DON’T MISS
Hoppin’ & Poppin’
An Evening of Family Fun & Festivities Celebrating the Island Community Center
All Ages Welcome!

FRIDAY
JULY 5, 2013
5:30-9:00 PM AT THE ISLAND COMMUNITY CENTER
RAIN or SHINE

Cash Bar ★ Food Trucks
Live Music by Rock and Soul Revue
Carnival Games ★ Magician

This event is generously underwritten by the Crisp family

Admission is free and all are invited. Your RSVP is appreciated for planning purposes. Donations in any amount to support the programs of the ICC are welcome & greatly appreciated.

REPLY ONLINE AT http://ficommunitycenter.pingg.com/2013Benefit

QUESTIONS? Contact event chairs Ann von Stade at annvs@mac.com or Elizabeth Reid at ekeyreid4@gmail.com.
Ebb & Flow

Births:

Rose Ferguson O’Grady
May 20th 2013
Amanda (McKown) & Sean O’Grady

Engagements:

Weddings:

Fog Horn Entries:

Send your photos, announcements, articles and other submissions to ficommunityboard@gmail.com or you can mail them to:

FI Community Center
P.O. Box 464,
Fishers Island, NY 06390

You can also drop them off at the Island Community Center or call 788-7990 and leave a message and someone will get back to you.

Submissions are due by the 7th of the month.

FISHERS ISLAND FERRY DISTRICT
BOARD OF COMMISSIONERS
MEETING SCHEDULE

June 17, 2013  4:30 pm
July 1, 2013    4:30 pm
July 15, 2013  4:30 pm
August 5, 2013 4:30 pm

Meetings are held at the Fishers Island Community Center, unless noted.

FI Community Board
Schedule of Regular Meetings

All meetings are open to the public and are held at the Fishers Island Community Center unless noted.

FI School Board
Schedule of Regular Meetings

2012-2013

June 19, 2013 6:00 pm

All meetings are held at the Fishers Island School in the History room unless noted.

ADVERTISING Fees for the Fog Horn

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All ads need to be camera ready – either a word document or a jpeg. Please, no pdf's – the images don’t translate well in publisher. Ads are offered on a first come, first serve basis and we have the right to limit ad space each month. We also reserve the right to approve any ad copy or content. All ads must be paid for in advance – either by check or credit card (please call the Community Center 788-7683).

Don’t Forget to Renew Your Island Community Center Membership!

SAVE YOURSELF an additional stop when you arrive on the island! Renew your membership by mail, email, or phone 631.788.7683 and your cards will be activated by the start date of your choice!

Email: fishersislandevents@gmail.com
And we will send you a renewal form or if you are a new member we will send you a New Membership Package.

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UPCOMING
READINGS AND BOOK TALKS
at the
Fishers Island Library

Monday, June 17, 5:30 – 6:30 pm
KEVIN MAURER, co-author of the New York Times Bestseller *No Easy Day*

Tuesday, July 9, 5:30 – 6:30 pm
PETER MATTHIESON WHEELWRIGHT, author of the novel *As It Is On Earth*

Tuesday, August 13, 5:30 – 6:30 pm
TIM WEINER, Pulitzer Prize-winning author of *Enemies: A History of the FBI.*

In addition to our adult events, join us every Tuesday in July and August from 4:15 to 5:15 pm for Children’s Story Hour! Ideal for children, infants to age 5.

Whether you come for books, to check email, to work on a puzzle or to enjoy our world-famous air conditioning, we look forward to seeing you at the library this summer!

The Lighthouse Works:
OPEN STUDIOS AND READING
Saturday, June 22
5-7 pm
Ferry Annex building

Please join us on June 22 in our Ferry Annex studios (former reservations building) from 5-7 pm to see and hear new work by our current fellows, visual artists Meredith James and Tyler McPhee and writer Andrew Milward. All three artists have been in residence on Fishers Island since May 15 and will be here until the end of June. Please join us for refreshments, beverages, and a reading by Milward at 6:00 pm sharp. Hope to see you there!

Stay up to date on artists, alumni, events, workshops and more through our new tumblr page, accessible on our website:

www.thelighthouseworks.com

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Making QuickBooks and Accounting Fun!
Thank you to the island community for allowing me to help businesses and organizations on Fishers Island improve their accounting records and workflow.

