

GLEN COVE
HERALD
Gazette



Tasty summertime entertaining

Page 15



Swimmers dive in for a cause

Page 9



New year, new principal

Page 3

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Courtesy Valerie Angulo

Bike and Build is back!

We caught up with Valerie Angulo, far left, who has just completed a cross-country bike journey. Angulo and her teammates Emily Guy and Gabe Planas stopped on Colorado's Trail Ridge Road in Rocky Mountain National Park. Story, Page 8.

Legislator seeks opioid warning signs

Glen Cove woman who lost husband: bill is 'a step in the right direction'

By **ERIK HAWKINS, DANIELLE AGOGLIA and NAKHEEM GRANT**
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you or someone you know has a problem with addiction, you can call 1-877-8-HOPENY."

They would be printed in English, Spanish and Haitian Creole, and would be provided by the county if requested by a pharmacy.

Nassau County Legislator Delia DeRiggi-Whitton, a Democrat from Glen Cove, introduced legislation on Aug. 7 that she and her fellow Democrats hope will help curb prescription opioid addiction and overdoses.

Under the Pharmacy Opioid Notice Law, which is now a bill, all pharmacies in Nassau County would be required to post prominent signs warning of the dangers of opioid addiction, or else face fines.

The signs would read, "Medications containing opioids are addictive and subject to abuse. Use opioids only as directed by your physician. If

The more we can do to educate the public on the dangers, especially of prescribed or so-called ethical drugs, the better off we will be.

CHARLES LAVINE
 State assemblyman

Pharmacies that do not comply with the law would be fined \$100 for a first offense, and \$500 for subsequent offenses.

"This notice might seem like a small step, but it can have a big impact," DeRiggi-Whitton said at a news conference. "In just the few moments you stand waiting at the pharmacy counter to pick up a prescription for either yourself, your child or family member, this notice might give

you pause and remind you that these prescription drugs need to be taken with care and moni-

CONTINUED ON PAGE 14

A Glen Cover looks back

Irma Berkley, 88, takes stock of the changes in her city

By **DANIELLE AGOGLIA**
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Irma Berkley gazed out the second-floor window of the Glen Cove Senior Center at the bustling Monday-morning traffic on Glen Street. She thought about a time when there wasn't a parking lot and rows of shops across the street. She tried to recall what her sister might have looked out on from that same window nearly 100 years ago, when her family lived in an apartment in the building before Irma was born.

Berkley, 88, could easily declare herself a Glen Cove historian. She has a sharp memory, and effortlessly recalls details of

the city and her life in it. She was born in one of only two houses where the McDonalds and CVS are now on Glen Street.

Her father, Bill Stehling, helped build the first Glen Cove High School, where the middle school is now. Her cousin William Cocks was the first city judge.

Berkley described Glen Cove as rural when she was growing up. She lived with her family for 10 years on Cedar Swamp Road, above the Orchard neighborhood, next to an old Polish Church (now closed). The Stehlings then moved to McGrady Street, where Berkley lives today.

"We were outside all the time — we didn't have the things that

the children have today," she said, though she does now have an iPad. "We didn't have a lot of money, but nobody else did, either, so none of us really knew that we were poor. But we had a great time."

She reminisced about playing in fields reached by dirt roads that are now Midwood Place and Valentine Avenue. "We would go out into the woods and we would climb the trees," Berkley recalled. "We would play out in the streets. We would play baseball in the streets if we had no field near us."

Children flew kites, played a variety of sports, and at night shined flashlights into cars along Midwood Place, a.k.a. Lovers' Lane.

She can still remember walking home from school with friends,
 CONTINUED ON PAGE 13

EXCLUSIVE
LIVING TREASURES
 Part three of a series

Marijuana dispensaries setting up shop

Two medical marijuana dispensaries coming to Nassau County

By **BRIAN STIEGLITZ, DANIELLE AGOGLIA, and NAKEEM GRANT**

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Five medical marijuana dispensaries will open in New York, with two to come to Nassau County, according to an Aug. 1 announcement by the State Department of Health.

The objective in adding five more dispensaries to the existing five is to increase accessibility to medical marijuana, alleviate the cost burden for patients by encouraging corporate competition and create more marijuana products, department spokesman Howard Zucker wrote in a release.

Fiorello Pharmaceuticals and PalliaTech NY will receive licenses to distribute in Nassau County. Also coming to New York will be New York Canna, Valley Agriceuticals and Citiva Medical.

