

HERALD



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Roksana Amid/Herald

Two cities come together

Officials from Glen Cove and Long Beach met at the Glen Cove Senior Center for a tour on Jan. 5. Story, more photos, Page 3.

Republicans demand quick exit for Santos, who they say lies

By LAURA LANE
llane@iherald.com

Jeffrey Wiesenfeld voted for Democratic incumbent Tom Suozzi when George Santos ran unsuccessfully against him in 2020 for the 3rd Congressional District seat, to which Santos was elected last year after Suozzi ran for governor.

Wiesenfeld, a Republican, would vote for Democrat Robert Zimmerman in a special election if Santos' seat were vacated, he said, adding that he hopes that happens soon.

Former U.S. Rep. John Le-Boutillier did more than vote for Zimmerman. He publicly endorsed him a week before the November election. Dennis Saffran left that part of his ballot blank. And Teodora Choolfaian, who did vote for Santos, said she would never do so again.

These longtime loyal Republicans feel betrayed by Santos, who they said is a liar and not the man they want representing the 3rd District, their home. All said they want him to resign now.

Santos has been under fire since a New York Times report that much of his resume and other claims — education history, employment history, philanthropic activity — doesn't check out.

Old Westbury resident Le-Boutillier, a Glen Cove native who served in the House of Representatives from 1981 until 1983, said Santos should have been vetted by the Nassau County Republican Party. Someone needs to be held accountable for him being included on the ballot, Le-Boutillier said.

"In the old days this would have never hap-

CONTINUED ON PAGE 4

BZA favors residents of Shore Road

By ROKSANA AMID
ramid@iherald.com

After years of applications and meetings at City Hall, Shore Road residents say they're looking forward to a better night's sleep.

For years, residents of Shore Road claimed they were awakened in the early-morning hours by the sounds of large diesel trucks and loud construction equipment. The construction, they claim, lasted until 5 p.m. Residents say their quality of sleep was greatly diminished, and that they couldn't fully enjoy the peace and quiet of suburban life.

On Jan. 5, the Glen Cove Board of Zoning Appeals deliberated and voted 4-2 in favor of Shore Road residents. No comments were taken from the public, but residents supporting petitioner Lora Cusumano echoed through City Hall.

The dispute is between the landlord of 100 Shore Road, Tom

Duffy, and Cusumano, who is spearheading the petition. She looked to hold Duffy accountable for the disturbance. The dispute is on the grounds of zoning ordinances versus a decades-old grandfather clause for the business and property.

I am disgusted with the process and hoops that I was made to jump through to finally get tonight's decision.

LORA CUSUMANO
Glen Cove

The draft decision from the BZA concludes that the current use of 100 Shore Road by American Paving "evidences a significant shift from a small commercial contractor to an industrial contractor."

On April 3, 2018, neighbors on Shore Road held their first open meeting. Many residents complained about the legality of the use of 100

Shore Road.

"I made a promise to Shore Road neighbors that I would take the lead and get this non-compliant, dilapidated dirt yard used as storage, staging and parking of a multitude of large trucks and machinery out of our neighborhood," Cusumano said.

CONTINUED ON PAGE 5

A light at end of tunnel for George Santos

By **MICHAEL MALASZCZYK**

mmalaszczyk@liherald.com

U.S. Rep. George Santos, known for alleged fabrications and “embellishments” about his resume, has no shortage of detractors. Many people, including prominent Republicans like former Congressman Peter King, have called for his resignation. However, Santos still has his supporters. One, albeit somewhat reluctantly, is the New York Young Republicans Club, led by Gavin Wax, its president.

A city-based organization for Republicans from ages 18 to 40, the club is known for its staunch support of Donald Trump. It made national news when it held a gala in December of 2020 where masks and social distancing was not encouraged, during the height of the coronavirus pandemic before vaccines were widely available.

Its gala in 2022 was not without controversy either with attendees that included Santos, as a guest of honor, white nationalists and right-wing conspiracy theorists like Marjorie Taylor Greene.

Wax said he’s known Santos for years. “I want to say I met George in passing around 2018 or 2019,” he said.

“But I solidified more of a rapport with him around 2020, when he had already run for Congress, and he attended our 2020 gala. Our relationship was cordial and friendly.”

“He’s smart. He’s a fast talker, definitely charming in a way,” Wax continued. “But as I got to know him over the past few years, I’ve caught him in a series of things like little lies, little exaggerations. Almost as if he wanted to exaggerate just to elevate himself.”

According to Wax, a Baruch College graduate, Santos covered his tracks well in some of his fabrications, which included being a fellow graduate

“He knew enough about Baruch to hold up a conversation with me,” Wax said. “He knew about professors and facilities. A lot of people I know from Baruch are first generation immigrants, so he fit the Baruch profile. So that was one of the bigger shocks when that came out.”

Santos later admitted he never attended Baruch and called his previous claim a “resume embellishment.”

Wax added that a lot of Santos’s fabrications are based on “kernels of truth.” He defended Santos against certain claims, such as his ancestry and

work history, saying that Santos’ maternal grandmother does have some distant Jewish ancestry and that he worked “with” Goldman Sachs as opposed to for them.

But no evidence has been found yet to support either claim.

The New York Young Republicans endorsed Santos in both of his congressional runs, against Democrats Tom Suozzi in 2020 and Robert Zimmerman in 2022.

Now, as Santos has come under fire for the source of his campaign donations, Gavin Wax raised an interesting point. “He clearly had money,” Wax said. “He flaunted it, showed it, donated it. He threw it around a lot. I think the biggest question now is where the money came from.”

But despite Wax’s personal reservations about Santos’ fabrications and the source of his money the club is not call-

ing for the congressman to resign because with a thin House majority the GOP needs him.

“This is politics,” Wax explained. “Politics is about power. Democrats and the left understand this, and they circle the wagons against any of their controversial members, whether it’s for lying or other things. If he resigned, we would lose the seat. And we will lose the vote. Simple as that.”

The politicians the Democrats “circled the wagons on” are, according to Wax, Elizabeth Warren for her claims of indigenous heritage, Richard Blumenthal for lying about Vietnam, and Joe Biden’s assertions about his grades. Wax declined to comment on the Democrats’ ousting of Al Franken from Congress when he was accused of sexual harassment.

As for Santos’ future as a representative, Wax speculated that he won’t resign because he needs the money. While Wax said they do not plan to endorse Santos in 2024 should he run for re-election, the New York Young Republicans are firmly behind him while he’s in office, at least for now.

Additional reporting by Anna Borruto.

He’s smart.
He’s a fast talker, definitely charming in a way.

GAVIN WAX
president, New York Young Republicans Club

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Roksana Amid/Herald photos

JOHN MCNALLY, FAR left, Patricia Bourne, Donna McNaughton, Ron Walsh, Pamela Panzenbeck and Monique Powell, from Glen Cove and Long Beach city governments, met to discuss Glen Cove's operations at its senior center.

Long Island's city leaders discuss an aging population

By **ROKSANA AMID**

ramid@iherald.com

Long Island's two cities, Glen Cove and Long Beach, are communities that don't typically interact. Although the two cities are on opposite parts of the island — about a 30 minute drive — officials from both met at the Glen Cove Senior Center to get to know each other and share the workings of their government, culture and aging population.

However, the meeting almost didn't happen. Two days before their scheduled lunch at the senior center with Glen Cove Mayor Pamela Panzenbeck, Donna Gayden, who has been Long Beach's city manager for almost three years, unexpectedly resigned. Police Commissioner Ron Walsh is temporarily filling her seat until a permanent replacement is found.

Although Walsh had only been city manager for about 48 hours at the time, that didn't stop him from coming to the senior center to fulfill a promise made by the previous administration.

"I wanted to hit the ground running," Walsh explained.

The senior center is a place that is near and dear to Panzenbeck, especially since her aunt is a member of the adult day program in the center's lower level. Panzenbeck said that when she was discussing the center with the previous Long Beach administration, she thought it best to invite them for a visit, rather than talk about the center over the phone.

Officials met to tour the center, which is home to programs such as the Age Friendly ini-

tiative and medical transport services as well as holding various classes and networking events for seniors. Panzenbeck said programs like these are vital to the city's growing senior population.

"When you come here, it's warm and loving," Panzenbeck said "Everybody is so happy to be here."

We're here because of the awards that this city has won with regard to their senior programming.

RON WALSH

Police Commissioner and acting Long Beach City Manager

Walsh said that while touring the center, he was impressed with the efforts the center put into the socialization opportunities available to seniors as well as the designated space for them in the middle of the city.

"The level of services that they provide your senior population is something great," Walsh said. "I would love to try to get programs like this into Long Beach, it's very impressive. The level of care that they're showing is terrific."

He was also impressed with the center's lower level and said he was thinking of ways to implement similar programs into Long Beach.

"We're going to take a lot of ideas here and we're going to try and work them into some of our operations," Walsh said. "We'll be in contact with the mayor."

John McNally, the city's public relations coordinator, said Long Beach has programs that cater to senior citizens, but they mostly focus on physical activity and computer literacy.

"We're here because of the awards that this city has won with regard to their senior programming," Walsh said. "One of the things that we want to make sure that we're doing a little bit is modeling best practices, and Glen Cove is a best practice to learn from."



GLEN COVE MAYOR Pamela Panzenbeck, left, frequently visits her aunt, Donna Donaldson, who attends the adult day program.

