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**Vote for Santos  
expulsion coming**  
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**Students honor  
local veterans**  
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\$1.00



Courtesy Gaitley Stevenson-Mathews

## Trotting like a turkey even if you come in last

Thanksgiving people traditionally enjoy a feast with all types of trimmings with a turkey as the centerpiece. In Glen Cove residents have the opportunity to also participate in an early morning annual turkey trot as Scott Macnow did, finishing last, but with pride.

## Two cell carriers piggybacked on the city meter

By **ROKSANA AMID**

ramid@iherald.com

When Rocco Graziosi, the project manager for Glen Cove's Department of Public Works, discovered that the city had been subsidizing the utility payments of phone service carriers AT&T and T-Mobile for three decades, he was understandably shocked.

Last spring, Graziosi was working on an unrelated project when he saw the utility bills for the city's two parking garages on his desk. He noticed that the electricity bill for the Pulaski garage was much higher than the one for the Brewster Street garage. The structures are roughly the same size, so he found it odd that Pulaski was apparently using some 200,000 kilowatts more electricity than Brewster Street.

Graziosi went to the Pulaski garage to investigate the discrepancy, and traced the cell tower wires that were installed there back to the city's electric meter. When representatives of AT&T and T-Mobile conducted their own investigation, they

confirmed Graziosi's findings that, in fact, they were taking electricity from the city's meter.

It was ultimately determined that AT&T has been piggybacking on the city meter since 1995, and T-Mobile since 2010.

Graziosi said he was amazed that the city had been subsidizing the utility costs of two of

**I**t really should have been AT&T and T-Mobile making these payments all these years.

**ROCCO GRAZIOSI**  
 Glen Cove  
 Department of  
 Public Works

the largest companies in the world for decades. "It really should have been AT&T and T-Mobile making these payments all these years," he said.

Since the findings, Graziosi has been working with the cellular carriers to ensure separate and accurate meter readings, which will allow the city to properly bill them for their energy consumption. City Controller Mike Piccirillo estimated that the combined total is roughly \$25,000 per year.

Since the carriers have been using city electricity since the inception of their cellular site agreements — which require cellular tenants to pay for their own electricity consumption — Piccirillo has been working with AT&T and T-Mobile to

CONTINUED ON PAGE 4

## Courthouse renamed after retired judge

By **ROKSANA AMID**

ramid@iherald.com

Judges are trained to examine the facts of cases before them, study the relevant law and issue rulings, but some, like Richard J. McCord, who develop reputations as exceptional jurists, have an additional skill: exercising empathy while upholding the law.

McCord, one of the longest-serving elected judges in Nassau County, has been honored by having his name immortalized on the Glen Cove city courthouse where he presided for more than three decades of his distinguished career.

"As you could imagine, some cases are much more complex than others — they involve fami-

lies, children, people in the wrong place at the wrong time," City Councilman Jack Mancusi said, adding of McCord, "Deciding which case to bring the full weight of the law, and which cases to bring the understanding of a wise man, he's just expert at that. You can't teach anybody that. It comes from his heart."

Mayor Pamela Panzenbeck, along with many others city officials, said that McCord was known for his fair and just decisions.

McCord's 34-year tenure in the city's judicial system began well before the current courthouse was built in 1993. City Hall was located at 1 Bridge Street, now police headquarters. There were plans to build a new police and court com-

CONTINUED ON PAGE 6



**LOOK INSIDE**  
**Top Chief Officers Awards**



# Widespread support for Santos' expulsion

By **ROKSANA AMID & LAURA LANE**

of the Glen Cove Herald

Congressman George Santos may soon no longer be a member of the House of Representatives. A resolution to expel him from Congress was introduced Nov. 17 by Republican House Ethics Committee Chairman Michael Guest. Then on Tuesday, Rep. Robert Garcia put forward a privileged resolution in the House for expulsion, which requires a vote within two days.

It's the California Democrat's second attempt to unseat Santos, who represents the North Shore and part of Queens. Garcia's first effort was on May 16, after Santos was hit with federal charges of wire fraud and lying to officials. But most Republican Congressional members said they would not vote for expulsion then, citing Santos' right to due process, which would be satisfied upon completion of a pending House Ethics Committee investigation into the New York congressman, which began on Feb. 28.

Rep. Anthony D'Esposito, a Republican from Island Park, had also sponsored an expulsion attempt against Santos, which made it to the floor on Nov. 1. But the resolution failed because it did not receive the two-thirds majority needed.

Santos has said on X, the social media platform previously called Twitter, that he believes this time he will be expelled.

Guest's resolution came on the heels of the Ethics Committee's scathing 56-page report released on Nov. 16 detailing evidence Santos broke federal laws, stole from his campaign and delivered a "constant series of lies" to voters and donors on his way to winning a seat in the House of Representatives.

"At nearly every opportunity, he placed his desire for private gain above his duty to uphold the Constitution,



Tim Baker/Herald

**Constituents from the 3rd Congressional District have been protesting against Rep. George Santos since he was elected, demanding he resign or be expelled.**

federal law and ethical principles," the report reads.

Constituents from the 3rd Congressional District, including members of Concerned Citizens of NY-03, a bipartisan non-profit organization dedicated to Santos' removal, believe the findings in the Ethics Committee's report is telling.

"We believe the report makes an incredibly strong case for his expulsion," said Jody Kass Finkel, an organizer with Concerned Citizens, a bipartisan non-profit organization dedicated to Santos' removal from office. "But we also recognize that expulsion is a momentous

action that cannot be taken lightly by the house."

Santos has pleaded not guilty to 23 federal charges, including allegations of fraud related to receiving coronavirus pandemic unemployment benefits, misusing campaign funds and lying about his personal finances on House disclosure reports.

"The fact that it's taken 11 months for this type of resolution to be introduced by a significant plurality of the Congress is insane," said Josh Lafazan, a Democrat legislator for Nassau County's 18th district, who until recently was running for Santos' seat. "My question to anybody on the fence is, what more do you need to see?"

Lafazan noted that many of Santos' constituents who feel misrepresented aren't reaching out to him for matters such as passport renewals. They are instead calling Lafazan's office.

It's far less important who replaces Santos, Lafazan said, "because at least there will be a functioning member of Congress" for the remainder of his term.

Kellen Curry, a Republican running for Santos' seat, said he believe the ethics report has had a galvanizing effect on building upon the last two resolutions for expulsion.

"If he doesn't resign, then I think he will be expelled once that vote does happen," Curry said. "So much of what's going on with Santos is really in the past at this point. I think his announcement that he's going to not run for re-election is really the beginning of a new conversation."

That "new conversation" Curry alludes to include the possibility of a special election, something New York's Governor Kathy Hochul said she would support.

"I'm very happy to have him resign," Hochul told CNN in a clip posted on X. "Stop the embarrassment that has befallen the people of his district and the State of New York. Just go away."

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# Christmas spirit lights up Glen Cove

By **ROKSANA AMID**

ramid@liherald.com

The holidays are a favorite time of year, and it's easy to understand why. It's a time where families celebrate, gathering from far and wide. For many of us, taking in our neighbors' outdoor holiday lighting displays and other decorative touches is as much a part of the season as exchanging gifts and singing Christmas carols.

"I've been decorating my house every year for all 20 years of my life alongside my mom, who also loves it," Haley Deecken, a Glen Cove resident, said. "I do it because I love being able to make something beautiful for others to enjoy and because Christmas is something that makes me happy at heart."

Businesses get festive too. Last year the Glen Cove Downtown BID purchased new decorations to adorn lamp-posts throughout downtown, most of which was made possible through a grant that Assemblyman Charles Lavine acquired.

But having decoration signify a holiday or a means of uplifting spirits goes back centuries. Long before people started decorating their homes and living rooms, the ancient Romans decorated their homes with wreaths of evergreen as part of their Saturnalia celebrations. As one of few plants flowering in the dead of winter, evergreens stood as a symbol for enduring life in the midst of the cold, dark season throughout Europe.

Decorated trees date back to Germany in the Middle Ages, with German and other European settlers popularizing Christmas trees in America by the early 19th century. A New York woodsman named Mark Carr is credited with opening the first Christmas tree lot in the United States in 1851.

Christmas lights were made famous by Edward Hibberd Johnson, who had the bright idea of stringing bulbs around a Christmas tree in New York in 1882. By 1914, the lights were being mass-produced and now some 150 million sets of lights are sold in the U.S. each year.

Christmas traditions grew with the legendary figure of Santa Claus who can be traced back to St. Nicholas, a Turkish-born monk from the third century who traveled the countryside helping the poor and sick. In Holland, St. Nicholas is known as Sinter Klaas, and the anniversary of his death on Dec. 6 is a much-loved holiday. Dutch immigrants to New York brought Sinter Klaas to America, where writers like Washington Irving penned entertaining tales of the anglicized Santa Claus.

In 1955, at the height of cold war tensions with the Soviet Union, a general at the Continental Air Defense Command in Colorado received a call on a top-secret hotline. Bracing himself for news of a missile attack, the general instead heard the shaky voice of a young boy asking, "Are you really Santa Claus?" The number had been mistakenly pub-



Photos by Roksana Amid/Herald

Haley Deecken said she loves decorating her home for the holidays.

lished in the newspaper as a Sears Santa hotline. Instead of dismissing the incident, the general embraced the role as the official Santa Tracker. The massive satellite network is used once a year to broadcast Santa's exact whereabouts.



Department of Public Works employees Damion Stavredes helped decorate the downtown with holiday banners and decorations.



Glen Cove's Department of Public Works set up their Christmas tree for the winter festival on Dec. 2. The festive lights will brighten spirits for the holidays.



Courtesy Jill Nossa

Every year, the Glen Cove Business Improvement District hangs lights to celebrate the holiday season.



## CRIME WATCH

November 30, 2023 — GLEN COVE HERALD

# Jim Masikos, of Glen Cove, charged with sexual abuse

Jim Masiakos, 58, of Glen Cove, was charged with sexual abuse and endangering the welfare of a child. He was arraigned at the First District Court in Hempstead on Nov. 22.

