



**Completely Covered Insurance**  
 Auto, Home, Business, Marine  
 Health & Life Insurance  
 5649 Merrick Road . Massapequa  
 (516) 795-2642

# M assapequaNEWS.com

**FREE**

LongIslandNEWS.info & amityvilleNEWS.com  
 Because Everybody is Somebody

SEPTEMBER 2009  
 Volume 3 Edition 32

5023 Merrick Road, Massapequa, NY 11758  
 (516) 799.NEWS (6397)

**Circulation 10,000**  
 info@massapequaNEWS.com

Point your Browser to <http://www.massapequaNEWS.com>  
 Each Week in September as we Feature Internet Videos:



Eileen Arango, The Wife, Mom & Authority on  
*Fitness & Nutrition* August 30<sup>th</sup> –September 6<sup>th</sup>

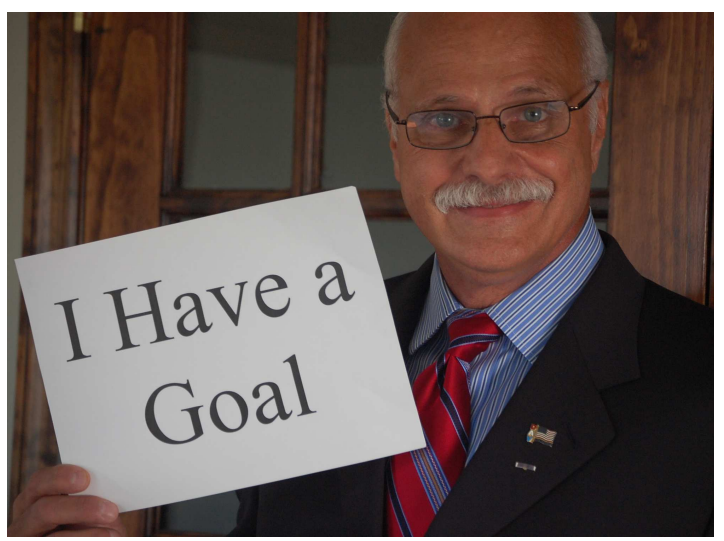


Al Horowitz, Founder of Smokin' Al's  
 Famous BBQ Joint, September 7<sup>th</sup> – 13<sup>th</sup>



**\$10 off any Accessory**  
 942 N. Broadway, Massapequa  
 2 blocks South of Southern State Parkway 30S  
 (516) 541.5999

Tony Ventiera, President of the Order Sons of Italy  
 Columbus Lodge #2143, Video Sponsored by  
 ZCom Wireless September 14<sup>th</sup> – 20<sup>th</sup>



Goal Setting Video III – Daring to Dream  
 Sponsored by Friends of Joe Belesi for N.C. Legislator  
 & Capogna Orthodontics September 21<sup>st</sup> – 27<sup>th</sup>

## From the Editor's Desk:

I am pleased to announce to 'Pequans and 'Villians that this September marks my one year anniversary as one of the "NEWSiES" with massapequaNEWS.com. This year has gone by swiftly and gracefully, and I must say I have grown into this community like never before. I extend my gratitude to all of you for your consistent support, for its existence keeps me working!

September, like any other month, is a month of anniversaries of significant events. To America, one that hits home year after year is Patriot Day on September 11<sup>th</sup>, honoring the lives lost during the terrorist attacks in New York City on that day now 8 years ago. With September 11<sup>th</sup>, we lost innocent citizens and rocked our sense of security, but we gained a national identity, and an impetus to band together as one against terrorism. This September, honoring Patriot Day, we feel a sense of loss and gain, similar to the feeling we get entering September itself. No longer do we have the warm hammock of summer, but yet we can greet the breezy cool of an approaching autumn, as we prepare to become structured, working civilians again. The feeling can be summed up quite neatly by the words of Helen Hunt Jackson, 19<sup>th</sup> century American writer:

"By all these lovely tokens  
September days are here,  
With summer's best of weather  
And autumn's best of cheer."



Let us all look on this coming mild weather with a mild temperance, and remember all the things we have to lose, and look upon all the things we will come to gain with the light of awareness.