A Democrat would be preferable for some Republicans

CONTINUED FROM FRONT PAGE

pened, for Nassau who had 80 percent of the district to defer to Queens with 20 percent," he said. "We should have vetted him the first time he ran."

But in December, Mike Deary, spokesman for the Republican Committee for Nassau County, said Santos didn't present any red flags, so there was no review of his resume. And because he had already run in 2020 against Suozzi and was from Queens, it was up to the Republican Party from that borough to vet him.

Santos, aside from his "creative" resume, does not represent the types of people who live in District 3, LeBoutillier said. "And that white-power salute on the House floor and the fact that he's a Steve Bannon acolyte — for those reasons alone he should be removed," he said. District 3 is not a white nationalist Republican district, LeBoutillier said: "It's made up of mostly highly educated, successful, affluent people. Not racists. To have a white power nut-bag represent this district is outrageous. He has to be removed because he can't be effective and I hope it will be weeks, not months."

Saffran, who lives in Douglaston, said he was suspicious of Santos from the beginning, and worried that the extent of his fakery might be more than he could imagine.

"He was an indictment waiting to happen," Saffran said. "Santos was at Jan. 6" — the insurrection at the U.S. Capitol —



Tim Baker/Herald file

SOME REPUBLICANS SAY revelations about George Santos will harm their party locally.

"and is an extreme MAGA radical. I was the vice president of the Whitestone Republican Club but left on Jan. 6. I haven't been involved since then."

Santos came to the club's meetings sharing his story, painting himself as someone who went from rags to riches. Saffran said he felt ashamed and worried that he had become an elitist snob because he didn't think much of Santos, until he reflected further.

"He was talking about his Wall Street background, and I remember thinking he had credentials. Maybe I'd been wrong

about him," Saffran recalled. "But then I thought, his story, it doesn't add up."

Wiesefeld has been in the political realm for over 20 years, switching parties along the way. When he was a Democrat, Wiesefeld worked as former New York City Mayor Ed Koch's senior campaign aide and then, once Koch was elected, as chief of staff for the New York City Department of Transportation. Wiesefeld became a Republican in 1990 and worked as the regional director for the boroughs' Empire State Development Corporation.

"I've had a long government career and seen a lot," Wiesefeld said. "I found it strange two years ago when there was no background history check run on Santos, but I paid him no mind because at that time no Republican would win anyhow and Tom (Suozzi) was the best you would get."

As far as Wiesefeld is concerned, nothing Santos says is true. Referring to him as the "biggest fraud in the country," Wiesefeld said the new congressman represents a complete and utter disenfranchisement for the people living in District 3.

"And this will serve to harm the Republican Party locally as Trump has hurt the party nationally," said Wiesefeld, adding that if a moderate Democrat ran in a special election that would be

preferable to Santos remaining: "Who will partner with this mental case on legislation? And who would want their kid to work for this bum as an intern and have his name on their resume?"

For Choolfaian, the revelations about Santos are personal. A conservative activist living in Port Washington, she has led a group that protested Gov. Kathy Hochul's mandate that children study under Covid-19 mandates, including the vaccine requirement.

Choolfaian invited all local leaders to a Greenvale rally held on Jan. 31, 2022. Only Santos responded.

"He brought a megaphone and stood right next to me chanting, 'My child, my choice,'" Choolfaian said. "I saw him at a Republican committee meeting and I shook his hand. I said, 'I'm so proud of you.' I was not aware of anything then and support candidates who support me."

She campaigned for Santos, going door to door. A mom and PTA member, she'd tell her neighbors in Port Washington why she liked Santos. She said many of her Democratic friends and fellow parents voted for him.

"When I first heard, I was in complete shock," she said.

"I refused to believe the New York Times article. I thought they were trying to smear and slander him."

She asked a Santos volunteer if the accusations were true, and sent her links of the media coverage. When she learned the articles were accurate, she decided she no longer wanted anything to do with Santos.

Invited to Santos' swearing in and reception in Washington, Choolfaian instead went to the Capitol building and left a note with a campaign manager. "It said, I'm asking you to resign immediately," she said. "I'm prepared to do what I did for Santos in a new election. He'll do nothing for our district. No one is even talking to him."

Saffran said it isn't worth having a five-seat majority in the House if Santos is among those representatives.

"Since he voted for Kevin McCarthy for speaker, his usefulness has ended," Saffran said. "He only exists as an embarrassment. I don't want him as my congressman."

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On Shore Road, they've had enough noise

CONTINUED FROM FRONT PAGE

She alleges the result of the area's noise has resulted in a reduction of surrounding property values and a diminishment of the quality of life for all residents in the surrounding community.

"I am disgusted with the process and hoops that I was made to jump through to finally get tonight's decision," she said.

Shore Road resident George Hauck was one of nine other residents supporting Cusumano and her efforts at last week's City Hall vote. Huck said his quality of sleep was affected and that he couldn't wait for the industrial noise to end.

Cusumano attended a City Council meeting in August of 2019 where Mayor Tim Tenke and the City Council publicly acknowledged what the prior director of the Building Department had already determined; American Paving and Masonry Corp., operating at 100 Shore Road, is not permitted by the zoning code.

Tenke also said he was assisting the business owner in finding a new location and that violations had been issued.

The business did not leave the property.

At a public hearing held in August of 2020, Cusumano testified in support of her appeal and presented written documents and other evidence in support of her application. She testified that the current use of the property is not compliant with the Marine Waterfront District classification.

Cusumano also reviewed the exhibits that she filed in support of her prior application which included 22 photos of the business, one of which was a drone photo taken on April 9, 2020. The photos showed large construction trucks, including several 14-wheelers, at least five commercial trailers, various construction machinery, multiple dumpsters, and piles of construction and asphalt debris. Another



Courtesy Lora Cusumano

RESIDENTS OF SHORE Road say that trucks like these have been waking them up too early, and the city Board of Zoning Appeals recently ruled in residents' favor.

er photo shows an oil delivery truck filling up a diesel tank on the site.

At a public hearing held Feb. 17, 2022, Duffy testified that his family has owned the property since the 1930s. His grandfather, a builder, bought the property to store his bulldozer and trucks.

He testified that he started his tree business in 1973 by selling firewood and has sold firewood on the property since 1970 and has been a full time "tree guy" since 1973. He testified that his father had a bait and tackle store but they always stored equipment on site.

Duffy also testified that he started out with one truck and now has six trucks. He added that he and his two sons run the business with no employees and his trucks go out

at 9 a.m. and return at 3:30 p.m.

In response to a question about people showing up at the property at between 5 a.m. and 5:30 a.m., Duffy testified that he did not know if they are related to other businesses, but they are not related to his tree service business. He testified that if someone were on the property at 5:30 a.m., he would be aware of it because he has surveillance cameras which record to his phone.

A statement from an unidentified associate at American Paving & Masonry Corp., said Cusumano should have understood the area surrounding her home before its purchase.

Tom Duffy could not be reached at press time for comment.

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Happy New Year to all!

There have been significant changes in the law in a number of areas as of January 1, 2023.

The gift tax exclusion, which many people still think is \$15,000, is now \$17,000, up from \$16,000 in 2022. Each person may give up to \$17,000 to as many people as they want to without incurring any Federal gift tax liability and without using any of their Federal estate tax exemption at death.

Speaking of the Federal estate tax exemption, that has been raised from \$12,060,000 to \$12,920,000. Since the exemption amount is adjusted for inflation, and inflation was high in 2022, there was a large jump. Same for the New York estate tax exemption which jumped from \$6,110,000 to \$6,580,000.

The higher Federal exemption is due to tax reform initiated by President Trump commencing in 2016. Fiscal restraints required that the higher Federal exemption expire after ten years. At the end of 2025 then the Federal exemption is slated to return to

New York levels. Since you can use any of your now almost \$13,000,000 per person as a tax-free gift while you are living, many savvy clients have moved and are continuing to move family wealth to trusts for their children. Often, the parents choose to maintain control of these trusts, and they not only get the assets out of their estate while the getting is good, they also get all of the growth on those assets out of their estate.

Medicaid rates have changed so that an individual who needs care, either at home or in a nursing facility, may keep up to \$28,133.00 in assets. If one spouse is at home, and the other spouse is in a nursing home, the spouse at home may keep up to about \$150,000 in assets. The value of the home, up to \$1,033,000 is exempt from Medicaid if a spouse is living there (while the other is in a facility) or for an individual receiving Medicaid for home care.

Finally, the age at which an individual must take their IRA required minimum distribution has been raised from age 72 to 73.

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Oral care tips

By Parul D. Makkar

As we begin the new year, one of the most important things will be your smile as you gather with family and friends. Taking care of those pearly whites to last your lifetime is of utmost importance. Optimum oral care is not only important for teeth, but it is linked to overall health. Poor oral hygiene with periodontal (gum disease) has a negative effect on heart condition, diabetes, and even oral cancer. Lack of poor oral hygiene also impacts self-confidence, pain, discomfort, intake of proper nutrition and poor health.

At PDM Family we aim to help educate our patients about taking care of their teeth. Here are some tips. We all know we need to brush twice a day for 2 minutes, especially before going to bed at night. Along with proper brushing technique to remove all plaque, it is imperative to floss. A brush cannot get in between the teeth; thus it is important to floss. If you have bridges or braces, use of waterpik or a water flosser can be beneficial.