Masiakos, who lives on 22 Reynolds Road, was working from his home on Aug. 22 as a modeling photographer for children. He was in the process of taking measurements for a 10-year-old female victim when he allegedly inappropriately touched her. The victim, who lived in Montana, notified her family of the incident when she returned home. Her father then reported it to their local Police Department, and the Nassau County Special Victims Squad initiated an investigation.

Masiakos was placed under arrest without incident. No injuries were reported at the scene. Detectives request anyone believing they may have been a victim of Masiakos to contact the Nassau County Special Victims Squad: (516) 573-4022 or dial 911. All callers will remain anonymous.



Courtesy Glen Cove Police Department

**Jim Masiakos, of Glen Cove, was charged with sexual abuse and endangering the welfare of a child. He was arraigned at the First District Court in Hempstead on Nov. 22.**

### ARRESTS

- A 28-year-old Glen Cove man was arrested on Nov. 19, for aggravated drinking while intoxicated, drinking while intoxicated and criminal possession of a controlled substance on Glen Cove Avenue.
- A 30-year-old homeless man was arrested on Nov. 22 for robbery on Glen Street.
- A 28-year-old Glen Cove man was arrested on Nov. 12 for aggravated

unlicensed operation and numerous vehicle and traffic violations on Cambridge Court.

- A 28-year-old Glen Cove man was arrested on Nov. 14 for criminal contempt and criminal mischief on Hazel Street.
- A 23-year-old Fresh Meadows man was arrested on Nov. 17 for one count each of aggravated unlicensed operation of a vehicle, driving without a license and operating an unregistered vehicle on Forest Avenue.

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



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Roksana Amid/Herald

The City of Glen Cove has been subsidizing the utility costs of phone service carriers AT&T and T-Mobile for three decades.

## Dept. of Public Works discovers overpayments in electricity bill

CONTINUED FROM PAGE 1

ensure that Glen Cove was reimbursed for the cost of their energy consumption that the city has covered. He negotiated an \$85,000 settlement with T-Mobile in October, for costs dating back to December 2009 — well beyond the state's six-year statute of limitations — and a \$52,750 settlement with AT&T, payment of which he said is expected shortly, for amounts owed the city since 2018.

Piccirillo said that the city's contracts with the carriers haven't changed as a result of the findings, but when they are renewed, the city will add language to ensure that it is better

protected going forward. Asked why the overpayments happened for decades, Piccirillo said he was unsure of the cause, noting that he was hired in 2020.

He speculated that the DPW, those in his position and those who worked on the licensing agreements at the time never questioned where the cell tenants were getting their energy.

"We're working hard to ensure that this doesn't happen anymore," Mayor Pamela Panzenbeck said. "This is something that slipped through the cracks a number of years ago, and we need to make sure it doesn't happen again."

## NEIGHBORS IN THE NEWS

### Lisa Larsen Hill, of Glen Cove, elected president of international organization

Lisa Laren Hill, a resident of Glen Cove for 27 years, was recently elected President of The Network of Biblical Storytellers International, whose mission is to encourage learning and telling biblical stories. Membership extends to Africa, India, Australia, and South Korea.

"I'm honored and excited to be elected President of NBSI," Larsen Hill said. "This is an organization I've been passionate about since joining in 1995. Everyone loves stories, which come alive when you tell them instead of reading them."

Larsen Hill is the founder of Seeds of Faith for Women Inc., a 501 c (3), and is co-founder of Daughters of Abraham, bringing women of the three Abrahamic faiths together. Both organizations focus on sharing how faith

can impact our daily lives.

In addition, she has been a christian seminar leader/certified lay speaker for over 20 plus years and serves various churches on Long Island. Along with her husband, Roger, she is the co-event director for the Kiwanis' Sea Cliff Mini Mart.

She is also a member of American Christian Fiction Writers. Larsen Hill is a contributing writer to "Courage to Write" and is pursuing publishing her first Biblical fiction based on a story she learned at NBSI.

Larsen Hill sees today as especially relevant to her new leadership role. "In these days of darkness," she said, "I look forward to joining the board to spread words of encouragement, hope, and light."



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# Richard McCord known as empathetic, 'wise man'

CONTINUED FROM PAGE 1

plex on the site where the Atria is now, but those plans changed when the owners of the Glen Cove Trust Co., the city's first bank, donated the property. As buildings were remodeled and designations changed, McCord worked in a mobile construction office.

Born and raised in Glen Cove, he graduated from Jericho High School in 1970. McCord earned a Juris Doctor from Quinnipiac School of Law and a Bachelor of Arts from Columbia University in 1980. McCord was inspired to study law by his maternal great uncle Thomas DeBellis, who was a judge in the Bronx.

"I was always impressed by how articulate he was, and how he would simplify the law for us to understand growing up," McCord said.

When he finished law school, he was appointed Glen Cove's deputy mayor, and held that position from 1980 to 1983. He chaired the city housing authority from 1983 to 1988, and was then appointed associate judge of the city court, where he served from 1988 through 1994 alongside Judge Joseph Vetrone.

McCord won his first election, for supervising judge in 1995, and when he retired last year, he was the longest-serving judge in the history of not only

Glen Cove, but Nassau County. In addition to overseeing criminal matters, McCord acted as a mediator, and presided over countless weddings.

By all accounts, he served the community with fairness and integrity. During his time on the bench, he initiated

programs such as the Adolescent Diversion Program, including the very successful Teen Court, which McCord created after seeing how minors were intimidated by the court system. When he retired, he passed the responsibility of overseeing the educational program to Councilman Kevin Maccarone.

McCord's longtime motto is, "Education is the best form of crime prevention."

His goals for Teen Court have been to give participants the chance to become familiar with the court system while learning the repercussions of violating the law. He wanted to make the proceedings less frightening and more educational for youthful offenders, with penalties that were appropriate for their violations.

These programs were some of the first of their kind in the Nassau County court system, and their impact inspired other courts to implement similar ones.

Outside the courtroom, McCord is

**O**u can't teach anybody that. It comes from his heart.

**JACK MANCUSI**

Glen Cove city councilman



Roksana Amid/Herald

For 34 years, Judge Richard J. McCord officiated at weddings, served as court mediator and established the Teen Court Program in Glen Cove, in addition to serving as city judge. To honor his distinguished career, the city courthouse has been named after him.

the former chairman of the now shuttered All-Saints Regional Catholic School; a member of the Sons of Italy,

the Elks Club and the Knights of Columbus; and a board member of the Glen Cove YMCA.



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## Caregiver Agreements

Family members as caregivers overwhelmingly provide for elderly and disabled loved ones at home. Although a labor of love, taking care of ailing loved ones also has a market value, meaning that caretakers may be paid as a way to protect assets.

Through the use of a Caregiver Agreement, also known as a Personal Services Contract, the disabled or elderly person may transfer money to family members as compensation rather than as a gift. Gifts to family members made in the last five years before applying for Medicaid to pay for nursing home costs disqualify the applicant from receiving Medicaid for a certain period of time, known as a "penalty period".

For example, mom depends on daughter Janice for her care. If mom gifts \$180,000 to Janice, then goes into a nursing home in the next five years and applies for Medicaid, the gift to Janice will result in about a ten month penalty period. Janice will have to give the \$180,000 back to mom to pay nursing home costs during the penalty period, or mom will have to use other resources to pay.

Instead, using a Caregiver Agreement,

mom pays Janice \$3,000 per month for care giving services. If mom moves to the nursing home in five years, the payments to Janice are compensation, not gifts. Caregiver Agreements must follow strict rules, so should be drafted by an experienced elder law attorney. The Caregiver Agreement must detail the services to be performed and the obligations of the parties. The payment is based on the going rate of caretaking in that county. Compensation is clearly delineated with hourly and yearly calculations for 24-hour personal care. Janice must actually give the care and document her caretaking duties. Mom must actually need the care, which should be documented with a doctor's note. To protect family relationships, it's recommended that all family members agree with the arrangement even if they are not parties to the agreement.

Janice's compensation has tax consequences. She reports the payments as ordinary income on her income tax return and pays income taxes on the amount received. In some cases, mom may be able to deduct the payments as a medical expense.

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Roksana Amid/Herald

Carolynn Eipel founded CareFirst two years ago. She has always been a caretaker at heart, she said, and has dedicated her life to helping seniors since she was 18 years old.

# CareFirst finds a new home

By **ROKSANA AMID**

[ramid@iherald.com](mailto:ramid@iherald.com)

Few transitions in life are as emotional and challenging as the role reversal between aging family members and adult children.

Lisa Yeager fondly remembers her childhood with her aunt, Frances Lacarubba, and how loved and adored she felt alongside her growing up. But as Lacarubba's dementia and unspecified heart condition progressed in the last eight years, Yeager was faced with important decisions about home and health care.

Yeager, a Locust Valley resident, became a caretaker for her 84-year-old aunt, helping both financially and with everyday needs in her home. Yeager, also sought to help her aunt through Medicare, but they didn't provide the live-in assistance Lacarrubba needed.

While visiting St. Francis Hospital and Heart Center, the staff recommended CareFirst Home Solutions. The home care agency serves Long Island providing quality home health care, companion care and geriatric care management to clients and their families.

"Emotionally, it's just a huge weight lifted, knowing that she's got proper hygiene and proper nutrition," Yeager said. "Someone is there with her, and she's not alone, she's being cared for."

"Part of what we wanted to offer is the opportunity to help the professionals help their clients," Jennifer Eipel, director of care management said. "If you're a discharge planner at a hospital, you want to make sure that you're sending that patient home to a safe environment"

Jennifer Eipel said involving a Geriatric Care Manager ensures that things such as documentation won't be lost in that transition. A manager like herself has the opportunity to help a hospital reduce readmissions, and help people safely transition from a rehab back into their home environment.

Carolynn Eipel founded the agency two

years ago. It has been such a success that the company outgrew its previous location and has now moved to a larger space at 58 School St. in Glen Cove.