"We're gauging the situation as we go," said Gov. Andrew Cuomo, adding that the need for more dispensaries came with the increasing number of certified patients since New York legalized medical marijuana in 2014.

"My opinion is that we are doing the right thing, and there is a need for this particular type of drug," said State

Assemblyman Charles Lavine, a Democrat from Glen Cove. "It's being regulated in our state, and it's going to help a substantial number of people."

But not all are quick to embrace medical marijuana. "As we are seeing in other states, legalization has caused some practitioners and licensed agencies to prescribe medical marijuana for the most trivial conditions and are using marijuana for situations in which its efficacy hasn't been established," said Dr. Sharon Harris, psychologist and executive director of Glen Cove SAFE.

SAFE, Substance Abuse Free Environment, is a public-private community partnership that provides alcohol- and drug-prevention services. It is the only certified substance abuse-prevention agency in Glen Cove, emphasizing intervention and education.

"While medical marijuana will be prescribed for adults, the community has to be alerted to potential abuse by youth,"

Harris explained. "There is some evidence that marijuana might have harmful neurological effects and, quite clearly, behavioral effects in children and adolescents."

Harris noted that while she doubts practitioners would prescribe marijuana for children outside of unusual situations, children could abuse their parents' prescribed medications. Marijuana joins other prescribed medications as part of SAFE's "Lock Up Your Meds" initiative.

Assemblyman Michael Montesano, a Republican from Glen Head, said that he could not support marijuana dispensaries because they violate federal law. Doctors, he said, cannot prescribe marijuana for medical use. They can, however, offer "recommendations" or "referrals" under the federal prescription prohibition.

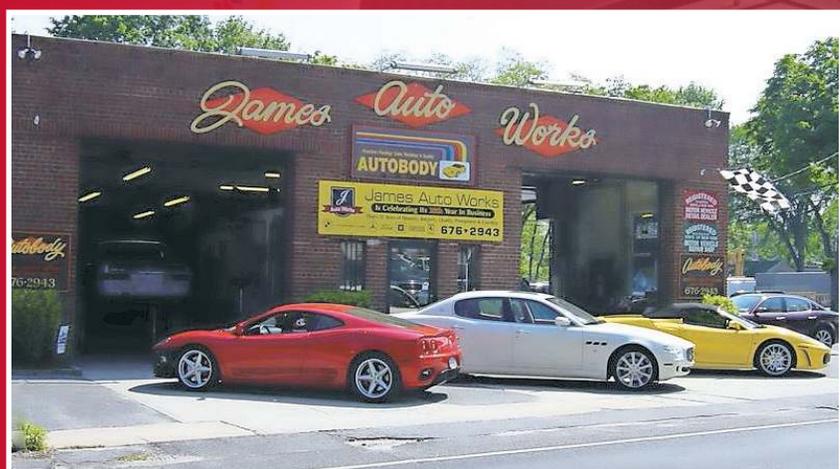
"At any given time, the federal government could step in here and prosecute anyone and everyone involved with these dispensaries," Monte-

While medical marijuana will be prescribed for adults, the community has to be alerted to potential abuse by youth.

DR. SHARON HARRIS
Executive director,
Glen Cove SAFE

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James C.
Business Owner

I started the business when I was 19 years old married and with a 1 year old son, I had no money and no one to ask for money, but I had a passion to repair cars to the best of my ability, as I do now.



Ray Romano spotted in Glen Cove

By **NAKEEM GRANT**
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Residents of Glen Cove may have had a rough day on Monday with the wet weather; but there were a few people who were all smiles. The actor and comedian Ray Romano was spotted with his family in front of an abandoned Payless store on Forest Avenue, where he and his family met with representatives from Ruff House Rescue, a nonprofit organization that saves homeless animals.

Romano's older brother, Rich Romano, adopted a dog from Ruff House Rescue last Christmas. "It means something special to adopt a dog that might be in danger," said Rich, who grew up with several pets.

Rich, who lives in Mount Sinai, added that when he was younger, his dogs were his best friends. "You go through your teenage years, you have rough days, girls break up with you," Rich said, "but I've always had my dog by my side."

Ray Romano, who has three dogs at his home in Los Angeles, said that dogs have

always been a big part of his life, too. When his brother told him about Ruff House, he didn't hesitate to show his support.

I try to help out for a lot of causes, and some are very close to the heart. Anything I can do to get the word out for a great cause like this, I'm happy to do that.

