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VOL. 31 NO. 32

AUGUST 4 - 10, 2022

\$1.00



Tab Hauser/Herald

I think I can beat her

Dave and Freda Cuttler engaged in a friendly competition at one of the games at the Feast of St. Rocco's last Friday. Then they were off to sample some of the many food offerings that the feast is famous for. More photos, Page 8.

Lexi Briones wins Glen Cove Teen Idol title

By **KEPHERD DANIEL**
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Lexi Briones, 13, took home the first Glen Cove Downtown Sounds Teen Idol title, earning her four hours of recording studio time at Tiki Recording Studio and a \$750 check from the Downtown Sounds committee.

Patricia Holman, executive director of the Downtown Business Improvement District, thanked the Glen Cove community for its support and participation in the competition.

"Everybody had to come together to give this opportunity to the kids," Holman said.

The contest was judged weekly by three industry professionals, with audience participation determining which contestants advanced to the next round.

The Teen Idol competition was created to give the youth of Glen Cove a platform on which to showcase their talents.

As the weeks went on, the competition was whittled down until there were just two compet-

itors left — Shye Roberts, 15, and Briones.

"I feel so blessed and so thankful to be here to say that I was able to accomplish so much [in] so little time," Briones said after learning that she had won. "I'm not going to lie and say that it's been easy every week and that I never came across any hiccups, but overall it was such an amazing dream. What also made

this such a beautiful experience was my support system."

Briones began singing as a young girl, and received praise from friends, family and even entertainment-world insiders.

Her mother, Analis, said she always knew her daughter was talented. With her

big win, she is ready to get behind her and see where her talent will take her.

"She's always been singing, and any performance she would do at school, she would have people wait for her after the performance to compliment her," Analis said.



LEXI BRIONES

CONTINUED ON PAGE 7

Experts offer kids tips on sunscreen and skin cancer

By **KEPHERD DANIEL**
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Glen Cove is doing its part to protect its residents and visitors from skin cancer. Glen Cove Hospital has collaborated with the city to install sunscreen dispensers at several recreational facilities in the city, including Morgan Park, Pryibil and Crescent beaches, Stanco Park & Golf Course, and John Maccarone City Stadium.

"We are dedicated to the health and well-being of our communities," Mayor Pam Panzenbeck said on July 27 at Morgan Park. "This sunscreen initiative is a vital step in keeping our skin protected

and minimizing the risk of skin cancer."

Dr. Brad Sherman, medical director and chair of the Department of Medicine at the hospital, joined Panzenbeck and summer campers from the Glen Cove Youth Bureau to discuss the advantages of using sunscreen regularly.

"When you put sunscreen on, it's like putting on a coat in the wintertime," Sherman said to the children. "It's protecting us from getting sick, and it's something we don't realize. When it's such a beautiful day, you want to run around and you want to be in the sun, but it's important to put it on so that you don't get sunburned."

CONTINUED ON PAGE 16

A first run for public office for Jeremy Joseph

By WILL SHEELINE

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The Democratic primary for New York State Senate District 7 is coming up on August 23, and for Jeremy Joseph of Hicksville, this will be his first run for public office.

Joseph was born in 1984 in Houston, Texas, where he also grew up and attended college at the University of Houston. Joseph went on to earn a graduate degree from Penn State University in 2009, specializing in applied physics.

After graduating from Penn State, Joseph became a software engineer, specializing in numerous advanced programming and high-performance computing. He has previously worked for United States defense contractors and general tech companies.

Outside from work, Joseph's greatest passion has been his activism, particularly in the areas of the environment and rising rent costs. According to him, it was the lack of support from the Democratic establishment in Albany that led him to run in this election.

"Whenever you try to talk with an elected official, they are so far removed from the things we're facing that they certainly don't support a lot of the bills that are happening at the state level that would provide substantial help," Joseph asserted. "We can't just live at the mercy of elected officials who're not listening to us, and so that's why I decided to run for office."

Joseph's activism work has been with numerous groups covering various topics, with two of the most prominent being with LI United and the Invest In Our New York Coalition. LI United is a group of organizations, activists and community members whose goal is to transform public safety by divesting funding from policing to re-invest that money into communities.



Jeremy Joseph

Party: Democrat

Age: 38

Lives in: Hicksville

Family: No spouse, no children

Profession: Software engineer and scientific programmer,

Meanwhile the coalition's goal has been to get the state legislature to pass the Invest In Our New York Act to end tax breaks for the richest residents in New York state. According to the groups' website this act could raise as much as \$50 billion, which would then be used to rebuild New York's economy following the pandemic.

Joseph explained that it is his work as an activist that has primarily fueled his desire to run for this election. He mentioned that in his time as an activist one of the biggest issues wasn't convincing state representatives to necessarily vote on bills, but rather to get them to sponsor bills.

This is because by the time a bill goes to the floor, it is likely already going to be supported by one party or another. The really tricky part, Joseph said, is getting the Legislature to discuss them in the first place. As a state senator his foremost goal would be to view sponsoring bills, not just voting on them.

"Until a bill has enough co-sponsors and enough people putting their names on it, they're never going to call it to the floor for a vote," Joseph said. "Some senators will say 'Oh yeah I voted for it,' but the thing is by the time that vote happens the bill is already passing. It's like that person in a group project that doesn't do any work then takes all the credit."

Joseph's platform can essentially be broken down into three parts. He is planning to fight for climate change and climate justice, universal healthcare and childcare, and economic equality in the form of fair and balanced rent and taxes for residents of the 7th District based on wealth.

According to Joseph, it takes someone outside the system like him to solve these issues. His goals are obtainable, he said, and will benefit residents of the 7th District, and all of New York.

"New York state has real, substantial solutions that we can provide to families, but we need people in office who are willing to take bold action to bring it home, and that's not what we have right now," Joseph said. "We have party people, people who just toe the line but aren't willing to fight for what's needed."

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Courtesy State Senator Anna Kaplan's Office

ANNA KAPLAN, FOURTH from left, helped honor trailblazing women in the Long Island Hispanic Chamber of Commerce on July 27 at the Crescent Beach Club in Bayville.

State Sen. Anna Kaplan running for reelection

Looking to win a third term in newly drawn 7th District, where she's unknown to some

By **WILL SHEELINE**

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With the district lines redrawn this year, the North Shore of Nassau County is now a part of State Senate District 7, a district currently held by Anna Kaplan of North Hempstead. Kaplan will be running for reelection in the Democratic Primary on August 23.

Kaplan was born in Tabri, Iran in 1965 to Jewish parents, and was raised in Tehran, the country's capital for 13 years before fleeing the country due to the threat of the Islamic Revolution. She spent several years in Brooklyn, Chicago and Queens until her family settled in Great Neck.


Kaplan studied to be an attorney, attending Stern College at Yeshiva University in New York, and later received her J.D. from the Benjamin N. Cardozo School of Law, also a part of Yeshiva. After working as a lawyer for several years, she married her husband Darren in 1995, and the couple made the move to North Hempstead, where they raised their two daughters.

Kaplan first got involved in community service when she was encouraged to run as a trustee for the Great Neck Public Library in 2005. She said initially apprehensive, she said, but her husband encouraged her to go for it.

"My husband, who is an Ashkenazi Jew and not from the Persian Tribe, said to me 'We come to this country, we're all immigrants,'" Kaplan said. "He said, 'We achieve great goals and then we give back,' and he really worked very hard to make sure I got on board and ran for library board."