CareFirst provides personal care and companionship, services like grooming, bathing, dressing, walking, meal planning and more. Companions also engage in hobbies and activities.

"We're not just task focused, we really try to make it more about the whole person," Eipel said. "I'll often ask a family after meeting with them, what could we do that would just bring a big smile to your mother's face?"

CareFirst does assist with those recovering from surgery, undergoing cancer treatments or are in hospice, but the typical age of CareFirst clients' ranges from 75 and 102. This demographic, Eipel said, has seen their worlds shrink without friends or family. Sometimes they're alone in a house they've been in for 50 years.

Eipel has always been a caretaker at heart, and dedicated her life to helping seniors since her maternal grandmother was moved to a nursing home when Eipel was 18. Her heart broke, she recalled, when she visited her and saw her grandmother's state of care.

Her compassion and empathy moved her to question whether there was a better way to taking care of seniors. In 1997 she started working for Sunrise Senior Living as community relations director, and became executive director in 2005. Through the years she has worked at various senior care and assisted living centers. With a passion for learning about Alzheimer's, oncology and end-of-life care, Eipel was certified as a dementia care specialist in 2013.

A decade after starting her career in senior care, Eipel began working with the Glen Cove center, and became a SAGE board member in 2007. In 2021, Eipel opened CareFirst Home Solutions in Glen Cove, to provide the community with in-home caregivers.

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# Workforce housing now at Garvies Point

## Dozens to enjoy a modern, energy-efficient place to call home

By **ROKSANA AMID**

ramid@liherald.com

For many, the high cost of living has made the American dream of home ownership out of reach. Rent prices have dramatically increased in recent years, leaving renters to decide between groceries, rent and childcare. But now, Glen Cove has made it easier for those looking for affordable options and is sweetening the pot with access to the resort-style neighborhood at Garvies Point.

First pitched in 2002, the redevelopment of 56 acres at Garvies Point has gone through changes in developers, a drawn-out environmental cleanup, a housing market crash and a few lawsuits that collectively delayed the massive project along the way.

Backlash against the development at Garvies Point began in 2016, and in 2019, a state appeals court ruled against the Village of Sea Cliff and a group of 100 Glen Cove and Sea Cliff residents who sued to halt construction of the luxury development.

The Garvies Point Waterfront development took decades to get to this point, but once the construction started, it did not take long to see the transformation. Buildings rose, the landscape improved, and the waterfront is now usable.

The Green at Garvies Point, developed

by Georgica Green Ventures, LLC consists of two newly constructed four-story buildings containing a total of four studio apartments, 16 one-bedroom apartments, 29 two-bedroom and six three-bedroom units. The development is part of the city's effort to revitalize its underutilized waterfront through the creation of new housing, retail, and recreational space that were built as part of the wider revitalization effort. The \$32.3 million was included in the \$1 billion master plan by Uniondale developer RXR to add 1,100 market-rate apartments and condos in the coming years along the Garvies Point waterfront.

The new affordable apartments, which are built next to market-rate apartments on Dickson Street, sit on a former industrial site that now has walking trails, a kayak launch and two dog parks. Glen Cove Mayor Pamela Panzenbeck, who grew up near the development, said she was happy to see the area transform.

"I did not know that I lived on a toxic waste site," Panzenbeck said. "I want to thank you for making this beautiful opportunity for people to live here. Can you imagine, Anyone can walk down

along the esplanade. It doesn't matter where you came from, you're able to live here now."

In the last five years, New York State Homes and Community Renewal has created or preserved 1,200 affordable homes on Long Island. The Green at Garvies Point continues this effort and complements Governor Kathy Hochul's \$25 billion comprehensive housing plan to create or preserve 100,000 affordable homes across New York, including 10,000 with support services for vulnerable populations, plus the electrification of an additional 50,000 homes.

"Through this development, we're creating more affordable, safe housing for New Yorkers on Long Island," Hochul said. "The completion of The Green at Garvies Point not only ensures that dozens of New Yorkers will have a modern, energy-efficient place to call home, but it supports the transformation of Glen Cove's underutilized waterfront, bringing much-needed workforce housing to Nassau County.

Nassau County Legislator Delia DeRiggi-Whitton said she's hopeful the development can serve as a blueprint for

future efforts to diversify and expand local housing options.

"As a mother of three young adult daughters, the question I keep hearing is: 'What are we doing to create more housing options for young people?'" DeRiggi-Whitton said. "I am proud to say that this project in Glen Cove is a perfect example of how we can go about addressing this crucial regional issue."

The Green at Garvies Point was funded with \$13.4 million in federal low-income housing tax credits, \$7.7 million in state Homes and Community Renewal funding, \$900,000 in Nassau County HUD funding, IDA assistance and other bank financing. The complex was designed and constructed to be energy-efficient and meets the criteria for Enterprise Green Communities and U.S. Green Building Council LEED Silver Certification. Residential amenities include a gymnasium, a children's playroom, communal spaces, bike storage, laundry facilities, and on-site parking.

"These efforts will help address the outward migration crisis we face with our seniors and young adults here on Long Island," Councilwoman Marsha Silverman said. "This project is an illustration of state and local government partnering with the private sector to facilitate critically needed affordable housing."

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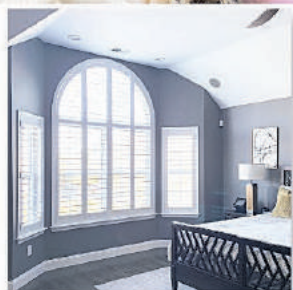
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# Clowning around at Thanksgiving parade

By TONI GALLO

Special to the Herald

On the surface, they are four ordinary women. But there is a lesser known side to their lives.

Lynne Fuentes is a certified public accountant living a relatively quiet life. That is, until eight years ago, when her sister, Noel, changed all that.

Noel, who lives in Glen Cove, worked at Macy's at the time, and took up the call by the store's managers to participate in the annual Thanksgiving Day parade.

As clowns.

"Noel jumped at the idea and thought it would be extremely fun," Lynne said. "I wasn't on board at first, because I always enjoyed going out the night before Thanksgiving, and being with my friends. But, as I got older and saw how much my other sisters enjoyed doing this, I decided to join them."

Noel lost her job at Macy's during the coronavirus pandemic, but that hasn't stopped the two sisters from going to the parade every year, if their other two siblings cannot all make it. But this year? They were all in.

"Obviously, some years, we were busy having kids," Lynne said. "But when we can, we always try to go together. It is so much fun. We really feel like kids doing it."

Noel and another sister — Kathleen Nuzzi of North Wantagh — began their journeys at Clown University, a part of the Big Apple Circus, where they "met the people that would be in their groups," and learned the ropes of clownery. Lynne and their other sister, Bernadette Johnson, chose to learn through experience.

"The first time I did the parade, I thought I would just do it once, just to say I did it," Noel said. "But me and my sisters fell in love with it."

This is now Noel's 12th parade.



Courtesy Toni Gallo

In a Macy's Thanksgiving Day Parade tradition, sisters Lynne Fuentes, Bernadette Johnson, Noel Fuentes and Kathleen Nuzzi — as well as friend Jody Ruggiero, second from right — made their way into the city as part of the clown contingent of the annual holiday gathering.

"I love how friends and family have made it their annual tradition to try and find us on TV," she said. "These are memories that my sisters and I can cherish."

Noel currently serves as a clown captain, after having been promoted her second year. Her role begins a few weeks before the parade at the Big Apple Circus,

where — with assistance from a professional clown — the group is taught a routine intended to entertain spectators along the parade route.

Additionally, Noel assists in "getting the group in their costumes, and painting on those red cheeks and noses," at around 6 a.m. at the meeting place of the New Yorker hotel, and ensures that the approximately 800 clown volunteers head to their respective buses, which will then bring them to their "clown corners."

She says she works hard to keep everyone enthused, and on pace throughout the long walk from West 77th Street and Central Park West to Sixth Avenue, in front of Macy's Herald Square.

According to Bernadette, the greatest joy of partaking in the yearly festivities is "sprinkling confetti all over the watching kids, shouting 'Happy Thanksgiving!'"

"I also love that it is something I get to do with my sisters," she said. "It has become part of our tradition."

But, bringing happiness to the faces of adoring children, as they "fill the gaps" between floats and performers, is not the only benefit of doing the parade.

Jody Ruggiero of Levittown — who the family refers to as their "adopted clown sister" — is someone Noel met through her training. They have worked the parade together ever since, and began putting together bags for the homeless before they get ready for the parade.

The good they are able to do, coupled with the friends and memories they have made, has made this annual extravaganza "something," Noel says, "we have completely fell in love with."

Toni-Elena Gallo is a reporter with The SBU Media Group, part of Stony Brook University's School of Communication and Journalism's Working Newsroom program for students and local media.

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# HERALD SCHOOLS

November 30, 2023 – GLEN COVE HERALD



Courtesy Glen Cove City School District

Students and faculty stood in solidarity with veterans, gathering at a donated display case featuring the history of local veterans.

## High school display case highlights the rich service of Glen Cove's veterans

Glen Cove High School received a new history display case, a significant addition to the school's library that highlights the community's heritage. The Rho Kappa Social Studies students will curate the display case via monthly exhibits that will spotlight local history, featuring artifacts, photos, and interactive elements that center on Glen Cove's rich historical narrative.

The unveiling of the history display case also included a heartfelt tribute to local veterans with citations from elected officials, fostering a deep sense of pride and connection to the community's rich heritage.



Veteran Gary Neillands and Yolanda Carballo reflect on the historical significance of the donated display case featuring local veterans. This case will help students appreciate veterans' sacrifices to the city and country.



The display case will spotlight local history, with artifacts, photos, and interactive elements that center on Glen Cove's rich historical narrative.



Just before speeches commenced, veterans and students sat with one another to talk about the significance of the display case.



# STEPPING OUT

Festive moments in the kitchen

## Host a holiday

# COOKIE exchange

By Karen Bloom

**T**hat aroma of fresh-baked goodies wafting through the house is surely a signature of the season. Make merry with a cookie swap party, where guests bring cookies and enjoy some sweet tastes. Everyone can get in on the act and share their creations all around in your makeshift holiday workshop.

