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**Cancer patients find their beauty**  
 Page 3



**Chamber honors Jerry Farrell**  
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VOL. 32 NO. 43 OCTOBER 19 - 25, 2023 \$1.00



Elisa Dragotto/Herald

## A budding Picasso at Oyster Fest

Tony Maldonado, left, showed Cole Huebner, 3, and Ellie Tucker, 10, how to make spin art at this year's Oyster Fest. More photos, Page 10.

# North Shore supports the state of Israel

By **ROKSANA AMID**  
 ramid@iherald.com

The lyrics of "Hatikvah," once sung by Jews who defied their tormentors during the Holocaust and now Israel's national anthem, echoed through the halls of Congregation Tiferith Israel, in Glen Cove, last Sunday night, at a gathering and fundraising event that welcomed members of the North Shore community and North Country Reform Temple. The song of hope is being sung worldwide in support of Israelis and Jews in the aftermath of the Oct. 7 attacks on Israel by Hamas.

we can only imagine. May this be the last cloud of darkness before the light of permanent peace."

Speaking about the war crimes against Israel, Assemblyman Charles Lavine addressed rising antisemitism in the United States during the gathering. He said he feared an anti-Israel campaign by extremist forces aligned with Hamas, such as Russia, Iran, and those with authoritarian leanings in America. The only way to protect democracy in future generations, Lavine said, is to "remain united, together and strong."



**ISRAEL NITZAN**

"Tonight we stand as one with the people of Israel, who have lost loved ones, those who await word about those taken as hostages, from babies to elderly Holocaust survivors," Rabbi Irwin Huberman, of Congregation Tiferith Israel said. "We pray for these hostages held not only in physical prison, but also during profound spiritual darkness that

Rabbi Michael Churgel, of North Country Reform Temple, said supporters could offer comfort to Israelis by seeking accurate updates on the ongoing crisis via organizations like the World Union for Progressive Judaism and The United Synagogue. At the gathering, he warned cable news viewers to "give fair- and open-minded attention to major

CONTINUED ON PAGE 5

# Robert Truzzolino always 'treated everyone with respect'

By **ROKSANA AMID**  
 ramid@iherald.com

Jury duty has a reputation for being an unpleasant part of one's civic duty. Prospective jurors can feel anxious about the task at hand, stressed over work conflicts or worried about family obligations. But Robert Truzzolino, of Glen Cove, who died on Oct. 3, at 70, was known for his ability to ease many of those worries as Nassau County's longtime commissioner of jurors. He served the county courts for 25 years.

Truzzolino was one of the first faces that many who were summoned for jury duty would

see at the beginning of the process. He explained court procedures and other aspects of jury service. He answered potential jurors' questions while acting as liaison to judges, lawyers and the media. He ensured that prospective jurors were qualified to serve in the courts, and determined whether their duty should be postponed to another case.

Daniel Bagnuola, the Nassau court system's now retired director of community relations, said that Truzzolino could have secluded himself in his office, but he chose to work at desk near the courts' counter, interacting directly with his staff.

CONTINUED ON PAGE 2

# Longtime commissioner had 'calming effect' on people

CONTINUED FROM PAGE 1

He was one of four children of John Truzzolino, who worked in civil service, and Dora Truzzolino, a homemaker. Robert spent his formative years in New Hyde Park and attended school in the Herricks district. He was a receiver on the Herricks High School football team.

Truzzolino met his future wife, Karen, in 1978 on a blind date, arranged by their respective siblings. The couple were married for 43 years, and had three children: Bobby and Joseph, of Glen Cove; and Kara Siciliano, of Merrick.

After taking classes at St. John's University, in Queens, Truzzolino worked at Manischewitz, the kosher products company, and began working in the county court system in 1997. He was appointed county commissioner of jurors in March 2009, after several promotions. Bagnuola credits Truzzolino's promotions to his intellect, personality, intuition and kindhearted nature.

On an average day, Truzzolino would meet with hundreds of people who had been called to jury duty. "He had incredible empathy, and treated everyone with respect that goes so far beyond what I think people would expect with public service," Bagnuola said. "Many jurors come in with a lot of trepidation. They don't know what to expect because they're ner-

vous. They may come in and they may act in a way they normally would not. Bob just would have a calming effect on them."

Bagnuola recalled many instances in which Truzzolino displayed an ability to soothe jurors' anxieties, remembering, for example, one young mother who had been summoned to the court. She worried about picking her child up from school. Truzzolino simply told her she could come back another day.

Truzzolino was involved with AHRC Nassau's Next Step program, an initiative that enlisted members of the organization who volunteered to work on the courts' beautification projects and their libraries. He also helped with health care initiatives such as the jury blood donation program.

Tony Jimenez, a Vietnam veteran, a retired deputy county jury commissioner and a former Glen Cove city councilman, worked with Truzzolino daily from 2001 through 2017. Jimenez said that Truzzolino had a strong work ethic, and was often in his office long past normal working hours.

"I've never come across anybody who was so willing to help everybody, with nothing in it for him but being able to help," Jimenez said. "There were no ulterior motives for all the things he said and did. He just wanted to be the guy that helps fix things."



Courtesy Dodge-Thomas Funeral Home

Robert Truzzolino, a longtime commissioner of jurors for Nassau County, died at 70.

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# Charity brings out beauty in cancer patients

By WILL SHELINE

wsheeline@liherald.com

Cancer is one of the most well-known diseases, and while the physical symptoms are well-documented, the mental strain from battling the horrible illness can take its toll. Now five Long Island residents have banded together to form a nonprofit, The Basic Six Inc., that helps women fighting cancer feel beautiful again, creating a six product, six-minute beauty routine which is not too physically demanding and can help restore self-confidence and a sense of personal beauty.

The members of The Basic Six originally met through the American Cancer Society, according to founding members June Bleich and Jorge Hernandez. They and the other four founders, Thomas Kechejian, Guillermo Roa and Richard Ziminski, all worked for the Cancer Society's "Look Good, Feel Better" program, which is "dedicated to improving the appearance, confidence and self-esteem of individuals undergoing cancer treatment" according to their website.

Bleich said that seven years ago the Cancer Society broke ties with the program, causing her and the founding members of The Basic Six to come up with the idea of starting their own similar organization. She added that an important aspect of creating the organization was in establishing a quick and physically non-taxing beauty regime, making it easier for women undergoing chemotherapy to do.

"I said to the guys, we need something fast, we need something inexpensive and that's doable for every woman," Bleich said. "It's empowering, it really is, for a woman who has lost her hair, her brows, her lashes, every part of her aesthetic that is so important, to see that replaced in six minutes is fabulous."

The charity held their first event on Sept. 26 at Hernandez's hair salon, Morel Hair Design in Locust Valley. Hernandez and Kechejian, who are professional cosmetologists also certified to provide cancer patients with makeup services through their prior work with the Cancer Society, gave two women undergoing chemotherapy makeovers while teaching them to replicate it for themselves.

Hernandez said that they hope to hold similar events two Mondays every month going forward, and that the charity would be offering the service in both English and Spanish. There is also a therapy dog, a chocolate lab named Molly, in attendance during the session, to help reduce stress and provide comfort for the women.

Hernandez explained that women undergoing chemotherapy, in addition to the well-known hair loss, also often experience skin discoloration and other physical issues which can affect their appearance. He said that by making the process easy and providing suggestions tailored to an individual's skin tone, it's possible for any woman to feel beautiful again.



Photos courtesy Jorge Hernandez

Stylists Jorge Hernandez, left, and Thomas Kechejian helped cancer patients and models Zyta Piegari, left, and Tracy Winters rediscover their beauty at The Basic Six's inaugural event.



Molly, a chocolate lab who is trained as a therapy dog, helps the cancer patients feel more comfortable. She was brought by her trainer Guillermo Roa, one of the organization's co-founders, to their first event.

"We teach them the technique using whatever they're comfortable with, but we give them suggestions as to what they can use if there's certain cosmetics that have certain components and ingredients that are not good for that skin type," Hernandez said.

Anyone seeking to learn more about The Basic Six or looking to donate can visit [TheBasicSix.com](http://TheBasicSix.com) for more details.



The six-step process that cosmetologist Thomas Kechejian, right, applied to model Tracy Winters was developed to be easy for chemotherapy patients.



Jorge Hernandez, owner of Morel Hair Design in Locust Valley, worked with Zyta Piegari to find the right makeup and tones to complement her skin tone and facial structure.

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## Book Review: “Outlive” by Peter Attia, MD (Part One)

In his bestselling book, Dr. Attia challenges conventional medical thinking. Instead of treating illnesses, he focuses far greater attention on preventing them from occurring. Quoting Desmond Tutu, he says “There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in”. Being that there is far less profit in preventative medicine — both for the medical profession and the pharmaceutical industry — he is up against considerable resistance.

Longevity means not only how long you live but how well you live — quantity and quality of life — which he terms “lifespan and healthspan”. “Outlive” is an operating manual for increasing both aspects of longevity which, the author points out, is far more malleable than we realize. The beauty of acquiring this knowledge is that you can start at any age and greatly improve your prospects. You just need to know how.

To avoid the gravitational pull of aging, we

have to take steps to improve our physical and cognitive function. The prescription for working and acting like someone one or even two decades younger than your chronological age or, in other words, outliving your life expectancy and exceeding society’s expectations of what later life looks like, fills these pages.

Dr. Attia suggests that as we age, you either surrender to decline or come up with a plan, starting now, not only to get more out of life but to stave off The Four Horsemen of The Apocalypse: cancer, heart disease, diabetes and Alzheimer’s.

While medicine currently relies on procedures, like surgery, and medications, this new approach advocates five domains: exercise, nutrition, sleep, emotional health and, grouped together, drugs, hormones and supplements. For example, 77% of people do not exercise. Going from zero to just ninety minutes a week reduces your risk of dying from all diseases more than any drug can do.

