parking
- Avoid alcohol and drugs when walking; they impair your abilities and your judgment.
- Embrace walking as a healthy form of transportation - get up, get out and get moving.

Want to improve the walkability of your neighborhood? The administration also provides this walkability: https://www.nhtsa.gov/sites/nhtsa. gov/files/walkingchecklist.pdf. ■

### About the cover

Winter at Silly Lily Frozen Silly Lily in East Moriches. This shot was captured by local photographer Trish Minogue Collins. MT/Minogue Collins

the Tide

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Established 2011

JOHN T. TUTHILL, III Publisher, 2011-2018

J. TERRY TUTHILL Publisher, 2018-Present It is not our aim to tell readers what to think, but to provide them with food for thought and to make interpretive editorial comment on the news

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Letters policy: Letters to the Editor are always welcome. Letters must be 300 words or less, in good taste and not libelous. signed and include a daytime telephone number for confirmation of authorship. Our email address is ADVletters@optonline.net.

#### Sunday, February 6

**Sermon Series** – The South Bay Bible Church's current teaching series, "Heartbeat: Seven Values for a Healthy Church," will be presented Sundays online at southbaychurchli.org/livestream, 9 and 11 a.m. Visit www.southbaychurchli.org or call 631-909-8241.

**Adult Painting Class** – Join Center Moriches Library and Teresa from the Silhouette Spot to learn how to paint a winter scene on a 16x20 inch canvas using a one stroke technique that requires no painting experience, 2-3:30 p.m. Program will also be presented as a Zoom program. Please register for only one class. Register online or call 631-878-0940.

#### Friday, February 11

**Anti-Valentine's Day Party** – Teens in grades 6-12 can join Mastics-Moriches-Shirley Library to not celebrate Valentine's Day with crafts and treats, 5:45 to 7:30 p.m. Register online or call 631-399-1511.

#### Sunday, February 13

**Cookie Decorating Demo** – Center Moriches Library invites adults to decorate 3 large heart shaped cookies and pipe a special message on each with a thick sugar glaze, 2-3 p.m. This program will also be presented as a Zoom program. Please register for only one class. Register online or call 631-878-0940.

#### **Thursday, February 17**

Random Acts of Kindness Day - A day initiated in 1995 in Denver, Colorado by a nonprofit organization called The Random Acts Of Kindness Foundation. Celebrate by practicing kindness.

#### Monday, February 21

**President's Day** – An American holiday honoring presidents George Washington and Abraham Lincoln, who were both born in February.

#### **Tuesday, February 22**

**Book Discussion** – Join Mastics-Moriches-Shirley Library for a virtual book group to talk about "Such a Fun Age," by Kiley

Reid, 7-8:30 p.m. via Zoom. Register online or call 631-399-1511, ext. 240.

#### Of Note ...

Project Warmth - Program assists eligible families and individuals with heating emergencies. For more information or to apply for the program, dial 2-1-1 (or 1-888-774-7633) or visit www.unitedwayli.org.

**Free Food** – Word of Life Ministries opens its food pantry every Tuesday at 6:30-8:30 p.m. for those in need. Sunday service is at 11 a.m. Bring photo I.D. for your first visit. Pantry located at 15 Frowein Rd., Bldg. F4 in Center Moriches. Call 631-208-4050 for more information.

#### **YEARS AGO**

#### 75 Years Ago

FEBRUARY 1947

The cast for the senior play at Center Moriches High School met for their first rehearsal. Leading parts are taken by Marilyn Cassin, Raymond Rumph, Viola Davis, Marjorie Howell, Gae Borrill, Anna May Huson and Ted Jurgielwicz.

A large crowd attended the annual Ladies' Night dinner and dance give by the East Moriches Fire Department at Sunrise Inn. Eastport. Among those in attendance were Mr. and Mrs. Stanley Ogeka. C.P. Smith. Mr. and Mrs. C.L. Donovan. Mr. and Mrs. Leslie Chornoma, Mr. and Mrs. Adam Kanas, and Mr. and Mrs. Walter Ruland.

Frances Miriam Anczurowski, of Eastport, and Alastair Watson, of East Moriches, were married in the rectory of the Immaculate Conception Church, Westhampton. Following a trip to New Orleans, the couple will reside in Spe-

Mrs. Marietta Fournier, who resides in the Edwards home on Osborne Avenue, East Moriches, celebrated her 100th birthday. She was pleasantly surprised to learn that her daughter-in-law, Mrs. Charles Fournier, of Center Moriches, had written to the radio program "Brenneman's Breakfast in Hollywood," from which she received a beautiful orchid from Tom Brenneman and was congratulated on her 100th birthday on the radio program over WJZ.

A Newspaper Club has been organized by the seventh and eighth graders of Moriches Grammar School, with a newspaper to be published every month. Among the club's officers are Gertrude Rosato, editor; Blanche Mulholland, assistant editor; Helen Vrionis, secretary; and reporters, Rosalie Weiser, Lillian Krassel, Walter Domke and Robert Lindgren.