Refresh those holiday favorites. Sure, chocolate chip and gingerbread cookies are classics, but find inspiration in trying something new, such as a peppermint mocha chip version.

### Peppermint Mocha Chip Cookies



- 3/4 cup unsalted butter, softened
- 3 cups semi-sweet chocolate morsels, divided
  - 1 1/2 cups granulated sugar
  - 3 teaspoons instant coffee
  - 2 teaspoons vanilla extract
  - 1 teaspoon peppermint extract
  - 3 large eggs
  - 2 1/2 cups all-purpose flour
  - 2 teaspoons baking powder
- 12 soft peppermint candies, crushed

Preheat oven to 375° F.

Grease or line baking sheet with parchment paper. Melt butter and 1 cup chocolate morsels in medium saucepan over medium heat, stirring constantly, until smooth.

Transfer chocolate mixture into a large mixer bowl; add sugar and beat until combined. Add coffee granules, vanilla extract and peppermint extract; beat just until combined. Beat in eggs. Add flour and baking powder, mixing until all is incorporated. Fold in remaining 2 cups chocolate morsels.

Scoop dough onto prepared baking sheet, spacing 2 inches apart, using a medium-sized cookie scoop. Sprinkle each cookie with a little of the crushed peppermint candies.

Bake for 10 to 12 minutes or until cookies are set. Allow to cool for about 2 minutes on baking sheet, and then remove to a wire rack to cool completely. Makes 36 cookies.

### Peanut Butter Blossoms

- 48 Hershey's Kisses, unwrapped
- 1/2 cup shortening
- 3/4 cup creamy peanut butter
- 1/3 cup granulated sugar
- 1/3 cup packed light brown sugar
- 1 egg
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- Granulated sugar

Preheat oven to 375° F.

Using an electric mixer, beat shortening and peanut butter together until creamy. Add 1/3 cup granulated sugar and brown sugar, beating until fluffy. Add egg, milk and vanilla; beat well. In a separate bowl, sift together flour, baking soda and salt; gradually beating dry ingredients into wet mixture until dough forms.

Using your hands, shape dough into 1-inch balls. Roll shaped balls in granulated sugar, turning completely to coat. Place sugared balls of dough onto a cookie sheet lined with parchment paper for easy clean-up.

Bake for 8 to 10 minutes or until cookies turn a very pale brown. Immediately remove sheet from oven and press a Hershey's Kisses candy into the center of each cookie. Carefully remove cookies from cookie sheet to wire rack and allow to cool completely. Store airtight. Makes approximately 4 dozen cookies.



### Snowballs

- 1/2 cups (3 sticks) butter, softened
- 3/4 cup powdered sugar
- 1 tablespoon vanilla extract
- 1/2 teaspoon salt
- 3 cups all-purpose flour
- 1 2/3 cups (10-oz. pkg.) Nestle Holiday Morsels
- 1/2 cup finely chopped nuts
- Powdered sugar

Preheat oven to 375° F.

Beat butter, sugar, vanilla extract and salt in large mixer bowl until creamy. Gradually beat in flour; stir in morsels and nuts. Shape level tablespoons of dough into 1 1/4-inch balls. Place on ungreased baking sheets.

Bake for 10 to 12 minutes or until cookies are set and lightly browned. Remove from oven. Sift powdered sugar over hot cookies on baking sheets. Cool on baking sheets for 10 minutes; remove to wire racks to cool completely. Sprinkle with additional powdered sugar, if desired. Store in airtight container.



### The Nutcracker

Visions of sugarplums await holiday revelers. Leggz Ltd. Dance presents its annual full-length production of Tchaikovsky's Nutcracker. This 29th edition of the holiday treat, helmed by longtime artistic director Joan Hope MacNaughton, features Violeta Angelova as the Sugar Plum Fairy — who's appeared with the Vienna State Opera, Ballet Bulgaria, and Suzanne Farrell Ballet — with Bolshoi Ballet's Peter Borchneko as the Cavalier. Also the Bolshoi's Anastasia Fedorova as the Snow Queen, along with dancers from Suzanne Farrell Ballet, Martha Graham Dance Company, and Twyla Tharp, among other acclaimed ballet companies. It's rounded out with 40 young dancers from the metropolitan area. The South Shore Symphony, under the baton of music director Adam Glaser, brilliantly brings the glorious Tchaikovsky score to life.

Friday, Dec. 1, 7 p.m.; Saturday, Dec. 2, 5 p.m.; and Sunday, Dec. 3, 3 p.m. \$30-\$55. Madison Theatre, Molloy University, 1000 Hempstead Ave., Rockville Centre. Tickets available at [MadisonTheatreNY.org](http://MadisonTheatreNY.org) or (516) 323-4444.



### Parsons Dance

Parsons Dance brings its innovative performance to the Tilles Center stage. As one of the world's premier contemporary dance companies, this talented troupe showcases a dynamic fusion of styles. Through endless creativity and self-expression, striking choreography and powerful music guided by founder and artistic director David Parsons, the dancers perform pieces from the vast and varied repertory of more than 75 works Parsons created. This program includes the dance 'The Road,' with music by Cat Stevens, commissioned by Tilles Center. In addition to Parsons' work, established choreographers like Trey McIntyre and Monica Bill Barnes are invited to re-stage works from the American canon. Heralded by The New York Times as 'one of the great movers of modern dance,' Parsons has received many accolades throughout his 30-year career, combining his choreographic gifts and talent for training highly skilled dancers with a real passion for the art form.

Friday, Dec. 1, 8 p.m. Tilles Center, LIU Post campus, 720 Northern Blvd., Brookville. Tickets start at \$34.50; available at [TillesCenter.org](http://TillesCenter.org), or (516) 299-3100.



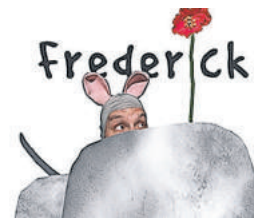
# THE SCENE

Dec. 10

## Cherish the Ladies

Celebrating 38 years of music making, Cherish the Ladies

continues to delight audiences with its beautiful vocals, captivating arrangements and stunning step dancing. Delight in the holiday season with music that embodies the beauty of the season, Celtic style, when the supergroup performs on the Landmark stage, Sunday, **Dec. 10**, at 7 p.m. "It is simply impossible to imagine an audience that wouldn't enjoy what they do," says the Boston Globe speaking of the long-running, Grammy nominated, Irish-American band formed in New York City in 1985 to celebrate the rise of extraordinary women in a male-dominated Irish music scene. The past decades have included world tours, concerts at the White House and the Olympics and numerous critically acclaimed albums including their Emmy Award-winning special, "An Irish Homecoming," which was broadcast on PBS. Under the leadership of All-Ireland flute and whistle champion Joanie Madden, named by The Irish Voice Newspaper as one of the Top 25 most influential Irish Americans of the past quarter century, Cherish the Ladies create an evening that includes a spectacular blend of virtuoso instrumental talents, beautiful vocals, captivating arrangements and stunning step dancing. Their continued success as one of the top Celtic groups in the world is due to the ensemble's ability to take the best of Irish traditional music and dance and put it forth in an immensely entertaining show. \$47, \$41, \$37. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (516) 767-6444 or LandmarkOnMainStreet.org.



## Family theater

It's a beautiful sunny summer day in the meadow. Leo Lionni's beloved children's books come to life, in "Frederick," on the Long Island Children's Museum stage, Monday through Friday, **Dec. 1**, 10:15 a.m. and noon; Saturday, **Dec. 2**, 11:30 a.m. and 2 p.m.; Sunday, **Dec. 3**, 11:30 a.m. and 2 p.m.; also Tuesday through Thursday, **Dec. 5-7**, 10:15 a.m. and noon. Mouse friends Nellie, Sunny, Baby, Ernest, and Frederick are playing their musical instruments and having fun singing, until a leaf falls from the sky — autumn is here! Winter will be coming soon. All the mice get to work gathering supplies for winter, except, where is Frederick? He is gathering supplies, too, in his own unique way. With toe-tapping Americana music inspired by bluegrass, gospel, and folk, Frederick is an engaging, energetic story about the power of the arts, community, and that no mouse gets left behind. \$10 with museum admission (\$8 members), \$14 theater only. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

## Winter FUNderland

Epilepsy Foundation Long Island hosts a holiday event for children with epilepsy and their families, Saturday, **Dec. 9**, 10 a.m.-12:30 p.m. It's open to children with epilepsy, their siblings and their parents. Pediatric neurologist Dr. Robin Varughese, with Cohen's Children's Medical Center, presents an educational lecture for parents. Kids can enjoy activities and meet others with epilepsy. Pizza and snacks will be served. The event is held at EPIC Long Island, 1500 Hempstead Turnpike, East Meadow. Pre-registration is required. Contact Janet Romeo at (516) 739-7733, option 1, Ext. 145, or email jromeo@epicli.org.

## Christmas Wonderland

Enjoy the season at a Winter Wonderland benefiting the sisters of St. Dominic and Cove Animal Shelter, Sunday, **Dec. 10**, noon-4 p.m., at the Knights of Columbus. This festive event includes a cookie exchange and clothing collection, story time, dance party, a visit from Santa snacks and scavenger hunt. 81 Sea Cliff Ave, Glen Cove.

## Gentle Yoga

Start your morning with gentle yoga with Morgan Rose, at Locust Valley Library, Mondays, at 9:30 a.m. 170 Buckram Road, Locust Valley. For information, visit LocustValleyLibrary.org.

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Dec. 9

### Fun with art

Families can enjoy an arts-filled day at Nassau County Museum of Art, with author and illustrator Tim Miller as he reads his newest book, "Izzy Paints," Saturday, Dec. 9, 11 a.m.-12:30 p.m. and 1-2:30 p.m. The program includes an illustration demo and an immersive artmaking activity designed to activate imaginations and creativity. Miller is the author-illustrator of "Moo Moo in a Tutu," "What's Cooking, Moo Moo?," and "Tiny Kitty, Big City." He's also illustrated numerous other books. \$20, \$10 children and members. Reservations required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9338 or NassauMuseum.org.