Kaplan spent four years as a library trustee before being selected for the North Hempstead Board of Zoning and Appeals in 2009, a position she held for roughly two years. Her first major political race occurred in 2011, when she ran for a seat on the North Hempstead Town Council, which she won. She was reelected in 2015 with 67 percent of the vote.

Then in 2018, Kaplan decided to run for New York State Senate District 7, which at the time did not include the North Shore. Kaplan highlighted reproductive rights and a need for stronger gun control laws as her primary rea-



Anna Kaplan

Party: Democrat

Age: 56

Lives in: North Hempstead

Family: Husband, two daughters

Profession: Former attorney, former member of the North Hempstead Town Board for the 4th District, currently member of the New York Senate from the 7th District

sons for running, especially following a meeting with students from Great Neck who were protesting gun laws following the Parkland massacre earlier that year.

"They were scared of going to school and while they were at school, they were worried that while they were at school someone was going to walk in with an AR-15 and just start shooting them for no reason," Kaplan said. "We live in the greatest democracy on earth, with all the freedoms we have in this country, and for our children to be

fearful of going to school or going to the mall or going to a movie, it really just broke my heart."

Since winning her seat in the state Senate, and after winning reelection in 2020, Kaplan has made gun control and reproductive rights two of her main priorities in state legislation. During her first three weeks in office, she helped pass a voting rights law, the New York Reproductive Health Act which codified Roe vs. Wade in the state, and a series of 10 "sensible" gun laws.

Her most recent gun bill is the Scott J. Beigel Unfinished Receiver Act, which seeks to clamp down on the sale of "ghost guns" in New York state, and which was signed into law by Gov. Kathy Hochul on October 28, 2021.

"Ghost guns" do not have serial numbers and are untraceable firearms that can be bought online without a background check and assembled at home.

In the weeks following the controversial decision by the United States Supreme Court to overturn Roe vs. Wade, Kaplan has also sought to ensure New York remains a safe haven for women across the country to receive access to reproductive healthcare. highlighted her efforts to make New York accessible for out-of-state women to seek abortions.

"After Roe was overturned, Senator Kaplan wrote the law that protects medical providers who provide abortions to women from out of state," Kaplan's director of communications, Sean Ross Collins, said. "So, when we talk about how New York is a safe haven state for people seeking reproductive healthcare, that's thanks very much to the law she just wrote."

Kaplan has been encouraging residents to get out and vote in the Democratic primary on Aug. 23, and although she is new to 40 percent of the new 7th District, she hopes her constituents will look carefully at what she has done in the past before making their decision.

"Please get to know who is trying to get your vote, what they stand for and their track record, so you can hold them responsible and accountable," Kaplan said. "And if anyone has any questions for me, I'm only an email or phone call away. I'm happy to hear anyone and answer any questions."

FirstNet, sheriffs partner to support first responders

STAFF REPORT

The New York State Sheriffs' Association and FirstNet, Built with AT&T, have partnered to launch a statewide health and wellness program that will be available to all 58 county sheriff's offices in New York.

The new program comes as 177 first responders committed suicide across the country last year.

The program includes a four-part approach in an effort to ensure sheriff's department employees have access to help, support and training. That includes a new or improved employee assistance program, crisis and trauma training, school resource officer support, and a public service announcement campaign.

The sheriffs' association will provide resources and training to establish new-employee assistance programs, or expand existing programs. Support include in-person presentations, train-the-trainer sessions, and meetings with individual sheriff's office personnel who will act as program leaders to implement a peer-based employee assistance program.

Personnel also will receive training from several mental health law enforcement organizations, covering topics like helping those in crisis, advanced crisis intervention, trauma resources, PTSD,

suicide prevention, and dealing with a fellow officer's death.

The sheriffs' association will set up special health and wellness training for all school resource officers who are members of the association's Committee on Policing and Safeguarding Schools, as a way to tackle school violence. The training is designed to help officers be better prepared, and have resources available in the event an incident does happen.

Finally, the association will create videos and other social media elements to deliver the message "It's OK to not be OK." The campaign is intended to publicize the challenges first responders face every day, highlight the effect their service to the community has on their mental health, and raise awareness among sheriff personnel about the resources available to them.

In addition, the sheriffs' association will establish a confidential peer-to-peer hotline staffed by deputy sheriffs and other personnel from around the state to provide early intervention and keep stress from escalating or manifesting.

"The general population — and resources like this health and wellness program — are needed to protect our first responder communities," said Amy Kramer, president of AT&T New York, in a release.

OBITUARY

Joseph Mondello, former GOP party chair, dies at 84

By JEFFREY BESSEN

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Joseph Mondello, a councilman and supervisor for the Town of Hempstead before holding sway as leader of the state Republican Party, died Monday. He was 84.

Mondello also led the Nassau County Republican Party for 23 years, and was later appointed by President Donald Trump as ambassador to Trinidad and Tobago.

Born in Brooklyn on Feb. 13, 1938, Mondello served in the U.S. Air National Guard in 1955 after graduating from high school, transferring to the U.S. Army a year later as an infantry corporal until 1958. He earned a degree from Hofstra University in 1962.

"Ambassador Joe Mondello was a soldier, public official and devoted family man who lived an extraordinary life of service to Nassau County, and the nation as a whole," County Executive Bruce Blakeman said, in a statement. "He was also one of the most decent and patriotic men I've ever known. My prayers are with his wife Linda, his children, and his many grandchildren who he loved so much."



Joseph Mondello

Mondello's jobs included teaching in the East Meadow School District, and was even a Nassau County probation officer. Later in life, he returned to Hofstra as an adjunct government professor.

Mondello began studying at the New England School of Law in 1966, graduating three years later. He went to work for Flaum, Imbarrato and Mondello in Levittown as part of a flourishing legal career that included stints as counsel to the state legislature, and as an assistant district attorney.

Mondello first ran for public office in 1975, elected to what was then a proposed county legislature. He never served, however, as the public referendum to create the legislative body failed.

Four years later, Mondello began elected service as a town councilman. In 1984, he ascended to chair the county Republican committee. He was appointed town supervisor in 1987, and handily won reelection through 1991.

Mondello is survived by his wife Linda, and daughter, Elizabeth. He was preceded in death by his son, Joseph Nestor Mondello, last year.

CRIME WATCH

Arrests

■ A 60-year-old Glen Cove male was arrested on July 20 for criminal possession of stolen property 4th degree, forgery 3rd degree and petit larceny on Glen Street.

■ A 26-year-old Queens male was arrested on July 21 on criminal possession of a weapon 2nd degree, reckless endangerment 1st degree and attempted murder on Dosoris Lane.

■ A 35-year-old Glen Cove male was arrested on July 23 for burglary 3rd

degree and criminal mischief on Glen Street.

■ A 30-year old male was arrested on July 25 for criminal possession of a weapon 4th degree and menacing 2nd degree on Capobianco Street.

■ A 26-year old Bay Shore male was arrested on July 25 for petit larceny and burglary 2nd degree on Glen Street.

■ A 37-year old man was arrested on July 29 for aggravated harassment 2nd degree on Stephen Oval.

People named in Crime Watch items as having been arrested and charged with violations or crimes are only suspected of committing those acts of which they are accused. They are all presumed to be innocent of those charges until and unless found guilty in a court of law.



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The **Glen Cove Herald** USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$50 one-time payment within Nassau County or \$60 outside of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2022** Richner Communications, Inc. All rights reserved.

