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Because Everybody is Somebody

MAY 2009
Volume 3 Edition 28

5023 Merrick Road, Massapequa, NY 11758
(516) 799.NEWS (6397) info@massapequaNEWS.com

Circulation 8,500

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Each Week in May as we Feature Video Footage of:

Mother's Day Gift Ideas

May 3rd – 9th



The weight-loss professionals.®

Lisa LaPuma, Owner-Operator of the Diet Center
May 10th – 16th



Festival Dates: May 22nd – 25th
Memorial Day Weekend

Chamber of Commerce of the Massapequas
Annual Family Festival May 17th – 23rd



KAT Demo & Karting Corp.
May 24th – 30th

From the Editor's Desk:

Well, as was to be expected, April showers did *indeed* bring May flowers! As we look around, we see spring rejuvenating the thawing ground beneath us. The renewal of spring can be characterized in Ralph Waldo Emerson's poem "May-Day," "What potent blood hath modest May."

And how according is this line as it aptly describes me: subdued but with brazen cheeks, in this month that I was born. Sharing a birth month with the late writer, Robert Ludlum, I share a birth date with "timely" writers and musical artists, Stevie Wonder and Peter Gabriel, two of my favorites.



Writing of heritage and pride, we celebrate Cinco de Mayo, signifying the Mexican defeat of the better equipped and larger French army in 1862. That's right; the 5th of May is a day of pride and heritage – under-dogs take heed!

Finally, we observe the ultimate in heritage and pride: Mother's Day on Sunday, the 10th and Memorial Day on Monday, the 25th! Pause to honor the woman that brought you here and commemorate the men and women that died fighting for the right. Carry pride in heritage this month.

-Carah A. Naseem, MAY 2009

JOIN the 7,325 recipients of bi-weekly eNEWS e-mailed to you
FREE – just ask! **Contact us at:** info@massapequaNEWS.com

Up-Coming Events – (details on the web: <http://www.massapequanews.com/events2009>)

- 5/3 Massapequa Soccer Club Memorial Day Tournament Registration Midnight Deadline **680-3351**
- 5/3 Mid-Island Y JCC Camp Open House begins at 11:00 a.m. **822-3535 x336**
- 5/7 Fashion Show with A2Z Event Services **(631) 918-4171**
- 5/9 Massapequa Philharmonic Orchestra presents violinist Susie Park **FREE 795.4071**
- 5/9 Sock Hop & Dinner Dance w/ Mr. Tony V. & Time Was and Tony Ferrari's Chaperones at OLOL **799.3144**
- 5/10 Mother's Day Reservations at Sergio's **541-6554**
- 5/12 Young Survivors' Network - Breast Cancer Support Group with Charron Walker **353-4561**
- 5/11 Board of Trustees Budget Hearing at the Massapequa Public Library **799-0770**
- 5/14 **FREE** Acupuncture for Breast Cancer Patients & Survivors at Amity Acupuncture **(631) 691-0200**
- 5/15 Dinner & Entertainment at Sergio's - JC's Barbra Streisand, Bette Midler & Judy Garland Tribute **541.6554**
- 5/17 Mid-Island Y JCC Yoga Retreat **484-1545 x109**
- 5/18 American Legion General Membership Meeting **795.1504**
- 5/19 Golf Tournament at Hamlet Willow to benefit the John Theissen Children's Foundation **679.5098**
- 5/20 Dinner & Entertainment at Sergio's - Sinatra Tribute **541.6554**
- 5/22 Memorial Day Weekend - Chamber Festival Begins w/ School Bands at train station 6-11 pm **541-1443**
- 5/23 Chamber Festival 1-11 Opening Ceremony at 7 pm & Frankie Lymon's Teenagers at 7:30 pm **541-1443**
- 5/23 & 24 Massapequa Soccer Club Memorial Day Tournament with **Chris Armas** & Richard Nuttall **680-3351**
- 5/24 Chamber Festival 1-11 pm Vendors, 1:30 Tony Ferrari's Chaperones' Tribute & 4:00 Time Was **541.1443**
- 5/25 Memorial Day Parade 10 am Vlg Hall - N. on Park - W. on Clark - end at Klestinec Park on B'way **795-1504**
- 5/25 Chamber of Commerce Annual Community Festival from 1-9pm at train station **541-1443**
- 5/28 Chamber of Commerce Luncheon at Corner Galley **798.9018**
- 5/28 L.I. Women in Power ("LIWP") Network Event at Feelin Groovy Spa benefiting Care to Knit **640.0006**
- 5/29 Dinner & Entertainment at Sergio's - Rick Allen's Sinatra, Bobby Darren & Johnny Mathis Tribute **541.6554**
- 6/8 Sons of Italy Golf Outing at Town of Oyster Bay Golf Course in Syosset - Rich **978.2305**
- 6/11 Casino Royale at Woodbury Country Club to benefit the John Theissen Children's Foundation **679.5098**
- 6/13 Autograph Authenticator Jimmy Spence at L.I. Picture Frame, 4780 Sunrise Hwy., Mass Pk. **798.8400**
- 6/25 Installation of Chamber of Commerce Officers at 12:00 noon at Katie Daly's **541-1443**
- 8/29 Carman's Plaza Festival **541-1443**