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## CRIME WATCH

### ARRESTS

- A 64-year-old New Jersey woman was arrested on Oct. 8 for aggravated driving while intoxicated and operating a motor vehicle with .08 percent alcohol or more and other vehicle and traffic law violations on Glen Cove Avenue.
- A 66-year-old Glen Cove male was arrested on Oct. 8 for menacing on Valentine Street.
- A 40-year-old Wantagh woman was arrested on Oct. 10 for three counts of criminal possession of a controlled

substance and operating a motor vehicle while impaired by drugs as an unlicensed driver on Mill Hill Road.

- A 34-year-old Glen Cove man was arrested on Oct. 12 for criminal contempt on Mill Hill Road.
- A 22-year-old Bayville man was arrested on Oct. 14 for aggravated driving while intoxicated, driving impaired from consumption of alcohol, speed and other vehicle and traffic violations on Duck Pond Road.

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.

## NEIGHBORS IN THE NEWS



Courtesy Glen Cove Nine Hole Golfers

Fundraiser Committee Members Doris Salamak, far left, Donna Stanza, Paula Parks from Manhasset Women’s Coalition Against Breast Cancer, Louise Brooks, Carol Cirina, Phyllis Satz attended a luncheon held on Sept. 29 at The View Grill.

## Women golfers fight breast cancer

Each year the Glen Cove Nine Hole Golfers, of the Glen Cove Women’s Golf Club, participate in a fundraising effort to benefit Manhasset Women’s Coalition Against Breast Cancer. The coalition supports research that will change the direction and course of breast cancer and offers support and resources to

local women battling this disease

This year a luncheon and Let’s Make A Deal raffle was held on Sept. 29 at The View Grill at the Glen Cove Golf Club and a check for \$5,600 was presented to Paula Parks, which represents a season-long effort of the golfers to give back to their community.

GLEN COVE

# HERALD

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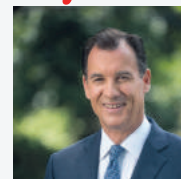
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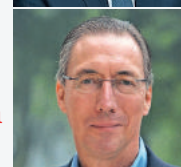
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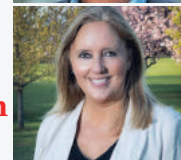
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# 6 'Profound spiritual darkness' in Israel

October 19, 2023 - GLEN COVE HERALD

CONTINUED FROM PAGE 1

news networkse from both sides of the aisle," while combating misinformation and disinformation. He stressed that supporters should also carefully research the charities to which they contribute to ensure that donations go to the intended cause.

Churgel's final advice to the community, he said, was the most crucial. "Contact your Israeli family and friends and let them know that you're thinking about them," he said. "Every person I spoke with, or with whom I exchanged messages this past week in Israel, expressed gratitude for my care and concern. People need people."

Glen Cove residents like Stephanie Cretaro, a member of Congregation Tifereth Israel, are doing just that. Days after the attacks, she located a paternal cousin living in Israel through 23andMe, an ancestry website. She said she worried that a potential escalation of the war could result in American troops being sent overseas.

"Coming together with other Jewish people helps a lot, because we're all feeling the same way," Cretaro said. "I feel like this is going to escalate, and we're going to have problems from other countries surrounding Israel."

Glen Cove mayor Pamela Panzenbeck said she was in Virginia, visiting her newborn grandchild, during the attacks. She expressed a sense of guilt



Roksana Amid/Herald

Rabbis Michael Churgel, left, and Irwin Huberman united their congregations to provide a space for healing and community in the aftermath of the Hamas attacks.

and heartbreak while watching news of families suffering through the massacre.

"You never need to come here and feel unsafe or threatened or be afraid, because we are here for you," Panzenbeck told the congregation. "You have our full support. This is our city, and

you're a major part of our community, and we love and pray for you. We hope this all ends very shortly."

The evening's keynote speaker, Israel Nitzan, a former Israel consul general in New York, spoke of the political climate in the Middle East. The Jewish people, he said, would never be the

same after the attacks, and he added that Hamas was no different than ISIS, the Islamist terrorist organization.

"This war is existential, and this is not hyperbole, this is not an exaggeration," Nitzan said. "This war is first and foremost about the future of the state of Israel and the future of Zionism. This war is about the promise of Zionism."

Nitzan stated that the previous week's events in Israel would set a precedent for whether Israelis can continue to live peacefully in the region, saying that if Israel did not defend itself, it would be vulnerable to future attacks.

"If we do not convey this message to our enemies today in a decisive victory against Hamas, they will continue to hurt us mercilessly," Nitzan said. "What we're witnessing today is only the beginning."

Huberman concluded the evening, where \$5,500 was raised, by addressing the loneliness and despair in the Jewish community, saying it was easy to feel a sense of darkness.

"As long as we're gathered together, there is light," Huberman said. "This is still good in the world, and we will prevail. It will be long and it will be difficult, but you're not alone in your fears and your pain and your suffering. As long as we are together, we can raise each other and create light."

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Roksana Amid/Herald

Ashley Casale, left, Jerry Farrell, have worked together for over 15 years at Rising Tide Natural Market. Casale says that working with the market has deepened her connection to the North Shore community.

# Rising Tide recognized for decades of service

By **ROKSANA AMID**

ramid@iherald.com

Small businesses can take giant leaps to make big differences in their communities. For over 40 years, Sea Cliff resident Jerry Farrell, owner of Rising Tide Natural Market on Forest Avenue in Glen Cove, has been doing just that. Farrell will receive the 2023 Businessperson of the Year Award at the upcoming Nassau Council of Chambers of Commerce's 38th Annual Legislative Breakfast on Oct. 27.

Rising Tide was first established in 1976 in an 800-square-foot store in Locust Valley with Farrell's close friends Mike Melia and his wife, Melanie, while sharing a house in Bayville. Their shared interest in nutrition led them to take weekly visits into Manhattan since finding natural food sold in larger quantities at stores wasn't an option. Farrell said the typical health food store at the time sold mostly vitamins and a limited number of packaged foods.

The group of high school friends grew tired of the time-consuming trips to Manhattan and brainstormed how they could make lives on the North Shore more convenient for themselves and their community. It was the lyrics from a Grateful Dead song — "Got some things to talk about, here beside the rising tide" that inspired the trio to start and name their business.

In the beginning of their new business venture, the entrepreneurs found ways of selling fresh foods in bulk.

"We sought them out," Farrell said. "We made it a point to try to source produce that was without preservatives and without sugar."

Their commitment to provide healthy food motivated Farrell to drive out to John F. Kennedy International Airport, once a week to meet an airplane filled with organic fruits and vegetables and bring them back to the store. Since the North Shore heavily relied on the mar-

ket for their nutritional needs, it was time for the business to move to a larger location. They opened their Glen Cove location in 1983 in the 3,000-square-foot location on 42 Forest Ave.

In 2018, the market planned to move across the street to a nearly 11,000 square-foot building, but those plans were put on hold when the building's landlord faced health issues, Farrell said. He had worked with the landlord in designing the building, which is 75 percent complete. According to Farrell, the building's landlord plans to sell the property, which includes the attached daycare center. If Farrell's able to secure the location with the new landlord it will have 73 parking spots, allow for the store to expand its selections in all departments and add an indoor café.

Since the market established itself in Glen Cove, they've established relationships with local farms across the tri-state, including Orkestai Farm in Oyster Bay, which is October's charity of the month. For the past 10 years the markets bring your own bag program has helped raise funds for a different local charity each month. Organizations like Cove Animal Rescue, the Glen Cove Boys and Girls Club and Nosh have been some of the recipients of the market's charitable causes. Customers pay 10 cents for each paper bag bought during checkout, and the market matches those purchases.

Ashley Casale started working with the market as a cashier when she was 16, and a student at the Glen Cove High School. The now 32-year-old is the store's operations manager now and says she has deepened her connection to the community since working for the store. Like Farrell, Casale knows many of the customer's by name.

"It was just a part time job in high school, but I never left," Casale said. "You gain trust and loyalty and I love it here. I couldn't imagine working anywhere else."

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1231619

# Mapping Gold Coast connects businesses and residents

By **ROKSANA AMID**

[jnegrin@liherald.com](mailto:jnegrin@liherald.com)

Maps aren't just diagrams helping you navigate from point A to point B. They are windows into information that better help you to explore your community. Too often Google Maps and GPS dictates the exact turns you'll need to navigate in an unfamiliar place, making travelers unaware of their surroundings.

But now, those interested in touring parts of Glen Head, Sea Cliff and Glen Cove can take a tour of the community through both print and an online quirky cartoon map highlighting local restau-

rants, bars, doctor's offices and other popular businesses. The fun, colorful and interactive business map was created by MapToons, which exclusively helps chambers of commerce and business associations boost membership and increase their treasury.

The Gold Coast Business Association, which represents over 100 local businesses on the North Shore, teamed up with the company to help advertise over 90 small local businesses in the area. The focus of the 40-year-old Business Association is to connect local small businesses with each other and local consumers, supporting better business practices among their

members by providing education and resources for business development. They also work closely with other community organizations to promote economic growth and events throughout the communities, which is where the Business Association operates.

The northern half of the map features small businesses like Salon Solis on Sea Cliff Avenue to T&D Towing on Glen Cove Avenue. When viewing the online version of the map, readers can hover their cursors over the highlighted businesses to see a snapshot of the business' information like the address, phone number and a brief business biography.

The south portion of the map highlights businesses like the Gold Coast Public Library. Navigators can also use Hempstead Harbor as a point of reference, along with the community's parks, and a whimsical drawing of a crashed space ship.

Print maps are vital in emergencies. Terrence Kenniff, Gold Coast Business Association president noted in emergencies such as natural disasters, a community map can be a critical resource for locating essential services like pharmacies, medical facilities, and grocery stores.

Encouraging visitors to patronize local businesses can also reduce carbon emissions and support more sustainable and eco-friendly practices. Visitors will drive less if they know the type of store they want to visit is close by, eliminating the need for longer commutes.

The map will be available at each of the 90 businesses on the map as well as Sea Cliff Town Hall, local libraries, and other public places. The map is also being mailed to homes in North Shore neighborhoods.

"A community map showing local businesses can offer several benefits to residents, visitors, and the local business community," said Terrence Caniff, the president of Gold Coast Business Association. "Overall, a community map showcasing local businesses can serve as a powerful tool for economic development, community engagement, and improving the overall wellbeing of a locality."