Our tongue has papillae that can harbor bacteria and debris causing bad breath, so make sure you brush your tongue. Make sure you have a toothpaste that has the ADA seal. Using a mouthwash in conjunction with brushing and flossing helps with periodontal health and helps clean hard to reach places and those with fluoride helps re-mineralize teeth.

Chewing gum after a meal stimulates saliva production and helps cleanse your mouth, make sure you use sugarless gum.

Cavities happen due to improper oral care, high sugar intake and even have a genetic component. We can help by reducing



DR. PARUL D. MAKKAR



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intake of sugary food and drinks. If you drink lots of sodas, juices or drink tea/coffee with a lot of sugar, remember to drink water. Water helps neutralize acidic foods and help with chewy/sticky foods. Along with proper oral care, a good balanced diet is essential for healthy mouths.

The nerve chamber of the tooth is in the center of the tooth, thus a cavity will not hurt until it is closer to the nerve chamber. If your dentist tells you there is decay, do get it filled otherwise further progression will lead to pain and discomfort and more extensive treatment such as a root canal.

Along with these tips, remember to visit your friendly neighborhood Dentist twice a month. A dentist will take X-rays and conduct an oral head and neck exam to not only check gum and bone health, decayed teeth but also conduct oral cancer screenings. Early diagnosis helps prevent dental emergencies, and more conservative and cost-effective treatment.

About Dr. Parul Dua Makkar

Dr. Parul D. Makkar is the founder of P.D.M Family Dental on Long Island, New York. She completed her Bachelor of Science from University of Central Oklahoma, Magna Cum Laude and then DDS from University of Oklahoma College of Dentistry, in 2003. Dr. Makkar is the recipient of the Denobi Awards 2022 as well as LI Excellence in Healthcare 2022. Since losing her younger sibling (and fellow dentist) Dr. Manu Dua to oral cancer, Dr. Makkar devotes her time educating doctors and patients alike about risk factors, prevention and advocating for early diagnosis. Dr. Makkar has also co-authored the book 'Life Interrupted, Dr. Dua's Survival Guide' which is a winner of CIPA EVVY Award for Motivational/Inspirational books.

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Book suggests using cooking to cope with addiction

January 12, 2023 — GLEN COVE HERALD

By **WILL SHEELINE**
wsheeline@iherald.com

Sea Cliff resident Jane Fox is leading the charge to help people struggling with addiction and reduce the stigma around it with her new book, “The Hungry Mother: Recipes for Recovery and Life in the Kitchen.”

The book, released on Oct. 26, takes a culinary approach to long-term recovery. Fox uses personal anecdotes, medical addiction and recovery advice and recipes to encourage women to use cooking as a medium to focus on their children and what’s important along the road to sobriety.

Fox highlighted how cooking for her children helped save her life and convinced her to beat her addiction. She wants to encourage other mothers to do the same.

“When women are substance abusers or alcoholics, you lose not only that woman, but you lose that generation of her children,” Fox said. “And I feel very strongly that when women get in touch with their maternal instincts, they can really push through and stay sober.”

Fox battled with substance use disorder throughout the 1960s and 1970s. Addiction was very poorly understood at the

time, and often blamed on moral failure as opposed to chemical dependence.

“I had been in and out of psychiatric hospitals back in the day, before there were rehabs or programs,” Fox explained. “You were considered mentally ill, and you would be put in a psychiatric facility. I went through like four or five of them.”

Fox received help while living with a therapeutic community in midtown in the city for a year, where she was able to overcome her addiction. From 1995 to 2011 she lived in Sea Cliff with her two daughters before moving to Boca Raton, Florida for five years.

While there, she managed transitional housing for women, which serves as therapeutic communities where patients recovering from addiction can live amongst peers. Fox said she worked with women because she felt a personal connection with them and she missed out on important aspects of maternity during her struggles with substance use.

In 2016 as she was preparing to move back to Sea Cliff, Fox attended a conference in Florida held by the Jewish Recovery Center celebrating sobriety and teaching Jewish religious leaders about how to handle addiction in their communities. While there she serendipitously met

When women are substance abusers or alcoholics, you lose not only that woman, but you lose that generation of her children.

JANE FOX
author, Sea Cliff



Courtesy Jane Fox

JANE FOX IS a state-certified Recovery Peer Advocate and a co-founder of Northeast Recovery Alliance Long Island, a sobriety resource organization.

Irwin Huberman, rabbi of Congregation Tifereth Israel in Glen Cove.

The two talked about what they could do to tackle the problem of addiction on the North Shore, particularly because the opioid epidemic was on the rise. Huberman said that they both felt it was important to provide a place to talk and a source of information for families and individuals struggling with addiction. They also wanted to reduce the social stigma around addiction.

“We realized that the issue of addiction is too often relegated to the basement or the boiler room, even when synagogues and churches become involved,” Huberman said. “We felt that it was time that the issue of addiction be addressed as a community concern, and to have meetings in our library, our community room, meeting rooms, etc.”

This led to the launch of Northeast Recovery Alliance Long Island, a sobriety resource organization founded by Fox and Huberman. The alliance works with those suffering from substance abuse and their families providing sup-

port, assistance in getting the proper medical assistance and teaching them important facts and skills to help live with all types of addiction.

Addiction is an endemic struggle in the United States, with roughly 19.7 million Americans battling substance abuse in 2017 alone, according to the National Survey on Drug Use and Health.

Louise, who wished to remain anonymous, was one person who met with Fox after her husband relapsed after 24 years of sobriety. She said she appreciated the help they got from the alliance and Fox helping him get sober again.

“Jane is very knowledgeable about addiction,” Louise said. “She actually was able to encourage my husband to go to Northwell for his addiction, which he did, and he was able to go back to being sober.”

In addition to support and encouragement, the alliance also offers helpful training, such as in the use of for Naloxone, more commonly known as NAR-CAN. This teaches people how to recognize an opioid overdose and administer the reversal drug, Naloxone.

Pay it forward on MLK Day

To honor the Rev. Dr. Martin Luther King on Jan. 16, NOSH, an extension of the North Shore Soup Kitchen, will be accepting donations from 8 to 8:45 a.m. at the First Baptist Church, 7 Continental Place, and at Finley Middle School Wunsch Auditorium, 1 Forest Ave., from 8:30 a.m. until noon. The community is invited to pack NOSH bags at the middle school.

NOSH is requesting non-perishables, such as pasta, rice, beans, canned tuna, canned chicken and peanut butter and jelly in plastic jars.

Volunteering and donating to NOSH is a way for the community to pay tribute to King. Organizations like NOSH are more important today than ever before, as they provide an essential resource for com-

bating poverty and hunger. NOSH is a Free Food Distribution Service open at 32 School Street, Glen Cove on Mondays, Tuesdays, Thursdays and Fridays from 9 a.m. to 1 p.m.

As a program of the North Shore Soup Kitchen, it is a not-for-profit organization staffed by volunteers — neighbors helping neighbors — who deliver weekly free emergency NOSH Bags, which are groceries to prepare two meals for a family of four. Additional NOSH Bags are provided to larger families.

Emergency NOSH Bags are available for those who request food on the emergency hotline, (516) 366-0277. The bags of food are delivered weekly to homes in Bayville, Glen Cove, Roslyn, Locust Valley and Sea Cliff.



STEPPING OUT

In the kitchen

Culinary inspiration for a wintry weekend

By Karen Bloom

With the holidays behind us, cozy up to some comfy winter nesting. And, of course, it's time to refocus on healthier eating now that we're finished with weeks of festive over-indulgence.

January is the ideal time to decompress and get into the kitchen and work on those "Top Chef" skills. It's not that difficult with some great comforting — healthy — foods to nourish and warm our soul.

Experiment with new culinary creations that incorporate bold flavors for delicious results. Nothing pleases the senses quite like a hearty dish on a chilly evening. Try adding these recipes to your repertoire.



Hearty Beef Stew

- 2 tablespoons olive oil
- 1 1/2 lb beef chuck roast, cut into 1-inch pieces
- 1 large onion, chopped
- 4 cloves garlic, finely chopped
- 1/4 cup all-purpose flour
- 1 cup Burgundy, Zinfandel or other red wine
- 3 cups beef broth
- 1 1/2 cups ready-to-eat baby-cut carrots
- 4 medium parsnips, peeled, cut into 1/2-inch pieces
- 1/2 pound small red potatoes, cut in half
- 2 dried bay leaves
- 6 sprigs fresh thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

In 4-quart Dutch oven, heat 1 tablespoon of the oil over medium heat. Cook beef in oil 15 minutes, stirring occasionally, until browned. Remove beef to bowl; cover to keep warm.

In Dutch oven, heat remaining 1 tablespoon oil over medium-high heat. Cook onion and garlic in oil 5 minutes, stirring occasionally, until tender. Return beef to Dutch oven. Sprinkle with flour; cook and stir 1 minute. Add wine; cook 1 minute, scraping to loosen any browned bits from bottom of pan. Stir in broth, carrots, parsnips, potatoes, bay leaves, thyme, salt and pepper.

Heat to boiling; reduce heat. Cover; simmer about 40 minutes, stirring occasionally, until vegetables are tender. Remove bay leaves before serving.