NEIGHBORS IN THE NEWS



Courtesy the Kraupners

DIANA AND BILL Kraupner, physical therapists, spoke to seniors at the Glen Cove Senior Center about ways to stay safe at home on July 29.

Keeping an aging senior's home safe

Physical Therapist, Diana and Bill Kraupner, owners of Reduce Home Falls, Inc., lectured members of the Glen Cove Senior Center on home safety on July 29. Along with discussing ways to make minor modifications in the home, they also provided equipment recommendations to help members stay safe while

aging in place. The Kraupners have over 20 plus years of experience and provide comprehensive one on one physical therapy services in the comfort of a patient's home. According to the Center for Disease Control and Prevention, one quarter of adults 65 years and older fall each year.

NEWS BRIEF

Unforgettable Fire brings the music of U2

The music of a legendary band will be featured at the Glen Cove Village Square Plaza on Aug. 12 when Unforgettable Fire performs on week seven of the 2022 Downtown Sounds Concert Series. Unforgettable Fire presents a tribute show dedicated to the music of U2, a band that has released 14 studio albums and sold an estimated 150 million records worldwide. The concert will begin at 7:30 p.m. Unforgettable Fire, which was formed in 1995 as one of the very first U2 tribute bands, strives both sonically and visually to present a truly authentic U2 experience. In addition to performing a very wide array of material spanning the early

days to U2's most recent 2017 albums, the band uses wardrobe and lighting to create a U2-like concert setting for their audience. The members of the group are dedicated fans of U2 that will not settle for anything less than complete authenticity and this was confirmed in 2015 when The Edge and Adam Clayton crashed their show at The Cutting Room in New York City and joined them onstage for a surprise performance. In 2021, Unforgettable Fire was featured as a question in a category titled "Tribute Bands" on Jeopardy and they also won an episode of Clash of The Cover Bands on E! Network.

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Cruising into Atria Glen Cove

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HERALD



Celebrating art and autos

Artist Dean Adams spent last Saturday afternoon painting some of the cars on display at the Art and Automobiles event in downtown Glen Cove. Story, more photos, Page 3.

'She has an eye for it'

Teen creates music video for local songwriter

BY JILL NOSSA
jnosso@liherald.com

With the prevalence of iPhones, editing software and platforms such as YouTube and TikTok, anyone with a digital camera can create and share videos. Having the tools doesn't necessarily mean a person has talent, but for 15-year-old Ava Solange of Glen Cove, an amateur interest in videography led to a paid opportunity.

I feel like it really captures the vibe and the feeling that the music gives you.

AVA SOLANGE

The high school junior already has a portfolio of completed video projects, including a professional music video. Initially she said, her interest was in photography. But, she added, "As I started working with my camera more, I realized I could film videos."

Like many teens, Ava taught herself how to use the camera by making TikTok videos, and expanded the scope of her projects. This summer, after hearing a song by singer-songwriter Chris Armata of Oyster Bay, she decided to shoot and edit a music video. She created a video for Armata's song "Gratitudo" while vacationing in Southern California, enlisting her mother and her aunt as subjects.

"I knew that I'd have some nice shots for scenery, and I thought that would go well with the song," Ava said. "I was just picturing a lot of fun dancing and a good time, because that's what the song is about — appreciating the happy moments."

After four days of filming with her iPhone and a drone, she spent two days editing down about 90 minutes of footage for the three-minute song. "I had to look for the best parts of the videos and see what went well with the song and the rhythm of the song," she explained.

Using the drone footage in

BUSINESS BRIEFS

Ostrove new CFO at King Kullen

Elizabeth Ostrove has been promoted to chief financial officer of King Kullen Grocery Co.

In her 36-year career with the supermarket chain, Ostrove has held a number of senior positions, most recently as vice president and controller in the finance department.

Ostrove is a 1989 graduate of Dowling College in Manhattan, earning her bachelor's in business administration. She picked up her MBA in corporate financing from St. Joseph's College in Brooklyn. She's also an instructor at New York Institute of Technology, and earned her certified payroll professional designation from the American Payroll Association.

Headquartered in Hauppauge, King Kullen operates 29 supermarkets in Nassau and Suffolk counties, including Bellmore, Hewlett, Rockville Centre, Oceanside, Valley Stream and Wantagh.



Elizabeth Ostrove

Gas prices continue to drop

Buying a gallon of gas on Long Island may be a dollar more expensive now than it was a year ago, but prices continue to fall from their peak above \$5 at the beginning of June.

The average cost for a gallon of regular gas on the island last week was \$4.31, according to AAA. That was down nearly 60 cents from a month ago, but a long way off of 2021's cost of just \$3.20.

Diesel fuel is down a dollar from its high of \$6.65 on May 20, averaging at \$5.61 last week. A gallon of diesel was above \$6.25 just a month ago.

Overall, a gallon of regular gas in New York is averaging \$4.56, compared to \$5.03 at the end of June. Diesel is at \$5.78.

But higher demand could slow how much prices drop in the coming weeks, AAA said, as demand for gasoline jumped nearly 9 percent as July came to a close.

Glen Cove earns four-star rating

Seven Northwell Health hospitals — including Glen Cove Hospital — have received four-star or better ratings from the Centers for Medicare and Medicaid Services, as part of its 2022 Five-Star Quality Rating System.

Glen Cove earned four stars in the ratings system, designed to help health care facilities by measuring quality in terms of mortality, safety of care and readmissions, patient experience and process.

Huntington Hospital is one of just two hospitals on Long Island receiving five stars, while Lenox Hill Hospital in Manhattan, Mather Hospital in Port Jefferson, North Shore University Hospital in

Manhasset, Northern Westchester Hospital in Mount Kisco, and Peconic Bay Medical Center in Riverhead all received four stars.

"I see the amazing effort by Northwell Health team members every time I step inside one of our hospitals," said Michael Dowling, Northwell's president and chief executive, in a release. "The mission is a good one — raising the health of the communities that we serve — and I'm proud of the work that we continually put in."

Data for the report was collected between January 2017 and September 2020, but excludes the first six months of 2020 at the height of the pandemic.

Oceanside shopping center sold

Carco Builders has picked up a 14,700-square-foot shopping center in Oceanside for \$11 million.

Basser Kaufman sold the property at 2860 Long Beach Road near Lincoln Avenue after investing \$3 million in building renovations, according to Stephen Preuss of Ripco Real Estate, which handled the sale.

Carco has no immediate plans for the property except to continue leasing out space to two existing tenants — Ophthalmology Consultants of Long Island and ProHealth Dental.

PSEG wants to avoid shut-offs

With what is hoped to be the worst of the coronavirus pandemic behind everyone, utilities across the state have returned to interrupting service for non-payment. That includes PSEG Long Island, which resumed shutoffs last month.

However, the utility says it's working with low- and moderate-income customers to help with bills when possible.

Some of those services could include deferred payment agreements and low-income electric rates.

Customers with unpaid balances can call PSEG Long Island at (800) 490-0025.

Google Cloud lends hand to Northwell

Northwell Health has joined forces with Google Cloud in a partnership both companies say will improve patient care, clinician experiences, and to help the health and hospital network operate more efficiently.

The new alliance will be paramount in Northwell's effort to transform digital and connected experiences with the cloud and artificial intelligence. It's expected to help increase the efficiency of care through digital scheduling, automating payer interactions, and providing intelligent summarizations of medical information.

Northwell also is expected to use Google Cloud's AI and machine learning capabilities to help predict what it needs for capacity planning and scheduling, as well as identifying risk indicators to help with early interventions.