My relationship with you all means the world!
Fishers Island School Snapshots

I’ve never been much of a photographer because no matter how hard I try, the photos I take always disappoint me. Back when we used to actually develop film, I would anxiously await the return of my pictures in the mail, only to be disheartened that the glossy photos never came close to capturing the actual experience. Therefore, my favorite photo album is the treasured collection of memorable images stored in my mind’s eyes.

In just ten months, my Fishers Island School scrapbook is already full of vivid images of my new professional home. I invite you to take a peek at a few of my most precious mental snapshots:

Snap: The sheer elation on lab partners Molly’s and Robert’s faces when they realized they had used their knowledge of math and physics to accurately predict the exact spot on the floor where a metal ball would land after rolling down an inclined metal ramp!

Snap: The high five between Mrs. Guimaraes and Jake Lusker when he learned that he had passed his online drivers’ permit test!

Snap: The winter day when first grader, Ben Edwards, told me that he wanted the Christmas vacation to be over with because he really missed school.

Snap: In the days before Storm Sandy struck our island, the meeting in my office with ten dedicated local officials and volunteers to coordinate our planning and response efforts. As the newest person to the island, I felt tremendously supported.

Snap: The pleasantly-surprised faces of the Toldo parents, who upon picking up their children after their first exploratory morning visit to FIS, were told by their kids that they didn’t want to leave our school!

Snap: Our Connecticut tuition students choosing to read books on their ferry commute to and from school…an everyday occurrence.

Snap: Sixth grader, Javier, who nearly every day reads to preschooler, Joshua, right before the start of the school day.

Snap: Our elementary students enthusiastically sharing their love of singing by performing at the December Senior Luncheon.

Snap, Snap, Snap, Snap: The countless images of teachers giving extra help at the request of students who want to learn…the daily before school Physics Breakfast club, lunch-time tutorials, after school study sessions and extra instrumental music lessons…

I look forward to the future snapshots I will be adding to my bountiful collection. If you, too, would like to have a regular glimpse of life and learning at Fishers Island School, be sure to visit our website at www.fischool.com. Webmaster, Linda Bean, is always posting new pix! Your principal and neighbor, Karen Goodwin

YEARBOOK DEDICATION: The senior class dedicated its yearbook to Carol Doherty, the long-time secretary of our school. Their opening page includes a great photo of them with Mrs. Doherty and the following dedication written by the students: “This yearbook is dedicated to Carol Doherty for outstanding service and dedication to the Fishers Island School Community. With an outstanding figure such as Mrs. Doherty, students, faculty, and staff have been able to accomplish the unimaginable. A cogent, influential woman has sparked our class in particular for several years. Her identity sticks out as its own as her reputation has flourished throughout the school walls as a general of everybody in them. Always keeping everybody in check and looking out for others, the 2013 edition of the senior class year book is proudly dedicated to Mrs. Doherty.” Congratulations to Mrs. Doherty for this well-deserved honor and testament to her dedicated service to the Fishers Island School.
**Athletic Awards** - Thanks to the leadership and organizational skills of sophomore, Shelby Lusker, and support of Mrs. Tawnya Eastman, we recently held an Athletic Banquet (the first in many years) that was well attended by our scholar athletes and their parents. Cross country coach, Mike George, basketball coaches Carol Giles (girls) and Dan Gillan (boys), and golf coaches Chris Macaluso and Chris Dollar spoke about the successes of their teams and the hard work and spirit of the athletes that participated. Special thanks to Sue Lusker for donating her time to prepare the delicious banquet dinner, and to the many community members who supported our teams by attending meets, games, and matches. The following scholar athletes won special awards:

**Cross Country:** MVPs - Tim Hoch and Olivia Backhaus; Most Improved - Tyler Rogers and Molly Cypherd

**Girls’ Basketball:**
Outstanding Defensive Player - Hannah Peabody
Most Improved Player - Arianna Reyes-Suarez
Most Valuable Player - Co-captain Shelby Lusker

**Boys’ Basketball:**
MVP - Tim Hoch
Most Improved - Jake Lusker
Special Merit - Dan Marcolina

**Golf**
MVP - Jake Lusker
Most Improved - Sophie Streimer

**Presidential Fitness Awards** - Thirty-three percent (33%) of our grade 7-12 students met the rigorous standards. Nationally, only 15% of all students meet this fitness standard. FIS students earning Presidential Fitness Awards this year include:

12th grade: Rob Backhaus, Tim Hoch, Jake Lusker
11th grade: Olivia Backhaus, Garrett Berg, Amber Ferguson, Molly Lang
10th grade: Olivia Cyr, Aaron Kane, Shelby Lusker, Ellie McCarthy
9th grade: Lia Scala
7th grade: Devin Kuscera, Hunter Kuscera, Skyler Montague, Caroline Toldo

Stayed Tuned: The next Foghorn edition will include our academic award winners!