Kenniff also added maps to encourage residents and visitors to support local businesses, which, in turn, leads to a stronger, more vibrant community.

But the colorful green, blue and yellow map doesn't just help Gold Coast economy. Kenniff notes it helps clarify the community's identity.

"The map showcases the uniqueness of the community by highlighting its local businesses," Kenniff said. "This can instill a sense of pride and identity among residents and contribute to a vibrant local culture."

One of the most important functions of the map is to help keep the community connected with one another.

"A map can help residents and businesses feel more connected to their community," Kenniff said. "Knowing the local businesses in the area can foster a sense of belonging and ownership."



## HERALD WRAPPING PAPER DESIGN CONTEST

### CONTEST RULES:

**Who can enter:** There will be 2 categories:  
Students in grades k-5 • Students in 6-12  
One entry per student

**Deadline:** Entries must be received by 5 p.m.  
Wednesday, Nov, 15, 2023.

**Grand prize:** Winners will have their design printed as wrapping paper in the Herald and will be featured in an article in their local Herald paper.

**Entry format:** Please use an 8 1/2 by 11 inch piece of unlined paper. All entries should have the student's name, age, address, telephone number, email, grade and school printed on the back. Design can be reflective of all religious holidays. Entries will not be returned.

### Mail or hand-deliver to:

Wrapping Paper Contest  
Herald Community Newspapers  
2 Endo Boulevard, Garden City, NY 11530 **OR**

**Scan and email to:** [mkaur@liherald.com](mailto:mkaur@liherald.com)

**(must be a high-res jpg) No Photos of Artwork Will Be Accepted.**

Winners will be notified by email or phone by November 27

### ATTENTION KIDS: THE HERALD IS HOLDING A CONTEST TO DESIGN HOLIDAY WRAPPING PAPER

THE WINNING DESIGNS WILL BE  
PRINTED AS HOLIDAY GIFT WRAP  
IN A DECEMBER ISSUE OF  
YOUR HERALD COMMUNITY  
NEWSPAPER

### HELPFUL HINTS

- Must use 8 1/2 x 11" unlined paper, copy paper or construction paper.
  - Be creative & original.
- Drawings should represent any of the December holidays.
  - Use bright colors.
  - Fill the entire page.
- Choose paint, crayon, chalk, markers or pens, or other creative materials.
  - Remember your design will be repeated to make a real sheet of wrapping paper.



Courtesy Gold Coast Business Association

The Association released a map detailing where their businesses are located.

For more information contact Manny Kaur at  
[mkaur@liherald.com](mailto:mkaur@liherald.com) or 516.569.4000 x 249





\*Annual Percentage Yield.  
\*\$500 Minimum Balance.

# FIRST CENTRAL SAVINGS BANK

22-Month*	17-Month*	18-Month*	14-Month*	eCDs Available online
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Savings Account **2.02% APY** with \$100,000 minimum balance.\*\*

Daily balance of \$.01 or more, but less than \$10,000, the Savings Account APY will be 0%.\*\*  
 Daily balance of \$10,000 or more, but less than \$50,000, the Savings Account APY will be .45%.\*\*  
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<b>WHITESTONE</b> 1919 Francis Lewis Blvd. (718) 352-7100	<b>FLUSHING</b> 72-76 Main Street (718) 261-6360	<b>DITMARS</b> 37-28 Ditmars Blvd. (718) 932-6484	<b>FOREST HILLS</b> 71-66 Austin Street (718) 261-5095	<b>MYFCSB.com</b> Main Number 866 400-3272

     [myfcsb.com](http://myfcsb.com)

**No Hidden Gotchas! 1866-400-3272**

**\*Certificate of Deposit (CD):** The Annual Percentage Yields (APYs) are effective as of 10/11/2022 and subject to change at any time. To earn the APY, the account must be opened with and maintain a minimum balance of \$500. Stated APY assumes principal and interest remains on deposit for the term of the CD. Early withdrawal penalties apply. Fees may reduce earnings. Terms and conditions apply. No brokered deposits accepted.

**\*\*Premier Statement Savings Account:** is a tiered product with annual percentage yields effective as of 10/11/2022 and subject to change at any time. No minimum balance to open. If your daily balance is \$0.01 or more, but less than \$10,000, the APY (Annual Percentage Yield) will be 0%. If your daily balance is \$10,000 or more, but less than \$50,000, the APY will be .45%. If your daily balance is \$50,000 or more, but less than \$100,000, the APY will be 1.26%. If your daily balance is \$100,000 or more, the APY will be 2.02%. Interest is compounded daily and credited to your account on the last calendar day of the month. Fees may reduce earnings. No brokered deposits are accepted.

# Thousands visit hamlet for Oyster Fest

October 19, 2023 — GLEN COVE HERALD

The Oyster Festival once again drew in thousands of people from across Long Island to Oyster Bay, enjoying the hundreds of vendors, rides and events there for the occasion. With stands set up by local businesses such as the Oyster Bay Brewing Company and Theodore's Books, it was also a great day for the hamlet's economy as well.



Hundreds of people got to tour the Trinidad, a replica of an 18th century ship that used to sail out of Oyster Bay.



Young children like Elliot Gibbons, 3, had a great time on the merry-go-round.



Elisa Dragotto/Herald photos

There were plenty of different food vendors at the event, but many attendees like Alexandra Bruna, left, and Sean Lambert had to get a plate of oysters to celebrate Oyster Fest properly.



Oyster Fest was almost ruined when a crew of pirates showed up, but thankfully they were less focused on pillaging and instead taught children and their families about life on the high seas.



Oyster Fest featured numerous carnival rides which had children lining up to go on again and again.

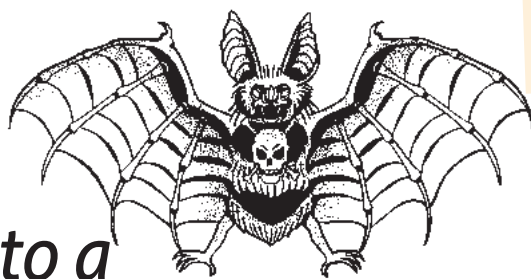


Everyone gets in the groove on the dance floor.



Uncle Vlad resides in a most unusual pumpkin patch

## Halloween shenanigans venture forth to a 'GHOSTLY GALA'



By Karen Bloom

**H**alloween hijinks are everywhere. Families can partake of plenty to see and do as October winds down. Among the many choices, the annual Ghostly Gala at the Long Island Children's Museum, on Oct. 21, is a popular spot for some not-so-spooky — but still Halloween-ish — fun.

It particularly appeals to younger families, of course. But everyone who participates — including moms, dads, grandparents — all get into the spirit of the moment.

As Maureen Mangan, the museum's director of communications, put it, "It's a 'fantastic' night filled with eerie surprises."

Expect all of that — and more. One of the museum's most popular events, going on 20 years, returns year after year.

"This is very much a tradition for our visitors," Mangan says.

Trick-or-treating throughout the museum galleries and a "monster-led" dance party are all part of the fun.

"This is one of our anchor events," Mangan says. "We want families to be able to celebrate, to be able to be silly and have fun in a friendly, safe environment. The kids are very comfortable, and fully enjoy every moment."

As does museum staffers. Notice the many fascinating characters who approach guests? That the staff, dressed in their finest Halloween attire.

"The staff are as excited as our visitors to show off their costumes and share in the moment," Mangan says. "They take great pride in their costumes. They get together and plan their costumes. You'll see them as Disney princesses, Marvel characters, whatever is related to the cultural zeitgeist, they'll be a part of."

That means you may even see some Barbies and Kens this year.

Young guests — and their adult companions — eagerly flaunt their costumes, too. As always, everyone is encouraged to come to the museum in their most creative and dazzling looks. And that they do.

"We see hundreds of families all dressed up," Mangan says. "They're excited to have an opportunity to wear their costumes more than once" on Halloween night.

First stop upon entering, visitors can decorate a goody bag for use later on as everyone wanders through the museum collecting their "treats." Galleries feature activity stations where kids can make themed craft projects like a shimmering ghost, funny Frankenstein necklace, and a witchy wardrobe puppet. Also be prepared for some mysterious encounters as you enter the unknown in the "Outta This World Spooky Space," where guests can explore an imaginary planet.

Plus everyone enjoys showing off their dance moves on the Monster Mash Dance Floor.



- Saturday, Oct. 21, 6-9 p.m.
- \$15, \$13 members; theater add-on tickets \$4 with Ghostly Gala admission (\$3 members)
- Advance purchase suggested at LICM box office at (516) 224-5800, or online at LICM.org/ghostly23
- Long Island Children's Museum, Museum Row, Garden City



Photos courtesy Long Island Children's Museum

**Aimee Terzulli, museum vice president, welcomes guests in her Halloween finery.**

"Families have a great time with this," Mangan says. "There's lots of chatter and compliments going back and forth between everyone."

Over in the museum theater, Uncle Vlad's Pumpkin Patch is a gathering spot for some spellbinding stories and songs. "Uncle Vlad," (a 10-foot bat puppet) is joined by his nephew Chad, and fellow friendly creatures of the night — both the "invisible man" and "visible man," the Wolfman and Great Aunt Margarine, a witch who lives next door — featuring puppet artists Kyle Mahoney, Sebastiano Ricci, Carrie Heffernan and Austin M. Costello.

Uncle Vlad needs help from his friends — and the audience — as everyone tries to figure out who stole this year's candy.

"Get your costume on," Mangan says, "and be ready for plenty of fun."



**Dane Cook**

The comedy trailblazer brings on the laughs when his 'Perfectly Shattered Tour' arrives at The Paramount. Dane Cook has maintained his reputation as one of today's most prolific stand-up comedians, while simultaneously distinguishing himself as a charismatic and versatile actor in a variety of film and television projects. He's known for his legendary stand-up comedy specials, unparalleled stage presence, and observational humor. Combining energetic physical comedy, clever wordplay, and trenchant observations about human behavior, Cook's unique brand of stand-up and accessible guy-next-door attitude have galvanized audiences of all ages. He's also acclaimed for his acting roles in movies such as 'Good Luck, Chuck,' 'My Best Friend's Girl,' 'Dan in Real Life,' 'Employee of the Month,' and 'Waiting...'