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Winner Lexi Briones plans to keep singing

CONTINUED FROM FRONT PAGE

“But she never really took it seriously. I thought she was too young and then Teen Idol came around.”

Analís said her daughter is ready to seriously pursue singing.

“She’s doing things by herself,” Analís explained, “and, I think we’re gonna be moving forward with it.”

The contest judges included, Eddie Profet, a professional musician and a member of The Doobie Others; Lou-Ann Thompson, a board member of the Glen Cove Downtown Business Improvement District, who is a singer/songwriter and musician; and Fred Guarino, owner of Tiki Recording Studios in Glen Cove, chair of the Downtown Sounds Committee and vice president of the Glen Cove Downtown BID.

Profet previously judged the Long Beach Idol several years ago before the pandemic. He said the competition was difficult to judge and the three judges had their hands full with the task.

“It was one of the toughest experiences I’ve ever had judging,” Profet said.

“They were all amazing, all of them, and they should all be very proud.

“There were no losers.”

He said the exposure the teens received by participating in the competition will help them.

“We started out with 10 very talented, young, young teenagers and it was difficult from day one,” Profet said. “We really needed to go over that video and we had to kind of huddle and try and figure out who’s gonna go out to the next level. It was very hard because they were all very good.

“I hope they’re not deterred in any way, and they keep going because they’ve got a lot of talent and they’ve got a nice road ahead, all of them.”



TEEN IDOL WINNER Lexi Briones, second from left, joined by her mother, Analís, was presented with a \$750 check by judges Fred Guarino and Eddie Profet. Courtesy Gill Associates Photography.

BREAKING DOWN BOUNDARIES WITH CANCER BREAKTHROUGHS

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August 4, 2022 — GLEN COVE HERALD



Tab Hauser/Herald

THE POPULAR SAUSAGE tent is always a hit at the Feast of St. Rocco.

Annual Feast of St. Rocco back in full force

Glen Cove was the site for the ever-popular Feast of St. Rocco last weekend. Once again there were plenty of rides and games for the children and adults too. And so

many food offerings for everyone to enjoy. There's nothing quite so tasty as a zep-pole, an Italian sausage, rice ball or bowl of pasta. The feast's offerings were plentiful ensuring no one went home hungry.



THE FEAST WAS a great family outing for Lexi, Mackenzie, Candace and Ralf Alessandro



NO FEAST IS complete without peaches and wine.

LUCAS O'NEIL WASN'T quite sure about the slide, but he had Heather there to keep him safe.



Tab Hauser/Herald

KIDS HAD A variety of expectations when the dragon ride got going, above.



AND THE GIGLIO Band played on, above.

SERVING UP THE pasta offerings were Grace Morroon, left, Gail Leighton and Caterina Crocco.



Best 'Feast in the East' returns to Glen Cove



MELISSA QUINTEROS, LEFT, and Vania Guvman were sure to buy some zepholes.

High school football camps open Aug. 22

By **TONY BELLISSIMO**

tbellissimo@liherald.com

On Aug. 22, all 52 Nassau County public high school football programs will begin preparations for the upcoming season, scheduled to open Friday, Sept. 9, with a handful of games under the lights.

Nassau returned to the usual eight-game regular season in 2021 after all scrimmages, two regular-season games, one round of playoffs and the Long Island championships were eliminated the previous season due to Covid-19. Massapequa (Conference I), Garden City (II), Plainedge (III) and North Shore (IV) won county titles and are preseason No. 1 seeds, making them favorites on paper to repeat.

Any teams choosing to play a game scrimmage can do so once 10 practices are completed, Section VIII football coordinator Matt McLees said. Most scrimmages will take place Sept. 2 and Sept. 3.

"It's an individual school choice whether or not to game scrimmage," he said. "Most teams still do."

Garden City, which has captured six straight Conference II titles, is also the reigning Rutgers Cup winner, and has won the trophy given to Nassau's most outstanding team three times since 2016. The Trojans open at home versus Long Beach, the No. 6 seed.

Massapequa is eying a three-peat in

10 Games To Watch

Sept. 16: Farmingdale at Oceanside

Sept. 17: Plainedge at Carey

Sept. 17: MacArthur at Mepham

Sept. 23: Massapequa at Freeport

Sept. 23: North Shore at Seaford

Oct. 1: South Side at Long Beach

Oct. 1: Malverne at Clarke

Oct. 8: Massapequa at Oceanside

Oct. 22: Plainedge at Wantagh

Oct. 22: Freeport at Baldwin

Conference I, and opens at home against No. 9 Baldwin, which returns to the top conference after spending 2021 in Conference II for the first time in team history.

Longtime Conference II contender Carey moves to III and opens against Manhasset at home. The Seahawks host Plainedge, which has won three of the past four county titles, in Week 2.

North Shore, coming off its first-ever Long Island championship, opens its title defense at home against Locust Valley.

Eight teams switch conferences

Including Baldwin and Carey, eight teams have switched conferences for the

upcoming season. Kennedy, Mineola, South Side and Valley Stream South all bounced away from Conference III. Kennedy and South Side are back in familiar territory in II, with Mineola and Valley Stream South going to IV. Valley Stream Central moved from II to I, and Glen Cove from II to III. In addition, a numbers game forced Friends Academy's program to join forces with Roslyn.

Notable coaching changes

For the first time since 2006, someone other than Stephen LoCicero is leading Lynbrook as its head coach. Former assistant Dave Yaker takes over the helm of the Owls and will make his debut in the Conference III opener at home versus Glen Cove.

No stranger to the East Meadow sideline, Vin Mascia returns to lead the Jets this season for the first time since the 2016 campaign. They open at Plainview.

Former Sewanhaka assistant Nick Rawls takes over at Calhoun. The Colts are seeded eighth in Conference II and open at MacArthur. Former Mepham assistant Matt Moody is the Pirates' new head coach and makes his debut at Elmont. Former Valley Stream North head coach Tom Schiavo is the new head coach at Valley Stream Central. The Eagles open at Farmingdale. Former Lawrence defensive coordinator Pat Palleschi has been elevated to head coach and debuts against Malverne.



Eric Dunetz/Herald

LYNBROOK'S JAYLIN WALKER hauled down a pass during 7-on-7 drills hosted by Oceanside every Wednesday in July.

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STEPPING OUT



By Karen Bloom
kbloom@liherald.com

Whether firing up the grill for a pool party, barbecue or even just a weeknight meal, one thing's for sure: summertime means grilling season. Grilling takes many forms and flavors from casual favorites like burgers and hot dogs, to flame-kissed veggies, and the artistry of a steak done to perfection.

However, the possibilities don't end there. By mixing and matching traditional grilled classics with options that have a variety of textures and flavors, you can shake up your at-home menu, and add new favorites to your routine this season.

It's easy to go from casual to elegant in a snap. The tried-and-true always has a place, but shake things up a bit — add some finesse to your menu with other ideas, by re-imagining favorites off the grill.



Kabobs add sizzle to the season. With their easy preparation and quick cooking time, kabobs are a simple way to enjoy many of your favorite fresh flavors.

Spicy Mustard Chicken Kebabs

- 1/4 cup plus 1 tablespoon spicy brown mustard
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1 tablespoon white wine vinegar
- 1 pound raw boneless skinless chicken breast, cut into 1-inch cubes
- 1/4 teaspoon each of salt and black pepper
- 1 medium red onion, cut into 1-inch chunks

To make sauce, place 3 tablespoons mustard in medium bowl. Add oil and garlic

powder, and whisk until uniform. Cover and refrigerate.