RAY ROMANO

"I try to help out for a lot of causes, and some are very close to the heart," Ray said. "Anything I can do to get the word out for a great cause like this, I'm happy to do that."

When he was growing up, Ray said, he was unaware of shelters where animals are killed because of overcrowding. Saving a dog's life, he said, is a worthy cause for potential pet owners.

"The dogs are beautiful and friendly, so if you have a home and you're looking for a dog, why not save a dog's life?" he said.

Melissa Savitt, Ruff House's assistant director, said it was wonderful to see a celebrity like Romano meeting with members of the organization to support a meaningful cause. "It's great for us, because everyone who knows Ray will now know Ruff House," Savitt said. "Everyone loves Raymond, and now everyone loves Ruff House."



Nakeem Grant/Herald

COMEDIAN AND TELEVISION star Ray Romano, visited Glen Cove on Monday with his brother Rich, far left, and Diane Rose and Melissa Savitt, directors at Ruff House Rescue. Rich adopted a dog from Ruff House, which is committed to saving homeless animals.

For the past eight years, Ruff House, based in Freeport, has helped save pets on Long Island and supported pet owners who adopt from the organization. Its director, Diane Rose, said she would like to see changes in the way people acquire pets.

"There's so many beautiful dogs that are available for adoption, but people are still buying from breeders," Rose said. "We want people to know that there are so many rescues and shelters that you don't

have to buy pets anymore."

Rich Romano agreed, saying that he appreciates those who are committed to rescuing animals. "It's so nice to see these people donate all of their time for these poor dogs," he said. "Animals are God's creatures, so you have to take care of them."

For information on adopting a pet from Ruff House, or volunteering, go to www.ruffhouserescue.org.

Connolly School welcomes new principal

By **DANIELLE AGOGLIA**
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Julie Mullan is not only a teacher, principal and new mother; she is a leader.

A Long Island native, Mullan, grew up in Lindenhurst. Despite her impressive career in education, she struggled with reading as a young student, which in turn gave her a first-hand perspective on how important educators are to the development of their students.

Mullan didn't know she wanted to be a teacher right away, but she knew she loved working with children. At 14, she taught swimming lessons and was an assistant in the early childhood Saturday classes, both at Hofstra University.

As she began her studies in education, Mullan knew that with her background as a struggling student, she could become an asset in the education world. "The more and more classes I took, the more impassioned I became," Mullan said. "I knew it was something I needed to do with my life."

She went on to receive a B.A. in Elementary Education and History, followed by a dual Masters of Science in special education (birth-grade 2) and literacy studies (birth-grade 6) from Hofstra University.

Mullan also holds New York State professional certifications in early childhood

education (birth-grade 2), childhood education (grades 1-6), literacy (birth-grade 6), special education (birth-grade 2) and as a school building leader.

Her first job was at The Melrose School in the Bronx, where she taught Pre-K, kindergarten and first grade. Not only was she a classroom teacher, but Mullan was a teacher leader in her building, helping the principal set goals, assisting colleagues and studying student data.

The principal recognized this leadership quality in Mullen, and told her that her role needed to be bigger. From there, Mullen enrolled in multiple New Leaders programs, which help create and develop skilled teachers and administrators across different levels.

From there, Mullen's leadership skills took her to jobs in schools that had a need for her. She left The Melrose School and went on to become the resident and then assistant principal at P.S. 98 Shorac Kap-pock School in Manhattan. Mullen was then asked to be the principal at P.S. 102 Jacques Cartier School in East Harlem.

"When you're a leader, it's a calling and there was always a need somewhere else," Mullen explained. "Whenever there's a need somewhere, I'm called to come and be part of that work."

At that point Mullen and her husband had moved back to Massapequa from

Manhattan, and the commute was becoming more difficult. So she decided to look for schools that needed leaders on Long Island.

That is when Mullen found Connolly School, in need of a new leader after long-time principal Rosemarie Sekelsky retired.

Sticking with her literacy roots, Mullen plans to implement Teachers College Reading and Writing Project, which will help students expand their literacy skills by educating the teachers on different tools and methods to teach literacy subjects.

Although she isn't in the classroom anymore, Mullen is definitely passionate about her work as an administrator. "There's nothing like being with your class and seeing the growth of a class," she said. "But as an administrator you get to see the growth of an entire school, or of an entire grade, or an entire building."

In addition to implementing the writing project, Mullen is looking forward to getting to know the Glen Cove community. "Being a leader, it's really important to understand your community and be a good listener, something I'm looking forward to doing," Mullen said. "I'm very excited to get to know the school, really get to know the children and the families and the teachers."