Friday and Saturday, Oct. 20-21, 7:30 p.m. \$109.50, \$99.50 \$79.50, \$69.50. The Paramount, 370 New York Ave., Huntington. Tickets available at Ticketmaster.com or ParamountNY.com.



**The Italian Chicks**

Hang out with the 'The Italian Chicks' when these three dynamic women arrive at the Landmark stage with their comedy revue. Maryann 'Boom Boom' Maisano, Cara Amore and Gianna Messina make up this eclectic trio of multi-talented women who draw on the foibles of their Italian-American traditions in their show — a blend of comedy, acting and song. Maisano, the show's producer and headliner, has described their performance 'as part meatball, part cannoli — a passionate comedy with a little drama.' More than simply a 'girl's night out,' this is a celebration of food, family and culture. Whether you're Italian or not, they'll have you roaring with laughter. You don't want to miss this hilarious show — filled with an enthusiastic blend of comedy, characters, music and song parodies that will make you remember things you paid your shrink to forget — according to Maisano.

Sunday, Oct. 22, 3-5:30 p.m., \$39, \$29, \$19. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (917) 567-5842, or LandmarkOnMainStreet.org.

# THE \$ SCENE

Oct. 28

**Pink Talking Fish**  
Three mammoth bands.

Three musical phenomenons. One idea inspired by love of the music. That's Pink Talking Fish. The hybrid tribute fusion act takes the music from three iconic bands creating a remarkable musical jam. PTF brings their unique sound to the Landmark stage, Saturday, **Oct. 28**, 8 p.m. Pink Floyd, The Talking Heads and Phish are all more than just



bands to Eric Gould on bass, Richard James on keyboards, Zack Burwick on drums and Cal Kehoe on guitar. The three bands' creations have artistically inspired people and their mind-blowing live performances have brought people together to form a special sense of community around the love for their favorite band. Although the music from each act is different, PTF has discovered that fusing the material together creates an amazing story. The epic emotion of Pink Floyd; the funky, danceable layerings of The Talking Heads; the styles, unique compositional structures and pure fun of Phish — to merge these three into one gives music lovers a special experience. Discovering connections is part of the fun: Pink Floyd's "On The Run" seamlessly fitting in the middle of the composition of Phish's "You Enjoy Myself". Perfectly placing Phish's "Sand" into the groove of The Talking Head's "Slippery People," along with segued collections from all three acts. These ideas are the spirit behind Pink Talking Fish. \$45 and \$40. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (917) 567-5842 or LandmarkOnMainStreet.org.



### On exhibit

View the landmark exhibition "Modigliani and the Modern Portrait," at Nassau County Museum of Art. Devoted to the way that Modigliani powerfully re-defined the art of portraiture, the show includes his masterworks along with paintings and drawings by his Parisian contemporaries (Picasso, van Dongen, Laurencin). Modigliani's enduring influence on artists even in our own time is shown in a selection of Contemporary paintings by such important figures as David Hockney, Eric Fischl, Elizabeth Peyton and others. The exhibition is being curated by Dr. Kenneth Wayne, founder of The Modigliani Project, which authenticates paintings and drawings (two of the works in the show have been recently approved by the committee). Through Nov. 5. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

Oct. 21

### Shed your meds day

The annual Shed the Meds event is an opportunity to safely dispose of unused and unwanted medications. All medications in original containers as well as sharps and syringes will be accepted, Saturday, **Oct. 21**, in partnership with the Glen Cove Police Department, Glen Cove EMS and SAFE Inc. Dispose of medications properly at the Glen Cove Police Department, at 1 Bridge St., in Glen Cove.

### Bird walk

The South Shore Audubon Society welcomes all to join its members for a bird walk, at the Massapequa Preserve, Sunday, **Oct. 22**, starting at 9 a.m. Walk leaders, other birders and nature enthusiasts are happy to share their knowledge and experience with you. Bring binoculars. Meet at the east end of the northeast parking lot at the Massapequa LIRR station. To register, text your name and contact information to Joe Landesberg (516) 467-9498. Also text regarding questionable weather conditions. For more information, visit SSAudubon.org.

## Long Island Heroes Celebration

Thursday, October 26, 2023 | 6:30 p.m.  
Cradle of Aviation Museum, Garden City, NY

*Honoring*

Corporate Leadership Award: **First Quality Enterprises, LLC and its affiliates**

Humanitarian Award: **Barbara and Robbie Donno**

Good Samaritan Hero: **Kevin Rivera**

To purchase tickets and sponsorships, scan the QR code



**American Red Cross**  
on Long Island

redcross.org/LIGala



### Art classes

Nassau County Museum of Art welcomes those interested in improving their art skills or those who simply want to explore their creativity to participate in one of their many stimulating classes. The fall schedule includes Watercolor Florals: Beginner to intermediate levels (adults and teens 16+), Thursdays, 9:30 a.m.-noon, **Nov. 2-Dec. 14**. \$300, \$270 members. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. For information and to register visit [NassauMuseum.org](http://NassauMuseum.org) or call (516) 484-9338.

### Deep Roots Farmers Market

Choose from all sorts of food items and more at the Deep Roots Farmers Market, Saturdays, through October, 9 a.m.-1 p.m., rain or shine. Browse among more than 30 vendors offering local organic produce, eggs, honey, breads, sweets, fresh pastas, prepared food and more, plus weekly guest art and craft vendors. 100 Garvies Point Road, in Glen Cove.

### Día de los Muertos

Bring the family to Nassau County Museum of Art, Saturday, **Nov. 4**, when everyone can immerse themselves in the Mexican tradition of Day of the Dead. Participate in family art making, a Spanish and English language story time, music, traditional foods, and a display of artwork by a local Mexican-American visual artist exploring cultural themes. Choose from two sessions, 11 a.m.-12:30 p.m. or 1-2:30 p.m. Suitable for children aged 2-14 and their adult companions. Everyone may participate in art making and each adult attending must purchase a spot. This is not a drop-off event. Children under age 18 must be accompanied by an adult. \$20 non-member adult, \$10 member adult, \$10 non-member child. Registration required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9338 or [NassauMuseum.org](http://NassauMuseum.org).



### Masquerade Ball Benefit Gala

Enjoy the spirit of the season at a Howloween Masquerade Gala benefiting Freeport-based Bobbi and the Strays animal rescue, Thursday **Oct. 26**, 7 p.m.-12 a.m., at Russo's on the Bay. \$125 ticket price includes four-course dinner, dancing, entertainment and raffles. All funds raised support sheltering and medical needs of the rescued dogs and cats. 162-45 Cross Bay Blvd., Howard Beach. For information, call (917) 213-9840 or (718) 845-0779.

### Oktoberfest

Enjoy an Oktoberfest at St. Patrick's Church, Saturday, **Oct. 21**. With food trucks, beer, live music, pumpkin patch, games and raffles. 235 Glen St.

### Westbury House Tour

For many years visitors to Westbury House at Old Westbury Gardens asked what was beyond the first floor corridor. Now beyond the door and discover "secrets of the service wing," during a 60-minute guided tour, Friday, **Oct. 20**, noon-1 p.m.; Sunday, Oct. 22, 1:30-2:30 p.m. and 3-4 p.m.; Monday, Oct. 23, noon-1 p.m.; Wednesday and Thursday, Oct. 26-27, noon-1 p.m. Be introduced to the intensive labor required to create the lifestyle experienced by the Phipps family and their guests; tour the many rooms that were "behind the scenes" to create the formal dining experiences of early 20th century. Go along the corridors to the butler's pantry and silver cleaning room then descend the 17 steps to the kitchen, scullery, and wine storage rooms located on the ground floor. Reservations required. 71 Old Westbury Rd., Old Westbury. For information contact (516) 333-0048 or visit [OldWestburyGardens.org](http://OldWestburyGardens.org).



### The Great Give Back

Support the public library system's Great Giveback community service initiative. This year the Glen Cove Public Library is supporting Cove Animal Rescue in its mission to increase the adoptability of these animals through training, socialization and a cage-free environment that facilitates a smooth transition to a forever home. Bring your donations to the circulation desk by **Oct. 31**. 4 Glen Cove Ave.

### Library Walking Club

Participate in Glen Cove Public Library's at-your-own-pace hour walk, **every Thursday**, at 9:15 a.m. All fitness levels are welcome and attendees are encouraged to walk at their own pace, 4 Glen Cove Ave., Glen Cove. Register at [GlencoveLibrary.org](http://GlencoveLibrary.org) or call (516) 676-2130 for more information.

### 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](mailto:thescene@liherald.com).

Step Aboard & Step Back in Time to the Golden Age of Railroad

**OPEN**  
SATURDAYS & SUNDAYS  
12:00 - 4:00PM  
APRIL - NOVEMBER

VINTAGE  
RAIL CARS

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INTERACTIVE  
EXHIBITS

TRAIN  
MEMORABILIA

**TICKETS**

MEMBERS	FREE
AGES 5 & UNDER	FREE
AGES 6-12	\$5.00
AGES 13-61	\$7.00
AGES 62+	\$6.00

*Admission includes access to:*  
Oyster Bay Historic Landmark Station  
located at 1 Railroad Avenue  
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**29<sup>TH</sup> ANNUAL**

# Taste

## of the Harvest

**GOURMET TASTING EVENT**

**Tuesday, October 24, 2023 • 6pm**  
Crest Hollow Country Club • Woodbury, NY

HONORING

**Marie Landsman** of **RIVKIN RADLER**  
ATTORNEYS AT LAW

**Barry Landsman** of **PRYOR CASHMAN**

— 2023 Linda Breitstone Spirit Award Honoree —  
**Migdalia Otero-Terry**

— Honorary Committee Chair —  
**James P. Bonner** of New York & Atlantic Railway

Sponsorship and tickets: [IHTASTE23.givesmart.com](http://IHTASTE23.givesmart.com)  
or contact [franca@islandharvest.org](mailto:franca@islandharvest.org) • (631) 873-4775 Ext. 228

1233718

## YOUR HEALTH - BREAST CANCER AWARENESS

# In their own words

## Survivors help themselves by supporting others through diagnosis, treatment and recovery

By Lyn Dobrin

**T**he Adelphi NY Statewide Breast Cancer Hotline & Support Program has been a vital resource for Long Islanders — and all New Yorkers — coping with breast cancer for decades.