Rustic Roasted Winter Vegetable Chowder

- 1/2 small butternut squash, peeled, seeded, and cut into 1-inch dice (about 2 cups)
- 3 medium parsnips, peeled, cut into 1-inch dice (about 1 cup)
- 1 medium sweet potato, peeled, cut into 1-inch dice (about 1 cup)
- 2 medium carrots, peeled, cut into 1-inch dice (about 1 cup)
- 1/2 fennel bulb, quartered & sliced thin (about 1 cup)
- 1/2 teaspoon plus 1/2 teaspoon kosher salt or coarse sea salt
- 2 tablespoons plus 3 tablespoons olive oil, divided
- 1 medium onion, diced (about 2 cups)
- 2 tablespoons all-purpose flour
- 4 cups vegetable broth
- 2 medium russet potatoes, peeled, cut into 3/4-inch dice (about 2 cups) 4-5 fresh thyme sprigs
- 1 cup milk or unsweetened plain almond milk

Additional salt and freshly ground black pepper, to taste
More pepper and thyme leaves for garnish

Heat oven to 400 F.

In a large bowl, toss the butternut squash, parsnips, sweet potatoes, carrots, and fennel with 2 tablespoons olive oil and 1/2 teaspoon coarse salt. Spread in a single layer on a large baking sheet and roast until tender and browned in places, about 40 minutes, turning a couple of times while roasting.

While the veggies are roasting, prepare the base of the soup. To a large saucepan over low heat, add 3 tablespoons olive oil. Add the onion along with a pinch of salt and a bit of pepper, then cook, stirring occasionally, until soft, about 10 minutes.

Stir in the flour and cook for 3 minutes, stirring constantly.

Stir in the vegetable broth. Add the potatoes and thyme. Bring to a boil over medium heat then reduce heat to low. Simmer uncovered for 15 minutes or until potatoes are soft. Remove from heat. Pick out the thyme stems and discard.

Stir in the roasted vegetables. Carefully transfer about 3 cups of the chowder to the pitcher of a blender. Puree until smooth. Return the pureed mixture to the pot and stir to combine. The soup should be thick, rich, and creamy.

Stir in the milk. Place the pot back on the burner, and, with the heat on medium-low, return to a simmer, stirring often to prevent burning.

Taste and add additional salt and pepper if desired.
Serve garnished with an additional turn of cracked pepper and thyme leaves.



Lucky Chops

This big, brassy and unapologetically bold six-piece band comes at you with every hue in the rainbow. Their sound pays homage to New Orleans brass band tradition while incorporating eclectic rock, Caribbean, Arabic, Eastern European, funk, jazz, ska, gospel and EDM influences. Their irresistible groove is led by co-founder Josh Holcomb's soulful trombone, Daro Behroozi's soaring sax and Joshua Gawel's powerful trumpet. Their high-energy brassy funk has attracted listeners since forming in New York City in 2006. Starting in the underground halls of subway stations, Lucky Chops went viral when a video of their mash-up of Lipps Inc.'s 'Funkytown' and James Brown's 'I Feel Good' amassed hundreds of millions of views across social media, and led to an online subscriber base almost two million strong. They're now back on tour for the first time since the end of 2019.

Thursday, Jan. 26, 7:30 p.m. \$33. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (516) 767-6444 or LandmarkOnMainStreet.org.



America

The perennial classic rock favorite enters 2023 on the road again as founding members Gerry Beckley and Dewey Bunnell celebrate the band's 53rd anniversary. The pair (along with former band mate Dan Peek), who met in high school in London in the late 1960s, quickly harmonized their way to the top of the charts on the strength of their signature song 'A Horse With No Name.' More than 40 years later, these friends are still making music together, touring the world and thrilling audiences with their timeless sound. Yet beyond their impressive catalog of hits, listeners discovered there was always much more to America than surface perceptions. The combination of Beckley's melodic pop rock and Bunnell's use of folk-jazz elements, slinky Latin-leaning rhythms and impressionistic lyric imagery contrasted well with Peek's more traditional country-rock leanings and highly personal lyrics.

Friday, Jan. 27, 8 p.m. \$99, \$79, \$69, \$59. Tilles Center for the Performing Arts, LIU Post campus, 720 Northern Blvd., Brookville. (516) 299-3100 or TillesCenter.org.

THE \$CENE



Jan. 20

Branford Marsalis

The renowned saxophonist visits the Madison Theatre, on the Molloy University campus, with his quartet, Friday, **Jan. 20**, 8 p.m. The NEA Jazz Master, triple Grammy Award winner and musical polymath with his stellar ensemble — pianist Joey Calderazzo, bassist Eric Revis and drummer Justin Faulkner — bring the brilliance that has made this quartet one of the most revered and influential in jazz. After more than three decades of existence with minimal personnel changes, this celebrated ensemble is revered for its uncompromising interpretation of a kaleidoscopic range of both original compositions and jazz and popular classics. \$40-\$95. 1000 Hempstead Ave., Rockville Centre. For tickets and information visit MadisonTheatre.org or call (516) 323-4444.

Jan. 19

Art talk

Grab your lunch and join Nassau County Museum of Art Docent Riva Ettus for her popular "Brown Bag Lecture" live, via Zoom, Thursday, **Jan. 19**, 1 p.m. She'll discuss the current exhibition, "The Big Picture: Photography Now." Participants are invited to ask questions at the end of the program. Also Feb. 23. Register at least 24 hours in advance to receive the program Zoom link. Also Feb. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

Historic Spirits Tour

Stop by Raynham Hall Museum, at 30 West Main Street in Oyster Bay, Saturday, **Jan. 28**, to learn about three generations of Townsend family occupants with Samantha Lynn Difronzo, a spiritual healer. To purchase tickets for the event visit RaynhamHallMuseum.org or call (516) 922-6808.

In concert

David Alterman returns to the stage with Altzim, Friday, **Jan. 13**, at My Father's Place supper club. Enjoy an evening of music that Alterman describes as "Dylan with a twist," with special guest Cathy Rose Virgilio. Rich Demand and his band also appear. Doors open at 6 p.m., concert is at 8 p.m. The Metropolitan, 3 Pratt Blvd., Glen Cove. For tickets/information, visit MyFathersPlace.com or call (516) 580-0887.

Readicculus

Jan. 28

Pop by Still Partners, 225 Sea Cliff Ave. in Sea Cliff, for a tribute to

Phish, Saturday, **Jan. 28**, at 8 p.m. Listen to Phish cover band Readicculus play the band's greatest hits. For more information call (516) 200-9229.

Frozen Feathers

Join the Glen Cove Public Library for the virtual program Frozen Feathers: Winter Birds of Long Island, Wednesday, **Jan. 18**, 2-3 p.m. Using photos and interesting facts, long-time birder Dianne Taggart will teach attendees about Long Island's birds of winter. To register, go to glencovelibrary.org. For any questions, email adultprograms@glencovelibrary.org or call (516) 676-2130.

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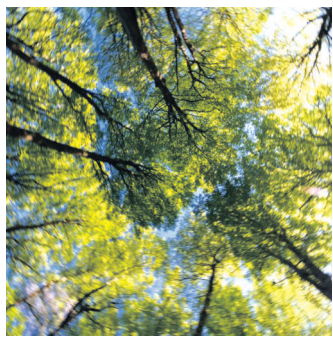
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Forest Bathing

Take a meditative Forest Bathing walk, led by certified guide Linda Lombardo, Saturday, **Jan. 21**, 2-4 p.m. Based on the Japanese tradition of Shinrin-Yoku, a wellness practice developed in the 1980s, the walk, on the grounds of the former summer residence of Howard Gould and later Daniel and Florence Guggenheim, inspires mindful connections with the natural elements of the woods for a range of healthful benefits. \$40, \$35. Pre-registration required. Sands Point Preserve, 127 Middle Neck Road. For information, visit SandsPointPreserveConservancy.org or call (516) 571-7901.

The Real History of Cave Paintings

Join the Bayville Free Library for a zoom presentation on the history of cave paintings on Tuesday, **Jan. 17**, 7 p.m. Presented by public archaeologist Patty Hamrick, participants will learn about how the art was made, what it represented, and what it teaches us about our ancestors. Register at BayvilleFreeLibrary.org. For more information, contact Kristy Fumante at (516) 628-2765 or adultprograms@bayvillefreelibrary.org.

Financial advice

Visit the Oyster Bay-East Norwich Public Library, at 89 East Main Street in Oyster Bay, for an Investment Seminar Series, **every Wednesday throughout January**, 7 p.m. This program is presented by Vincent Sama, financial advisor from Edward Jones. Register online at oysterbaylibrary.org. For questions, call (516) 922-1212.



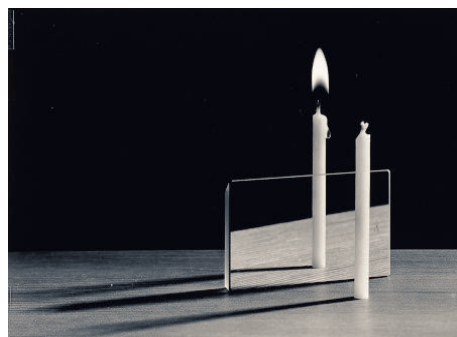
Senior Lunch Program

Enjoy visiting friends, with a delicious lunch and chair yoga, at the popular senior program hosted by Mutual Concerns, **every Tuesday and Friday**, at Saint Luke's Episcopal Church, at 253 Glen Ave., in Sea Cliff. Those interested in joining the lunch program can call Peggine Como at (516) 675-7239.