### St. Francis Hospital Blood Pressure Screening

St. Francis Hospital offers free blood pressure screenings first Wednesday monthly, 1-3 p.m., with a registered nurse, at Glen Cove Library. No appointment required. First-come, first-served. 4 Glen Cove Ave. Visit GlenCoveLibrary.org for more.

### A Motown Christmas

Plaza Theatricals invites everyone to celebrate the holidays in true Motown style, Sunday, Dec. 10, 4 p.m. Enjoy an afternoon of soulful tunes, joyful dancing and nostalgic vibes at an electrifying Motown holiday party. Get ready to groove, spread the festive cheer, and make unforgettable memories. Performance is at the Elmont Library Theatre, 700 Hempstead Turnpike, Elmont. \$35, \$30 seniors. Elmont. For tickets, visit PlazaTheatrical.com or call (516) 599-6870.

### Holiday Artisan Marketplace

In partnership with the Glen Cove Downtown BID, Deep Roots Farmers Market hosts a Holiday Artisans Marketplace, Saturday, Dec. 2, 1-5 p.m. Part of the BID's Holiday Festival, the holiday market is set up across from Village Square all along Bridge St.

### Volunteer with Friends of the Gold Coast Library

The Friends of the Gold Coast Library seeks enthusiastic volunteers who can lend their graphic design, marketing, social media, and fundraising talents. As a non-profit organization, Friends fully aligns with the library's mission to enrich our community with recreational and cultural experiences and lifelong learning opportunities. With the construction of a new Library building on Glen Head Road, there's no better time to get involved with the Friends of the Gold Coast Library. Contact the Friends at friendsofgcpl3@gmail.com if you're able to help.

### 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. 4 Glen Cove Ave., Glen Cove. Register at GlencoveLibrary.org or call (516) 676-2130 for more information.

### First Night and Tree Lighting

Westbury House, decorated for the season, welcomes visitors to celebrate the season, Saturday, Dec. 2, 6:30-9 p.m. Take a self-guided tour through the illuminated and decorated period rooms with their enchanting floral decorations, have cookies and cider on the West Porch, and meet and take pictures with Santa. A Christmas-themed concert performed by the Bethel Concert Choir, at 7:30 p.m., is followed by an outdoor tree-lighting ceremony. Limited ticket availability; advance purchase required. \$25, \$18 ages 7-17. Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. For information contact (516) 333-0048 or visit OldWestburyGardens.org.



### On exhibit



Nassau County Museum of Art's latest exhibition, "Our Gilded Age," examines the appearances and the realities of an era that mirrors our own in many ways. Like the nation's economy, American art and literature flourished during the Gilded Age. It was an exuberant age of excess with its own secret flaws, including widespread fraud. The art of John Singer Sargent, Childe Hassam, Louis Comfort Tiffany and others adorned palatial residences designed by Stanford White and Ogden Codman Jr., architect of the museum's own quintessential Gilded Age mansion. Drawing heavily upon the local literary history of Long Island, including William Cullen Bryant, Mark Twain (who named the Gilded Age), Walt Whitman, Edith Wharton and others, the exhibition will include paintings, fashion, decorative arts including period silver and china, photographs, manuscripts, first editions and other historic memorabilia. The "Upstairs, Downstairs" approach to the life of a country house brings to life not only the storied conspicuous consumption for which the Gilded Age was infamous, but also the real lives of these many individuals who maintained the palatial estates where that lifestyle was enjoyed. On view through March 10. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

### Having an event?

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

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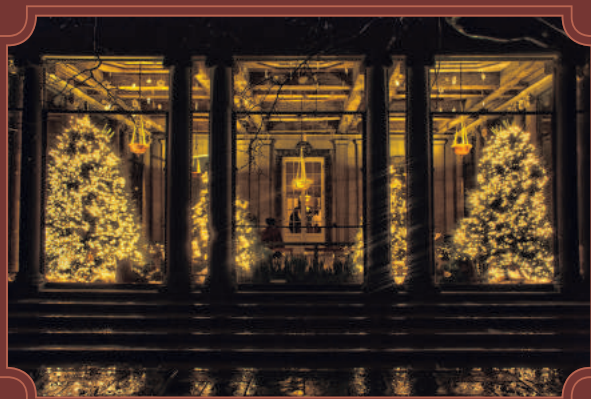
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HOLIDAY  
VICTORY PARTY!  
FRIDAY, DEC. 15  
SATURDAY, DEC. 16  
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PERSON TO PERSON

# Yes, perfectionists can procrastinate!

**P**erfectionists have many admirable qualities. They often do excellent work, have high standards and are attentive to details. Yet, one's desire for perfection can become an impediment rather than an asset. To understand how, let's look at three perfectionist procrastinator styles: closet, classic and compulsive.

**CLOSET**

Keith doesn't appear to be a perfectionist. He's not a hard worker or a stickler for detail, nor does he seem to have high standards. Nevertheless, he's a perfectionist procrastinator who is in the closet, hiding his inner turmoil, projecting a flippant attitude toward his work. Underneath his façade, however, Keith harbors enormous ambitions, so huge that he believes he can't achieve them. To provide an excuse for falling short of perfection, he puts off doing work until there's no way he, or anyone else, can expect a first-rate job in the short time he has avail-

able. Keith doesn't appear to be bothered by his lackluster accomplishments, yet inwardly he seethes with frustration, berating himself for being a poor estimator of time. How does he

**PsychWisdom**



**LINDA SAPADIN**

resolve his dilemma of wanting to be successful but fearing he may not be good enough? He procrastinates, a far less embarrassing problem than trying hard and still not having the goods to measure up.

**CLASSIC**

Jen is a classic perfectionist procrastinator, a hard worker with cloud-piercing standards. She not only feels compelled to put in mega time on her projects, she also reads more books, visits more websites, and works harder than her peers. It's also essential for her to keep her desk, files, and books well organized.

Hence, despite being chronically busy, she's always short of time to achieve her lofty goals.

Jen realizes that she imposes rigid demands on herself, but she can't settle for anything she views as less than, as she fears being criticized as not good enough.

Convinced that she'll never measure up to her older brother Steve (the genius in her family), she's determined not to give anyone any reason to fault her performance. Paradoxically, though she wants to do her best, her work habits practically guarantee that she'll fall behind.

**COMPULSIVE**

Teresa is aware of her lifelong tendency to put things off. She can be so tense about what needs to be done that she fears she'll never achieve her Ph.D. Though Teresa begins her academic work in a timely manner, it's not long before something distracts her.

It might be an enjoyable time with her friends, the sudden dawning of a new approach to a project, or a blow to her self-esteem. Then she becomes compulsive about every detail of her work until finally, her anxiety overtakes her resolve. That's when she ceases working and begins procrasti-

nating in earnest.

As her anxiety level decreases, she picks up where she left off. But now, she no longer has time to work in a relaxed manner. Hence, she either manages to squeak in her work just under the deadline or approaches meetings with her adviser with her head hung low.

The upshot: diminished self-esteem, increased pressure to perform and paradoxically, an even stronger urge to procrastinate.

Different as they are from each other in personality, Keith, Jen, and Teresa have let the perfectionist part of themselves hinder their progress. Though they're intellectually bright, they don't effectively apply their intelligence in a way that will help them meet their goals. Their perfectionism has become a weakness, rather than a strength. Don't let this happen to you!

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

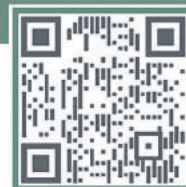


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## Holiday stress?

It doesn't have to get you down this season

**T**he holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone. Even in the pre-Covid days, the holiday season was fraught with stress for many, whose holidays never quite seemed to be a picture-perfect Currier & Ives scenario. Now with the pandemic in the rearview mirror, it may seem as if most everyone's holidays are bigger and better than ever, according to social media posts anyway.

Not so for many. If the Grinch has stolen your spirit and good intentions, take steps to reclaim your ho-ho-ho and stay happy and healthy.

### Keep up healthy habits

Make a pact with yourself during the holidays. For example, decide that you'll move more and do something active every day over the next three weeks. Take it a step further, and pledge to start the day with a healthy breakfast, limit the sweets and get at least seven hours of sleep each night. If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are over.

### Beware of seasonal sweets

The holidays often dish up extra helpings of less-than-healthy treats. Try preparing healthy snacks that are ready to eat when the urge to snack strikes. If you're hosting a holiday party, challenge yourself to make delicious and healthier options.

### Stay active

Instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. For example, if the weather isn't too frightful and you're working from home,

ride your bike around your neighborhood during a lunch break. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk.

And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

### But not too active

Give yourself the gift of peace. If you need some down time to recharge, declare a "me-treat" and do something that relaxes you. Try yoga, meditation or spending time in nature.

### Be realistic

The holidays don't have to be perfect or just like pre-pandemic. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually. Even though your holiday plans may still be different than in years past, you can still hold onto what matters most — enjoying family and loved ones.

### Make a plan for the new year

Your poinsettia's pooped, those latkes have all been devoured and the gifts are all gone. Now what? It's a great time to reset for the new year — but don't go dashing through your to-do list too fast, or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking/running routine before you set your sights on that marathon.

Photo: While you may often feel pressure to keep spirits up and a smile on your face during the holidays — pressure that can worsen feelings of loneliness and depression — it's okay to experience a range of emotions during the season.



## Watch the waistline

Healthy replacements for calorie-laden holiday foods

They say "it's the most wonderful time of the year," and it's no wonder why — with loving families, uplifting carols and an overall spirit of giving in the air, it's tough not to get into the holiday spirit! Perhaps what makes us all so merry is that we are able to celebrate the season with some of our favorite holiday traditions, and for most, that includes baking treats. Although delicious, these tempting treats and sweets may not be the healthiest.