To make marinade, in small bowl, combine vinegar with remaining 2 tablespoons mustard. Stir until uniform.

Season chicken with salt and pepper. Place chicken and marinade in large sealable plastic bag. Remove as much air as possible and seal. Gently knead marinade into chicken through bag. Refrigerate for 1 hour.

Meanwhile, if using wooden skewers, soak 4 in water for 20 minutes to prevent burning.

Alternately thread marinated chicken and onion chunks onto 4 skewers. Bring grill to medium-high heat.

Brush both sides of kebabs with sauce. Grill kebabs for 5 minutes with grill cover down.

Flip kebabs and grill for 6 to 8 minutes, or until chicken is cooked through. Enjoy.



Enhance the flavor of fruits and veggies at your barbecue. Try another way to eat pineapple by grilling it and pairing with a lime dip for a tasty summer treat.

Grilled Pineapple with Lime Dip

- 1 pineapple
- 1/4 cup brown sugar
- 2 tablespoons lime juice
- 3 tablespoons honey

Lime Dip:

- 8 ounces cream cheese, softened
- 1/2 cup plain yogurt
- 3 tablespoons honey
- 2 tablespoons brown sugar
- 2 tablespoons lime juice
- 2 teaspoons lime zest

Peel pineapple; cut into wedges.

In re-sealable plastic bag, combine brown sugar, lime juice and honey. Add pineapple wedges, seal bag and turn to coat. Refrigerate 1 hour.

To make dip: In small bowl, beat cream cheese until smooth. Beat in yogurt, honey, brown sugar, lime juice and lime zest. Cover and refrigerate.

Heat grill to medium heat.

Remove pineapple wedges from plastic bag; discard marinade. Grill pineapple wedges, covered, 3-4 minutes on each side, or until golden brown.

Serve with dip.



Grilling adds an extra special flavor to corn on the cob. Try it with a lemon chive butter topping.

Grilled Lemon Chive Corn

- 4 ears fresh sweet corn, in husks
- 2 tablespoons butter, melted
- 1 tablespoon chopped chives
- 1 teaspoon fresh lemon juice

Pull back husks from each ear of corn, leaving husks attached to base. Remove corn silk. Fold husks back around corn; tie at end of each ear with string or strip of outside corn leaves. Soak in cold water 30 minutes. Drain.

Place corn on grill, uncovered, 20 to 30 minutes or until tender, turning often.

Meanwhile combine butter, chives and lemon juice.

Serve corn with lemon-chive butter.



Stirring summer sounds

The always-delightful Planting Fields Arboretum is an ideal setting in which to enjoy a summer concert. For visitors' listening pleasure, the lush site hosts a string quartet, featuring music by living female composers breaking the boundaries of classical music. The program was inspired by Planting Fields' exhibition "Fashioning Desire: The Art of Gerda Wegener," on view earlier this year.

Friday, Aug. 5, 7 p.m. Tickets are \$35; \$30 members. Planting Fields Arboretum, 1395 Planting Fields Road, Oyster Bay. For tickets or information, visit PlantingFields.org/happenings/breaking-boundaries/ or call the Planting Fields Arboretum at (516) 922-9210.



Salute to Veterans Spectacular

The Allmost Brothers Band headlines the annual concert event, saluting veterans. The progressive tribute act honors the tradition of the legendary Allman Brothers Band, working within the framework of the incredible and vast song book of the ABB. The Allmost Brothers inject something new, fresh and exciting into the material at every performance. It's all about high-level musicianship, authentic improvisational interplay, dedication to the high-octane performance, and power that established the original ABB back in 1969. The program begins with ceremony honoring veterans. The American Bombshells also perform.

Saturday, Aug. 6, 6:30 p.m. Free admission. Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow. For information, visit NassauCountyNY.gov.

THE \$ SCENE



AUG. 5

Rockin' to the doo-wop

Those classic doo-wop sounds live on. Johnny Farina, Stan Ziska's Del Satins, with The Chiclettes and Bobby Wilson, will have everyone singing along to some classic tunes, Friday, Aug. 5, at 8 p.m., at Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow. Journey back to rock 'n roll's early days with songs that never go out of style, led by Johnny Farina, whose "Sleep Walk" added a new sound to rock 'n roll when it hit the airwaves in 1959. And Stan Ziska is still grooving along with his hit "Teardrops Follow Me." With those lovely ladies of song, The Chiclettes, and the dynamic Wilson, it's an unforgettable evening of great hits. As always, bring seating. For information, visit NassauCountyNY.gov/parks.



Summer Pop-Ups

Head to the Bailey Arboretum, 194 Bayville Road, in Locust Valley for self-guided scavenger hunt-style nature exploration, Friday, Aug. 5, 11 a.m. to 1 p.m. Each pop-up will focus on a different nature-based topic and is best suited for children ages 4 and up. No pre-registration required. For further information call Bailey Arboretum at (516) 801-1458.

Dance Festival

The Gold Coast Dance Festival returns for its second year on Saturday, Aug. 6 at 6 p.m., at Morgan Memorial Park in Glen Cove. It's presented by Moving On, a Long Island-based live arts and contemporary dance company, which will join the Dance Theatre of Harlem, Parsons Dance and others as performers. Cost is free, with a suggested donation of \$20. Visit MovingOn.dance for more.

Colonial Day 2022

Visit Raynham Hall Museum, Sunday, Sept. 18, for the eighth annual Colonial Day. Enjoy a family-friendly afternoon as Raynham Hall, at 30 W Main St., in Oyster Bay, home of Revolutionary War spy Robert Townsend, is filled with costumed colonial adult and child re-enactors who bring the 18th century to life with period music, colonial cooking demonstrations and musket firing. For more information call the museum at (516) 922-6808.



Comedy revue

Laugh on at this five-person comic showcase that pays tribute to and reinvents classic jokes of the past and present, now through Aug. 14, at the Jeanne Rimsky Theatre. Think you've heard them all before? Not this way. If you've ever had a mother, visited a doctor, or walked into a bar with a priest, a rabbi and a frog, these comic actors will give you a second opinion, and ask you where you got that. The fun is at Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. Visit LandmarkOnMainStreet.org for tickets and information or call (855) 448-7469.

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Playground presents... Dramatic Play

Young kids, ages 3 and up, will enjoy an interactive theater-inspired workshop, Monday, Aug. 8, 1 p.m. at Long Island Children's Museum. Kids will act out an original story and help choose how it unfolds. Music, props, and sound effects create a theatrical world where participants are immersed in the story. Children are encouraged to express themselves as they create characters, explore different worlds, stretch their imaginations and build self-confidence. Themes change weekly. Costumes are welcome and encouraged. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.



Oyster Bay Cruise Night

Every Tuesday evening during the summer starting at 5:45 p.m., the streets of Oyster Bay are filled with classic cars and spectators during Long Island's most popular car show, Oyster Bay Cruise Night. Unlike other car shows, this weekly event occupies the main road through Oyster Bay. Restaurants, shops, snacks and beverages, ice cream and shopping surround the amazing collection of fun and interesting cars. The town is alive with energy and live music fills the streets with a band at every Cruise night. In addition to live music there are also weekly raffles and giveaways for the kids.

Theodore's Books

Stop by Theodore's Books, Thursday, Aug. 18, at 6 p.m. for a discussion with author Jen Calonita. Calonita will be discussing and signing copies of her new "13 Going on 30" inspired middle grade novel, "12 to 22," at 17 Audrey Ave., in Oyster Bay. For further information, call Theodore's Books at (516) 636-5550.