Carah A. Naseem, Assistant Editor, SEPTEMBER, 2009

### FREE bi-weekly eNEWS

Join the 7,462 recipients of e-mailed NEWS – Monday & Thursday Delivery  
Just call: (516) 799.NEWS (6397) or e-mail: [info@massapequaNEWS.com](mailto:info@massapequaNEWS.com)

### Up-Coming SEPTEMBER Events – (details on the web: [www.massapequaNEWS.com/events2009](http://www.massapequaNEWS.com/events2009))

- 4<sup>th</sup> **Grand Opening** of Forever Elegant **Nail Spa** w/ Massapequa Chamber 915 North Broadway 10 am 541.2377
  - 7<sup>th</sup> Labor Day – End of summer, day of rest & parades
  - 8<sup>th</sup> **School Opens** – Drive Carefully!
  - 8<sup>th</sup> **Young Survivor's Network Breast Cancer Support** Group from 6-8 pm at Praise Tabernacle 1150 Hicksville Rd 731.3553
  - 10<sup>th</sup> **Laser Treatment** of under nail **fungus** by appointment with Dr. Gasparini 119 New York Ave. 804.9038
  - 12<sup>th</sup> **Bowling** with Mid Island Y-JCC at Syosset Lanes 6-8:30 pm 822.3535 extension 332 or 326
  - 13<sup>th</sup>–18<sup>th</sup> **Membership Open House** Mid-Island Y JCC 45 Manetto Hill Road, Plainview 822.3535
  - 13<sup>th</sup> **Signature Authenticator** James Spence from 10-4 at L.I. Picture Frame 4780 Sunrise Hwy 798.8400
  - 14<sup>th</sup> **Library Board Meeting** 7:45 pm Bar Harbor Library 40 Harbor Lane 799.0770
  - 16<sup>th</sup> **FREE Women Only Yoga Strength & Conditioning & Martial Arts** w/ Eileen Arango 10-11 am 593 B'way 795.4102
  - 16<sup>th</sup> **Long Island Women in Power** at Plainview Opticians, 393 S. Oyster Bay Road, Plainview 6-8:30 p.m. 640.8618
  - 17<sup>th</sup> **Long Island Women in Power** at Global **Tax and Accounting** Services, 2595 Overlook Place, Baldwin 640.8618
  - 18<sup>th</sup> **Goal Setting Video Shoot** 5-6 pm 5023 Merrick Road (1 block east of MHS) 799.NEWS (6397)
  - 18<sup>th</sup> **FREE Women Only Yoga Strength & Conditioning & Martial Arts** w/ Eileen Arango 8-9 pm 593 Broadway 795.4102
  - 19<sup>th</sup> **American Legion Memorial Garden Ceremony and Flag Retirement** 11 am 66 Veteran's Boulevard 795.1504
  - 19<sup>th</sup> **Benefit Concert for D.J. Ebbecke** 12-9pm \$20 suggested donation Tobay Beach Marina 368.4369
  - 20<sup>th</sup> **Sons of Italy Columbus Lodge 2143 Annual ITALIAN FEAST** on Broadway 11 am – 6 pm 777.7134
  - 21<sup>st</sup> **American Legion** General Membership Meeting 8 pm 66 Veteran's Boulevard 795.1504
  - 23<sup>rd</sup> **Long Island Women in Power** at MetLife Garden City 640.8618
  - 24<sup>th</sup> **Chamber of Commerce Luncheon** at **Big Daddy's** 1 Park Lane 12 pm 799.8877
  - 26<sup>th</sup> **Oktoberfest** at the American Legion \$40 7 pm-Midnight 66 Veteran's Boulevard 795.1504
  - 28<sup>th</sup> **Yom Kippur – School Closed**
- Oct. 17<sup>th</sup> **Martial Arts Institute Bully Defense FREE Seminar**, 593 Broadway Registration Suggested 7 pm 795.4102  
Nov. 14<sup>th</sup> **Larry Thomas, the Soup Nazi from Seinfeld**, in Massapequa 798.8400

Guaranteed Event **inclusion** in OCTOBER Print Edition **Deadline: 9/18/09 799.6397**

# Who's Who & When

By Andrew Malmgren



Launching the September video line-up from August 30<sup>th</sup> through September 6<sup>th</sup> is the dynamic Eileen Arango: wife, mother, and indubitable authority on *Fitness and Nutrition*, the latest column on massapequaNEWS.com, amityvilleNEWS.com and LongIslandNEWS.info. Eileen discusses on camera her painful recollection of being approached in a parking lot by a stranger. With her children, she was a vulnerable and easy target. Trusting her instincts, Eileen evolved from probable victim to absolute victor and empowers other women to protect themselves as well.