While many people count their blessings, starting with Thanksgiving. Few, however, count their calories. Overindulging at the dinner table is a holiday tradition, and often paves the way for a season of poor nutritional habits with long-lasting ramifications.

The American Council on Exercise says that the average adult consumes 3,000 calories and 229 grams of fat at a typical Thanksgiving/holiday meal. That is well above the USDA-recommended guidelines of 2,000 calories and 65 grams of fat that most adults should consume in an entire day.

With so many options available throughout the holiday season, it is easy to see how overeating is commonplace. Rather than loosening your belt and succumbing to too many fattening foods, try a strategy that includes making some smart food substitutions that won't compromise taste but will cut calorie intake.

**Don't arrive on an empty stomach.** Arriving hungry is perhaps the worst thing you can do to guarantee that you'll overeat at a holiday gathering. Eat a nutritious snack before you arrive, and drinking water before a meal actually helps fill you up before you fill up your plate.

**Remember the 'reason for the season.'** There's no denying that food plays a big role in holiday celebrations, but don't let the delicious food keep you from enjoying quality time with family and friends. Offer to help set the table or prep the food — anything that will keep you moving and spending time with your loved ones.

**Keep track of hors d'oeuvres.** Though tiny, hors d'oeuvres can be tricky since it's so easy to lose track of how many you've eaten. Set a limit before you arrive, and as an added trick, keep the toothpicks from the hors d'oeuvres in your pocket to help you keep track of how many you eat.

**Fill up on lean protein.** Turkey is the cornerstone of the Thanksgiving and many holiday meals and is a lower-fat, lean source of filling protein. Rather than indulge in too many starchy side dishes, have turkey be the bulk of your Thanksgiving dinner. Rather than indulge in pastas and too many starchy side dishes, have turkey be the bulk of your holiday dinner.

**Serve steamed veggies.** Must you indulge in those sweet potatoes covered in butter and marshmallows, and/or breaded and fried vegetables? Instead

serve produce lightly steamed so it retains its nutritional value and flavor.

**Swap out white starches for whole grains.** Stuffing is a popular side dish, but it can be full of empty calories. Instead of serving white rice or bread stuffing, make your own using brown rice and whole grain breads. Add protein-rich nuts and dried fruits to add flavor and fiber as well.

**Skip double-crust pies.** Two-crust pies with a bottom crust and a top layer have more calories than ones with just a crust on the bottom. Opt for low-calorie pumpkin pie or add a little gelatin to pie fruit filling and skip the top crust on traditional two-crust pies. Dessert also can be pared down to fresh fruit tarts or low-fat gelatin trifles.

**Cut down on courses.** Having an excess of food is not only unhealthy but wasteful. Trim courses from the Thanksgiving meal to save time, money and calories. Does anyone really show up for the cheese and crackers appetizers? Focus on the main course and chances are no one will miss the extra food. Plus, their waistlines won't miss it either.

**Pace yourself.** You may have heard this before, but chewing slowly actually fills you up more than if you cram as much food as you can in the least amount of time possible. Take your time, and again, enjoy the company of those around you.

**Limit your alcohol intake.** Not only is alcohol high in calories, but it also causes you to lose control over what you eat. Don't drink too much, and consider sipping water or club soda at parties.

Also, dilute ciders and juices. Liquid calories quickly add up, even of the non-alcoholic variety. Offer plenty of fresh water and keep sugary drinks to a minimum. When serving apple juice or cider, dilute it with water, which will stretch it out further and cut down on the calories.

**Take frequent breaks.** It can take anywhere from 15 to 30 minutes for the body to register that it is full. Failure to give the stomach time to send messages to the brain that you are full could mean you eat more than is necessary.

**Limit 'taste-tests.'** Hosting a holiday party can be stressful, and you want to make sure your food is cooked to perfection for your guests. But this can be a slippery slope to constantly eating while cooking. Two small bites of each food item pre- and post-seasoning are enough to ensure perfection.

**Have a post-meal walk.** Invite those with you to walk off the great food you just ate — it might just become a new family holiday tradition!

Photo: Regarded for thousands of years in the East as a key to good health, happiness, and wisdom, tea has caught the attention of researchers in the West, who are discovering the many health benefits of different types of teas.



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## HEALTH MEMOS

## Parker Jewish Institute Gala held November 7 at The Queens Museum

The Parker Jewish Institute hosted its annual gala, on Tuesday, Nov. 7, at the Queens Museum, in Flushing Meadows Corona Park. This year's gala featured live musical performances, food, a patient art auction, and fun.

All of the funds raised support Parker's mission of enhancing programs and services for the Institute's patients and residents, as well as support the thousands of people who access the Institute's continuum of services each year.

The 2023 gala included dinner by Abigail Kirsch, as well as elegant kosher and Indian cuisine upon request. Serving as the evening's Master of Ceremonies was WCBS 880's Marla Diamond. The evening will also featured Radio Host and Rabbi Joseph Potasnik. Wanda Houston was the evening's musical guest, performing a mix of jazz and R&B. The attendees participated in the Patient Artwork Auction, which was curated to include the works of Parker's talented artists.

"We are so excited to host this year's gala at the iconic Queens Museum, and



Parker's Chairman of the Board of Trustees Robert S. Sterling and Co-Founder of Parker Jewish Institute Indian Cultural Unit Dr. Saroj Shah and Parker Jewish Institute President and CEO Michael N. Rosenblut.

express our deepest gratitude to our donors and sponsors, said Michael N. Rosenblut, The Parker Jewish Institute's President and CEO. "Our incredible volunteers help make a difference to so many in our community."

To learn more about the event, as well as donation opportunities, please visit

[parkerinstitute.org/event/parkers-annual-gala](http://parkerinstitute.org/event/parkers-annual-gala).

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

The 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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## Menorah lighting, lots of fun for kids too

Celebrate the Festival of Lights in downtown Glen Cove with a dreidel shaped moon bounce, Chanukah crafts, Chanukah Gelt, donuts, lively music, dancing, and dreidels. The ceremony

begins on Dec. 3 at 6 p.m. in Village Square between School and Glen streets. For further information, contact Chabad of Brookville and Glen Cove at (516) 626-0600.

## America during the jazz age, the 1920's

This virtual program presented by historian Christopher Daley presents an entertaining overview of the 1920. Learn about world events, political events, prohibition, organized crime,

style, fashion, and trends of the Jazz Age. The program is on Dec. 5 at 2 p.m. For further information, email: amondello@glencovelibrary.org

## Blood pressure screenings available

A registered nurse from St. Francis Hospital will be conducting free blood pressure screenings at Glen Cove Library on the first Wednesday of each month. No appointment required. Participation will be on a first-come, first-

served basis. The next screening will take place on Dec. 6 from 1 to 3 p.m. at Glen Cove Library, 4 Glen Cove Ave. For further information, email: amondello@glencovelibrary.org

## Book discussion: 'The Book of Charlie'

"The Book of Charlie," by David Von Drehle, is the inspiring story of one man's journey through a century of upheaval. The author captures the life and spirit of Charlie White, a man who lived to 109. It is a story that touches on the history of medicine in the 20th cen-

tury and his philosophy of life drawn from patients, friends and hardships. The discussion starts Dec. 6 at 2 p.m. at the Glen Cove Library, 4 Glen Cove Ave. For further information, email: amondello@glencovelibrary.org

## Join in the library's weekly walking club

Join the library's walking club for an at-your-own-pace hour walk every Thursday. Participants must bring their own water. All fitness levels are welcome, and everyone is encouraged to walk at their own pace. The goal is to

meet people, keep moving and see sights in Glen Cove. The next meeting will be on Dec. 7 at 9:15 a.m. at Glen Cove Library, 4 Glen Cove Ave. For further information, email amondello@glencovelibrary.org

## Book discussion of 'The Wager' soon

This in person book discussion will discuss "The Wager," by David Grann. This is a mesmerizing story of shipwreck, mutiny, and murder, culminating in a court martial that reveals a shock-

ing truth. The discussion begins Dec. 7 at 2 p.m. at the Glen Cove Library, 4 Glen Cove Ave. For questions email: amondello@glencovelibrary.org

## Knitting and crocheting club open to all

The knitting and crocheting club will let you meet up with other knitters or crocheters. Whether you're new to knitting or you've been doing it for years, it's always more fun with friends. Start a new project or bring a current one.

Participants should bring their own needles and yarn. The club meets on Dec. 8 at 9:15 a.m. at the Glen Cove Library, 4 Glen Cove Ave. For further information, amondello@glencovelibrary.org

## Program on magical holiday lights tour

This virtual program will view the famed store windows in New York City that are beautifully decorated for the holidays. Find out about the history of the Rockefeller Center Christmas tree and the secrets of the famed Rockettes. Participants will also learn how Hanukkah and Kwanzaa are celebrated. All of

this will be presented with anecdotes, holiday music and video clips of some of the most memorable holiday movies. Presented by Susan and Art Zuckerman. The program will be held on Dec. 8 at 2 p.m. at Glen Cove Library, 4 Glen Cove Ave. For further information, email amondello@glencovelibrary.org

## David B. London

David B. London, 81, of Glen Cove, died on Oct. 30. Beloved husband of Mona; loving father of Andy (Carolyn) and Laura (Jeff); dear brother of Susan; cherished grandfather of Alexei, and adored uncle of Brian and Eric. London had a love for woodworking, carpentry and furniture. He also enjoyed origami. Service entrusted to Dodge-Thomas Funeral Home.



## Lily Abbandandolo

Lily Abbandandolo, 85, of Glen Cove, died on Nov. 14. Loving wife of the late Thomas; beloved mother of Rachel (Charles Frey) and Brenda (Martin Forster); proud grandmother of Charles Frey and Bruno Forster. Also survived by several nieces, nephews, and close friends. Abbandandolo was an active member at the Glen Cove Senior Center, an avid gardener, cook and artist. Visitation entrusted to Dodge-Thomas Funeral Home of Glen Cove.