Since its start in 1980, the more than 100 highly trained volunteers offer comfort, guidance and referrals, all free. Social work staff provides professional services.

Before the pandemic, throughout the pandemic and now that we've returned to post-pandemic normalcy, Adelphi's dedicated volunteers and staff continue to be devoted to meeting the challenges and needs of patients and survivors. In addition to the hotline, locally the program offers support groups, individual and family counseling, plus educational forums and workshops. Hotline staffers are readily available to respond to everyone who has concerns about breast cancer.

Many survivors are longtime hotline volunteers. They contribute their personal insights in their ongoing effort to help others; sharing their message that it is possible to get through this — and even thrive — as you find your own way on this unanticipated journey. These survivors have turned their encounter with the disease into an opportunity to better themselves and those around them. Their mantra: it's possible to move on — and even thrive — as you find your own way on this unanticipated journey. As per the hotline's motto, "You are not alone."



**Chris Amatulli, 65, Merrick**  
Diagnosed: 2007

**Became a hotline volunteer: 2008**

When a person receives a diagnosis of breast cancer, it becomes a defining moment in their life. My moment came in October 2007 when I was first diagnosed. At the time, I was devastated. I didn't realize then that such bad news could lead to something so positive.

Not long after finding out that I had cancer, I called the Adelphi Breast Cancer Hotline. As a matter of fact, I used this resource several times along the way. Each time, a volunteer answered my questions and listened to all my concerns about my diagnosis, my doctors' appointments, and all the tough decisions that I had to make during this difficult time. But most of all, they were there to just listen. I was able to face my surgeries and my chemo treatments with the confidence that there was a light at the end of the tunnel.

Two years after my diagnosis, I received a call from a supervisor at the Adelphi program. She asked me if I was interested in entering a professional training program to

become a hotline volunteer. I have been involved in this rewarding work for over 12 years now. Sometimes a person will call in need of help. At the end of the call, I can hear them breathe a sigh of relief. I realize that, just for a short while, I have made a difference in someone's day.

We live in a time where the internet has become a go-to resource. But being able to connect with a person who knows what you are going through cannot only be informative, but very healing as well.

I am so happy to be part of a program that can direct women to teaching hospitals, low-cost mammograms and also help them to navigate the road to getting a second opinion. Very often, these conversations can help to provide the confidence a person may need to advocate for themselves. I'm happy to be there for them in the way that someone was there for me years ago — a voice on the other end of the phone, letting them know that they are not alone.



**Sandee Janin, Long Beach**  
Diagnosed: 2016

**Became a hotline volunteer: 2022**

When I was first diagnosed with Stage 3C breast cancer in January 2016, I felt lost, devastated and very afraid. Not only did I have to face a complicated course of treatment, including a double-mastectomy, multiple rounds of chemotherapy, and daily bouts of radiation, but I also had to face it alone. I felt that my status as a person had been relegated to that of a "patient," and that my future was nothing more than an uncertain mess.

Of course, my family and friends were all supportive in the best ways they knew how, although there were so many instances where well-meaning people would ask when I had last seen my doctor, or what was the date of my last mammogram, somehow implying that this was a preventable condition that could have been avoided. But on the flip side, there were also those who unnecessarily tragedized the situation, causing me to minimize and downplay my feelings in order to placate them.

Because none of this was truly helpful, I decided the right approach was to put on a happy face, follow my doctors' care and instructions, and stoically hope for the best. But this was easier said than done, considering that I knew no one who had actually undergone or was going through the process. All I had available was the internet, which unfortunately offered too many tales of hardship, mistreatment, and the sickening effects of "the red devil" (an infamous nickname for a type of chemotherapy given to breast cancer patients). None of this was at all helpful, and in fact, caused me more grief

than solace.

However, in December 2022, just around the time I was about to retire from my job, I was given the opportunity to work with the Adelphi New York Statewide Breast Cancer Hotline and Support Program as a volunteer. I enthusiastically agreed to do so because I thought about how much I could have benefited from real emotional support and how that could have made a real difference in my own journey. And so, in an effort to help others and contribute to the Long Beach community (where I live), I began the training with a group of women who, though of different ages, backgrounds, and circumstances, were all breast cancer survivors. We shared our personal stories, role-played with each other, engaged in art therapy, heard important information from respected speakers, and even formed a "Warriors Book Club" as a way of empowering ourselves through contemporary literature.

But even more noticeably, I have discovered that my participation in this organization has allowed me to finally come to grips with my own diagnosis. Although I am now thankfully cancer-free, I still live with its permanent after-effects. Nevertheless, by knowing I have a support program that is with me and for me, I can cope with these conditions and confidently go forward. For that, I am ever so grateful.



**Barbara Simonds, 79, East Meadow**  
Diagnosed: 2016

**Became a hotline volunteer: 2022**

Volunteering on the Adelphi Breast Cancer Hotline has had a profound impact on my own life. It has allowed me to connect with people who are going through a difficult time in their lives — in that way it has helped me to develop empathy and compassion for their struggles and has helped make me a more understanding and caring person.

I've had to educate myself more about breast cancer and its various aspects. This knowledge has helped me make informed decisions about my own health and the health of my loved ones.

Being part of the breast cancer hotline provides me with a sense of belonging and support. Sharing experiences and providing guidance to others strengthens my own emotional resilience.

Knowing that I am making a meaningful difference in the lives of others gives me a strong sense of purpose and fulfillment.

Volunteering is a two-way street. While I am providing support and assistance to others, I'm gaining valuable experiences and personal growth. It has been a mutually beneficial arrangement that has had a positive impact on my own person journey.



## By the numbers

### Stay vigilant and know the facts

Breast cancer is the most common cancer diagnosed in women (excluding skin cancer) and second only to lung cancer as a cause of cancer death in women. About 1 in 8 women will be diagnosed with breast cancer in her lifetime and 1 in 833 men.

- In 2023, an estimated 297,790 new cases of invasive breast cancer will be diagnosed in women in the U.S., with an estimated 55,720 new cases of ductal carcinoma in situ (DCIS) diagnosed. An estimated 43,700 women will die from breast cancer.
- In 2023, 18,780 women in New York State will be diagnosed with breast cancer. Remember, breast cancer affects men too.
- Breast cancer death rates have dropped by 41 percent since 1989, as a result of earlier detection through increased awareness and mammography screening, as well as advances in treatments. Despite this drop, Black women are 40 percent more likely to die of breast cancer than white women overall and are twice as likely to die if they are younger than age 50.1
- The five-year relative survival rate for breast cancer that has not spread to the lymph nodes or other location is 99 percent.
- There are more than 4 million breast cancer survivors in the U.S. today, including those who have completed treatment and those still undergoing treatment. More than 150,000 of these survivors are living with metastatic breast cancer..
- The average risk of a woman in the U.S. getting breast cancer during her life is about 12 percent.
- About 15 percent of women with breast cancer have a family member with this disease.
- Evidence is growing that regular physical activity reduces breast cancer risk, especially in women after menopause. Exactly how physical activity might reduce breast cancer risk isn't clear, but it may be due to its effects on body weight, inflammation, hormones, and energy balance.

*Courtesy American Cancer Society*

# After diagnosis

## Coping with what's ahead

There's no right or wrong way to feel after a diagnosis of breast cancer.

You'll probably go through many emotions, from fear, shock and anger to disbelief, sadness and numbness.

Your emotions may change day to day or even hour to hour. It's usual to have times when you feel very low followed by times when things seem more positive. The days and weeks immediately after a diagnosis can be particularly emotional and feel overwhelming. Many people start to feel a bit calmer or less anxious once they have been told about their treatment plan.

It's normal to feel overwhelmed when you've been diagnosed with cancer. It can be hard to think straight or carry out normal everyday activities. Some people have physical symptoms such as loss of appetite, diarrhea or difficulty sleeping.

A breast cancer diagnosis can cause a wide range of feelings. Denial, guilt, helplessness, anxiety and fear are all normal. It is a stressful time. That is why it helps to build a strong support network of family and friends. Make time to share your feelings with others.

Co-survivors can be family, friends, co-workers or members from your health care team. They are there to help. A social worker or counselor can also help with a wide range of issues with breast cancer. They can also help you cope with financial concerns. Finally, talking to your doctor is one of the best things you

can do. Talk openly with each other. This will help you gain trust and confidence. It will also help you work together as a team to make key treatment decisions.

### Feel Like You Are Losing control?

When told you have breast cancer, you may feel like you have lost control of your life. You might be overwhelmed by the decisions you have to make. These feelings are normal. Do not let them keep you from taking action though. First, learn about breast cancer at your own pace.

Get information about treatment options, side effects and clinical trials. Remember, doctors can discuss options, but the final decisions should be made together.

Knowing what to expect is another way to feel in control. It may also help to keep as normal a routine as possible. Be patient. Coping with breast cancer requires time, acceptance, a fighting spirit and support. Many people also find strength in their spirituality and faith.

Think about how you coped with previous trauma or stress — you could try using these methods again now. Above, all, be kind to yourself — it may help to take time to rest, eat healthily, keep active and, when you can, do something you enjoy.

### Get Support

Your team of doctors, nurses and social workers are valuable sources of support as you



cope with a cancer diagnosis. Oncology social workers are licensed professionals who counsel people affected by cancer, providing emotional support and helping people access practical assistance.

Talking about your emotions might be hard, but it can comfort you and the people who care about you. When you tell someone whom you love what you're feeling, you give that person a chance to support you. You also give your relationship with that person a chance to grow.

**Be specific.** When reaching out to others, be specific about the kind of support you need. Saying something like, "It would be helpful if you could shop for groceries this week," or "Can you please drive me to my next appointment?" gives people a clear way to help. This

approach cuts down on frustration and reassures your family and friends that they are being helpful.