Julia Child

Tune in for a virtual program with Oyster Bay-East Norwich Public Library and Bayville Free Library, Monday, Aug. 15, at 7 p.m. to learn more about the first American celebrity chef. Actress and scholar Leslie Goddard brings the iconic French chef to life in this portrayal, where Child discusses everything from her relationship with her husband to the mishaps of cooking on television. For further information contact the library at (516) 628-2765.



End of the Season Benefit

The Oyster Bay Main Street Association invites the community to their annual End of the Season Benefit, Wednesday, Sept. 22, 6 to 9 p.m., at Coe Hall at the Planting Fields Arboretum, 1395 Planting Fields Rd., in Oyster Bay. Enjoy cocktails, sushi, light fare and music. For further information, go to OysterBayMainStreet.org.



Bluefish Tournament

Head to Theodore Roosevelt Memorial Park in Oyster Bay, Sept. 18, 4:30 a.m.- 4 p.m. for the 36th Annual Town of Oyster Bay Bluefish Tournament. Enjoy hours of fishing followed by a tailgate party with food, raffles, awards and prizes. Registration is limited to the first 350 boats, so sign up early by contacting the Town of Oyster Bay Parks Department, Recreation Division, at (516) 797-7945.

Toyuskanash: Bridges exhibit

Kids can make, view and talk about art all summer long, through Sunday, Sept. 4, with four Indigenous artists at Long Island Children's Museum. Toyuskanash, the Algonquin word for bridges, brings together artists from the Shinnecock Nation to explore their traditional and contemporary culture and how they bridge gaps in history and knowledge with surrounding communities. The exhibit highlights the artwork of fine art photographer Jeremy Dennis, painter and tradition bearer Denise Silva-Dennis, beadwork appliqué and ribbon work artist Tohanash Tarrant and painter David Bunn Martine. Each artist's creative process is featured during two-week residencies; including eight artist-led workshops during each residency and daily activities for visitors led by museum staff that draw inspiration from their artwork, process and media. Visit the museum on Museum Row, Garden City. For more information, call (516) 224-5800 or go to 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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Early prevention a key to beating skin cancer

CONTINUED FROM FRONT PAGE

GCH recommends that skin be protected by incorporating sunscreen into one's daily routine, even on cloudy days. Sherman explained that when children become sunburned, it can lead to skin cancer later in life. "It's important for kids to know that," he said.

Barbara Keber, vice chair of Family Medicine at the hospital, added that every sunburn increases the risk for skin cancer. And recurring sunburns invite bigger problems.

"Young adults are not generally looking for skin cancer on themselves, and don't normally get evaluated unless they're going for a physical," Keber said. "It's really, really important to prevent sunburn, and that's really the role of sunscreen."



Courtesy Northwell

THERE ARE FREE sunscreen dispensers at recreational facilities throughout the city, including Morgan Park, thanks to Glen Cove Hospital.

Sherman said that doctors are finding a higher incidence of skin cancer, possibly caused by changes in the ozone and the atmosphere. Because the cancer can sometimes be hard to detect, Sherman advised going to a dermatologist or doctor at least once a year to have a skin check.

"Sometimes skin cancer can be really subtle," he said. "If you have darker skin, for example, it's very common to not necessarily see simple skin cancer cells like melanoma. Something that looks unusual in your skin that wasn't there before, that looks discolored or an asymmetry, that's something to be concerned with."

The three main types of skin cancer are basal cell carcinoma, squamous cell carcinoma and melanoma. Melanoma, the most serious, spreads quickly and can be fatal — and it is not unusual in teenagers and young adults.

It's important to start skin protection at a young age, by wearing a hat and long sleeves, when possible, and limiting exposure to direct sunlight between 10 a.m. and



Courtesy Northwell

MAYOR PAM PANZENBECK spoke to Glen Cove Youth Bureau summer campers about the city's commitment to keeping its residents safe by having sunscreen dispensers in the parks. Then Dr. Brad Sherman, medical director and chair of the Department of Medicine at Glen Cove Hospital, explained to the campers why they should never forget to apply sunscreen.

2 p.m., when the sun's rays are most dangerous.

Keber said it's important to reapply sunscreen every 45 to 60 minutes, particularly if you've gone swimming or are sweating. And sunscreen's SPF, or sun protection factor, is also important, to a point. "Once you go past 30 SPF, you probably don't get much more prevention," Keber said. "It's really more about the reapplication rather than the level of SPF once you start to get up into those bigger numbers, so those higher grades aren't worth the extra money."

The hope was that the presentation at Morgan Park made an impression on the children, and that they will be more aware of how to protect themselves. "We want to make it a little fun, so that it's part of what they do," Sherman said. "As beautiful and fun as it is to be outside on a summer day, it can be dangerous to be exposed to the sun's rays without having some protection."

Tips for preventing skin cancer

- Sunscreen should be used from an early age.
- Apply it even when it's cloudy.
- Use sunscreen with SPF 15 or higher.
- Reapply often.
- Don't use indoor tanning machines.
- Check skin for changes regularly.
- Don't get sunburn.

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OPINIONS

Will the Russians fly away from the space station?

Given the all-but-declared new cold war between the United States and Russia, it may have seemed unsurprising that Russian President Vladimir Putin's government would announce plans to pull out of its decades-long partnership with the International Space Station, the orbiting laboratory that allows us here on Earth to conduct research in microgravity, biology, physics and other scientific fields.



**JAMES
BERNSTEIN**

But it is surprising, and troubling, not only for the space station's future, but for international relations as well.

Russia is the United State's major partner on

the space station. What is known as the Russian Orbital Segment was built in Russia and is operated by Russian crew members. It handles such key space station components as guidance, navigation and control. Russian, American and other international partners — the European Space Agency, Canada and Japan — have frequently had astronauts aboard the station since it went into low-Earth orbit over 20 years ago.

It was a big deal when, in the early 1980s, the Russians agreed to stop their struggling efforts to build a space station on their own and instead to cooperate with the international community, led by the U.S. The agreement was accompanied by much fanfare, with then Vice President Al Gore leading an American delegation that met with top Russian space and government officials.

Space is a hostile environment to humans, so the space station had to be constructed in huge parts, lifted into orbit by mighty rockets and assembled by the international partners in a series of exhausting space walks. Human habitation of the ISS began in late 2000, aboard the Russian spacecraft Soyuz TM-31, which had launched that October from the Baikonur Cosmodrome in Kazakhstan.

Can you imagine anything like that happening today?

Although the Russians have been fully cooperative over the decades, they have from time to time talked openly of building their own space station and going their own way. NASA officials have generally paid little attention, ascribing it to Russia's almost constant need to remain competitive with the U.S.

But late last month, the Russians began

talking once again about their own station. Roscosmos, the Russian space agency, published a long interview with a top Russian space official saying that the agency wants to build, and launch by 2028, its own space station. But on the same day the interview

was published, Russia also announced that its crew members on the existing station were working on a cardiac research program designed to help doctors treat heart disease.

Publicly, NASA officials are shrugging off Russia's latest claims, and said the U.S. would continue to act as if nothing had been said about a new station. The work of disconnecting the Russian parts of the existing station would be monumental, and take years. And, NASA officials point out, given Russia's unprovoked attack on Ukraine and the international economic sanctions against the country, it is unknown how Russia could afford to build its own station, which has cost the international partners many billions of dollars.