**Congratulations to the Class of 2013!!!**

Robert Backhaus
Tim Hoch
Jacob Lusker
Katie McCarthy
Annabelle Orlando
Benjamin Wilkinson

We wish you all the best of luck in the future.

Please join us for Graduation
Friday June 21, 2013 4:45 pm
MUSEUM NEWS
by Pierce Rafferty, HLFM Director

New Stewards for Race Rock Light

In recent years several lighthouses in our area have been transferred into private hands by the General Services Administration. These transfers occur under the authority of the National Historic Lighthouse Protection Act of 2000 (NHLPA), legislation designed to convey Federally-owned historic light stations to qualified new stewards. The Act states that “If no steward is identified through this process, the NHLPA authorizes the General Services Administration (GSA) to conduct a public sale of the light station.” In the case of Latimer Reef and Little Gull lights no steward was found and the process led to the sale at auction of these two lighthouses to private bidders.

On June 27, 2013, the GSA will officially announce that the New London Maritime Society, a non-profit organization based in the Custom House on Bank Street in New London, has been chosen to become the new owner and steward of Race Rock Light. We congratulate the New London Maritime Society on their successful application to be stewards for Race Rock Light and we urge all interested parties to support them as they embark on a long-term project to preserve and restore this historic structure and to make it accessible to the public.

The New London Maritime Society has actively collaborated with the Museum on our 2013 Exhibition “Race Rock Light.” We thank executive director Susan Tamulevich and staff for their assistance.

Our opening party is June 29, 2013, 5 to 7 p.m. at the HLFM. All are welcome.

New Board Members

Faith Coolidge and Marnie Ferguson Briggs have recently joined the Museum’s Board of Trustees. Faith, who for many years was a journalist at Forbes is currently contributing to Barron’s. She is married to Peter Coolidge, son of Sarah Gordon and grandson of the late Albert H. Gordon. Marnie, who for many years was a picture editor at Time-Life Books is currently working as a multimedia researcher in the public affairs office of the National Science Foundation. She is the daughter of Charlie Ferguson and the granddaughter of Henry L. Ferguson, for whom the Museum is named. In the 1970s, Marnie extensively studied the Indian artifact collection of the HLFM as part of her thesis research. We welcome them both to the Board!

Osprey Cam

For unknown reasons, the ospreys occupying the Osprey Cam nest did not successfully produce offspring this year. The female was sitting on eggs until June 2nd and then appeared to be tending newly hatched chicks that were not yet visible on the Osprey Cam. On June 4th both ospreys suddenly abandoned the nest for long stretches. A review of the recorded video didn’t reveal a specific cause for this abandonment. Since that date, there have been periodic visits to the nest by both the male and female osprey that sometimes include minor nest maintenance. This residual activity may be to ensure that this nest remains unoccupied by other ospreys and will be available for the returning pair next year. Unfortunately, there is no reason to believe that this nest will feature offspring this year.

Edwin, Loose in the Nutmeg State

It turns out that Edwin, the male osprey that we “tagged” from the nest near Beach Pond has a strong proclivity to fish and sleep in Connecticut. In fact, he has not returned to Fishers Island since May 28th. There are conflicting reports on the female left behind. The nest appears to still be occupied, but it is not clear if Edwin’s ex-mate is with another male, or an entirely new pair has taken over the nest. What is clear is that Edwin has been a dedicated wanderer since he left Fishers Island. The following notes, made by our website designer Beth Jepsen, give a clearer picture of some of his recent travels:

5/28: Morning in Niantic, by 10:30 am in Ledyard - by 12:30 pm on Fishers Island - spends afternoon and evening. 5/29: By 8 am starts heading back to Niantic, spends entire day and evening here in Gardner Lake area. 5/30: By 10 am is heading for Ledyard, stays here and further east to Foxwoods and south to Groton Reservoir all day and night. 5/31: By 4:30 am heads back to Niantic but returns to Groton by 9:30 am, then North to Pachaug Pond around 1 pm, by 2:30 is at Gardner Lake, stays overnight at Barnes Reservoir. 6/1: By 9 am starts to head further west to Hadlyme but back at Gardner Lake around 4 pm and spends the night again. 6/2: Around 11 am heads south between East Lyme and Waterford but by noon heads back to Gardner Lake and spends afternoon between Gardner Lake and Lake Konomoc. Spends night in Niantic at Barnes Reservoir. 6/3: Spends all day and night in Niantic around Lake Konomoc. 6/4: By 8 am heads west to river and spends morning and early afternoon fishing along mouth of river in Niantic and Old Lyme. By 2 pm heads back north in Niantic and spends the afternoon and evening around Lake Konomoc. 6/5: By 7 am heads north and is at Gardner Lake by 9:30 am, then down to Fairy Lake around 11 am, just after 2 pm heads east to Ledyard, then south and is at Groton Reservoir by 3:30 pm where he spends the night. 6/6: Spends all day and night at Groton Reservoir area and just north of it in Groton. 6/7: 5:30 am heads west back across the Thames...
FEATURED LISTING

MADDEMAR – A long, winding drive through beautifully landscaped woodlands leads to this classically elegant central hall colonial on 5.73 shorefront acres. The Matthiessen house built circ. 1927 has 5 bedrooms, 4.5 baths, a guest house and beach.

A large living room opens into a generous sun room, both with fireplaces. A formal dining room with a fireplace, a butler’s pantry, state-of-the-art kitchen, laundry and utility rooms (opening into the two car garage) complete the first floor. The large and comfortable master suite has a sitting room and large sundeck with seating for more private relaxation. There are water views, and views of the Connecticut shoreline, from all the principal rooms including the spacious central hall. The remarkable architectural details throughout the house have been preserved and restored.

Recent meticulous renovations have preserved the original beauty and style of the house and grounds. All mechanical systems, including fire protection, are new and meet the highest standards. Now offered at $3,990,000

Homes For Sale

MADDEMAR WATERFRONT  OCEAN VIEW CONTEMPORARY

HAY HARBOR COTTAGE  VILLAGE COTTAGE  DUCK POND HOUSE

$3,990,000  $3,500,000

Buying? Selling? Call us today!
631-788-7921

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Shutters & Sails, LLC, Licensed Real Estate Broker
Classic Property
West End, Private, Water Views
5 BR, Garage, Great Cond.
$2,250,000

Chocomount Beach House
4 Acres, Classic Beach House
Great Views with Beach Access
$3,500,000

East End
2.9 Acres, 6 BR, Private, Pool, Distant Views
$1,400,000

East End Lots
Two lots (2.22A & 2.77A)
Beach, water views
$1,500,000

Clay Point Road
4 BR, Private
Distant Water Views
$1,200,000

Mansion Hill Property
Near Hay Harbor
Great Location
$995,000

631.788.7882 or 860.885.9880
www.mysticislerealty.com
Jim Reid, Bagley Reid and Meg Atkin
Spectacular, West End Contemporary
Strong views over Long Island Sound
Infinity pool, great yard and gardens,
garage and well maintained
$3,495,000

Three houses with great views over
Chocomount Beach
Very private, Large Pool
$2,700,000

Located on the East End with views
looking northeast over the 8th Fairway.
Well Maintained with 3 bedrooms
$1,750,000
Undeveloped Lot
East End, Private, Water Views
Elevated northeast Panoramic
$725,000

New Listing
4 BR, West End
Water Views, Pool, Garage
$725,000

West End Lot
3.3 Acres
Private Setting
$435,000

East End
3 BR & 2 Bath
Winterized, Water Views
$895,000

Undeveloped Lot
Overlooking Chocomount
Distant Water Views
$550,000

Winthrop Ave.
5 BR, Winterized
Nice Location
$650,000

East End
Elegant Modern Property
4 Bedrooms, 4 Baths
Meticulously Maintained
Lap Pool, Private,
Water views
$1,950,000

www.mysticislerrealty.com
A Recipe from Chef Robin Toldo!

Ever had this scenario?: Everyone's hungry, busy and fed up with cereal or PB & J's for dinner. It's easy breezy to keep all of these items on hand to whip up this quick & deliciously simple soup! Plus- Lots of suggestions for ingredient substitutions under the recipe!

**Easy Tortilla Soup**

Makes 8 servings
32 oz. salsa
1-26 oz. carton reduced sodium chicken stock
1-7oz. can chopped green chilies
1 ½ C. frozen or canned corn kernels
Leg and thigh meat from one roasted chicken, boned, skinned and chopped
1 T. ground cumin
1 tsp. chipotle chili pepper
Tortilla chips, for garnish, optional

Place ingredients for soup in a large soup pot. Place on medium heat. Bring to a boil, and then turn down to a simmer for 30 minutes. Serve hot, garnished with a few crushed tortilla chips. YUM! (And SOOO easy!)

Nutrition facts per 1 Cup serving: 98 calories, 1 g. fat, 8 g. carbohydrates, 6 g. protein, 290 mg. sodium

This soup is easy to cater to your tastes... add hot salsa if you like things spicy. If you are not a spicy eater, use smoked paprika in place of the chipotle. Vegetarian? Use vegetable broth in place of the chicken stock, and add crumbled up spicy black bean burger patties or just a can of pinto or black beans. Beef eater? Add leftover diced steak in place of the chicken, and substitute beef stock- that's a FamFave at our house!

This soup recipe also freezes well!

---

**Fishers Island School Class of 2015 Fundraiser**

**Fishers Island Sterling Silver Necklace**

Beautifully finished Fishers Island Sterling Silver Necklace by Grader Jewelers, Inc.

**Prices:** $135.00 plus tax ($143.57) will be delivered to Fishers Island School
$153.57 and will be delivered to your home.

For more information or an order form, please contact Mrs. Bean at 631-788-7444 or by email linda.bean@fischool.com.
Help Wanted
Community Center Café
631.788.7683

Cook
Assists with food preparation, carefully following standard recipes. Work with Chef in assisting food handling and ordering 15 to 20 hours per week. Evenings – Friday, Saturday, and Sunday

Clerk
Responsibilities include greeting customers, taking food orders, running the POS system, processing payments, and general assistance with set-up and closing procedures of the Café. 15 to 20 hours per week. Evenings – Friday, Saturday, and Sunday

Is Chocolate Good for You? The answer is both yes and no. It depends on what kind of chocolate we’re talking about.

Considered to be the food of the Gods by ancients Mayans, chocolate has been used for centuries to treat bronchitis, fatigue, hangovers, anemia, depression, memory loss, high blood pressure, poor eyesight, and more. It also helps release that feel-good neurotransmitter serotonin in the brain.

But eat the wrong kind and you’ll get loads of sugar, empty calories, and junky ingredients, as well as little satisfaction for your taste buds and your cravings, and lots of guilt for indulging.

Chocolate begins life as raw cacao (pronounced kah-kow) beans. Loaded with antioxidants, minerals, vitamins, and plant phenols, raw cacao is a highly nutritious superfood.

Processing raw cacao beans into chocolate bars and Dutch processed cocoa powder requires roasting the beans and removing some of the cocoa butter (naturally occurring oils that are actually healthy fats). The more processed cacao becomes, however – think commercially produced candy bars – the fewer healthy components remain.

So, how do you get the most out of your chocolate fix? Don’t be afraid of the dark (the darker the chocolate, the more beneficial cacao it contains) and know your percentages: the number on dark chocolate packaging refers to the percentage of cacao bean in chocolate. For maximum health benefit, look for dark chocolate that has at least 70% cacao. That being said, the healthiest, most beneficial way to eat chocolate is raw – or as unprocessed as possible.

Looking for more fun ways to enjoy your favorite food? You’ll love this dark chocolate treat.

Raw Chocolate Truffles
Prep time: 20 minutes
Makes 25 truffles

Ingredients:
1 cup raw cacao powder
1 cup cashews or macadamia nuts
1/2 cup maple syrup
Water (to mix)
Roll-in ingredients: shredded coconut, chopped nuts, chocolate nibs, raw sugar, or cacao powder

Directions:
Mix cashews in a food processor until it forms a powder, adding enough water to create a thick paste.
Add maple syrup to cashews and pulse to process.
Add cacao powder. Pulse to process.
Refrigerate for four hours or overnight for best results.
Form teaspoon-sized balls of dough. Coat balls in your chosen roll-in ingredients.
Keep them in a plastic/glass container in the refrigerator.

Get Even Healthier!
Are you curious about how to choose chocolate or where to buy raw cocoa – and other delicious superfoods – to keep you healthy and

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Health Tips
By Annie Portzert

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Chocolate is the only ingredient that is its very own food group. Well not really – but it seems as if it should be. Powerfully comforting, creamy, delicious – many people eat chocolate several times a week. Which begs the question...

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But eat the wrong kind and you’ll get loads of sugar, empty calories, and junky ingredients, as well as little satisfaction for your taste buds and your cravings, and lots of guilt for indulging.

Chocolate begins life as raw cacao (pronounced kah-kow) beans. Loaded with antioxidants, minerals, vitamins, and plant phenols, raw cacao is a highly nutritious superfood.

Processing raw cacao beans into chocolate bars and Dutch processed cocoa powder requires roasting the beans and removing some of the cocoa butter (naturally occurring oils that are actually healthy fats). The more processed cacao becomes, however – think commercially produced candy bars – the fewer healthy components remain.

So, how do you get the most out of your chocolate fix? Don’t be afraid of the dark (the darker the chocolate, the more beneficial cacao it contains) and know your percentages: the number on dark chocolate packaging refers to the percentage of cacao bean in chocolate. For maximum health benefit, look for dark chocolate that has at least 70% cacao. That being said, the healthiest, most beneficial way to eat chocolate is raw – or as unprocessed as possible.

Looking for more fun ways to enjoy your favorite food? You’ll love this dark chocolate treat.

Raw Chocolate Truffles
Prep time: 20 minutes
Makes 25 truffles

Ingredients:
1 cup raw cacao powder
1 cup cashews or macadamia nuts
1/2 cup maple syrup
Water (to mix)
Roll-in ingredients: shredded coconut, chopped nuts, chocolate nibs, raw sugar, or cacao powder

Directions:
Mix cashews in a food processor until it forms a powder, adding enough water to create a thick paste.
Add maple syrup to cashews and pulse to process.
Add cacao powder. Pulse to process.
Refrigerate for four hours or overnight for best results.
Form teaspoon-sized balls of dough. Coat balls in your chosen roll-in ingredients.
Keep them in a plastic/glass container in the refrigerator.

Get Even Healthier!
Are you curious about how to choose chocolate or where to buy raw cocoa – and other delicious superfoods – to keep you healthy and
June Gardening Tips from Melie

Growing Disease Resistant Roses

Last month Anne Polk, Sarah Smith and I attended an informative lecture on roses given by Peter Kukielski, the curator of the Peggy Rockefeller Rose Garden at the NY Botanical Garden. He gave us a wonderful tour and fascinated us with all the work they are doing to improve roses. Mr. Kukielski said that there was a reason why the home gardener finds growing roses so challenging and that is because most roses bred today, don't do well in our difficult Northeast environment. A rose that grows well in one part of the country, cannot survive happily in another. The major rose suppliers do not give you this important information. So the NYBG and a number of other growers in the US are experimenting with different kinds of roses grown in EarthKind trial gardens in their area. You can go on the NYBG website to learn what varieties the NYBG is testing and see their different ratings. Peter Kukielski advises the gardener to look for roses marked EarthKind. These include the Knock Out, Kordes and roses bred by Griffith Buck. They can be obtained on line at the following nurseries:

- Chamblee’s Rose Nursery
- Roses Unlimited
- Antique Rose Emporium

The goal of the EarthKind growing program is to breed roses that are pretty, have good fragrance and are disease resistant. In the future, a gardener will be able to select roses from a national list and be sure that the varieties they choose will grow well in their part of the country.

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Summer Tutoring

Sarah W. Rose

The Park School, Brookline, MA
MEd, Simmons College, MBA, New York University,
BA, Wheaton College

Orton-Gillingham trained

Specializing in reading fundamentals, reading comprehension, writing concepts, spelling, mathematic operations and algebraic thinking for grades PK to 6th.

Seminars attended:
Teachers' College Reading Institute, Teachers' College Writing Institute, Stephanie Harvey Reading Comprehension Institute, TERC Algebraic Thinking Throughout the Grades, Mount Holyoke Connecting Arithmetic to Algebra, Differentiated Instruction.

Contact Information:
mobile: 508-847-6119  email: rosemail@att.net

Dear Postal Customer:

As a reminder with the summer season upon us, as of June 1, 2012 under the direction of Address Management System at the US Postal Service all packages should be addressed as follows:

Your Name
Your Fishers Island street number and street name
Your #box number*
Fishers Island, NY 06390

* Please use the “#” (number sign) and your Fishers Island PO Box number. Do not write “box”. See example below:

Jane Doe
1 Main St #100
Fishers Island, NY 06390

THIS PERTAINS TO PACKAGES ONLY. Letters must still be addressed to your post office box number. Failure to use your post office box number will cause a delay in delivery time or a possible return to sender.

Packages sent parcel post with the address 5 Waterfront Park will be charged a forwarding fee as stated in the postal service Domestic Mail Manual. It is possible packages addressed to 5 Waterfront Park may be returned to sender without notice. Please do not make up addresses as this may also cause delays or returns. If you do not know your 911 address on Fishers Island please contact Allison or me at 631-788-7835 and we will gladly help you.

We know how difficult change can be, but this is a coordinated effort between the Post Office, the Fishers Island Ferry District and all delivery services to better help our customers.
### Hours of Operation

<table>
<thead>
<tr>
<th>Location</th>
<th>Days/Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beach Plum</td>
<td>Wed - Sat 10-1 &amp; 3-5</td>
</tr>
<tr>
<td>Bike Shop</td>
<td>8:00-4:30 7 days a week</td>
</tr>
<tr>
<td>Compost Facility</td>
<td>M-F 7:30-12:00, 12:30-4:30</td>
</tr>
<tr>
<td>Community Center Office</td>
<td>M-F 9:00 - 4:00</td>
</tr>
<tr>
<td>Doctor's Office</td>
<td>Mon 3:00 - 6:00 Tu, Th, Fri, 9:00 - 12:00</td>
</tr>
<tr>
<td>Drink N’ Vessel</td>
<td>M - F 3:30-5:30 Sat 10-12 &amp; 3-5</td>
</tr>
<tr>
<td>Ferry Reservations</td>
<td>M-Sat 9:00 to 1:00</td>
</tr>
<tr>
<td>Ferry Freight Office</td>
<td>M-F 7:45 to 4:45 Sat at boat time</td>
</tr>
<tr>
<td>F.I. Museum</td>
<td>Call for appt. 788-7239</td>
</tr>
<tr>
<td>F.I. Library</td>
<td>M &amp; F 1-5; W 1-6; Sa 9-12</td>
</tr>
<tr>
<td>F.I. Utility Co</td>
<td>M-F 8:00-4:00</td>
</tr>
<tr>
<td>Island Hardware</td>
<td>M-F 8:00-3:45, Sat. 8:00-12:00</td>
</tr>
<tr>
<td>Island Service</td>
<td>M-F 8:00-4:30, Sat/Sun. 8:00- 12:00</td>
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<tr>
<td>(formerly Mobil Station)</td>
<td></td>
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<tr>
<td>News Café</td>
<td>Closed for the season</td>
</tr>
<tr>
<td>Our Lady of Grace</td>
<td>Sat 5:30 pm</td>
</tr>
<tr>
<td>Pequot Inn</td>
<td>Closed for the season</td>
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<tr>
<td>Pickett Fence</td>
<td>Call for hours</td>
</tr>
<tr>
<td>Post Office</td>
<td>M-F 8:00-5:00, Sat. 8:00-12:00</td>
</tr>
<tr>
<td>window hours:</td>
<td>M-F 8:00-1:00, 2:15-5:00</td>
</tr>
<tr>
<td>Shutters &amp; Sails Real Estate</td>
<td>Sat 8am-11:15am</td>
</tr>
<tr>
<td>Toppers</td>
<td>M-F 9:00-1:00 or call 788-7921</td>
</tr>
<tr>
<td>Transfer Station</td>
<td></td>
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<tr>
<td>Union Chapel</td>
<td>Sun 10am Worship and Sunday School</td>
</tr>
<tr>
<td>Village Market</td>
<td>M-Sat 7:30-1 &amp; 3-5:30 Sun 8:30-12:30</td>
</tr>
<tr>
<td>Z &amp; S Fuel &amp; Service</td>
<td>M-F 8:00 - 4:15</td>
</tr>
</tbody>
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**Does your child need Working Papers?**

Working papers can be obtained at the Fishers Island School on Mondays and Wednesdays from 8:00 am to 12:00 pm.

Children between the ages of 14 and 17 years old need to have working papers for employment. Make sure you bring with you a copy of your child’s **Birth Certificate, Social Security Card** (not just the number) and a copy of the child’s **most recent physical exam**, without these documents you will not be able to receive the working papers.

**CANIO**

2 locations available for Trunk Shows and Conferences
On the green and next to the Legion
Please respond by mail
PO Box 11 Fishers Island New York 06390
THE BEACH PLUM
JUNE HOURS:
WEDNESDAY – SATURDAY
10:00 – 1:00 & 3:00 – 5:00
OPEN 7 DAYS STARTING JUNE 26TH!
ALWAYS OPEN ONLINE
WWW.THEBEACHPLUM.COM

"Topper's is open weekends -
Friday & Saturday 4-8pm and
Sunday 1-4pm"

"Opening everyday starting
June 21st"

Veterinarian on Island
Dr. Otka will be on the Island July 8th, for
appointments please contact
Jennifer Sanger.  788-7264

Wendy Krag O'Neil  www.KragSilversmith.com  (413) 446-4788

FIWASTEMANAGEMENT@GMAIL.COM
2013-2014
COMPOST STATION
631-788-7227
Summer hours: May 20, 2013-Sept 15, 2013
Mon, Wed, Fri
7:30 am-12:30 pm & 1:30 pm-4:30 pm
Tues 7:30 am-12:30pm
Sat 7:30 am-12:30 pm
*closed Thurs & Sun
Mon, Tues, Wed, Fri
7:30 am-12:30 pm & 1:30 pm-4:30 pm
Sat 7:30 am-12:30 pm
*closed Thurs & Sun
*Facility hours are subject to change
and will be clearly advertised*

HAZARDOUS WASTE COLLECTION WILL BE HELD
THE OF SUMMER 2014
***NO COLLECTION 2013***

2013-2014
TRANSFER STATION
(Household Garbage and Recyclables)
631-788-5515
Summer hours: May 20, 2013 - September 15, 2013
Mon, Wed, Fri
7:30 a.m. - 12:30 p.m. & 1:30 p.m. - 4:30 p.m.
Tues 8:30 a.m. - 12:30 p.m.
Sat & Sun 7:30 am - 12:30 p.m.
*closed Thurs
Winter hours: September 16, 2013 - May 17, 2014
Mon, Wed, Fri, Sat, Sun
7:30 a.m. - 12:30 p.m.
*closed Tues & Thurs
*Facility hours are subject to change
and will be clearly advertized*

HAZARDOUS WASTE COLLECTION WILL BE HELD
THE OF SUMMER 2014
***NO COLLECTION 2013***
IMPORTANT SUMMER 2013 IHP INFORMATION

*** NOTICE:  All visits to the Doctor’s Office are now BY APPOINTMENT ONLY. Patients requiring urgent care will be seen the same day they call. ***

SUMMER OFFICE HOURS: June 24 – September 7, 2013

Monday 9:00am - 12:30pm AND 4:00pm – 6:00 pm
Tuesday  9:00am – 12:30pm
Wednesday 9:00am – 12:30 pm AND 4:00pm – 6:00pm
Thursday  9:00am – 12:30pm
Friday    9:00am - 12:30pm
Saturday  9:00am – 12:30pm

DR. INGRAM IS CREDENTIALLED WITH THE FOLLOWING INSURANCE COMPANIES:

BLUE CROSS / BLUE SHIELD (CT Anthem & NY Empire, plus most EPOs and PPOs)
AETNA MULTIPLAN (includes some CIGNA plans)
MEDICARE OXFORD (Liberty and Freedom)
UNITED HEALTHCARE UHC EMPIRE (NYS employees)

WE DO NOT ACCEPT MEDICAID.

**PLEASE NOTE** – patients with other insurances will be required to pay in full on the day of service. You will be given a detailed receipt to submit yourself for reimbursement from your insurance company. Patients with NO insurance will be charged a discounted rate and will also be required to pay in full at the time of service. No exceptions.

INSURANCE INFORMATION: In order to bill your insurance, we MUST have on file at our office 1) a copy of your insurance card (both front and back) and 2) a copy of a photo ID. Please do not arrive for an appointment with only the name of your insurance company and your ID number, or in the case of Medicare, your SSN. ALL co-pays are due at the time of service. **Failure to comply with these requirements will result in the patient being responsible for the cost of the entire visit.**

TO SAVE TIME: If you have NOT been a patient at the FI Doctor’s Office within the last three years AND you know you will need to see the doctor this summer, please log onto our IHP website, www.islandhealthproject.com and download our PATIENT REGISTRATION FORM. Please fill it out and mail it (PO Box 344) to us in advance of your arrival, including a requested appointment date. OR bring it to the office when you arrive on the island. This will be a HUGE help to us. Thank you.

*** PHONE NUMBERS / EMAIL ADDRESS ***

Tel. (631) 788-7244 Fax (631) 788-7968
e-mail fishersislandsoundmedical@lmhosp.org

FOR URGENT NEEDS ONLY -
To reach the doctor outside of office hours call this cell number:
From a FI landline: 1-942-9647 OR From a cell phone: 631-942-9647