## Alberto Grella

Alberto Grella, 54, of Glen Cove, died on Nov. 18. Beloved son of Carmine and the late Maria; loving father of Carmine; dear brother of Lucrezia (Paul). Also survived by many loving aunts, uncles and cousins. Visitation entrusted to Dodge-Thomas Funeral Home.



## Ralph Manzi, former FDNY firefighter

Ralph T Manzi, 69, of Glen Cove, died on Nov. 6. Manzi peacefully passed at his home at Sunrise Assisted Living in Glen Cove, New York. He was the oldest son of Pietro and Olga Manzi; loving father of Peter Manzi (Lucinda) and Ralph N. Manzi (Michelle); beloved and grandfather of Christian Anthony Manzi and Justin

Michael Manzi; brother of Rose Manzi, John Manzi (Angela), Thomas William "Billy" Manzi (Kathy) and Anita Guadagno (Frank). Manzi was a U.S. Army Veteran, FDNY firefighter and devout Catholic. Visiting entrusted to Oyster Bay Funeral Home, 261 South St., Oyster Bay.

# HERALD PUBLIC NOTICES

**LEGAL NOTICE**  
Notice of Public Meeting  
**PLEASE TAKE NOTICE** that the Glen Cove Senior Center and InterAgency Council (IAC) of Glen Cove will hold a meeting to discuss the City of Glen Cove Smart Growth Comprehensive Plan with Sustainability Elements ("Comprehensive Plan") from 9:30 to 11:00 a.m. on December 14, 2023 at the Glen Cove Senior Center (130 Glen Street, Glen Cove, NY 11542). The Comprehensive Plan will guide the City's investment, development, and growth over the next decade. It will update the Master Plan for the City

of Glen Cove that was adopted in 2009. The public is welcome to attend the joint Senior Center/IAC meeting on December 14. Residents and stakeholders are encouraged to participate in the second public workshop for the Comprehensive Plan, which is scheduled from 7:00 to 8:30 p.m. on January 30, 2024 in the Main Chambers at City Hall. Feedback on the Comprehensive Plan may be provided via email anytime to ComprehensivePlan@glencoveny.gov.

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**LEGAL NOTICE**  
**NOTICE TO BIDDERS**  
Notice is hereby given that sealed bids for the following projects will be received by the Purchasing Agent of the City of Glen Cove, located at City Hall, rear entrance, 9 Glen Street, Glen Cove, New York no later than 10:00 a.m. prevailing time on Friday, December 8, 2023 at which time they will be opened and read aloud at 11:00 a.m. on the 2nd floor conference room.:  
Purchase of Electric Golf Carts  
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available for download at <https://www.bidnetdirect.com/new-york/cityofglencove>. Registration is free and instructions are available on <https://glencoveny.gov/bid-rfps/>. Each proposal must be submitted on the forms provided in the bid package, in a sealed envelope with the name of the bidder, the bid name, and bid number marked clearly on the outside of the envelope.  
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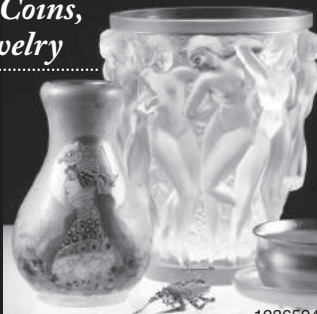
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## OPINIONS

# The boys and girls are back from recess

**T**he older you get, the more you think about the times when things were simple and pleasurable. That especially applies to my years in school, when my only cares were homework, lunch, recess and our next vacation. I fondly remember the milk and a graham cracker at 3 p.m., and field trips to the zoo or a museum.



**JERRY  
KREMER**

I thought about those heady days while watching the latest session of the House of Representatives. The boys and girls of the House were just out on what they call recess.

Over the past 11 months they have worked so hard, and

deserved a rest. They have funded the federal government until early January, and when they get back from their trips to Israel and the Ukraine, they will once again try to figure out how to further postpone any action on those challenges. Looking back on 2023, there are so many parallels between current Washington politics and my school days.

In elementary school, we used to

bring home lots of things to show off to our proud parents. Sometimes it was a crayon drawing or a clay model. In middle school it was something we made in shop class. So what did the House bring home to the taxpayers? What bills did they pass? Was there any legislation that will improve your day-to-day quality of life? Did they come up with a plan to reduce the price of a dozen eggs? Did they call over to the Senate and say, “Let’s make a deal”?

As a child, I met quite a few schoolyard bullies. Luckily, I always ran faster than they did. Two weeks ago, Tennessee Congressman Tom Burchett complained that former Speaker Kevin McCarthy elbowed him in the kidney. McCarthy told the press that there are a lot of tight spaces in the House corridors, and that he didn’t elbow anybody.

As I got older, sometimes I’d run into some kid with a short fuse who was looking for a fight. Just before recess time in D.C., Sen. Markwayne Mullin asked Teamsters President Sean O’Brien if he wanted to mix it up at a committee hearing, and the chair, Bernie Sanders, had to defuse the situation.

In school, the biggest threat a teacher could make was that you’d be kept after class, or that classes wouldn’t end until certain projects were completed. In Washington, there is no scarier edict than one that members might have to

work on Thanksgiving or some other holiday. After all, vacation plans have been finalized, or some educational trip to a far-off destination — sometimes a taxpayer-funded junket — would have to be canceled.

The Republican House is in danger of losing its majority in next year’s election unless it can start acting like a cohesive body on issues that matter. The 30-member Freedom Caucus kicked McCarthy out of the speakership, and will only support the new speaker, Mike Johnson, so long as they get some of their wish list. The problem is, that wish list could cost them their majority next November.

To show that McCarthy’s ouster was just a function of personal dislike, Johnson worked out a budget extension with Democratic votes. Recognizing that a government shutdown was imminent, the Freedom Caucus gave him a

one-time pass. But going forward, the caucus could just as easily oust Johnson, so this small group of representatives can keep him on a short leash.

And there are some members whom Johnson can’t muzzle forever. Congresswoman Marjorie Taylor Greene, a consistent bomb thrower, led an effort to impeach Alejandro Mayorkas, the secretary of homeland security, but the move was shut down. She will keep coming back, even though her party doesn’t want the process to go forward without a case strong enough for a vote to pass.

All my life, I’ve treated politics as an important cause that should be handled with the greatest dignity and respect for the Constitution. I have supported and practiced bipartisanship. The politics of Washington must not be demeaned by a bunch of boys and girls who act like they’re still in elementary school. We are entitled to what the Founding Fathers envisioned, and nothing less.

*Jerry Kremer was an Assemblyman for 23 years, and chaired the Assembly’s Ways and Means Committee for 12 years. He now heads Empire Government Strategies, a business development and legislative strategy firm. Comments about this column? [jkremer@liherald.com](mailto:jkremer@liherald.com).*

# Banning books is not what America is about

**P**erhaps we Americans are overly confident in the belief that our constitutional rights, including the First Amendment right to free speech, are inviolate. Weapons of authoritarians, book banning and forced censorship, are outlawed by that amendment. Over the past several years, however, to the delight of



**CHUCK  
LAVINE**

the MAGA base, we have watched Republican states attempt to whiteness the teaching of American history through the banning of books.

Book banning, a form of censorship, occurs when individuals, government officials or organizations remove books

from libraries, school reading lists or bookstore shelves because they object to their content, ideas or themes. To be clear, there is nothing “conservative” about it. If anything, it is symptomatic of hatred, fear and ignorance.

According to the Associated Press, attempted book bans and restrictions at school and public libraries set a record in 2022. The American Library Association reported more than 1,200 challeng-

es — nearly double the then-record total from 2021 and by far the most since the association began keeping data 20 years ago. According to a PEN America report, from July to December 2022, there were 1,477 cases of books being removed, up from 1,149 during the previous six months. Since PEN began tracking bans in July 2021, it has counted more than 4,000 instances of book removals, with 41 percent of last year’s banned books featuring LGBTQ themes or major characters who are gay or transgender.

In Florida, run by a governor who has made book-banning part of his modus operandi, the pop star Pink has joined the fight against it, collaborating with PEN to give away thousands of challenged books at her concerts. “Books have held a special joy for me from the time I was a child, and that’s why I am unwilling to stand by and watch while books are banned by schools,” Pink said in a PEN statement about the giveaway. “It’s especially hateful to see authorities take aim at books about race and racism and against LGBTQ authors and those of color. We have made so many strides toward

equality in this country and no one should want to see this progress reversed.”

Even here in supposedly blue New York, there have been at least 13 book bans in four school districts. The issue is nothing new. Long Islanders of a certain age should recall a case resulting in a 1982 landmark Supreme Court ruling.

In Board of Education, Island Trees Union Free School District v. Pico, the court ruled 5-4 that public schools can ban books that are “pervasively vulgar” or not right for the curriculum, but they cannot remove books “simply because they dislike the ideas contained in those

books.” One of the plaintiffs in the case, Steven Pico, a high school kid at the time, is still strongly advocating against book banning 40 years later. As am I. During the last legislative session, I proposed a bill that would require all libraries to adopt the library association’s Library Bill of Rights, stating that materials shouldn’t be proscribed or removed because of partisan or doctrinal disapproval and/or develop a written statement prohibiting the practice of ban-

ning books or other materials. The bill would end book bans across New York. I don’t stand alone in the Assembly, where at least two similar bills were proposed in the most recent session, including one that would withhold aid to libraries that ban books.

It’s sad that legislation like this is necessary in a country where freedom of speech and expression is guaranteed and the Supreme Court has extended this protection to what we read. But this is the state of the nation in the Trump era. That said, I am confident that New York will enact legislation to prohibit the very few from imposing their narrow moral vision on the rest of us.

In the current climate, it is now more important than ever that we stand united against those who, out of fear, oppose the idea of opening our children’s minds to differing viewpoints and ways of life.

Americans’ rights have been paid for by the blood of our patriots since the Revolutionary War. Americans of good faith must now stand together. Plato was right when he wrote, “If you do not take an interest in the affairs of your government, then you are doomed to live under the rule of fools.”