Carol Bernstein, of Center Moriches, won first prize in the amateur contest held at the Hampton Star Theatre, Westhampton Beach. Ms. Bernstein plays oboe and clarinet and upon graduation from Center Moriches High School, will attend the Juilliard School of Music.

Bruce Raynor, of East Moriches, is now employed at Luker's chicken farm. He expects to enter Cortland State Teachers College in July.

The observance of Race Relations Day in Bells' A.M.E. Zion Church, Center Moriches, was a very successful occasion. Winners of the prizes in the essay contest were Jane Burwell, Sylvester Quintichett and Thelma Russell.

Theda Mott, of East Moriches, who has been studying at the Banford Academy of Beauty Culture, New York, has completed her course and taken a position in Riverhead.

Mrs. William F. Tuttle was in charge of the Founders' Day program celebrating the 50th birthday of the National Congress of Parents and Teachers held at the East Moriches schoolhouse.

Some of the children on Atlantic Avenue, East Moriches, enjoyed a real treat when Bill Corey harnessed his horse to an old-fashioned cutter and took the children for a sleigh ride.

Five girls of Girl Scout Troop 13 of Center Moriches are working on their photographic badges by taking pictures of local scenes. The girls are Joyce Lindly, Patricia Hutton, Helene Rudnetsky, Arlene Makransky and Janet Schoener.

Playing in February at the Center Moriches Theatre: Tyrone Power in "The Razor's Edge"; Betty Hutton in "Cross My Heart"; Claudette Colbert and Walter Pidgeon in "The Secret Heart"; and Jerome Kern's "'Till the Clouds Roll By.'

#### 50 Years Ago

FEBRUARY 1972

Center Moriches' first movie house in 10 years had its long-awaited premiere with a showing of "The Go-Between," starring Julie Christie and Alan Bates. The



February 1972: Mee-Hee Oh, an 11-year-old sixth-grader at William Floyd Middle School, presented a program of piano music at Berkner Hall, Brookhaven National Laboratory, that included compositions from Bach, Beethoven, Schubert and Debussy.

theatre, which seats 350, will be the first Jerry Lewis Theatre in Suffolk County.

Kim Matson has been named Eastport High School's Betty Crocker Home-maker of Tomorrow. She will receive a specially designed award charm from General Mills, sponsor of the annual educational program, and she is now eligible for state and national honors.

President Al Nooger and vice president Herb Guthrie welcomed the newest member of the Rotary Club of the Moriches, Dr. Hubert Bush.

At the monthly meeting of the Moriches Bay Historical Society at St. John's Episcopal Church, Center Moriches, Eugene Horton presented slides and exhibits from his travels to East Germany, Poland and the Soviet Union.

The Moriches Bay Audubon Society enjoyed a field trip along the South Shore marshes and beaches from Quogue to Mecox Bay, with an afternoon visit to the Morton National Wildlife Refuge, under the leadership of Leroy Wilcox, one

of Long Island's best-known naturalists and bird banders.

Stephen and Kati Brendli, of Carriage Lane, Center Moriches, celebrated their 50th wedding anniversary with a Mass at St. John the Evangelist Church in Center Moriches.

Four William Floyd students performed in the Long Island String Festival at Ward Melville High School: violinists Mary Biondo, Lorraine Thomas and Deborah Lehecka, and violist Audrey Pia.

The Friends of the Center Moriches Library presented their monthly Story Hour with the themes centering around Lincoln's birthday and Valentine's Day. Mrs. Joh Kispert of Center Moriches read stories to the children and Mrs. Martha Schmidt assisted with the showing of film strips.

Playing in February in the **Twin Shir-ley Theatres**: "Butterfly," "Carnal Knowledge," and "The Lady and the Tramp."

Compiled by Vanessa Graniello

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## A Super Bowl tailgating recipe you need to make

BY KATHERINE AL RASHDAN

Super Bowl LVI, to be held on Feb. 13, is going to be a good one. As of press time, four possible teams will become the eventual two to play: the Los Angeles Rams, San Francisco 49ers, Cincinnati Bengals and the Kansas City Chiefs.

There are no New York teams in the

mix this year, but that doesn't usually stop us Long Islanders from watching and, perhaps, rooting *against* the team that did our team wrong earlier in the season. This time, the sporting event is all the way over on the left coast (the West Coast, that is) and will be held at SoFi Stadium in Inglewood, Calif. For the popular halftime show, performers include Eminem, Dr. Dre, Snoop Dogg,

Mary J. Blige and Kendrick Lamar.

Some of us will be enjoying the game in the company of friends and family; others may be cautious over rising COVID-19 infections and decide to watch the game at home. Either way, good food is in order. Whether you cook that good food and bring it to your brother-in-law's house or enjoy it just among your small family, is to be

decided.

The recipe below is for Buffalo chicken dip, a favorite at Super Bowl Sunday events across the nation, as it has been for nearly all of the 56 years of the Super Bowl's existence. In fact, when I think of Super Bowl snacks, I think of Buffalo chicken dip or Buffalo chicken wings with a creamy side of blue cheese dip and a few stalks of crisp celery.