Courtesy Julie Mullan

JULIE MULLAN WILL take on the role of Connolly principal in September with plans to lead the school to increased success.

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CRIME WATCH

Glen Cove Arrests

- Female, 54, from Locust Valley, was arrested for tampering with a witness in the fourth degree on Glen Cove Avenue on August 12.
- Male, 30, from Glen Cove, was arrested for reckless endangerment in the second degree and criminal mischief in the fourth degree on Sugar Maple Lane on August 10.
- Female, 23, from Uniondale, was arrested for petit larceny on Forest Avenue on August 8.
- Male, 19, from Glen Cove, was arrested for criminal mischief in the third degree

and reckless endangerment in the second degree on Forest Avenue on August 8.

- Female, 27, from Glen Cove, was arrested for criminal mischief in the fourth degree on Grove Street on August 7.
- Female, 23, from Glen Cove, was arrested for criminal mischief in the fourth degree and disorderly conduct on Glen Cove Avenue on August 6.
- Male, 26, from Glen Cove, was arrested for unlawful possession of marijuana on Pratt Boulevard on August 6.
- Male, 23, from Glen Cove, was arrested for operating a motor vehicle by an unlicensed driver and speeding on Pratt Boulevard on August 6.

County accepting entries for competitive exhibits at L.I. fair

Entries for the competitive exhibits at the Long Island Fair are now being accepted, according to Nassau County Executive Ed Mangano.

Artisans, craft-makers, botanists, gardeners and overall Long Island Fair enthusiasts are invited to plan their entry for the Competitive Exhibits at the Old Bethpage Village Restoration, which takes place this year on Sept. 16, 17, 23, and 24.

The Competitive Exhibit schedule is as follows:

- Sept. 3 – Entry Form due for Scarecrow and Advanced Departments (must be mailed, no online entries for these categories)
- Sept. 6 – All Paper entry forms due for all other departments
- Sept. 7 – 4 p.m. – Online Entry close

As has been the custom each year, you're invited to enter your handcrafts, original artwork, needlework, produce, floral arrangements, models, and culinary delights and vie for the "best in class" prize. This year, each exhibitor will receive two free passes to visit the fair. You can earn additional free passes by referring friends to join into the competitions and by entering more than one item into certain categories.

The entry drop-off guidelines are as follows:

- Hobbies, Needlework, Juniors & Advanced entries can be brought in Saturday, Sept. 9 from 11 to 6 p.m. or Sunday, Sept. 10 from 12 to 4 p.m.
- Flowers, Fruits, Vegetables, Culinary & Junior and Advanced Culinary products can be brought in Thursday, Sept. 14 between 8 to 7 p.m.
- Culinary delights may also be dropped off on Friday, Sept. 15 between 7 to 8 a.m.
- Rabbits and Guinea Pigs can be dropped off on Friday, Sept. 22 from 5 to 7 p.m.

Horses can be dropped off on Saturday, Sept. 23 from 7 to 9 a.m.

For details and contest entry forms, visit the website at: www.lifair.org and click on Competitive Exhibits, call the Long Island Fair Office at: (516) 572-8404 to request a copy of the Competitive Exhibit Handbook, or check your local library for entry forms. Entries may also be submitted online.

As always, the fair is looking for volunteers to help with the entry intake process and many other important roles during the fair. If interested please call (516) 572-8416 or fill out the volunteer application online at www.lifair.org/volunteer.

GLEN COVE
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HOW TO REACH US

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for
Glen Cove City Council



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- Over 25 years of experience in finance and data analytics at fortune 100 companies
- Holds an MBA in Finance from Stern Business School at NYU
- BS in economics from Haverford College

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- Fiscal responsibility
- Foster partnering and interaction between City and School System
- Provide a voice for community, taxpayers and business owners

For more information:

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★ Democratic Primary ★

Tuesday, Sept. 12, 2017

ON THE RIGHT SIDE OF THE ISSUES

ALL THE WAY ON THE RIGHT SIDE OF BALLOT

HERALD SPORTS

Fresh start for Nassau CC Lions

By **TONY BELLISSIMO**

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Bringing more than a decade of experience at the high school and college gridirons, Jamel Ramsay is eager to begin his first season at the helm of Nassau Community College's football program.

Ramsay, a former standout player at LIU-Post who served as receivers coach there a year ago following a successful run as Port Washington High School's head coach, will try to get the Lions back to prominence after a rare difficult 2016 campaign resulting in a 1-7 mark.