*Chuck Lavine represents the 13th Assembly District.*



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Fax: (516) 569-4942

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# HERALD EDITORIAL

## Staying safe: The county's 13-second challenge

**H**ow long is 13 seconds? If you ask Google, it's long enough to run 100 meters. Send a text message. Make a paper airplane. Or even look up on Google what you can do in 13 seconds.

In Nassau County, however, it's also the amount of time — on average — between car crashes. If you stopped to think about that, you might have realized it took you longer than 13 seconds. It's just not a lot of time.

That's what 39,128 car crashes look like, according to statistics compiled last year by the Institute for Traffic Safety Management & Research. A good portion of them were minor. But twice a day, there is a serious accident right here in our own backyard, and at least once a week, someone dies as a result.

But 13 seconds is important, because it reminds us that traffic accidents aren't rare, and they can happen to anybody at any time. We think about safety when it's raining or snowing, or when it's dark. But accidents also happen in good weather, in bright sunshine.

That's why vigilance is key. No matter how good a driver we think we are, 1 in 35 people in Nassau County can expect to be involved in a car accident at some point in any given year.

And we're just talking about crashes

that involve only cars. When you mix in pedestrians, bicycles and motorcycles, the numbers become even more troubling. Like the fact that 856 people were hit by vehicles in Nassau County last year. That's more than two people every day. More than 95 percent of them were injured, and 22 died.

More than 400 bicyclists were hit, according to the traffic safety institute, with 93 percent of them suffering injuries, and two people dying.

And 328 motorcycles crashed in Nassau County last year, injuring more than 225 riders and killing 14.

Believe it or not, despite the fact that so many people travel during the holiday season and the potential for heavy winter weather, this isn't the time of year when most accidents happen. That's actually in the summer, particularly around the Fourth of July. But becoming a statistic is becoming a statistic, no matter what time of year it is. And no one wants to remember their holiday as a statistic, or know someone who becomes one.

The American Red Cross offers some great tips for safe driving — something every one of us should heed. Primarily to buckle up, slow down, and don't drive impaired. But also to be well-rested and alert. That means giving your full atten-

tion to the road, and avoiding distractions like cellphones.

Also, be sure to observe speed limits — driving too fast, or even too slow, can increase the chances of being in a collision.

If you're taking a long trip, make frequent stops. Rotate drivers if you can. But no matter what, if you're too tired to drive, stop and get some rest.

This might not be easy for all of us, but be respectful of other motorists, and follow the rules of the road. But don't follow other cars too closely.

If you plan to drink, designate someone to drive who isn't drinking.

Before you head out, clean your headlights, taillights, signal lights and windows to help you see — especially at night. And as dusk approaches, turn on your headlights. And anytime your windshield wipers are moving, your headlights should be on.

If you have car trouble, pull off the road as far as possible. And always be alert about any cars moving near you — or where they could be moving near you.

No matter how you look at it, 13 seconds isn't a lot of time. Yet it's long enough to stop a car dead in its tracks in Nassau County. This holiday season, don't be a statistic. Stay safe on the roads.

## LETTERS

### A letter writer proves that being Jewish doesn't matter

To the Editor:

I'd like to express my thanks to reader Charles Holster for his eloquent, compassionate letter regarding the brazen, brutal, unprovoked attack on Israel by Hamas, and the surge of antisemitism in this country and elsewhere ("We cannot remain silent in the face of evil," Nov. 16-22). He proves that one does not need to be Jewish to speak out against antisemitism or the unfortunate evil in this world.

I am a Jewish American who was very frightened by the events of Oct. 7. I was born in this country, as were my parents. My grandparents came here from Russia in the early 1900s to escape the pogroms, which were sanctioned to kill anyone who was Jewish. They felt relieved to be in this country of freedom. They subsequently heard about what happened to the Jews years later in Nazi Germany and elsewhere in Europe. It was hard to believe, but once again, they felt relieved that they were in the USA, a country where Jews could be safe.

Growing up in New York City, I didn't feel the personal attacks of antisemitism until I visited Salt Lake City while on a teen trip. While I'd heard about antisemitism, it was worse face to face. Then came the horrors of Oct 7. The actions by



Hamas were bad enough, but the support the terrorists received in social media, even as they held on to hostages, made me feel unsafe in my own country.

Nazi Germany didn't start the Holocaust with its gas chambers. It started the war against the Jews (and other minorities) with words. People did not speak up enough

then, but fortunately, Mr. Holster and others have been speaking up lately in the press and at the rallies. Let us all remember that if we fail to speak up for others, there will be nobody left to speak up for us.

PAM SINGER  
Malverne



## OPINIONS

# A rabbi's musings on where antisemitism comes from

**W**hat does it mean to be anti-semitic? Can Jews do better in fighting against it?

This is a complex issue, and a difficult one. It requires looking outside and inside our community. Eradicating hate is a group effort. Hillel would say, "If I am not for me, who will be for me? And when I am for myself alone, what am I? And if not now, then when?"



**SHAI  
BELOOESKY**

Let's begin in Germany, right before Hitler was appointed chancellor in 1933. People liked his charisma and his direct way of speaking. Jews even felt he was good for Germany's growth economically. And yet, from the beginning, Hitler's speeches showed signs of hate.

Why did many Jews overlook those signs? Why did so many non-Jews who loved their Jewish neighbors dismiss those signs? Was it for personal gain, or simply a false sense of security?

Of course, no one ever could have imagined the atrocities that occurred. The blame lies directly in the hands of Hitler and those who participated. What's important, though, is that we understand how Hitler gained his power:

Jews are not to blame, but what would have happened if German Jews had taken the hate speech seriously? What if they had listened to the early warnings?

We must be cognizant of why we, as Jews, tolerated the hate talk. Excused it. Defended it. And supported Hitler. We must be honest with ourselves. Are we still doing it today? And if so, why?

I feel strongly that it's important to sweat the small stuff. This means to take even the seemingly smallest of antisemitic comments seriously. We must learn to recognize hate speech. We must make sure we are represented, and never avoid taking a moment to educate.

I've been asked if I feel the propaganda about Israel is rooted in antisemitism. It's a great question, and one that doesn't have a simple answer.

Israel isn't perfect. Prime Minister Benjamin Netanyahu has a lot to answer for when it comes to the terrorist attacks. The government failed our people.

Regardless, I often wonder whether the manner in which Israel is represented around the world is anti-Israel, or actually anti-Jewish.

Here is a great question I recently

heard: What is the difference between antisemitism and racism, transphobia, homophobia and all other forms of hate? Did you know the source of hate is the same no matter whom it is directed at?

Hate comes from a place of fear and a lack of knowledge. It's about (chosen) ignorance and not wanting to learn. It's about superiority and control. It's about power.

And so I ask, why is hate speech allowed and tolerated in so many of our offices, schools, and most of all by our public figures, including our politicians? Why are we allowing it? What role do we play when we allow it?

Early Shabbat morning on Oct. 7, Israelis experienced a side of antisemitism that we hadn't seen for generations. Terrorists attacked Israeli citizens in their homes, and at a concert for young people. They killed more than 1,000 people in the most heinous, barbaric ways. They tortured parents in front of children, and children in front of parents.

As Israelis begged for their lives, the terrorists laughed, thanked their god, and rejoiced as they kept murdering.

This type of antisemitism is one of the most frightening. It's calculated. It is without mercy or value to life.

I am heartbroken by the rise of anti-

semitism I am seeing all over the United States. I've heard misinformation and a lack of knowledge of how a terrorist group functions and thinks. I've heard so little acknowledgement of what was done to the Israelis by Hamas and the justified retaliation.

Instead, I'm hearing hatred toward Israel.

We must understand that it can be hard to decipher whether the hatred toward Israel means also to all Jews. Even so, not recognizing the mass murders done to the Israelis by Hamas — and, instead, blaming Israel — is rooted in antisemitism. Let's call it what it is.

The Holocaust did not begin at the gas chambers. It started long before, with hate speech. We must be vigilant and proactive the very second hate is spoken. We must do a better job of uniting with others who are targeted — particularly now, as the pain of antisemitism is real.

As our oppressors try to push us down, we have the power in numbers to lift one another up. This gives me hope.

We stand on the shoulders of generations of Jews who did not give up for us to be here today. We owe it to them — and the next generation — to do our part, and to do a better job. We must continue to shine our light to illuminate the path toward healing.

*Jeshayahu "Shai" Beloosesky is the rabbi at Temple Avodah in Oceanside.*

## LETTERS

### King calls out antisemitism

To the Editor:

Thanks to Peter King for his excellently written column, "How quickly the world seems ready to turn on Israel," in the Nov. 9-15 issue. It directly addressed the double standard that has infiltrated segments of our country, and beyond, in judging Israel.

The dramatic rise of antisemitism, which commenced even before Israel's response to the heinous Oct. 7 attack, is appalling. This lifelong registered Democrat believes King's presence in Congress is missed.

STEVE WERBEL  
*Merrick*

### Local businesses need to support local patrons, too

To the Editor:

The Herald rightfully is supportive of local businesses (Editorial, "Small businesses needs us, and we need them," Nov. 9-15), and we all agree that these businesses are our country's economic

lifeline. Since the pandemic, however, many, if not all, small businesses are now charging back to their customers the credit card fees they have been paying since the inception of the use of credit cards.

We have all been hit hard by inflation, and all businesses have raised prices to counter the run-away inflation, and now have added credit card fees on top of rising prices. What is interesting, and what I feel is a slap in the face to us consumers trying to support our local businesses, is the amount the local businesses are charging, an average of 3.5 percent.

In reality, as of September, average total credit card processing fees were 2.23 percent. So why are local merchants charging more than they're being charged by the banks? Additionally, debit card fees are even less than credit card fees. I feel a lot of the local businesses are taking advantage of the current situation, since they have been paying these fees for decades.

Local businesses need to rethink these charges, because the chain stores and chain restaurants aren't charging these fees at all. Please give your loyal customers a break!

LARRY DOOLEY  
*Rockville Centre*

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