JUNE 2009 Print Edition Deadline: 5/24/09 799.6397

Who's Who & When

Starting the May video line-up on amityvilleNEWS.com, LongIslandNEWS.info and massapequaNEWS.com, is a special feature on unique **Mother's Day gift ideas**. Beginning on May 3rd and running through Mother's Day, random Massapequans pitch in 60 seconds or less their ideal Mother's Day gift. Find on the "Shopping" page (<http://www.massapequanews.com/shopping.html>) our picks:

- Spring Clean-up & Garden **Gazebo** from D&D 795-8359
- Facial & Massage** Gift Certificate at Harmony 797-7047
- Video tribute to mom with massapequaNEWS 799-6397
- Guilt Free **Chocolates** from the Diet Center 809-6979
- Message ON a **Bottle** from Visions (631) 838-9025
- Mom's **name** inscribed on Klestinec Park brick 541-1443
- Donation** in mom's name to the YSN 353-4561
- Dinner Reservations/Gift Certificate at **Sergio's** 541-6554
- From **Hair** to Eternity Gift Certificate (631) 909.2834

From May 10th through the 16th, we bring you video footage of Lisa LaPuma, owner and operator of the **Diet Center**. Ms. LaPuma speaks on camera about the 36 years the Diet Center has been in business -- the best kept secret! Not just **weight loss** professionals, the Diet Center offers a lifestyle change and behavior modification.

Lisa is a teacher of **healthy eating**, even if you dine out every night of the week. At the Diet Center, she will measure your body mass index and do a body analysis. If you are a **diabetic** or have **high blood pressure** or **high cholesterol**, or have trouble breathing when walking up steps, you need to call Lisa at the Diet Center. If you want to lose a few pounds or a LOT of pounds, you should visit her office at 4770 Sunrise Highway, Suite 106 in Massapequa Park, for a private one-on-one consultation.

Imagine, having more energy, confidence and living a healthy, longer life! At the Diet Center, you are going to LOVE the new you: **809.6979**

From May 17th through the 23rd we bring you a video documentary of what to expect of this year's Community **Festival** by the Chamber of Commerce of the Massapequas.

This year, the Festival will take place from Friday, May 22nd through Monday, May 25th. Community Night is Friday, May 22nd will feature local **school bands** from 6pm – 11pm. Saturday, May 23rd will feature "A Touch of **Elvis**," of Sergio's fame, from 3pm – 4pm, Frankie Lymon's **Teenagers** at 7:30 pm with original hit songs, "Why Do Fools Fall in Love?", "The ABC's of Love" & "Goody, Goody." Finally, Sunday, May 24th entertainment sponsored by Island Diagnostic Imaging, consisting of Tony Ferrari's **Chaperones**, Lenny Cocco, Mr. Tony V. & **Time Was**, and The **Devotions**.

Food vendors, rides & games will be there everyday from 1pm – 11pm, except for Friday and Monday, which will be from 6pm – 11pm and 1pm – 9pm respectively. Contact the Chamber directly for further information at 674 Broadway or **541-1443**.

Finally, from May 24th through the 30th, we will be airing the video of KAT Demo & Karting Corp. A female- owned business, the company is five years young with an estimator, demolition specialist, garbage & roll off drivers with over 25 years of experience.

Licensed, insured and bonded, KAT Demolition provides services from Massapequa to Manhattan and Montauk. Exceptional services from start to finish, the KAT team is courteous, dependable, always prompt and reasonably priced with FREE estimates – always.

As demolition specialists, KAT provides (1) **cleanouts** of entire houses, attics, basements, garages and yards; (2) complete **demolition** of entire houses, kitchens/bathrooms, garage take downs, floor rip-ups, complete gut outs and roof removals; and (3) landscaping: yard **cleanups**, removal of dirt, rock/gravel, trees, fences, decks and land leveling.

As carting specialists, KAT delivers ½ yard and/or 10-30 yard containers day or night and can estimate the size container you will need for your job. For the "do-it-yourself" jobs that turn overwhelming, hire KAT's laborers to complete your job at **(631) 669.1235**

Deadline for JUNE 2009 line-up of featured videos is May 15, 2009 at 12:00 noon (516) 799.6397 §

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