"It's really exciting," Ramsay said. "Becoming a college head coach is something I've been looking forward to for a long time and Nassau has a great tradition. This team has a lot of upside and I want to incorporate the same stability and consistency they've got at LIU."

The Lions open the season at home on their new turf field at Mitchel Athletic Complex on Sept. 1 at 7 p.m. against Hudson Valley Community College. "We're not talking about what happened last year, but I know the guys are eager to prove to themselves," Ramsay said. "They're energy, focus and mindset is all where it should be and they're working to get better every day."

Ramsay plans to employ a spread offense featuring some explosive skill position players, including returnees Ahmere Dorsey and Naim Jones. Dorsey started games on both sides of the ball in 2016 and quarterbacked the Lions in a 28-24 season-ending loss to Hudson Valley, throwing for 186 yards and one touchdown while rushing for 108 yards and a score. Now he's transformed into a slot receiver.

"Ahmere is a fast, intelligent athlete who worked extremely hard during the off-season," Ramsay said. "We're going to get the ball into his hands and he's going to give us a lot of yards after the catch."

Jones, a product of St. Anthony's High School, looks to build off a 644-yard, 5-touchdown performance a year ago. He had at least 75 yards on the ground in all but one game and produced a career-best 119 yards at Hocking College in Week 2. "Naim is coming off a nice year and is a tough downhill runner with excellent vision," Ramsay explained. "He changes direction well and he's going to be our main back."

A pair of locals — tight end Aronis Espinal (Oceanside) and wideout Jelani Greene (Newfield) — figure to be key cogs in the air attack in addition to Dorsey. Espinal has quality hands and a big frame, and Ramsay is counting on him to catch and block. Greene, a transfer from the University of New Hampshire, is a talented deep threat who can make a lot of things happen. "Jelani is a smart kid and a student of the game," Ramsay said. "He's a lights-out receiver and someone we'll use on return units along with Dorsey."



Photos by Tony Bellissimo/Herald

AHMERE DORSEY, who started games at defense and quarterback a year ago, will serve as a slot receiver this season.

There's an ongoing battle for the starting quarterback job, with Steven Genova, Khalil Trotman and Lavelle Hall in the mix. Of the three, only Hall has taken snaps under center for the Lions. He threw for 147 yards and two touchdowns against Army Prep last Oct. 21. "We'll have a better idea in a week," Ramsay said of the position. "We're looking for a leader in the huddle and for someone who makes great decisions."

The offensive front is anchored by sophomore guard/center Gregory Bernal (Hewlett) and freshman guard Brian Carney (William Floyd), while Ramsay said the line will be the strength on the defensive side of the ball once all the pieces fall in place.

Another UNH transfer, sophomore Malik Wilder, is a shutdown cornerback with ball-hawking skills. "We expect a lot of him," said Ramsay, whose assistants include Sean Binckes, Woody Aime, Paul Jen-

nings, Marc Poppe, Kenneth Scotland and Michael Sollenne. Sophomore linebacker Andrew Ciejka had 45 tackles in just three games last season, including 21 against Navy Prep, and will lead the run defense along with freshman Steven Barongi.

"Our goal is to be 1-0 and go from there," Ramsay said.

Schedule

Fri. Sept. 1	Hudson CC	7 p.m.
Fri. Sept. 8	Monroe	7 p.m.
Sat. Sept. 16	at Navy JV	2 p.m.
Sat. Sept. 23	at Lackawanna	7 p.m.
Sat. Sept. 30	Hocking	12 p.m.
Sat. Oct. 7	at Louisburg	1 p.m.
Fri. Oct. 13	Army Prep	7 p.m.
Sun. Oct. 29	at Bryant JV	12 p.m.
Sat. Nov. 4	Erie CC	1 p.m.



THE LIONS EXPECT a lot from cornerback Malik Wilder, a transfer from the University of New Hampshire.

THE WEEK AHEAD

Nearby things to do this week



Looking back and moving forward with the Counterclockwise Ensemble

Join the dynamic ensemble for a unique musical experience that combines the intimacy and instrumentation of chamber music with the energy and vitality of a rock concert, on Sunday, Aug. 20, at 7 p.m., at Cinema Arts Centre's Sky Room Café. The guitar, strings and percussion quintet focuses on contemporary American chamber music. Evoking the mood and spirit of both European and American classical masterpieces, these virtuoso musicians take their audience on a sonic

journey, blending classical, world/folk, Americana and rock in way that is fresh, dynamic and accessible. Info: (631) 423-7611 or info@cinemaartscentre.org.