**Take steps to look and feel your best.** Many women feel uncomfortable with their appearance after having surgery or chemotherapy. If you had breast surgery or are experiencing hair loss and changes in your physical appearance, learn about options available, such as breast prostheses and wigs. Give yourself time to adjust to changes, and try different solutions until you find what makes you feel most comfortable.

Above photo: Learning that you have cancer is a difficult experience. If you've been diagnosed with cancer, knowing what to expect and making plans on how to proceed can help make this stressful time manageable.

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## HEALTH MEMO

# Parker Jewish Institute's President & CEO Michael N. Rosenblut honored with the 2023 Humanitarian Award by Voices for Truth and Humanity



Michael N. Rosenblut  
Parker Jewish Institute's President & CEO

**T**he Parker Jewish Institute is pleased to announce that its President and CEO Michael N. Rosenblut was recognized with the Humanitarian Award by Voices for Truth and Humanity. The honor was presented to Mr. Rosenblut at the 4th Annual Remembrance Awards dinner, at Crest Hollow Country Club in Woodbury on

Wednesday, Sept. 27.

Voices for Truth and Humanity promotes U.S. public-school education about the Holocaust, slavery, and genocide. The organization aims to fight hatred against Jews as well as all bigotry.

These values resonate with the Parker community. Since its inception in 1914, Parker has stood for inclusion, aiding New York's most vulnerable population, including immigrants and older adults. That tradition remains steadfast at Parker, a culturally rich institution that welcomes people of all backgrounds, whether they are patients, residents or team members.

Parker is now home to an Indian Cultural Unit, the first of its kind, serving East and West Indian older adults in the region. Through a grant from the Jewish Federation of North America, Parker recently deployed its Hope and Healing program. This innovative program is designed to address the unique challenges faced by family caregivers of older adults with dementia and a history of trauma, regardless of their age,

gender, race, ethnicity, geography, or sexual orientation.

Under Mr. Rosenblut's direction, Parker embraces diversity and meritocracy, where team members boost their skill sets through education and mentorship. Parker focuses on service, where staff takes pride in exceeding expectations of the Institute's patients, residents and their families, treating everyone with respect.

On Wednesday, Mr. Rosenblut said he was honored to accept this recognition from Voices for Truth and Humanity.

"I am very humbled to receive the 2023 Humanitarian Award," Mr. Rosenblut said. "As leaders, we all have a role to play in fighting hate in all forms. Educating our children and leading by example, is the best insurance against a repeat of the atrocities of the past. Thank you Voices for Truth and Humanity for this truly distinguished honor."

About The Parker Jewish Institute for Health Care and Rehabilitation

The Parker Jewish Institute for Health Care and Rehabilitation is headquartered

in New Hyde Park, New York. The facility is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical team, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice. Parker Jewish Institute is also home to Queens-Long Island Renal Institute (QLIRI), led by an interdisciplinary team of experienced Nephrologists and Dialysis Registered Nurses, a Renal Social Worker, and a Registered Renal Dietitian.



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## HEALTH MEMO

# Queens Long Island Renal Institute provides dialysis patients care, safety and convenience

**T**he award-winning Queens Long Island Renal Institute focuses on care, safety and convenience for kidney dialysis patients in the New York metropolitan area. Located in the lobby level of Parker Jewish Institute for Health Care and Rehabilitation with its own entrance, the center provides care to Parker's residents and patients as well as to the general public.

Queens Long Island Renal Institute offers the finest quality of care, state-of-the-art technology and uncompromised dignity, in a bright, ultra-modern and comfortable setting.

The center is a certified 5-Diamond Status Facility, and is recognized for its demonstrated commitment to quality improvement by building and promoting a culture of patient safety. To earn this status, dialysis facilities must apply for the recognition each year. They must complete the program's Culture of Safety module each year. A facility's entire staff - including dietitians, management, nurses, medical directors, social workers and technicians - must participate in the program in order to qualify.

Licensed by the New York State Department of Health, QLIRI is led by a dedicated, interdisciplinary team of experienced nephrologists and dialysis registered nurses, a



renal social worker, and a registered renal dietitian. The team is ready to meet the individual needs of dialysis patients and families, and provides individual and family health education, as well as nutritional counseling and social work services.

QLIRI is outfitted with an in-center chronic hemodialysis. It features comfortable, state-of-the-art, private treatment stations with personal TVs. There is also a homelike reception area with a large-screen TV as well as free wireless access. It

accommodates stretchers, and offers valet parking.

"With Queens Long Island Renal Institute conveniently located in Parker's first-floor lobby, we continue to safely and comfortably meet the needs of our patients and residents, as well as members of the New York community who also benefit from our services," said Michael N. Rosenblut, President and Chief Executive Officer of Parker Jewish Institute for Health Care and Rehabilitation.

### About Parker Jewish Institute for Health Care and Rehabilitation

Parker Jewish Institute for Health Care and Rehabilitation, which is headquartered in New Hyde Park, is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical department, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Social Adult Day Care, Home Health Care, Medical House Calls, Palliative Care and Hospice.



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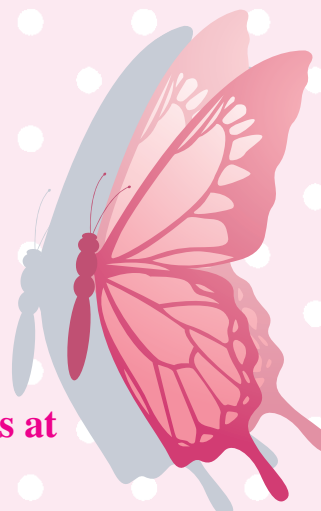
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Glen Cove Public Library is participating in the Great Give Back by working with Cove Animal Rescue, collecting different kinds of cat and dog foods as well as treats for the animals, cleaning materials and paper plates.



Herald file photo

# Collecting items for the Great Give Back

By **MARK NOLAN & WILL SHEELINE**  
of the Glen Cove Herald

Libraries remain the hub of their communities, and one way they are serving neighbors is by coordinating efforts to help those in need.

As part of the Great Give Back — a community service program started in Suffolk County and now offered throughout the state — many Nassau County libraries are helping their communities by initiating service projects throughout October.

The program started in 2017 when the Suffolk County Public Library Directors Association and the Suffolk Cooperative Library System sought a way to help communities. The program soon spread throughout the state and last year, 299 New York libraries participated, and more than 27,000 items were collected and donated.

“A few colleagues and I wanted to create an event in Suffolk County that brought positivity to our communities and showed that libraries are a central hub for giving back and creating good,” said Derek Ivie, youth services coordinator of the Suffolk Cooperative Library System.

Nassau libraries have offered hundreds of service-oriented projects, including food and pet supply drives and clean-ups of parks, according to Renee McGrath, manager of youth services for the Nassau Library System.

“The Great Give Back enables our member libraries to offer their patrons an opportunity to participate in a day of service-oriented projects,” McGrath said.

This year’s event will take place on Oct. 21, but many libraries are offering

projects throughout October. Dozens of Nassau libraries are participating, including Sea Cliff Village Library, Gold Coast Public Library, Locust Valley Library, Glen Cove Public Library and Oyster Bay-East Norwich Public Library.

Each library has selected a charitable organization to work with for part of or in some cases the entirety of the month. While the causes and contributions vary, each library is doing its part to give back.

Glen Cove Public Library is working with Cove Animal Rescue, an animal shelter in Glen Cove, collecting different kinds of cat and dog foods as well as treats for the animals, cleaning materials and paper plates. Amy Mondello, the library’s head of adult services, said the library’s circulation desk will be receiving donations throughout the month until Oct. 31.

“With Covid and the prices of things going up, we just thought it would be a nice way to help the community and the animals of our community and the volunteers and workers at the Cove Animal Shelter,” Mondello said.

Marion Dodson, the Oyster Bay-East Norwich Public Library’s adult program coordinator, said the library had partnered with Birthday Wishes, a national charity which donates birthday presents and gift bags to homeless and financially struggling children and their families. The library will be gathering party supplies until Oct. 21, when from 11 a.m. to 2 p.m. volunteers will help assemble and wrap the boxes of birthday goodies to be shipped to the charity’s headquarters.

“We participate every year,” Dodson explained. “This year we wanted to do

something different than what we’ve done in the past.”

The Locust Valley Library is holding live music events at the library every Friday evening, where they will collect donations of socks to send to soldiers through the Warm Feet For Warriors charity, according to Michael Vinas, the library’s adult program coordinator.

The Sea Cliff Village Library will be gathering contributions for NOSH Delivers, Inc., a food bank in Glen Cove. People interested in donating non-perishable foods like canned goods, rice, pasta and other similar products can drop them off at both the main library and Children’s Library.

The Gold Coast Library will be holding its Great Give Back on Oct. 28, inviting children from grades 6-12 to get community service hours by painting pumpkins which will be donated to a local nursing home. While Michael Morea,

## How can you help your library?

Visit [TheGreatGiveBack.org](https://TheGreatGiveBack.org) and search through the list of participating Nassau County libraries.

the library’s director, said that a nursing home has not yet been selected to be the recipient, he added that he and the library staff saw this as an opportunity to brighten the season for the Gold Coast’s golden residents.

Anyone interested in learning more about how to donate can visit any of the participating libraries’ websites or visit [TheGreatGiveBack.org](https://TheGreatGiveBack.org) for more details about the program.

