



Spring
Clothing Drive

TO HELP PEOPLE IN NEED



The Society of St. Vincent de Paul Long Island is partnering with the YMCA of Long Island to help Long Islanders in need.

You can help by donating your gently-used clothing!

THURSDAY, APRIL 19TH
10 AM - 3 PM

YMCA East Hampton ReCenter
2 Gingerbread Lane, E. Hampton

YMCA at Glen Cove
125 Dosoris Lane, Glen Cove

Great South Bay YMCA
200 West Main Street, Bay Shore

FRIDAY, APRIL 20TH
10 AM - 3 PM

Huntington YMCA
60 Main Street, Huntington

YMCA Patchogue/Brookhaven Roe
255 West Main Street, Patchogue



For more information, call the Society of St. Vincent de Paul at (516) 822-3132.

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HEALTH & SCIENCE

Alcohol limits too high, study finds

More than one drink per day decreases longevity

The Associated Press

Here's some sobering news: A large international study says adults should average no more than one alcoholic drink per day, and that means drinking guidelines in many countries may be far too loose.

The study found that people who down more than seven drinks a week can expect to die sooner than those who drink less.

"What this is saying is, if you're really concerned about your longevity, don't have more than a drink a day," said David Jernigan, a Johns Hopkins University alcohol researcher who was not involved in the study.

While the U.S. Department of Agriculture recommends no more than seven drinks a week for women, the recommendation for men is 14 drinks. That's because earlier studies found women are hit by the effects of alcohol at lower amounts than men, including because women weigh less on average and blood-alcohol concentrations rise faster.

The new study estimates that 40-year-old men who drink as much as the U.S. guidelines allow can expect to live one to two years less than men who have no more than seven drinks per week.

Canada and Sweden have guidelines similar to those in the United States. Some countries have much higher ceilings. Spain and Romania set the upper limit for men at the equivalent of 20 drinks each week, for example.

British guidelines were like the U.S. standards until two years ago, when U.K. health officials brought the recommendation for men down to the level for women.

The study "is a serious wake-up call for many countries," Jeremy Pearson

of the British Heart Foundation said in a statement. The group partly funded the study, which was published Thursday by the journal *Lancet*.

The research combined results from 83 studies conducted in 19 countries, tracking nearly 600,000 people who drank alcohol. The researchers focused on who developed — and died from — stroke and different forms of heart disease. They made a point of excluding people who had a known history of heart problems at the time they had entered a study.

About half the participants said they had more than 100 grams of alcohol a week. There's variation from country to country as to how many grams of alcohol are found in a standard drink. In Britain, that's about six pints of beer a week. But in the United States, 100 grams is equivalent to what's in seven 12-ounce cans of beer, 5-ounce glasses of wine, or 1.5-ounce shots of rum, gin or other distilled spirits.

The researchers found a higher risk of stroke, heart failure and other problems in that group of heavier drinkers. That may partly reflect that alcohol can elevate blood pressure and alter cholesterol levels, the researchers said.

Notably, the heavier drinkers were less likely to have a heart attack. But the impact of drinking more than seven drinks a week is more bad than good, said the study's lead author, Dr. Angela Wood of the University of Cambridge in England.

Like most studies, this one has flaws. It's not built to make firm conclusions about cause and effect. Research that rolls together previous studies can be problematic if they aren't similar enough, though this one appears to have done a good job at overcoming that obstacle and combining comparable data, Jernigan said.

Researchers relied on what participants reported drinking at the start, recognizing that many people may be lowballing. And the study didn't account for any changes in their drinking habits.

Galactic scout ready to launch

CAPE CANAVERAL, Fla. — Look up at the sky tonight. Every star you see — plus hundreds of thousands, even millions more — will come under the intense stare of NASA's newest planet hunter.

Set to lift off early next week, the Tess spacecraft will prowl for planets around the closest, brightest stars. These new-found worlds eventually will become prime targets for future telescopes looking to tease out any signs of life.

It will be the most extensive survey of its kind from orbit, with Tess combing the neighborhood as never before.

"We're going to look at every single

one of those stars," said the mission's chief scientist, George Ricker of Massachusetts Institute of Technology.

Scientists expect Tess to find thousands of exoplanets — planets outside our solar system. "All astronomers for centuries to come are really going to focus on these objects," Ricker said. "This is really a mission for the ages."

Tess, short for Transiting Exoplanet Survey Satellite, is the heir apparent to the Kepler Space Telescope, the pioneer of planetary census. Kepler's fuel tank is running low after nine years, and NASA expects it to shut down within months. — AP