Build a birdcage out of books

Don't throw your old books away! Use them to build a beautiful birdcage at the Gold Coast Public Library in Glen Head on Monday, Aug. 21, at 6:30 p.m. Shirley Ruby will show you how to fold and decorate an old book to transform it into a decoration that will enhance any home. Info: (516) 759-8300.



Friday Night Music

Don't miss out on one of Sea Cliff's most popular summer events! JJ Mack will perform in this week's edition of Friday Night Music at Sea Cliff Beach on Friday, Aug. 18, from 7 to 10 p.m. featuring rock 'n' roll, jambalaya, and a little country. Info: (516) 671-0080.



Living with wildlife on Long Island

Learn about wildlife in your community at the Glen Cove Public Library on Tuesday, Aug. 22, at 11 a.m. Members of Volunteers for Wildlife will teach you about the many ways people can help mitigate our impact on wildlife. Enjoy close up views of live turtles, owls, ducks, shorebirds and more. All ages are welcome. Info: (516) 676-2130.



Vogue for Tableau Vivants

Enter into sculptor Seward Johnson's world at Old Westbury Gardens, Sunday, Aug. 20, at 2 p.m. Visitors to the Seward Johnson exhibit can explore tableau vivant (living pictures), a style of artistic presentation popular in the 19th and early 20th centuries. Discover more about this popular form of entertainment in a 45-minute presentation. Info: (516) 333-0048 or www.oldwestburygardens.org.



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Up the mountain without a phone

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BIKING FOR
A CAUSE

Weeks 7-9

By DANIELLE
AGOGLIA
dagoglia@iherald.com

Normally, we chat with Valerie Angulo, 24, every Tuesday evening where she recaps the past week of her Bike & Build

trip, an 11-week, service-oriented cycling trip that benefits affordable housing across the country. Angulo, of Old Brookville, is one of 36 volunteers that biked out of Yorktown, Va., in May for Portland, Ore., which they expect to reach by mid-August. However, after not hearing from her at all during the week of July 10, we started to get worried.

But, Angulo was okay; she had lost her phone in Steamboat Springs, Colo.

Without her cell phone it was more difficult to keep in touch, especially since she was coming to the end of her trip.

We got back in touch with her the week of July 24, where she gave us a full three-week recap.

While in Steamboat Springs, the group was able to go camping and visit Strawberry Hot Springs where they spent time at night.

They also hit another mountain range: The Rockies. The group rode up over 12,000 feet on Trail Ridge Road to cross the snow-capped mountains. Angulo said it was one of her favorite rides of the whole trip.

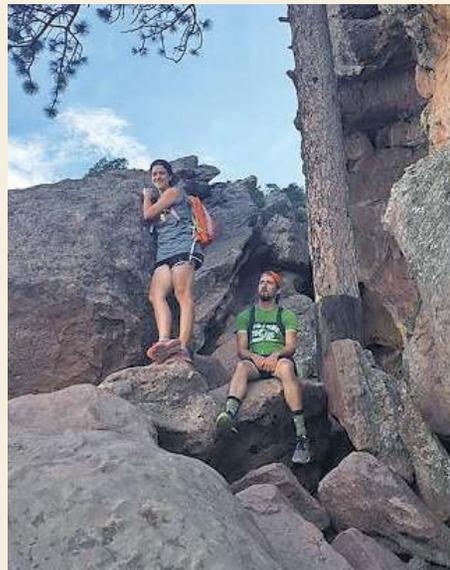
After Colorado, Angulo and several riders rode through the deserts and canyons of Utah and arrived early to the campsite in Flaming Gorge. "It was amazing to see the red rocks and geography of the area," said Angulo. Because they arrived early, the group was able to swim in a nearby lake and even go cliff jumping.

The Tetons

From Utah the group traveled to Wyoming through another mountain range: The Tetons. They rode along a path called the Teton Pass, which took them over the mountains and into an 8-mile descent into Idaho.

Angulo said the Teton bike trail was extremely steep, but beautiful, and was another one of her favorite rides. "I was initially reminded about how it used to feel, and how much stronger we are as a team this time around," said Angulo, recalling the group's first mountain ride over the Appalachians.

"That ride day from Jackson, Wyo., to Idaho Falls, Idaho, was particularly diffi-



VALERIE ANGULO AND her teammate Gabe Planas had some time off after biking, so they took a hike through the Flat Irons in Boulder, Colo.

cult because after taking about 20 miles to cross the mountains, we still had around 80 miles to go," said Angulo.