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entered May 4, 2023, I, the undersigned Referee will sell at public auction at the North Side steps of the Nassau County Supreme Court, 100 Supreme Court Drive, Mineola, NY 11501 on November 16, 2023 at 2:00PM, premises known as 10 ELSINORE AVENUE, GLEN COVE, NY 11542. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in

the City of Glen Cove, County of Nassau and State of New York, Section: 31 Block: 33 Lot: 28. Approximate amount of judgment \$530,733.95 plus interest and costs. Premises will be sold subject to provisions of the filed Judgment Index #001984/2013. The aforementioned auction will be conducted in accordance with the NASSAU County COVID-19 Protocols located on the Office of

Court Administration (OCA) website (<https://ww2.nycourts.gov/Admin/oca.shtml>) and as such all persons must comply with social distancing, wearing masks and screening practices in effect at the time of this foreclosure sale. Ralph Madalena, Esq., Referee FEIN, SUCH & CRANE, LLP 28 East Main Street, Suite 1800 Rochester, NY 14614 FSLJN209 77983 142552

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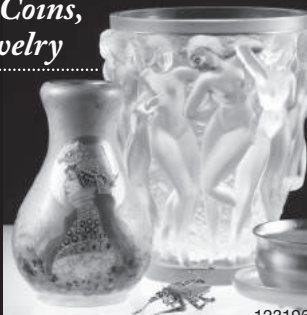
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## OPINIONS

# Legislators in Albany need to tackle the migrant crisis

New York City is home to many famous landmarks and attractions, such as Times Square, Wall Street and New York-style pizza. Yet what people associate with New York today is the migrant crisis, a growing and complex problem with statewide consequences.



**ED RA**

Since the spring of 2022, more than 116,100 migrants have flooded into the state. The lack of planning by Gov. Kathy Hochul and New York City Mayor Eric Adams has resulted in a severe humanitarian crisis and a strain on public resources. Our local communities are shouldering the burden of providing essential services such as health care, education and social services to migrants and their families, stretching their resources thin.

This crisis isn't just a federal issue; it affects every corner of our state. From Long Island to Buffalo, from the five boroughs to the North Country, its conse-

quences are felt by our citizens, our communities and our local governments. The humanitarian challenges and security concerns stemming from the influx of migrants at our borders and throughout our state demand immediate and comprehensive attention.

We must convene a special session of the State Legislature to address this crisis, and act now to protect the interests of our state and its residents. Protecting our communities and upholding the principles of compassion and humanitarianism are not mutually exclusive. Unfortunately, neither of these standards is currently being met.

The Assembly's Republican conference has been calling for these actions for several months, but has been met with silence. Even more troublesome, federal and state leaders continue to dance around the problem with backward approaches such as offering nearly a half-million Venezuelan migrants legal status and work permits. We don't want immigrants sitting idly, but there

must be a process in place to ensure that public safety and resources are maintained.

Assembly Republicans proposed legislation that would do so, including adopting a resolution calling on the federal government to provide financial assistance to the state, and to reverse the Executive Order of 2017 that prohibits law enforcement from cooperating with Immigration and Customs Enforcement for the purpose of enforcing federal immigration law. It would also end New York's status as an illegal immigration sanctuary, and require the state to register all migrants in order to assist with background checks and monitor refugees seeking asylum here.

The 2023-24 state budget allocated \$1 billion to New York City for migrant humanitarian assistance. However, this allocation lacks clear guidance or oversight regarding its specific utilization. It is crucial that leaders from across the state know where these funds are going. My bill, A.7508, a two-pronged effort to ensure transparency, would require the

governor to submit a report to the Legislature every 30 days detailing how state and federal funds are being spent on humanitarian aid for migrants, and require the comptroller to audit those funds every 30 days.

The need for this bill is evident, given recent revelations about DocGo, the private medical services company Adams partnered with to oversee activities at upstate hotels housing migrants. A state investigation into DocGo uncovered alarming problems, including the employment of at least 50 security guards — compensated at a staggering rate of \$1,200 per day — working without proper licensing.

Convening a special session in Albany to address the ongoing migrant crisis isn't just a necessity, it is our moral and civic duty as elected representatives of the people. We must put aside political differences and work together to find practical solutions to this complex issue. By doing so, we can uphold the values of compassion, security and economic stability that define our great state.

*Ed Ra, who represents the 19th Assembly District, is the ranking Republican on the Assembly Ways & Means Committee.*

**I**t isn't just a federal issue. It affects every corner of our state, from Long Island to Buffalo.

## World news not fit to print or post

Try not to consume the horrific war news out of Israel with your family dinner.

The Hamas terror attack on Israel last week demanded our full attention. Many of us sat pinned to the TV, as we did after 9/11. The parenting challenge of the moment, as if we needed another mountain to climb, is to limit our children's access to TV and social media accounts of the war in the Middle East. As the adults in the room, we must take charge of what we want our young children, and even our teenagers, to see and hear.

For our own health and well-being, we need to limit our consumption of violent news reports and videos. There is a difference between educating ourselves and subsuming our daily lives to details of the horror unfolding nearly 6,000 miles away. The media are unlikely to exert restraint. So we must.

Unfortunately, our kids have access to streaming video games in which the violence is vivid and shocking. The membrane between the gaming world

and the real-world videos coming out of Israel is thin and permeable. It can be overwhelming to developing minds.

We need to talk to our children and grandchildren, and give them a sense of history and an education about the ongoing conflicts in the Middle East. We need to protect them from the sensational posts on the internet and help them understand how militant tribes and clans and communities can divide a country, overtaking our best instincts. Even here in America.

Teenagers today, the survivors of a life-changing global pandemic, a generation of kids struggling with unprecedented levels of anxiety and depression, need our protection and censorship when it comes to what they see and hear. This has always been true, but we need to step up our supervision of online viewing, because we cannot trust news outlets to monitor themselves. The gathering war in the Middle East brings a new level of exposure to our kids, who know how to find videos and postings, some true, some fake, on their phones and other devices.

While we limit their exposure to inappropriate news, as citizens we must keep ourselves informed and involved.

The war will surely pull the U.S. into the conflict on many levels. I try to find responsible newspapers, reporters and opinion pages to keep me updated. How else to get a full account of a painful, complex and ongoing human tragedy?

As a journalist, I feel proud of the foreign correspondents who raced into the war zone and began reporting what they saw and heard. Richard Engel, Clarissa Ward, Ali Velshi, Norah O'Donnell, Lester Holt, Trey Yingst and dozens of others rushed into the battle on the ground. Putting themselves in harm's way every day, they allowed us back home to see real people, in real time, reacting to the Oct. 7

invasion. I especially appreciate the reportage that includes sources and eyewitness accounts to validate the information they broadcast. They are well informed and calm, even under fire. Inevitably, there will be casualties among the journalists as the war escalates.

They bring us the stories, but the stories are not always appropriate for kids. We need to know the details, but our children don't. Our homes must be safe, peaceful havens for them.

I have had conversations with my

grandchildren, one of whom was in Israel in May, about the geography of Israel being its destiny, and the ancient tribal feuds that still fuel the hatred and violence that is evident today. TikTok and Facebook don't do justice to this unfolding story; it requires a level of gravitas fully grounded in the long history of the region.

Last night, eyewitness after eyewitness went on the air on CNN to tell the first-hand accounts of their wives or mothers or brothers being pulled from their homes. Young people spoke of friends being shot down in front of them at the desert music festival. MSNBC broadcast photographs including one of a baby shot dead in its bed on a kibbutz.

These emerging details of murdered and kidnapped Israeli children tilt the moral universe. As the war accelerates, it will tilt further.

My obligation as an American citizen is to stay informed. My choice as a Jew is to support Israel's right to exist and thrive. My obligation is also to protect my grandchildren from the photos and videos of Hamas terrorist attacks on young kids just like them.

They do not need to witness the shock and awe of war to know that raging violence is shocking and awful.

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**W**e need to protect our children from the war's horrific words and images.



**RANDI KREISS**

## GLEN COVE HERALD

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Incorporating  
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# HERALD EDITORIAL

## Fighting cancer must not end in October

Nearly one in every eight women will develop breast cancer in their lifetimes. This year, according to the American Cancer Society, nearly 300,000 new cases of invasive breast cancer will be diagnosed in women in the United States alone, with another 56,000 cases of ductal carcinoma in situ — an affliction of milk ducts that turn malignant, which is said to be an early form of breast cancer.

We promote awareness for this each year with a massive display of pink almost everywhere we turn. From pins that many wear on their lapels, to ribbons, to posters, to equipment worn by many of our sports icons, pink has become synonymous with our fight against breast cancer — the most common form of cancer in the world.

Hundreds of millions of dollars are raised for breast cancer awareness and research each year, and we can view those efforts with a sense of accomplishment for all that's achieved over the month-long campaign.

Yet as October draws to a close, those pink ribbons are replaced by Halloween and then Thanksgiving decorations, as the holiday season approaches. We turn our attention from cancer to other things.

But cancer doesn't move on. In fact, some 50,000 people will be diagnosed with breast cancer between the beginning of November and the end of the year. That's one woman every two minutes who will receive news that will change her life. These women simply can't wait for October to roll around again for cancer to become society's primary focus.

It's not that cancer isn't important to us all year-round. It's just that all of us live busy lives, with so much that demands our attention. Still, there are ways to at least keep cancer in the conversation — and to continue giving even when the calendar page flips past October.

The efforts of the American Cancer Society, for one, continue all year. Founded in 1946, the organization has invested more than \$5 billion in research, including providing seed funding for 49 researchers whose work has won Nobel Prizes. One of the early researchers was Dr. Sidney Farber, who, in the cancer society's first year, achieved remission of acute leukemia, successfully using chemotherapy for the first time.

When we do give of ourselves, it's hard to see where those dollars end up. But all we have to do is take a moment and think of a cancer survivor. Any cancer survivor. Before World War II, a cancer diagnosis was almost always a death sentence, or required highly invasive surgery that promised little hope of success.

Now millions of people call themselves survivors, thanks to research and awareness that mean early diagnosis of cancer — and significantly increase the chances of success in treating it — that would not have happened if it weren't for giving people like you. The American Cancer Society says that its programs have reduced the death rate from cancer by nearly a third. And 3 million more people got to return to living their lives after a cancer diagnosis between 1991 and 2017 because of those efforts — helping everyone, no matter what kind of cancer they're fighting.

Please keep giving to charities like the American Cancer Society (Cancer.org), St. Jude Children's Research Hospital (StJude.org), the Livestrong Foundation (Livestrong.org), the American Institute for Cancer Research (AICR.org), and the Cancer Research Institute (CancerResearch.org).