Share an intimate look at Eileen in her roles as wife, mom and fitness leader. She works side-by-side with her husband, Sensei Anthony Arango, and trains with her children, Toni, Darien and Antonio. Sensei Eileen provides personal training, self-defense, and yoga strength and conditioning at the Martial Arts Institute located at 593 Broadway in Massapequa. Her classes emphasize personal safety techniques, including trusting your first instinct and defense techniques against perpetrators with weapons. Infused with fitness practices such as: (1) yoga for stretching and strengthening; (2) rope jumping for cardiovascular endurance; and (3) calisthenics - such as push-ups - for additional strength and endurance. Eileen's unique teachings leave you fortified physical, intellectually and emotionally. Proper nutrition and a positive attitude are also emphasized.

Sensei Eileen grew up in Massapequa and graduated from Farmingdale High School, meeting her husband while studying the martial arts. She knows that the difference between a vulnerable and a confident attitude can be a **learned** behavior. Eileen's southern charisma and "Ivory Girl" looks are in stark contrast with her "pounce upon you with the ferocity of a cheetah" ability when she or her family is threatened.

Meet Eileen in person on September 16<sup>th</sup> in the morning and September 18<sup>th</sup> in the evening for **FREE** women only classes on yoga strength and conditioning at the Martial Arts Institute at 593 Broadway in Massapequa. Be sure to ask for the complimentary t-shirt! The Martial Arts Institute offers classes for the entire family and can be reached at 795.4102.

Next up on the video line-up, running from September 7<sup>th</sup> through the 13<sup>th</sup>, is Al Horowitz, the owner of Smokin' Al's Famous BBQ Joint. Al opened his first authentic southern barbecue restaurant in Bay Shore six years ago. Now in Massapequa Park, Smokin' Al revitalized the building at the corner of Merrick Road and Park Boulevard and offers deliciously authentic southern barbeque right here in the greatest place to "live, work and raise a family." A Brooklyn transplant, Mr. Horowitz made Long Island his home in 1985.

Upon entering the restaurant, the "good-times atmosphere" of a family barbeque hits home. It is loud, jovial and has the aroma of a plethora of smoked pork dishes. The food is indisputably great, as the restaurants have been rated Long Island's #1 Barbecue by Zagat for a consistent 5 years. The servers are attentive, knowledgeable and courteous, and assist in making decisions about what to order.

Mr. Horowitz's love for barbeque started out as a simple hobby, which led to a passion, and eventually his business. During the fledgling days of the restaurant, Al built his foundation with the support of his family serving as wait staff and washing dishes. You can even catch his son Jordan running "the pit" in between college semester. Al enjoys making food that makes people happy and looks forward to the continued growth of his restaurants. Whether you crave baby back ribs or a "Fred Flintstone-size bone," Smokin' Al's is "barbecue the way it ought to be!" Information about the restaurants can be found on the Dining & Party Planning page of

massapequaNEWS.com. Smokin' Al's Famous BBQ Joint's Bay Shore location is at 19 West Main Street, and can be reached at 631.206.3000. The Massapequa Park location is at 4847 Merrick Road and can be reached via telephone at 799.4900

Scheduled to run from the 14<sup>th</sup> through the 20<sup>th</sup> is the video sponsored by ZCom Wireless, and Dave Bhatia. On camera is Tony Ventiera, President of the Order of the Sons of Italy Columbus Lodge #2143 discussing the annual **Italian Feast**, scheduled for Sunday, September 20, 2009. This feast originated with innovative spirit of Supervisor John Venditto and Town Clerk Steve Labriola 14 year ago. This year, ten blocks on North Broadway will be closed from 11 am to 6 pm to make room for the annual festival's vendors, entertainment, and food, all with an unmistakable Italian flair.

Opening ceremonies begin at 1:00 p.m. and entertainment scheduled for the Feast includes Johnny Avino singing Italian Favorites, Time Was playing music for all generations, and Strawberry Fields, the Ultimate Beatles Tribute band. Expect to find merchants, crafts, rides and traditional Italian dishes include sausage & peppers and zeppole. With sponsorships and vendor space limited but still available, download an application form or apply right on massapequaNEWS.com. We'll see you on September 20<sup>th</sup> from 11 am to 6 pm on North Broadway and Tony Ventiera can be reached via telephone at 777.7134.