On that day Angulo and her group had woken up at 4 a.m. and were still on the road at 5:30 p.m. It had been a long day, they had been riding in the sun, and she and her teammate ended up riding seven miles past one of their turns. They had to call one of the vans to pick them up.

While biking, the riders don't use a GPS, but have trip computers that count their miles. For example, if they know at mile 25 they have to make a right turn, having the computer count the miles allows them to gage when that right turn will be. Additionally, the first group tries to chalk out the directions on the road.

When they got to Idaho Falls, the group was finally able to "relax," or their version of relaxing which is having two build days. The bikers worked with Habitat for Humanity ReStore, a thrift store run by Habitat for Humanity that helps fund some of the projects in the area. Angulo and the group helped remove and replace insulation the back part of the shop so eventually they would be able to expand.

After the build days, the group rode 70 miles into Arco, Idaho, but stopped at a nuclear power plant-turned-museum along the way. The museum, Experimental Breeder Reactor I, became one of the world's first electricity-generating nuclear power plants in 1951. The group had heard from past Bike and Builders that it was an interesting break spot during their ride through the desert.

Valerie Angulo

- Old Brookville, 24
- Villanova alumna
- M.A. at NYU, computer science major
- Seasoned volunteer
- First Bike & Build trip



Photos courtesy Valerie Angulo

ON THEIR WAY to Boise, Idaho, Valerie Angulo, right, and Emily Guy stopped to take in one of the many magnificent views during their journey.

"The terrain today was fascinating, because you would see a mountain rising up out of the desert and plains," said Angulo. "And you'd see the same mountain for miles and miles even after passing it cause the terrain is so flat."

As Angulo's bike trip is coming to a close, she has made an effort notice the little things along the way. However, it's not over yet. Check back next week for the final recap in this series, and to hear about how Angulo's trip ends.

BEFORE HITTING THE Teton Mountains in Wyoming, Valerie Angulo, center, and her teammates Michael Vera, left, and Rachel Gates, right, took a break to watch the sunrise.



VALERIE ANGULO, LEFT, with her teammates Emily Guy and Gabe Planas on top of Trail Ridge Road in Rocky Mountain National Park, Colo.

HERALD NEIGHBORS



Photos by Tab Hauser/Herald

SWIMMERS WORKED HARD to reach the marker during one of the races in Swim Across America at Morgan Park.

Swim Across America in Glen Cove

By **TAB HAUSER**

newsroom@iherald.com

Morning storms did not deter the 149 swimmers and 50 volunteers for the 16th annual Glen Cove Swim Across America event. The national organization hosts the event once a year to support cancer research. This year, Glen Cove opened City Hall so that the registration and recognition ceremony could be done inside.

With the skies clearing at 9:30 a.m., the group made its way down to Morgan Park to start the event. Later Mayor Reggie Spinello was on hand to welcome the swimmers and volunteers. Then he spoke passionately about his own battle with cancer 12 years ago.

This year SAA raised more than \$400,000 towards cancer research. The beneficiaries for these funds are targeted for specific cancer-fighting initiatives. In 2017 the funds will support immunotherapy research at the SAA laboratory at MSK, lung cancer clinical trials at Cold Spring Harbor Laboratory, pediatric brain cancer research at the Feinstein Institute of North Shore, and pediatric oncology at the University of Texas MD Anderson Children's Cancer Hospital. To donate and learn more about SA, go to www.swimacross-america.org.



Clockwise from top left:
SWIMMERS GAVE IT their all as they raced to the water.

SEA CLIFF RESIDENTS Patrick and Kathleen Reynolds, left, joined Samantha and Kevin Horton (who writes a column for this paper), to participate in the race.

GLEN COVE VOLUNTEERS Dan Cavallo, far left, Bob and Jenn Rubin, Diane Hughes-berg, Marilyn Abrams, Eileen Abramson, Geraldine Orlando and Susan Goldberg worked hard that day.



COMMUNITY CALENDAR

Thursday, August 17

End of summer reading party

Gold Coast Public Library, in Library Annex, 50 Railroad Ave., Glen Head, 6:30 to 8:30 p.m. Grades 6 through 12. Listen to 24-year-old Young Adult author Karuna Riazi discuss her new book "The Gauntlet" and her career as a writer. Pizza will be served and you can enter a raffle to win a set of Beats Solo 3 Wireless Headphones! (516) 759-8300.