Closer to home, we have:

- The Children's Leukemia Research Association (ChildrensLeukemia.org) in Garden City
- The New York Cancer Foundation (NYCancerFoundation.org) in Port Jefferson
- Cans 4 Cancer and Recycling 4 a Cure (Recycling4ACure.org) in Garden City
- The Long Island League to Abolish Cancer (LILeagueToAbolishCancer.org) in Old Bethpage
- The Rockville Centre Breast Cancer Coalition (RVCBCC.org)
- Cure Cancer With Music (CureCancer-WithMusic.org) in Freeport
- Israel Children's Cancer Foundation (IsraelCancer.org) in Lawrence
- Hewlett House (Hewlett-House.org) in Hewlett

And that's just the tip of the iceberg.

Giving life is not something we should focus on for just one month of the year. It should always be in the back of our minds, so we can continue making a difference. And continue until we finally defeat cancer once and for all.

## LETTERS

### Supporting Fugazy Scagliola, Zozzaro

To the Editor:

As the former executive director of the Glen Cove Business Improvement District, I have had the opportunity to work with the current City Council, as well as some of the candidates who are running for election.

City Councilwoman Danielle Fugazy Scagliola has always been a staunch supporter of small businesses in Glen Cove, and has been a board member of the BID for over 10 years. During the pandemic, she didn't have to be nudged to help the community and show up for our small businesses. When many were sheltered in their homes, Danielle went from business to business to check in with their owners, and held a webinar to see that their needs were met and provide them with the PPP paperwork they needed to apply for pandemic aid. As a small business owner downtown for 15 years, she knew what was needed and set out to provide it.

Danielle supported the various food pantries in Glen Cove, ensuring that they were able to aid our most vulnerable citizens. She was always my go-to person on the council when I wanted to get something



## WE STAND WITH ISRAEL

## OPINIONS

# 'Never again' is right now

I unequivocally condemn the horrifying and despicable terrorist attacks launched by Hamas on innocent Israeli civilians on Oct. 7.

I am overwhelmed with admiration for the bravery displayed by my cousins currently serving on reserve duty in Israel. And I am praying for the continued safety of my grandmother and



**JOSHUA  
LAFAZAN**

aunts and uncles, who are sheltering in place. On a personal level, I am so grateful for your continued prayers for the safety of my extended family.

As the proud grandson of my late Grandfather Boris, a Holocaust refugee, and as person of Jewish

faith, I have struggled to articulate the depths of the devastation I am feeling. But as an elected official, I write with a responsibility to speak with absolute

clarity during this difficult time.

Though the war is thousands of miles away, our work locally is so important at this moment. There are actions we need to take here in our county, including the following:

- Continuing to work in partnership with the Nassau County Police Department to increase the frequency of patrols and the number of police guarding our houses of worship and neighborhoods;

- Upholding the law I co-sponsored to ban companies who support BDS (Boycott, Divestment and Sanctions) from earning government contracts;

- Ensuring that we, as a county, fully abide by the International Holocaust Remembrance Alliance's working definition of anti-Semitism, which we adopted in 2021;

- Working in tandem with Long Island

nonprofits to fulfill supply drives and shipments of products to Israel for soldiers and citizens.

The sheer barbarism of the Hamas attack is hard to fathom. It is gut-wrenching and almost inconceivable to think that these terrorists kidnapped, raped and tortured women. They beheaded dozens of babies. They captured wheelchair-bound senior citizens. And we continue to discover more Israeli deaths at the hands of unspeakable terror.

As difficult as it is, we cannot look away. It's right now, in *this* moment, that the world must stand united in its categorical belief that these crimes against humanity must lead to the final elimination of Hamas and its abominable reign of terror from this Earth.

It is with a heavy heart that I recall conversations with my late Grandfather

Boris, because he would remind me consistently to promise him I would always remember two very important words: Never. Again.

Though he is no longer with us, I wish I could respond to him: "Never again" is right now.

And so in his memory, I declare: To our friends of all different faiths and backgrounds who have spoken out to support Israel: We are grateful for your solidarity.

To those institutions, nations and individuals who have chosen to equivocate in this moment: We will remember with disgust your silence.

And to those terrorist, inhuman savages in Hamas who perpetrated these atrocities: We, the Jewish people, a people who have overcome adversity for thousands of years, will eradicate you from the face of the Earth.

May God bless and protect Israel, and may God continue to bless the United States of America.

*Joshua Lafazan represents Nassau County's 18th Legislative District.*

**A**s difficult as it is, we cannot look away. The world must stand united.

## LETTERS

done. With her assistance, the BID was able to devote prompt attention to our downtown's needs. Supporting local businesses has a positive impact on the community and the economy, and Danielle has been an integral part of that for the BID.

Over my six years as its executive director, I also had the privilege of working with John Zozzaro, a candidate for City Council. John made sure he was always available when needed by the BID. During the pandemic, he not only did everything to keep his own restaurant afloat, but reached out to restaurants in the downtown and beyond to help them. That came naturally to John. Additionally, with the support of Nassau County Legislator Delia DeRiggi Whitton who fought for new laws to limit the fees charged by third-party delivery companies.

Being a leader in the community is not about photo ops. It is about having the insight to solve the problems of today for the future of tomorrow. It is about having a true love, empathy and passion for your community and the ability to collaborate. It is about integrity, courage and accountability. Danielle Fugazy Scagliola and John Zozzaro both have exhibited these characteristics, and more, over the years. Glen Cove is fortunate to have them as part of our community. As elected officials, we are even luckier.

PATRICIA HOLMAN  
*Glen Cove*

## Where are we heading?

To the Editor:

I am an 82-year-old mature active senior citizen who, like many other seniors, has

gone through life working hard, performing the best I could at anything that came my way. I pride myself on being considerate of others, truthful in everything I say or do and not being afraid to admit to what I have said or done.

I have always listened to my heart and gut, and used my common sense whenever I have dealt with things that have come up in my life. Right now I am finding that my heart is heavy, my gut is telling me something is wrong and my common sense is telling me to wake up.

Our grandparents and parents did their thing, my generation, ours, our children's, theirs, and now our grandchildren will create theirs. My hope is that the freedom we all had in the past, who so many fought and gave their lives for, will be there for our grandchildren's generation to enjoy in their future and in all the future generations to come. And this brings me to the part of why my heart, gut and common sense are telling me to wake up.

For the first time in my life, I am receiving mail that I feel would be called propaganda if I lived outside the U.S. The tone of the mailers, and seeing all the "check the facts" referrals, also on the mailers, in small print, makes it clear to me that all of the information is based on information obtained through bias newsletters, opinions and made-up news. When I read the mailers, I am left shaking my head in disbelief. What is the purpose of these mailers? For the life of me, I can't think of any reason why a political party would want to attack someone from another political party in such a way. What are they afraid of? As far as I know, one person in government does not have the ability to sign anything into law by themselves.

## FRAMEWORK by Tim Baker



At a rally and supply drive in Eisenhower Park — East Meadow

Where are the days when a politician would talk about what they would be doing if elected instead of knocking their opponent? I recall, in "The Wizard of Oz," Dorothy meeting with the wizard, who has the loud, strong voice of a man who is built of power. Dorothy is reacting in fear when Toto pulls back a curtain to reveal a short, everyday man with a normal voice, a person just like her. I can only imagine what we would find behind the scenes if we could only find the right curtain to pull.

What comes to my mind, because I can't find the right "curtain," is to ask you all to stop, take a deep breath, and think. Think about what is really happening, and

ask yourself why it is happening.

Is it something that we, the people, will benefit from? The following are 12 words, words that I feel are full of wisdom, written many years ago by Eleanor Roosevelt: "Great minds discuss ideas, average minds discuss events, small minds discuss people." Do you want a candidate who will work for you, or do you want a candidate who will just talk about other people? Remember, united we stand, divided we fall, and, most important, the government was created by the people and for the people.

AUDREY CUPOLO  
*East Norwich*



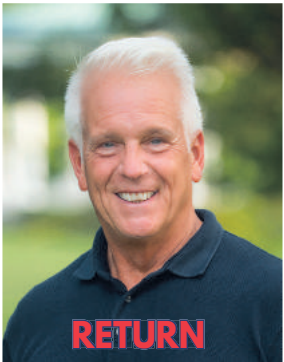
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## VOTE FOR REPUBLICAN LEADERSHIP & EXPERIENCE

UNDER MAYOR PAM'S LEADERSHIP, TEAM PANZENBECK WILL CONTINUE TO MAKE GLEN COVE A BETTER PLACE TO LIVE



### RE-ELECT PAM PANZENBECK FOR MAYOR



GRADY FARNAN

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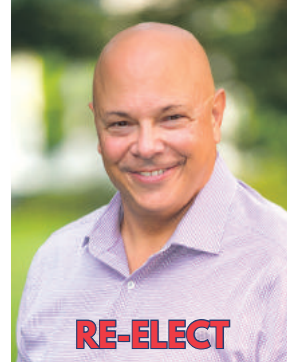
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ELECT



KEVIN MACCARONE

RE-ELECT



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RE-ELECT



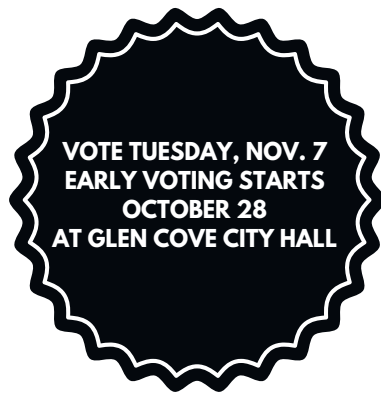
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RE-ELECT

### ELECT FOR CITY COUNCIL

- We will continue to **invest** in the City's recreational facilities
- We will continue to be a **fiscal watchdog** and hold the line on taxes
- We will continue to prepare **realistic and sound** budgets and monitor spending in all departments
- We will continue to be **fully accountable and responsive** to all residents
- We will continue to **make improvements** to our infrastructure

## TEAM PANZENBECK WILL CONTINUE TO IMPROVE THE OVERALL QUALITY OF LIFE FOR ALL GLEN COVE RESIDENTS



# VOTE ROW B VOTE TEAM PANZENBECK