Deep Roots Indoor Winter Market

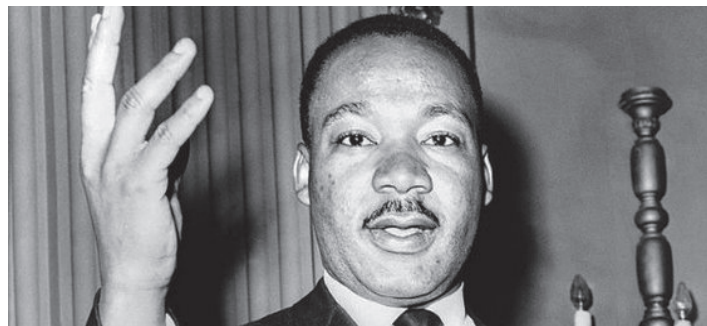
Start the New Year with a visit to Deep Roots Indoor Winter Market, Saturday, **Jan. 14**, 10 a.m.-2 p.m. The market, at St. Paul's Episcopal Church, 28 Highland Road, Glen Cove, offers locally grown vegetables, eggs, meat and dairy, as well as fresh baked goods, artisan cheeses, honey and more. For more information contact Amy Peters at amy@deeproofsfarmersmarket.com or call (516) 318-5487.



On exhibit

Photography's ascent in the art world is an international phenomenon. Nassau County Museum of Art's star-studded exhibition spans the historical roots of the medium. View works by Ansel Adams and his generation and the thrilling, large-format

color works of such contemporary masters as Cindy Sherman, Thomas Struth, James Casebere and Gregory Crewdson, among others. From the documentary to the painterly, images bear witness to the times. On view through March 5. Nassau County Museum of Art, 1 Museum Drive, Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Let Freedom Ring with MLK

Visit Long Island Children's Museum for a workshop honoring Martin Luther King, Jr., Monday, **Jan. 16**. Families will learn about MLK beyond his "I Have a Dream" speech and gain a better understanding of his impact on the civil rights movement. Also participate in a gallery walk of images from the Civil Rights Movement and then create a bell to "let freedom ring." \$4 with admission, \$3 members. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

Having an event?

Items on The Scene page are listed free of charge. The Herald welcomes listings of upcoming events, community meetings and items of public interest. All submissions should include date, time and location of the event, cost, and a contact name and phone number. Submissions can be emailed to thescene@liherald.com.

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THE TOP 3 FINALISTS* IN

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Congrats to all the Top 3 Finalists in the 2022 Herald Long Island Choice Awards presented by PSEG Long Island! Check back each week for the Top 3 Reveal in each category leading up to the Oscar-style awards ceremony in April 2023. Did your favorites make it to the top? Visit www.LiChoiceAwards.com! *Finalists are listed alphabetically, not in order of placement.

ALL-AROUND RESTAURANT:

Bluebird Kitchen
Remy's Italian Restaurant
San Marzano Brick Oven Pizza & Fresh Pasta

BAGEL STORE:

Bagel Boss
Bagel Plaza of South Merrick
Long Island Bagel Café

BAKERY:

Dortoni Bakery and Pastry Shoppe
Front Street Bakery
Wall's Bake Shop

BBQ:

SMOK-HAUS
Smokin' Al's
Swingbellys Beachside BBQ

BREAKFAST:

IHOP-Oceanside
Maureen's Kitchen
Thomas's Ham & Eggery Diner

BRUNCH:

Churchill's
IHOP-Oceanside
Toast Coffeehouse

BUBBLE/BOBA TEA:

Bubble Hut
Kung Fu Tea
YAAAS TEA

BUFFET:

China Buffet King
Diwan Indian Restaurant and Bar
Flaming Grill & Supreme Buffet

BURGER:

American Burgers
Ay! Caramba!
Burgerology

BUSINESS LUNCH:

City Cellar Wine Bar & Grill
Frank's Steaks
Remy's Italian Restaurant

BUTCHER SHOP:

Charlie's Butchers
Chubs Meats
Sons of a Butcher

CATERER:

Bagel Boss
Barnum Ballroom
Bialystok & Bloom

CHINESE FOOD:

Danny's Chinese Kitchen
Little Fu's
Omandarin

COCKTAILS:

Da Nicola
Dirty Taco + Tequila
Lia's Pizzeria - Oceanside

DELI/SANDWICH SHOP:

Ben's Kosher Delicatessen Restaurant & Caterers
Farmer Joel's
Pantano's Gourmet

DESSERT:

Dolce Confections
Frank's Steaks
Sugarberry Bakery Cafe

DINER:

Apollo Restaurant Diner
Imperial Diner
The Pantry

DINING EXPERIENCE:

Chef Nikki
Da Nicola
Frank's Steaks
DOUGHNUTS:
Doughology
Duck Donuts - Garden City
House of Donuts Inc

EARLY BIRD DINER:

GREEKTOWN
Lia's Pizzeria - Oceanside
Valbrook Diner

FARM STAND:

Crossroads Farm at Grossmann's
Deep Roots Farmers Market
Youngs Farm

FINE DINING:

Frank's Steaks
Jimmy Hays Steak House
Remy's Italian Restaurant

FISH MARKET:

Artie's South Shore Fish Market & Grill
Hewlett Fish Market Inc.
Jordan Lobster Farms

FRENCH FRIES:

All American Hamburger Drive In
Brooklyn Dip & Burger
Press 195

FRIED CHICKEN:

Chicken Carnival
Swingbellys Beachside BBQ
Zorn's of Bethpage

GERMAN FOOD:

Das Biergarten
Oak Chalet
Plattduetsche Park

GREEK FOOD:

B Greek Kitchen
GREEKTOWN
Mykonos Greek Restaurant

HAPPY HOUR:

Dirty Taco + Tequila
J Paul's Terrace Cafe
Michael's Billiards

ICE CREAM:

Carvel - Merrick
Dolce Gelateria
Marvel Frozen Dairy

INDIAN FOOD:

Color of Spices
Diwan Indian Restaurant & Bar
Raagini

ITALIAN FOOD:

Friendlier 76
Lia's Pizzeria - Oceanside
San Marzano Brick Oven Pizza & Fresh Pasta

JAPANESE FOOD:

Himawari
Izumi Sushi & Hibachi Steakhouse
Kashi

LATIN FOOD:

Cabo RVC
Island Empanada of Merrick
The Cuban

LOCAL COFFEE SHOP:

Coffee Booths
Heavenly Coffee
Kookaburra Coffee Co

MEXICAN FOOD:

Frida's Mexican Grill
Margaritas Cafe
The Cabana Mexican American Restaurant

NEW RESTAURANT:

Casarecce Italian
Tap Room

ORGANIC/NATURAL FOOD:

Bob's Natural Foods
Fit by Globish
Organic Krush Lifestyle Eatery

OUTDOOR DINING:

Lazy Lobster
Point Lookout Clam Bar
SALT - Merrick

PIZZA:

Friendlier 76
Lia's Pizzeria - Oceanside
Vincent's

PRETZEL:

Knot of this World Pretzels
Philly Pretzel Factory
Pretzel Stop/Pretzel Town USA

RAMEN:

8RAMEN
MB Ramen - Huntington
Ni Ramen

ROMANTIC RESTAURANT:

Da Nicola
Livorno
Remy's Italian Restaurant

SEAFOOD:

Artie's South Shore Fish Market & Grill
Hungry Crab Juicy Seafood and Bar
Jordan Lobster Farms

SMOOTHIE:

Fit by Globish
SoBol Hewlett
Tropical Smoothie Cafe

SPECIALTY PIZZA:

Friendlier 76
Lia's Pizzeria - Oceanside
Vincent's

STEAKHOUSE:

Frank's Steaks
Jimmy Hays Steak House
Rothmann's Steakhouse

SUSHI:

Himawari
Izumi Sushi & Hibachi Steakhouse
Sushi Palace

THAI FOOD:

Ra-Kang Thai Cuisine
Seeda Thai
Thai Station Restaurant

VEGETARIAN/VEGAN:

Bob's Natural Foods
Energy Fuel Garden City
Organic Krush Lifestyle Eatery

WINGS:

Croxley's Ale House
Pearsall's Station
Swingbellys Beachside BBQ

YOGURT:

Hewlett Station Yogurt
Swirls & Twirls
TCBY

When laziness, listlessness, and lethargy pay a visit

You probably have days when you feel you can conquer the world. Whatever you want to do, you do. You exercise, eat well, get organized, accomplish what you set out to do, get a good night's sleep and feel terrific!

Then there are the other days. On those days the best you can say is you've taken baby steps toward reaching your goals. Maybe you exercised for 5 minutes and then felt too sluggish to continue. Or, you ate well in the morning then munched on anything and everything in the evening. Or, loaded the dishwasher but left clutter in every other room.

Yup, they'll always be some days when laziness, listlessness and lethargy rule the roost. Any attempt to get up and go will have gotten up and gone. It's then that you may believe you are beyond redemption.

So is it time to abandon your goals? Why fight the fickle finger of fate? Maybe just admit that in the DNA lottery, you were the trifecta loser — idle, inertia, indolent genes — won out over the high octane ones. Perhaps you should stop torturing yourself and accept yourself as you are — warts and all?

Yes! Stop torturing yourself is a great idea. Accepting yourself as you are is another great idea. But neither of these concepts suggests that you cannot alter your habits or adopt new routines.

A new year has just begun.

If you've made a resolution or two and have already experienced a lapse into old habits, don't despair. People promise themselves they'll change yet most fall off the track. Sure, there are a few well-disciplined folks who never falter, vacillate or backslide. The rest of us, well, we're more inconsistent.

We don't feel motivated every day. We don't respect our self-imposed schedules. We don't respond well to orders or threats. We dawdle on tasks that we know need to get done. We seek immediate gratifica-

tion, not long-term success. We have days when it feels tough to do anything constructive. On those days, our belief in ourselves will be challenged.

All this is true because we're not machines. We're imperfect human

beings. Hence, the key to moving ahead is not to seek perfection but to view every setback as temporary.

Though they'll be days you fall off track, do not abandon your goals or let guilt control your mind. Instead, tell yourself tomorrow is another day — a day when you'll have renewed energy.

Picture yourself on the road to success. Focus first on little steps, easy stuff,

and tasks you know you can do well. As you accomplish these tasks, you'll begin to feel revitalized, stronger. You'll remember days when you felt you could conquer the world. The memory will make the next larger steps feel less challenging.

You may long for a kind, understanding coach who is always there to motivate you and get you going. With a coach, it'd be so much easier for you meet your goals. True. However, if no one is coaching you, how about coaching yourself? Picture what a caring coach would say to you to get you moving and to get you back on track. Now, say it to yourself!

What's most significant is not how motivated you are every single day. It's how quickly you get back on track when you fall off. Yes, you can do it! Yes, you can do it! Here's to you and your enhanced living.

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Linda Sapadin, Ph.D., psychologist, coach and author specializes in helping people improve their relationships, enhance their lives and overcome procrastination and fear. Contact her at DrSapadin@aol.com. Visit her website at www.PsychWisdom.com.

Person to Person



LINDA SAPADIN

NEWS BRIEFS

Introduction to Mah Jongg

Donna Miller-Small will teach on Jan. 19 from 10 to 11 a.m. Mah Jongg strategies, discuss examples arising from live play, and answer all questions. Through simple, step-by-step instructions, the basics will be taught in six lessons.

Bring to class a 2022 National Mah Jongg League Card. Upon registering, instructional documents will be given, which include paper tiles to cut out. American Mah Jongg playing cards are not necessary but are an alternative to the paper tiles and can be purchased online at a nominal cost. Mah Jongg sets can be used instead of the playing cards.

For those having trouble joining this

meeting call the library's information desk at (516) 676-2130. Email: adultprograms@glencovelibrary.org

Crafting with Lisa

On Jan. 19, from 2 to 3 p.m. add style and understated charm to one's home by hanging a Scandinavian paper star. The three-dimensional form has a sculptural quality that is simple, yet very chic.

Registration is required and class size is limited. The \$5 fee includes materials. Pay in person or mail a check/money order to: The Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, N.Y. 11542 Attn: Adult Programs. Include the program in the memo section of your check.

OBITUARIES

Euphemia Ermmarino



Euphemia Ermmarino, 87, of Glen Cove, died on Jan. 7 2023. Wife of the late Gabriel; mother of Gabriel (Denise), Mark and Stephen (Andrea); sister of Margaret Neen (the late Dennis). Grandmother of Christina, Gabriel, Daniel, Mark, Gabriella, Chloe, Stephen and Olivia; great grandmother of Ly'Anna and aunt of Tracy and Jennifer. Arrangements entrusted to Dodge-Thomas Funeral Home.

Jerry Edward Cohen

Jerry Edward Cohen, 85, of Glen Cove, died on Jan. 7, 2023. Jerry is survived by his wife of 62 years, Lubah, his daughter Dena Prybutok (son-in-law Mark, and grandchildren Elan, Nate and Maya and son Micah Cohen (daughter-in-law Melissa nee Goodman) of Charlotte. Arrangements entrusted to Dodge-Thomas Funeral Home, Glen Cove, N.Y. Graveside Service is private.

Mark Andrew Orzel

Mark Andrew Orzel, 58, of Glen Cove, died on Dec. 25, 2022. He is survived by his loving mother Hannelore, siblings Gloria, Peter, Paul and Thomas. He was predeceased by his father Peter. Mark was loved by many nieces, nephews, cousins, aunts and uncles both here and abroad in Germany and Poland.

A celebration of Mark's life will be held on his 59th birthday: Sunday, Jan. 15, from 2 to 4 p.m. at the Locust Valley Firehouse: 228 Buckram Road, Locust Valley, N.Y. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove. Interment is private. In lieu of flowers, make donations to the American Heart Association or American Diabetes Association in his honor.

Obituary Notices

Can be submitted by individuals as well as local funeral establishments. A contact phone number must be included.

There is no charge for obituaries.

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PUBLIC NOTICES

LEGAL NOTICE

NOTICE OF FORMATION of Counseling With Vickie, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/13/22. Location: Nassau County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: Victoria OShea; 12W William St. Glen Cove, NY 11542. Purpose: Any lawful purpose. 136036

To Place A Notice Call 516-569-4000 x232

LEGAL NOTICE

CITY OF GLEN COVE PLANNING BOARD PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the City of Glen Cove Planning Board on Tuesday, January 17, 2023, at 7:30 p.m., at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their views. The hearing will be on the Application of G.G. and V. Realty Corporation seeking a Special Use Permit and Site Plan Approval for the conversion of existing second floor office space into apartments. The conversion will include (2) one-bedroom units, and (1) two-bedroom unit. The property is located at 21 Cedar Swamp Rd., Glen Cove, NY, designated on the Nassau County Land & Tax Map as Sections 22 Block A, Lot 1024 and located in the city's B-2 Peripheral Commercial District.

To Place A Notice Call 516-569-4000 x232

The above application is on file at the city offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.

Dated:

January 4, 2023

ANDREW KAUFMAN
Chairman
GLEN COVE PLANNING BOARD

136667

To Place A Notice Call 516-569-4000 x232

LEGAL NOTICE

CITY OF GLEN COVE BOARD OF ZONING APPEALS

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, January 19, 2023, at 7:30 p.m. at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their views.

The hearing will be on the application of Donna Lesser residing at 16 Woodland Rd, Glen Cove NY requesting Variances from Sections 280-56 D (6); 280-56 B (10); 280-45 L of the Glen Cove Zoning Code to construct a new roofed over 352sf open pavilion with fireplace, detached two car garage of 468 sf, and a new curb cut driveway. Applicant is proposing distance from the front property line 37 ft for the garage and 41 ft for the pavilion where the minimum distance

permitted to the property line is 65 ft. Total proposed lot coverage is 22.07% for all structures (3,083.16 sf permitted - 4,533.46 sf proposed) where 15 % is the maximum allowed. Applicant is proposing an additional curb cut to service new garage where there shall be permitted only one curb cut serving one driveway per residential lot. The subject property is designated on the Nassau County Land & Tax Map as Section 31, Block 67, Lot 23 and located in the City's R-2 Half Acre Residence District. The above application is on file at the city offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.

Dated: BY ORDER OF THE ONING BOARD OF January 2, 2023 THERESA MOSCHETTA, CHAIRPERSON 136669

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LEGAL NOTICE

CITY OF GLEN COVE ZONING BOARD OF APPEALS

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, January 19, 2023, at 7:30 p.m. at the Council Chambers, City Hall, 9

Glen Street, Glen Cove, New York, when all interested parties will be given an opportunity to be heard. The hearing will be on the application of Eileen Petrucci, residing at 8 Gaffney St. Glen Cove, N.Y. 11542. Applicant seeks Variances from Sections 280-30 A; 280-58 B (6) and 280-58 B (12) of the Glen Cove Zoning Code to construct a new 918 sq ft second floor addition and interior alterations to the first floor of an existing single-story dwelling on a non-conforming lot. Applicant has existing side yards setback of 5.9 feet on the south side when 10 feet is the minimum required and proposing floor area of 41.29% (2,270.95 sf) when 30% (1,650sf) is the maximum permitted. The subject property is located at 50 East Avenue, Glen Cove, NY in the City's R-3A Residence District and designated on the Nassau County Land & Tax Map as Section 23, Block 30, Lot 024.

The above application is on file at the city offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing. Dated: BY ORDER OF THE ZONING BOARD OF January 3, 2023 APPEALS OF THE CITY OF GLEN COVE THERESA MOSCHETTA CHAIRPERSON 136668

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OPINIONS

LIRR to Grand Central Madison? We're still waiting.

Once again, the Metropolitan Transportation Authority has left coal in the stockings of Long Island Rail Road commuters.

Every Christmas since 2011, the MTA has failed to initiate the promised East Side Access to Grand Central Madison service. The original Federal Transit Administration capital investment — or New Starts — grant agreement with the MTA was approved in 2006. It included a project cost of \$6.3 billion, with the start of passenger service — including a promise to run 24 hourly trains on the LIRR's 10



**LARRY
PENNER**

branches to Grand Central Madison during rush hour — in 2011. We still don't know when that service will begin.

The temporary shuttle service that did not start last month, as promised, will come nowhere close to meeting this commitment. I can just imagine the overcrowding on shuttle trains between Jamaica and Grand Central Madison when this service begins — likely some-

time in the coming weeks.

The ESA project cost has grown to \$11.6 billion. This doesn't include debt service payments of \$1 billion for borrowing costs buried in the MTA's operating budget. There are also \$4 billion worth of LIRR readiness projects to support the start of service — including such things as third-track construction and capacity improvements at Jamaica Station — which are separate from the official budget. Without these projects, the LIRR lacks the expanded operational capabilities to support the new service.

Even when East Side Access service begins, thousands of potential new LIRR customers will continue to be out of luck in Hunters Point, Long Island City, Sunnyside, Elmhurst and Woodhaven, Queens because of limited or no service. The LIRR currently runs a handful of morning rush-hour trains westbound from Jamaica to Hunters Point and Long Island City, returning east in the evening rush hour. There is no rush-hour, hourly off-peak or evening bi-directional service to those other communities.

Another problem: Penn Station is a

24/7 facility. Grand Central Terminal is closed overnight from 2 to 5:15 a.m. Unlike the LIRR, Metro North provides no service in or out during that time period. The LIRR has the advantage, but Long Islanders who commute at odd

times — or come home late from events in Manhattan that end well after midnight — and want to use Grand Central will lose that advantage to incomplete service. A simple analysis of the proposed schedules reveals that depending on your branch or station, there will be no LIRR service to or from Grand Central Madison for three to five hours overnight on weekdays or weekends.

Catherine Rinaldi is the first MTA official to serve as president of both the LIRR and Metro North. Those extra-hours riders might want to ask her why the LIRR must be subject to the Metro North's schedule shortfalls. Isn't it time to make Grand Central, too, a 24/7 facility?

As well, whenever East Side Access service to Grand Central Madison begins, the LIRR will suspend virtually all direct, one-seat, ride-through service between Jamaica and Atlantic Terminal

Brooklyn. Thousands of LIRR riders bound for downtown Brooklyn, Wall Street, the World Financial Center, the World Trade Center or other destinations in downtown Manhattan via Atlantic Terminal Brooklyn will now have longer commutes. One rider's gain in time savings — being able to get to Manhattan's East Side via Grand Central Madison instead of Penn Station — will be a loss for another rider trying to access destinations via Atlantic Terminal Brooklyn.

Was investing \$12.6 billion in East Side Access worth it? The verdict is still out. It is doubtful, in a post-Covid-19 world, that there will be anywhere near the anticipated 160,000 daily riders using Grand Central Madison, as the MTA predicts. Time will tell if commuters and taxpayers will see all of the benefits from this project, which has been promised for decades by elected official and MTA and LIRR presidents. When it comes to East Side Access, the LIRR's 1960s motto, "Line of the Dashing Dan," should be changed to "Line of the Slow Moving Sloth."

Larry Penner is a transportation advocate, historian and writer who worked in the Federal Transit Administration Region 2 New York Office of Operations and Program Management for three decades.

Was investing \$12.6 billion in East Side Access worth it? Too soon to tell.

Writing predictions in disappearing ink

As I look back on my New Years' columns over these last many years, I might as well have been writing in disappearing ink. Pretty much nothing I expected came to pass, and a whole lot of stuff I never saw coming changed my life and yours, too.

So why even try to predict? It's in our DNA, I suppose, conferring the illusion of control when we have none.



**RANDI
KREISS**

Bullish? Bearish? Last week the big dailies posted predictions for the markets. Inflation, recession, deflation, higher mortgage rates? Columnist Jeff Sommer wrote in *The New York Times*: "It's simply impossible to forecast the path of the markets six months or a year ahead with accuracy and consistency, as many academic studies have shown. That the financial services industry continues to label these unreliable numbers as forecasts is a triumph of breathtaking chutzpah — a technical term for shameless audacity."

Which leads me to predict that the value of their elaborate algorithmic stud-

ies is and will be zero.

With that as a caveat, let me hope rather than predict that we will not have a recession; that the markets will rally in 2023 and, somehow, all the thousands of people who are literally dying to get into our country will be matched with all the jobs that are begging to be filled.

In politics, too, the prediction business is bust. We — all of us — lived through the 2016 presidential election, in which pretty much everyone with an opinion, from columnists to people on the street to professional pollsters to Las Vegas bookies and even many supporters of Donald Trump, absolutely did not believe that he would or could win. How many times did we hear pundits say that his path to victory was slim to none? How much airtime and ink were wasted on the assumption of a Hillary Clinton victory and how that would play out? Folks thought DJT would ride that escalator into oblivion.

The very least we could take away from that election was healthy skepticism. Pollsters, even the academic know-it-alls, have little success predicting the results of an election or anything else.

Will Covid surge again? Will some new bug emerge from the virulent epidemic in China? I wonder if Kim Jung-un will hold on to his rockets or let them fly. When will Ukraine find peace, and will it be before Putin snaps? How will our children and teenagers recover from the grief and academic setbacks of the pandemic lockdown? When can we feel safe in our lives again?

On New Year's Eve we toasted 2023 with wishes for good health and peace on earth and peace of mind. Wishes. As hostages to fate and dysfunctional politics, that's the best we can do.

We humans have never tolerated the existential uncertainty of being a person alive on earth. So we turn to exit polls and Svengalis and any grifter who hangs out a palm-reading sign. The truth? I'm even down on Punxsutawney Phil.

In our personal lives, it's painful to accept that we cannot know what the future will bring. Life reads like a mystery, not an itinerary. We can't know what comes next or if we'll make an appearance in the next chapter.

The track record of clairvoyants is abysmal.

Life reads like a mystery, not an itinerary. We can't know what comes next.

No one, except for Bill Gates and some epidemiologists who were ignored, predicted the greatest catastrophe of our lifetime, the coronavirus pandemic, the more than 1 million deaths here at home and more than 6 million deaths worldwide.

Everyone predicted a huge Republican sweep in the midterms, and that didn't happen. And with the MAGA loonies running the GOP, to predict what will happen in 2023 would be folly indeed.

I can't and won't believe anyone who ever again purports to know the future of an election or an economy or the course of a disease or the likelihood of an earthquake striking any particular location at any particular time.

We are in the game, and it changes day to day.

Yearning for a seed of certainty, yesterday I booked a hotel in Dallas for April 8, 2024, when a full solar eclipse will be seen for two minutes and 20 seconds. I predict, with 100 percent certainty, that it will occur.

What isn't sure is if I will get to see it. There may be clouds overhead, or clouds in my life. I am choosing to have faith that the eclipse will occur as scheduled, on April 8 in Dallas. I plan to be there. It's a small thing, but I'm counting on it.

Copyright 2023 Randi Kreiss. Randi can be reached at randik3@aol.com.

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HERALD EDITORIAL

We all deserve a chance to pursue our dreams

The federal minimum wage has been stuck at \$7.25 an hour for 14 years — a time period during which mere adjustments for inflation would now have it over \$10.

Congress isn't expected to act on raising that wage anytime soon, so many municipalities and states — like New York — have taken matters into their own hands. New York City and Long Island both have a \$15 minimum wage, as does Westchester County. Last week, upstate New York rose to \$14.20.

In fact, 27 states raised their minimum wage at the beginning of 2023, according to the National Employment Law Project, with new baselines ranging from \$9.95 in states like Montana to \$15.74 in Washington state.

We hear a lot about the minimum wage. What we don't ever talk about is something that many may not even know exists: the subminimum wage.

It's real, and it has been since the Fair Labor Standards Act, which first established a federal minimum wage, was signed into law by President Franklin Roosevelt in 1938. Many have credited the law with helping to guide the United States out of the Great Depression. And the framework of the Fair Labor Standards Act — 40-hour work weeks, child labor restrictions, extra pay for overtime — fuels our labor economy to this day.

But if you look closely at the law — particularly at Section 14(c) — you might be surprised to learn that not everyone is eligible for the minimum wage. Even at \$7.25. It allows employers to apply for a certificate from the federal government to pay less than minimum wage to workers with disabilities.

It's an archaic law based on an archaic

way of thinking when it comes to people with disabilities.

When the legislation was first passed, “it was assumed that a worker with a disability was less productive than a non-disabled worker,” former Homeland Security Secretary Tom Ridge wrote in a 2021 opinion piece in USA Today. “In retrospect, it was a flawed assumption. We want to be fair to the intent of the original legislation, which was to provide individuals with disabilities an opportunity to enter the workforce.”

When the former Pennsylvania governor wrote those words, he was nearing the end of a long chairmanship of the National Organization on Disability, an advocacy group for a class of people who are, more often than not, overlooked. Ridge described paying people with disabilities less than minimum wage as “no less than another critical civil rights issue.”

And he was right. Treating an entire group of people differently from everyone else simply because they have disabilities is a relic of the distant past that should stay in the distant past.

Yet efforts to eliminate this disparity over the years, by both Republicans and Democrats, have come up short on the federal level. Most recently, President Biden tried to remove the subminimum wage as part of the American Rescue Plan at the beginning of his administration, but never got it through Congress.

Since then, however, more than a dozen states have abolished the subminimum wage, according to the Association of People Supporting Employment First. But New York isn't one of them. Not that our legislators haven't tried — it's just that none of their efforts have ever made it out of committee.

Closer to home, there are many who are trying to make a difference — like the Backyard Players & Friends of Rockville Centre, which describes its mission as seeking “unity without uniformity, and diversity without fragmentation.” The organization opened the Front Porch Market next to its headquarters on North Long Beach Road, conceived to provide creative work in a retail environment, treating everyone equally no matter what they bring to the table.

The market officially opens Jan. 17, and will feature crafters from around the community, classes on creating things like candles and soap, along with small retailers like Popcorn for the People and Smile Farms Hot Sauce.

The percentage of people with disabilities finding jobs is growing, but only 1 in 5 in that community is working. And of those, more are finding employment because they're working for themselves rather than getting hired by someone else — a rate far higher than those without disabilities.

Even if the subminimum wage were finally abolished, there are many other hurdles that must be swept away for those with disabilities, and they can't be ignored, either. But right now, hundreds if not thousands of our neighbors and community members aren't getting the same consideration for pay as those without disabilities.

That must change. And if it can't happen on the federal level, we need to focus our efforts much closer to home, blocking the availability of subminimum wages in our state.

Because as Tom Ridge made very clear, “all Americans should have the opportunity to pursue their dreams.”

LETTERS

Santos shouldn't be our congressman

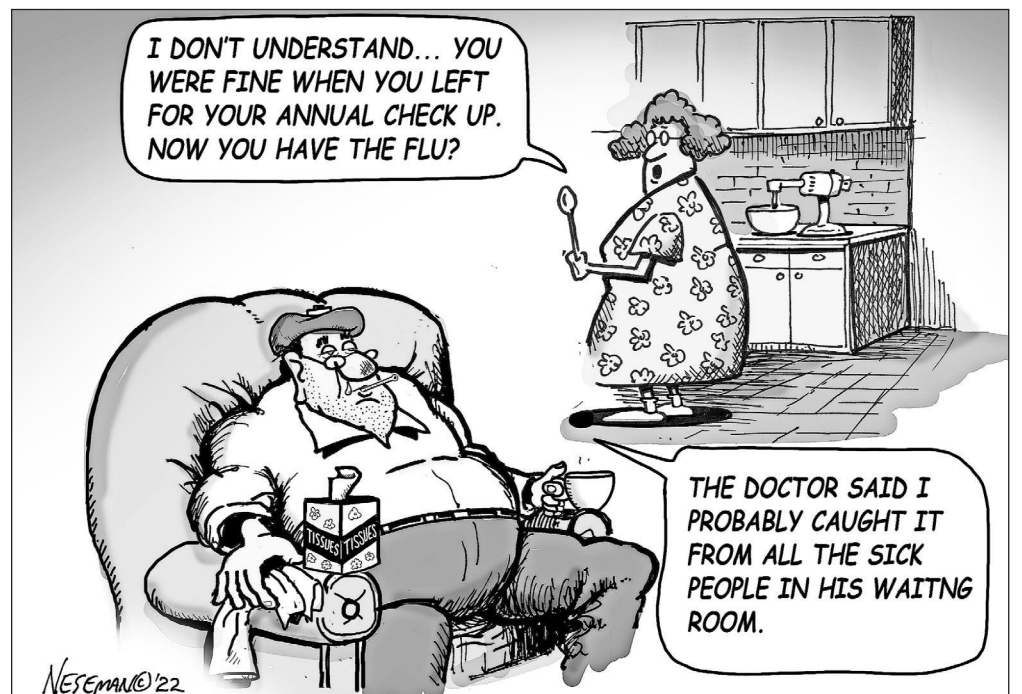
To the Editor:

I imagine you will get many letters that say much the same thing: George Santos is a disgrace, and if he still has the gall to not be mortified, we should certainly not have to suffer the embarrassment of having him represent us in the United States House of Representatives.

A barefaced charlatan who, like his model Donald Trump, passes off wholesale fabrications as “embellishments” should never have been put forward as a candidate.

And no, Mr. Santos - they don't all do this sort of thing!

RICHARD B. SCHWARZ MD
Bayville



OPINIONS

Long Island's energy future: vision vs. mirage

Follow the money. This adage never gets old. For decades, gas pipelines and other delivery infrastructure have been a reliable cash cow for utility companies, which recover the costs of building their distribution systems from our utility bills, which give them a fat return on their investments.

This traditional utility profit model is now at odds with a climate-driven energy transition, creating all kinds of perverse incentives. And while hikes in heating costs are grabbing the headlines, the jostling over the future of heating isn't getting much attention.

In order to succeed in the challenging but essential task of decarbonizing its economy in the coming decades — as mandated by the Climate Leadership and Community Protection Act, which it passed in 2019 — New York state will need to embrace an all-electric future and eschew fossil fuels, including natural gas. Utilities like Con Edison and the Long Island Power Authority, which together serve about 60 percent of the state's electric customers, have endorsed this scenario. Many builders and households are already going all-electric, because gas fouls our homes and communities, and modern electric homes are cheaper and superior.

This is the approach espoused by almost all experts because, as the electric grid becomes cleaner, the rest of the economy will naturally follow. This is also the most cost-effective and energy-efficient decarbonization strategy for buildings, because electric heat pumps use only a fraction of the energy of their fuel-based counterparts.



**ANSHUL
GUPTA**

Heat pumps and Long Island are a match made in heaven. With relatively mild winters, Long Island homes don't need the top-gun units for efficient, reliable heating and cooling. LIPA's electric load peaks at around 5 gigawatts in the summer, but barely makes it to 3 gigawatts in the winter. Adding winter load will spread the fixed grid costs over more usage and reduce per-kilowatt-hour prices.

In an effort to conserve their profitable gas distribution system, some utilities have floated their own "clean energy vision" involving green hydrogen and biomethane, marketed as renewable natural gas, or RNG — a so-called fossil-free duo that could supposedly flow through their pipeline network forever.

But consider the science and the economics of this vision. It took NASA months to fix hydrogen leaks on its recent Artemis 1 moon mission. Any proposal to pump highly explosive hydrogen, which

has the tiniest molecules in the universe, through 50,000 miles of pipe in New York should raise serious doubts. Multiple studies have also warned of the risk of damage to the steel in pipes and appliances posed by gas blends with significantly more than 5 percent hydrogen.

Moreover, it shouldn't take a NASA scientist to question the wisdom of heating homes by burning the stupendously expensive green hydrogen produced from renewable electricity, when that electricity can directly power energy-sipping heat pumps. Not surprisingly, expensive experiments and demonstration projects involving the use of hydrogen for heat, the kind of boondoggles being developed in the Town of Hempstead, are already being scrapped or failing in other parts of the country and the world.

Hydrogen's partner in crime, RNG, is produced by capturing and refining the naturally produced biogas in landfills and wastewater treatment plants. But naturally derived biomethane can meet only a minuscule fraction of the home-heating demand, so much of it will need to be artificially generated from organic waste streams. Its global warming potential isn't much lower than that of fossil gas because of inevitable releases and leaks of methane, which is much more destructive to the climate than carbon dioxide.

Fossil-free doesn't mean emissions-free, and the scheme doesn't satisfy the science-based methane accounting methodology of New York's climate law.

Produced naturally or intentionally, RNG is significantly more expensive than fossil gas, and its supplies will be limited by feedstock availability. Even the rosiest projections in the gas utilities' own studies show that there won't be enough of it for every possible use that those companies are touting it for, home heating being the least practical one.

The gas utilities' so-called fossil-free clean-energy vision based on hydrogen and RNG is a mirage that doesn't pass scientific, technical, economic or legal muster. To make matters worse, burning hydrogen would produce high levels of nitrous oxide, a health hazard, and RNG would cause indoor

pollution from leakage and combustion akin to fossil gas, which is linked to myriad health risks, with the latest research attributing almost 19 percent of all childhood asthma in New York to gas stoves.

Pollution for profit shouldn't have a place inside homes and businesses.

Anshul Gupta is a Steering Committee member of the Climate Reality Project's NYS Coalition. Gordian Raacke is executive director of Renewable Energy Long Island.



**GORDIAN
RAACKE**

LETTERS

Thank you GCPD, first responders

To the Editor:

I lost my wallet, glasses, phone and other important personal items, when I foolishly left my wallet in a bag on the top of the trunk of my car and drove away. My granddaughter Christine who was with me, notified her father, Glen Cove Police Department Chief Billy Whitton who let the members of his department know what had transpired.

As I was retracing my steps the next morning, Sergeant Bifone pulled up next to me and told me he had found the missing items in the middle of Forest Avenue. What a relief! I had imagined spending a month or so trying to replace my license, credit cards, health cards and more.

This is not the first time I have had a positive experience with the Glen Cove Police Department. They were promptly at our house, as were members of the city's emergency medical service

earlier in 2022 when my wife was in need.

We are truly appreciative and want to again acknowledge how lucky we are to have such wonderful people in our Fire Department and EMS. Thank you again to Whitton, Bifone and all our service members.

DON DERIGGI
Glen Cove

We are grateful

To the Editor:

We would like to thank the City of Glen Cove and Maccarone Plumbing & Heating for all their efforts and assistance with the replacement of our water main under the provisions of the New York State Department of Health's Lead Service Line Replacement Program.

Thanks to the efforts of numerous city employees, Glen Cove residents are eligible to participate in this program to replace lead drinking water lines, and we recommend that all Glen Cove homeowners with older

homes check to see if they qualify for the program.

We cannot express enough our appreciation for the oversight and assistance we received from Rocco Graziosi with the Glen Cove Department of Public Works, Mike Colangelo with the Glen Cove Water Department, Ann Fangmann with the Glen Cove Community Development Agency and John Maccarone of Maccarone Plumbing & Heating.

We would also like to give our heartfelt thanks to the entire crew from Maccarone Plumbing & Heating that completed the work at our home. It was a challenging installation, and the excellent workmanship and care we received from the Maccarone team comprised of Dominic Leotta, Gianfranco Terrezza, Mario Merlos, Damian Bonilla and Wilmer Casco is especially appreciated by us. In fact, they did such a great job with the work and the clean-up that it is almost impossible to tell that they were ever at our home!

NANCY AND TOM HAWKINS
Glen Cove

FRAMEWORK by Tim Baker



At the Twin Lakes Preserve — Wantagh



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