Sunset Serenade

Memorial Park, 130 Prospect Ave, Sea Cliff, 7 p.m. Hosted by the Sea Civic Association featuring the Outliers.

Friday, August 18

Keva planks

Oyster Bay-East Norwich Public Library, 89 East Main Street, Oyster Bay, 11 to 1 p.m. Every piece is the same. Each plank is about 1/4 inch thick, 3/4 inch wide and 4.5 inches long. Build structures by simply stacking the planks. No glue, no connectors. No registration. Children under the age of 9 must be accompanied by an adult. All creations will stay in the library. (516) 922-1212.

Downtown Sounds

Intersection of Glen, School, and Bridge Streets, Glen Cove, 7:30 p.m. Milagro was formed in 2005 by a group of musicians to pay tribute to the rock and soul group Santana. Free admission. Bring seating. Free parking in nearby municipal garage. Visit www.downtownsoundslive.org for artist listings and full details. (516) 759-6970.

Bayville Summer Concert Series

West Harbor Beach, Bayville, 8 to 10 p.m. Trip Kings will play classic tunes. Food vendor is Bayville Deli. (516) 628-1439.

Saturday, August 19

Dancercise with Carol

Locust Valley Public Library, 170 Buckram Rd., Locust Valley, 11 a.m. Come dance yourself into shape with Carol. Exercise and lose inches while having fun. No dance experience needed. This class is designed for everyone. Participants of any fitness level, any background, or any age can start to Dancercise. No special attire needed, just wear sneakers and bring a bottle of water. Be prepared to have a happy time! (516) 671-1837.

Living with wildlife on Long Island

Glen Cove Public Library 4 Glen Cove Ave., Glen Cove, 11 a.m. Members of Volunteers for Wildlife will teach you about the many ways people can help mitigate our impact on wildlife. Enjoy close up views of live turtles, owls, ducks, shorebirds and more. All ages are welcome. (516) 676-2130.

Mayor's Snapper Derby

Prybil Beach Fishing Pier, Glen Cove, 8:30 to 11:30 a.m. This annual fishing event is organized by the Glen Cove Anglers Club is open for children ages 6 to 16. Must provide your own fishing gear. Prizes, raffles, food and fun. For more information call (516) 676-3766.



Dancercise with Carol

Work up a sweat, burn some calories with your friends and have some fun while you're doing it on Saturday, Aug. 19 at the Locust Valley Public Library at 11 a.m. Come dance yourself into shape with this week's instructor Carol. Exercise and lose inches while having fun. No dance experience? No worries! This class is designed for everyone!

Participants of any fitness level, any background, or any age can start to Dancercise. No special attire needed, just wear sneakers and bring a bottle of water. Be prepared to have a happy time! For more information, call (516) 671-1837.

Sunday, August 20

Morgan Park Summer Music Festival

Intersection of Glen, School, and Bridge Streets, Glen Cove, 2 p.m. Morgan Park Summer Music Festival expands its third annual Folk Festival by presenting top talents of today's Folk Music scene headlining a bill that features several of Long Island's most highly-regarded performers and groups. (516) 759-6970.

Monday, August 21

Defensive driving

Oyster Bay-East Norwich Public Library, 89 East Main Street, Oyster Bay, 6 to 9 p.m. Must attend both Monday (8/21) & Tuesday (8/22) evening sessions. Drivers of all ages can sharpen driving skills, receive auto insurance discounts, and reduce violation points. Fee is \$29 per person (one check or money order per person only; NO cash), payable at time of in-person registration. Checks payable to Empire Safety Council. Please bring a pen or pencil and your valid NYS driver's license to the class. (516) 922-1212.

Tuesday, August 22

Senior Moments Show - 88.1 FM

Glen Cove Senior Center, 130 Glen St., Glen Cove, 11 a.m. (516) 759-9610 or www.glencoveseniorcenter.com.

Falun Dafa: Chinese meditation

Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Learn how to release stress and become more peaceful with the Chinese Cultural Association of Long Island. Falun Dafa is a practice that improves mental and physical wellness through combining a series of easy-

to-learn exercises and meditation with moral philosophy guided by the principles of truthfulness, compassion and tolerance. Wear loose comfortable clothing and be sure to bring a bottle of water. (516) 676-2130.

Wednesday, August 23

Dog Tales

Oyster Bay-East Norwich Public Library, 89 East Main Street, Oyster Bay, 11 to 12 p.m. