



Courtesy Episcopal Health Services

Dr. Mark Ashamalla, chief of radiation oncology at Episcopal Health Services

EHS adds radiotherapy program

Episcopal Health Services is now offering a new, noninvasive treatment for osteoarthritis and other inflammatory conditions, becoming the first provider on the Rockaway Peninsula to do so.

The Far Rockaway-based health system recently introduced its RAPID Program — Radiation for Arthritis & Painful Inflammatory Disorders — that uses low-dose radiotherapy to reduce inflammation and relieve joint pain. The treatment is delivered using a TrueBeam linear accelerator that received federal clearance for use in adults with medically refractory osteoarthritis.

Dr. Mark Ashamalla, chief of radiation oncology at EHS, leads the program.

“LDRT is an evidence-based treatment that is safe, effective, and noninvasive for inflammatory and degenerative conditions of the tendons, joints and other soft tissues of the body,” Ashamalla said. “Studies show an 80% response rate, with patients achieving improved pain and function.”

According to the Centers for Disease Control and Prevention, osteoarthritis affects more than 32.5 million adults in the United States, making it the most common form of arthritis.

Unlike radiation used in cancer treatment, low-dose radiotherapy uses minimal radiation to target inflammation, helping modulate immune responses and ease pain. Treatments are typically administered over about six short sessions, each lasting only a few minutes, with patients able to resume normal activities immediately and experiencing few side effects, officials said.

The RAPID Program is designed for patients over age 40 and may be used to treat a range of conditions, including osteoarthritis in major joints, plantar fasciitis, calcific tendonitis, tennis elbow and other tendon or ligament inflammation, as well as Dupuytren’s disease and certain types of scarring.

Health officials said the treatment may benefit patients who have not found relief through physical therapy, medications, injections or weight management, and could serve as an option before considering surgery or joint replacement.

The program is offered through EHS’ radiation oncology services at the Walsh Ambulatory Pavilion. Appointments can be scheduled by visiting ehs.org/rapid or calling 718-869-7101.

— Melissa Berman



Photos courtesy Helcy Fernandez

The Lawrence Middle School boys' volleyball team played an undefeated season and won their last home game.



The team was coached by Coach Klein and Lawrence High School Senior Coach Mailo.

LMS boys volleyball clinch season

The Lawrence Middle School boys' volleyball team has clinched the season after their win against Roosevelt Middle School on March 25.

They won three out of the five sets and claimed their last win of the regular season.

The team played an undefeated season and were under the guise of Coach Klein and Lawrence High School Senior Coach Mailo.

Volleyball is a mix of chaos, energy, and surprising talent. One minute, the ball is flying wildly in every direction, and the next, someone pulls off an incredible save that has the whole gym cheering.

Teammates shout encouragement, diving for balls they might have been able to reach, while learning the fine art of timing, teamwork, and not running into each other.

Between the high-fives, laughter, and the occasional dramatic miss, it's all about having fun, building confidence, and discovering that volleyball is way more exciting than it looks from the sidelines.

— Melissa Berman



The Lawrence Middle School boys' volleyball team played an undefeated season and won their last home game.

HERALD LNAS4-4 0409 PUBLIC NOTICES

BB, the minimum aggregate setback is 35ft. Section 212-15D (1) of the Village Code states, in a Residence District BB, the minimum rear yard setback is 40 ft. Section 212-15.D (2)(a) of the Village Code states, in a Residence District BB, the maximum front yard height/setback ratio is 0.74. Section 212-15.D (2)(c) of the Village Code states, in a Residence District BB, the maximum side yard height/setback ratio is 1.5. "Kaffash/Contract Vendee Zirkiev, 73 Park

Row - Section 212-48.A of the Village Code states, no pool may be constructed in a front yard. Section 212.48.B of the Code of the Village of Lawrence states, in a residence B District, the minimum rear yard setback for a pool is 20 ft. Section 212-24.D of the Code of the Village of Lawrence states, accessory structures may only be constructed in the side or rear yard. " Mizrahi, 95 Briarwood Ln - Section 212-12.1 Schedule Dimensional

Regulations states, the minimum Front yard setback for a lot size of 15,796 sq. ft. is 30. Section 212-12.1 Schedule Dimensional Regulations states, the maximum Front yard height setback ratio for a lot size of 15,796 sq. ft. is 0.74. The order in which the listed applications are heard shall be determined the night of the meeting. The applications and accompanying exhibits are on file and may be inspected at the Village Office during normal business hours

between 8:00 a.m. and 4:00 p.m. If anyone needs special accommodations for a disability, such person should contact the Village Clerk at least 5 days before the hearing. All interested parties will have the opportunity to be heard
By Order of the Board of Appeals
Lloyd Keilson
Chairman
Dated March 31, 2026
159510
Place a notice by phone at 516-569-4000 x232 or email: legalnotices@liherald.com