But NASA and U.S. government officials now have to deal with Putin, who has done more to tear down U.S.-Russia relations than any leader since Nikita Khrushchev snuck missiles into Cuba in the early 1960s. NASA and our government also

know that the space station cannot last forever, and that at some point a new one will be needed as a stopping-off point on our way to Mars and maybe elsewhere in our galaxy.

As a result, there is more of a sense of concern this time about Russia and its future space intentions. Will the Russians fly away? That concern has been voiced in recent weeks.

"We are exploring options to mitigate the potential impacts on the ISS beyond 2024 if Russia does withdraw," White House Press Secretary Karine Jean-Pierre said at a news conference. "For our part, we remain committed to working with ISS partners to ensure the safe operation of the ISS and the astronauts aboard."

The space station would likely continue to do its job without the Russians if they really do withdraw. But beyond the important objectives of space exploration, Russia's departure would signal something else, and maybe something worse: a further splintering of what was hoped, at one time, to be a new start with the county after the collapse of communism. The U.S., and many in Russia and elsewhere, looked forward to an era of cooperation, scientific and educational advancement, and peace.

Those hopes are fading day by day:

James Bernstein is the editor of the Long Beach Herald. Comments? JBernstein@liherald.com.

Family time on Maine's rocky seacoast

Things began to go sideways when the rain began, and we broke out the Monopoly set. I try to keep it real when I columnize, and this week I am saying that not every family vacation is perfect every day of the stay.

"There are no perfect parents and there are no perfect children, but there are plenty of perfect moments along the way." — Dave Willis



**RANDI
KREISS**

Four weeks ago, we headed to Maine for a long stay, beginning in Kennebunkport, then to the Portland area and then to Bar Harbor. We rented cabins from the usual popular

websites, and we were off. We invited our adult kids to come for any part of the time, with the ulterior motive of getting to see the grandkids, ages 19, 17, 15 and 13.

Everyone showed up for the same week in Portland. Two adults were almost definitely just over Covid. My grandson came down with a stomach virus the second night, and that triggered a global reaction in our germphobic family.

We don't live near our grandchildren,

so our visits are supercharged with expectations of wonderfulness. The kids met and exceeded our expectations with their kindness and enthusiasm and general good nature. We experienced more issues with our adult kids, who somehow don't think we should tell them what to do anymore. How can that be right?

There was much angst and drama over iPhones. Your teenagers' iPhones are now part of vacation planning. Decide when they can use them and when they must be put away. *It is the biggest issue of family time.*

"You are the bows from which your children as living arrows are sent forth." — Khalil Gibran

We were blessed with good weather and nearby fish markets and fresh produce and a grill in the yard. The kids swam in the freezing ocean until a good Samaritan on a surfboard waved everyone out of the surf, miming with his hands that a shark was cruising nearby. Global warming is pushing the sharks closer to shore.

We had one day of serious rain, so we broke out the Monopoly set that came with the house. One of my kids immediately banned her dad from playing because she said he had made her cry

when they played Monopoly when she was 4 years old. It's tough going broke when you're 4 and the landlord is your dad.

I hadn't played in decades, and didn't realize how soul-suckingly endless the

game is. And how capitalistic. And white. And mean-spirited. The teenage grandkids suggested a Covid version, with a "Go Directly to the Hospital" card and a "Get a Dose of Paxlovid" card and a place on the game board for a homeless shelter. They have very dark senses of humor, but I think they come by their cynical side honestly, having lived through a pandemic.

The differences among the generations seemed sharper this time around. I asked if we should watch the new HBO miniseries about Paul Newman and Joanne Woodward. They asked if he was "the dude" on the salad dressing bottle.

We had our splendid moments and we had our mini-combustions.

"Your children will become what you are; so be what you want them to be." — David Bly

When I read books about highly adaptive, cooperative, non-neurotic families, I can't completely identify. In this family, we

The grandkids exceeded our expectations with their kindness and good nature.

rock, but not necessarily in sync. When I watched the charming, life-affirming story "The Durrells in Corfu," on HBO, I worried. In the 1930s, Mrs. Durrell hauled her kids off to an island in Greece and gracefully negotiated their teenage out-rages, missteps, unwanted pregnancies, and run-ins with the law. What about the mosquitoes? They had no screens! Where did they get money and food?

In our family dynamic, I teach. I've always been a teacher, and I find teachable moments all day in every situation. My grandkids humor me. I want these teenagers to get through this rocky time, solid and whole. I want them to refuse the temptations of easy ways out and easy escapes and easy workarounds when the moment demands focus and dedication and a strong moral compass.

I took the opportunity of Maine's dark night sky to talk to the kids about the Webb telescope, and we looked at the first photos online — the space shots seen around the world. We stood outside our cabin in Cape Elizabeth, under the great black velvet dome, and I wished upon the stars for each of them.

"Don't tell me the sky's the limit when there are footsteps on the moon." — Paul Brandt

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GLEN COVE HERALD

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Incorporating
Gold Coast Gazette

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Published by

Richner Communications, Inc.

2 Endo Blvd. Garden City, NY 11530

LIHerald.com

(516) 569-4000

HERALD EDITORIAL

It's time to go to the precinct and vote ... again?

With school board elections and the June primary for the Assembly, it seems we're making more trips to our polling precinct than we might make to the gym. If only filling ovals on a ballot equaled 30 minutes on the elliptical.

But we'll be called to exercise our civic duty not once more this year, but twice, beginning with a second primary in just a few weeks, on Aug. 23, when we will decide on party nominees for the U.S. House and State Senate races. And then we'll have to choose from among all of them in November to finally decide who will represent us.

And if that weren't confusing enough, this month's primary is giving us the chance to do something that none of us have done in a New York election before: vote for candidates from political parties that aren't our own.

It's not quite the "open primary" in use in a number of states — in which voters can select representatives from any and all parties when there's more than one candidate — but it's close.

Anyone casting a ballot for this last primary has the option to choose their political party any time up to, and including, primary day itself, meaning that if you're a Republican and want to cast a ballot in the Democratic primary, all you need to do is re-register.

Allowing voters to change party affilia-

tion is nothing new, of course. But the cut-off is generally in February. That changed when courts got involved in the census-fueled redistricting process that ultimately split the primaries to June and August.

This could allow for some savvy voters to play spoiler in other political parties. Like in the State Senate's 7th District, which covers a number of North Shore communities, including Glen Cove and Sea Cliff. Generally, Republicans wouldn't even need to come out for this race, because there's just one candidate, the Republican Jack Martins. However, Republicans looking to have a voice in whom Martins faces in November could change their party affiliation to Democratic up until Aug. 23, and cast votes for Jeremy Joseph.

If Joseph gets enough votes, he could topple incumbent Democratic State Sen. Anna Kaplan, who's expected to win re-election otherwise.

That strategy could also extend to the congressional races, like in the South Shore seat U.S. Rep. Kathleen Rice is giving up. Once again, there's just a single Republican running — Hempstead Town Councilman Anthony D'Esposito — but five Democrats.

Many see that primary race as a battle between Malverne Mayor Keith Corbett and former Town of Hempstead Supervisor Laura Gillen. But non-Democrats could easily jump into that contest and

boost any of the other challengers, like Nassau County Legislator Carrié Solages, or even one of the virtually unknown newcomers, Muzib Huq or Kevin Bryan Shakil.

How much of an impact this "open" primary may have is debatable — but as long as the possibility is there, it can't be discounted. Especially if, as expected, there is low turnout.