Finally, from the 21<sup>st</sup> through the 27<sup>th</sup> view the third goal setting landmark video series we are scheduled to shoot on Friday, September 18<sup>th</sup> from 5-6:00 p.m. in the NEWSroom at 5023 Merrick Road in Massapequa and at the feast. Proudly sponsored by Friends of Joe Belesi for Nassau County Legislator and Capogna Orthodontics, we will bring you Part III of the original massapequaNEWS.com Goal-Setting video.

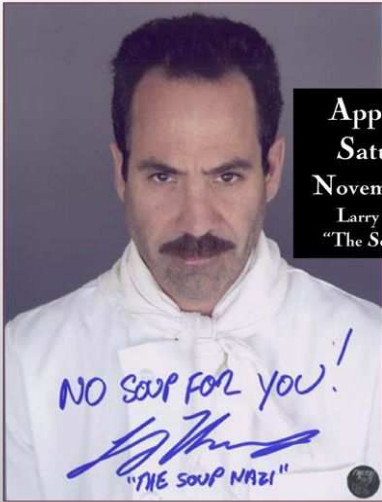
Founder Christine Sohmer stated, "On a personal level, I've always been a goal setter. At the breakfast table, my son and I were talking about the growth of massapequaNEWS.com and the need for additional space. When I proposed buying a building, he laughed. I said that not only would we buy a building; we would buy it in two years time. I wrote this goal down on an envelope sitting on top of a stack of mail and he and I signed it. We taped it to the bathroom mirror and looked at it every single day. When we closed on 5023 Merrick Road in 2008, we were both awestruck."

We encourage kids young and old to dream, set goals for themselves and take on the task of achievement. Speak on camera: "Who are you? What are you? What is your goal?" This community project is designed to assist in the creation of developing crystal clear vision for the future of our next generation. You are invited and encouraged to join us on September 18<sup>th</sup>, dream, speak your goal on camera and experience the phenomenon of achievement!

Turn to the back page of this Print Edition, commit your ambition to paper and bring it with you on the 18<sup>th</sup>. There will be **FREE** give-aways by our sponsors, Friends of Joe Belesi for Nassau County Legislator and Capogna Orthodontics. Space is limited, so call the NEWSroom at **799.NEWS** (6397) to reserve your 5 minutes of fame and remember: Ancient Greek Philosopher Aristotle once said, "Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals."

OCTOBER 2009 line-up of videos introduced on the October 2009 Print Edition cover **deadline** is Friday, September 18, 2009 at noon **799.6397 §**

# Come & Meet The Soup Nazi From Seinfeld



Appearing  
Saturday  
November 14th  
Larry Thomas  
"The Soup Nazi"

LONG ISLAND PICTURE FRAME  
& ART GALLERY



4780 SUNRISE HIGHWAY  
MASAPEQUA PARK  
(516) 798-8400

Items that will be available  
for Larry Thomas to Sign

8x10 Photograph - \$35.00  
(Custom Framed \$60.00)  
Soup Ladle - \$35.00  
(Custom Shadowboxed \$90.00)  
Soup Can - \$35.00  
Special Inscription - \$10.00

# M

 MassapequaNEWS.com

BE on The Goal Setting VIDEO III

**Friday, September 18, 2009 5-6 pm**

5023 Merrick Road . Massapequa  
516.799.NEWS (6397)



**Fill in & Bring With You:**

(1) My name is:

---

(2) I describe myself as:

---

(3) My goal is:

---



---

Sponsored by Friends of Joe Belesi for Nassau County Legislator and  
Capogna Orthodontics

# 25% OFF

## Any Jewelry Purchase

with this Invitation (through 9/30/09)

FREE Watch Battery with/ any purchase

## DAVID'S JEWELRY

4786 Sunrise Highway, Massapequa Park  
(516) 799.2400

## FREE Yoga

Strength and Conditioning and  
Martial Arts Class  
w/ FREE T-Shirt

## Women ONLY

Wednesday, September 16<sup>th</sup> 10-11:00 a.m.

And Friday, September 18<sup>th</sup> 8-9:00 p.m.

Eileen Arango

The Martial Arts Institute  
593 Broadway, Massapequa  
(516) 795.4102



# verizon wireless

Authorized Retailer

## \$10 off any Accessory

942 N. Broadway, Massapequa  
2 blocks South of Southern State Parkway 30S  
(516) 541.5999