#### **Buffalo Chicken Dip Recipe**

- Cook chicken breast in a slow cooker for up to 8 hours; shred.
- · Preheat oven to 375.
- Toss chicken breast with hot sauce of your choice; add chopped scallions, 1/2 cup of ranch salad dressing, and 8 oz. of softened cream cheese. Mix.
- Spoon the mix into a casserole dish and sprinkle the top with blue cheese crumbles and more chopped scallions.
- Bake uncovered for 20 or 30 minutes, until the top is bubbling and slightly browned.
- Serve in the hot casserole dish with a side of tortillas and, of course, some cut celery. You can even make celery boats by scooping some of the dip into the celery before guests arrive.

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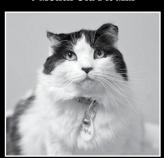
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#### P-ED: LOOKING FORWARD. BY

"In three words, I can sum up everything I've learned about life: it goes on." –Robert Frost

On Election Day last year, a red wave crashed upon polls across Long Island, changing the political landscape of our region, as well as our local community. The reverberations will be felt on Main Street, just as they will be in Hauppauge.

As reported by the *Long Island Advance*, this past Election Day, the Democrats not only lost the majority in the Suffolk County Legislature, but their counterparts on the right almost took a veto-proof supermajority of the body. Indeed, seas rise and tides change, and with this red wave, Democrats now stand upon regressing shorelines, watching the noble agendas of many being cut short. Meanwhile, on the right, Republican and conservative leaders, now in the majority, look forward to the opportunity to lead and govern. For better or worse, our daily lives will be changed, Republican and Democrat alike.

While some on the left took to social media, employing emojis and bemoaning these unprecedented and unforeseen election results (though should they have been so unforeseen?) with cliched personal platitudes, perennially playing the victim for the sake of signaling virtues and satiating their own ravenous egos, I'm looking forward.

I look forward to working with partners and elected officials, both old and new, from both sides of the aisle, who sincerely desire to work in the best interests of our communities and their constituents. Refusing to buy into the rhetoric of our time, I know the party affiliation of my neighbor is not enough to judge his or her commitment to-and love ofour shared home, our shared America. I therefore look forward to what we will surely achieve together as neighbors and fellow Americans.

Though some of us might not agree with every position of those who celebrated last Election Day, I am beyond confident most who did celebrate have agreed to take on the uneasy burden of public service for the same reason so many have been drawn to it in the first place: to work for the greater good and to leave this world—even if only here locally—better than we found it.

But I am also not naïve. As we know, not all voices are as sincere, I look forward to taking a stand against power-hungry personal interests and fighting against those who actively sow seeds of political discord through employing divisive, politically expedient rhetoric in a selfish clamor for power.

I look forward to holding the line against those with ill intent, and I look forward to working collaboratively across party lines with those who, like most of us, seek to make progress for the greater good.

I look forward—and with the passage of the infrastructure bill last year, with renewed hope—to Democrats remembering and recommitting themselves to the party's historic priorities: investing in our society, in infrastructure, in jobs, and

in the cultivation of local economies that are open and strong enough to provide opportunities for all Americans.

I look forward to building on the foundation that was established by our predecessors: those, like Legis. Rob Calarco here in the 7th District, who, after years of dedicated service, have vacated the seats they once filled so admirably, and those who will continue their proud tradition of fighting for all working people regardless of race, religion, or sexual orientation.

I look forward with encouragement to those who felt compelled to exercise their civic right and responsibility—perhaps for the first time—by turning out to vote in unexpected numbers. And, I look forward to engaging the still jaded, apathetic, and unregistered.

I look forward to a future when we voters are once again more interested in the strength of character, the merits of conviction, and the ability to get the job done than we are with seeing a D or R adjacent to a name we otherwise would not care to know.

To a departure from fabricated issues and identity politics intended to divide our people needlessly, I look forward.

With my brothers and sisters in the Patchogue Fire Department, I look forward to continuing to serve our shared community.

Working with president Dan Levler of the state's largest independent labor union, Suffolk AME, I look forward to continuing to fight for working people, as we look to build on the successes we have

already achieved.

Encouraged by mayor Pontieri's commitment to embracing our community's diversity, I look forward to continuing to work with leaders like our recently appointed Patchogue Village trustee (and Suffolk AME member) Lizbeth Carrillo, as we work to shape our evolving community and as we volunteer together to better the lives of our less fortunate neighbors.

Through the hopeful perspective that comes with the new year and in my optimism for our shared future, I am reminded of the words President John F. Kennedy said while honoring the great American poet Robert Frost:

"I look forward to a great future for America, a future in which our country will match its military strength with our moral restraint, its wealth with our wisdom, its power with our purpose... I look forward to an America which commands respect throughout the world not only for its strength, but for its civilization.'

We are too strong a nation and too strong a people to wallow in self-pity and despair. So, while some may be busy weeping for yesterday, playing the blame game, or embracing partisan politics, I look forward. And I look forward to more of us doing the same.

The author is a former staff reporter for the Suffolk County News and Long Island Advance and is the current Chief of Staff for the Suffolk Association of Municipal Employees. He holds a Bachelor's Degree in Labor Relations from Cornell University and a Master's Degree from Duke University.







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