Yes, district lines have changed, but the adjustments are not as dramatic as they were. And this is yet another call to your local polling place when you've already been asked twice before.

But don't let that discourage you from casting a ballot. We tend to think our votes don't matter, but they do — even when elections aren't close. Freely expressing a meaningful choice on who should represent you is something not many other countries enjoy. And for us, it's not a luxury, it's a right — a right so many have fought (and even died) to protect and preserve for us.

If you don't want to go to the polls yourself, you have until Monday, Aug. 8, to request an absentee ballot. You can also cast your ballot early, between Aug. 13 and 21. For more information on any of this, go to NassauCountyNY.gov/566/Board-of-Elections.

Sure, another vote a big ask. But it's also what's expected of every one of us as Americans.

LETTERS

Count me out of this Democratic fundraiser

To the Editor:

Did you receive an invitation to Democratic House Speaker Nancy Pelosi's latest campaign fundraiser? It will be held in East Hampton on Sept. 4, on behalf of the Democratic Congressional Campaign Committee. Tickets start at \$5,000 for a "friend," and are \$10,000 for a "sponsor," \$25,000 for a "host" or \$36,500 to join the "Speaker's Cabinet."

Paying \$36,500 admits you to a private reception with Pelosi before lunch. Her husband might offer some insider information for future stock investments. They might tell you how you can build your net worth up to \$100 million like they have.

Like most ordinary Long Islanders, I can't afford the price of admission. I am willing to park limousines, bus tables, mix drinks or check coats in exchange for getting in. Perhaps



OPINIONS

Two heroes, and one captain who should've been ashamed

The beach is cut by the razory ice wind — the wreck-guns sound, The tempest lulls — the moon comes floundering through the drifts.

A tall obelisk rises from the heart of Rockville Cemetery, the Lynbrook burial ground that dates back to the earliest days of our nation. It remembers the 139



MICHAEL HINMAN

souls lost in a pair of shipwrecks — just weeks apart — off the shore of Long Island. The Bristol and the Mexico, filled primarily with Irish immigrants seeking a life away from the Great Famine, were claimed by the freezing waters in 1836 and the beginning of 1837.

Capt. Alexander McKown was guiding the Bristol on only its second voyage, waiting to dock in New York Harbor. As a storm blew in, McKown pushed the ship east, believing the waters around Rockaway Beach were deep enough. They weren't. The Bristol smashed into a sandbar, and winds and waves started to topple the vessel.

McKown did everything he could to save his passengers, moving them to a safer part of the ship and firing his cannons as a cry for help. He could see people

on shore, but knew it was impossible for them to do anything. When help finally did arrive, McKown did his best to get every survivor off the wreck — even if it meant sacrificing himself.

"Capt. McKown was the last person to leave the wreck," according to a story published in The Hempstead Inquirer on Nov. 30, 1836. "He had been repeatedly urged by the boatmen to save himself, but resolutely refused, until all under his care were safe. He had saved nothing; not even the ship's papers. All his own clothing is lost, and he came ashore in his vest and pantaloons. He was so much bruised and injured by the washing of the waves that he is obliged to be taken to the wreck master's house. A distance of seven miles from the wreck, where he now lies, seriously ill."

I look where the ship helplessly heads end on — I hear the burst as

She strikes — I hear the howls of dismay — they grow fainter and fainter.

McKown was a hero, but Capt. Charles Winslow was not. In the final hours of 1836, on New Year's Eve, Winslow had brought his own ship, the three-masted Mexico, from Liverpool, filled with Irish families optimistic about a bright future in America.

Once again, harbor pilots were asleep at the wheel, and once again a storm

forced a ship out into the open waters, winds propelling it straight for Long Island.

The Mexico made it as far as Long Beach, hitting a sandbar, where the ship flooded with icy ocean water. With the Bristol still fresh in his mind, Capt. Raynor "Rock" Smith quickly made his way through complete darkness to the scene. The Freeport wrecking master was ready to save as many as he could. But one of the first people to jump into his boat was Winslow.

"He grabbed his sword and the ship's strongbox, and leaped into the rescue boat," according to a historical marker in Rockville Cemetery. He left 115 men, women and children behind to "freeze to death on the deck of his ship."

If he and his crew had stayed on the Mexico, they could have easily guided Smith's rowboat back and forth, and saved most, if not all, of the passengers. It was a tragedy that never should have happened.

I cannot aid with my wringing fingers, I can but rush to the surf, and let it drench me and freeze upon me.

A mass grave was created at the cemetery for those who were lost, while the people in its surrounding communities pooled their money to build the monument that dominates the historical site

even today.

In 1953, it caught the attention of a young Cornell University student who had befriended the Lynbrook village clerk at the time, Harold Dana. "In Lynbrook's old cemetery on Merrick Road, there stands a white marble monument, 12 feet high and four feet square at the base," Ruth Bader — the future U.S. Supreme Court justice — wrote in the spring edition of New York Folklore Quarterly.

"At the south end of the monument, 139 bodies are buried in two extended rows. The years have not been kind to the inscription carved into the stone. But on close inspection, the story it tells can be read."

It's said that after these two tragedies, protocols at New York Harbor changed, ensuring there would always be pilots on duty, ready to bring in ships needing to dock.

The wrecks also changed the lives of those who witnessed them. Including a young Quaker teenager living in the Village of Hempstead. Walt Whitman would share his haunting memories nearly 20 years later in his poem "The Sleepers," which was part of the first edition of "Leaves of Grass."

I search with the crowd — not one of the company is wash'd to us alive;

In the morning I help pick up the dead and lay them in rows in a barn.

Michael Hinman is the executive editor of Herald Community Newspapers.

Shipwrecks off the coast of Long Island are commemorated in a cemetery.

LETTERS

President Biden's Department of Homeland Security can schedule one of its mid-night flights for illegal immigrants coming over the border to land in the Hamptons. They could mingle with the guests and serve as inexpensive busboys, kitchen staff, bartenders and parking attendants to help keep event costs down for Pelosi & Co. After the event, each guest could take an immigrant home, offer them lodging, food, clothing and a job, and add them to their health insurance plan.

LARRY PENNER
Great Neck

You're already paying too much

To the Editor:

Health insurance providers seek an average rate increase of nearly 19 percent next year for individuals, and more than 16 percent for small group plans, according to published reports.

The chutzpah of this request is breathtaking. Health insurance providers have earned record profits throughout the pandemic. Claiming inflation is causing their need to increase their premiums, they

blithely ask the state's financial services department for an increase more than double the rate of inflation.

It is time to spend our dollars more efficiently and stop supporting the profits of a byzantine number of companies, plans and networks. According to the Annals of Internal Medicine, the United States would save \$628 billion if administrative costs here were as low as they are in Canada with a single-payer system.

Some 20 percent of every premium dollar goes to administration, not to health care. The New York Health Act would provide comprehensive care to every New York resident, and save billions in administrative waste. The plan would cover life-saving reproductive health care.

One plan for everyone would deliver health care more equitably, and would be paid for more equitably by a progressive income tax. Currently, more than 50 percent of New Yorkers are "under-insured" because they simply cannot afford the premiums in a comprehensive plan.

It is past time to pass the New York Health Act. Keep this in mind when you vote in November. Support the candidates who support the New York Health Act.

HELEN MELTZER-KRIM
Bronx

FRAMEWORK by Michael Malaszczyk



Overlooking the birthplace of the Renaissance — Florence, Italy



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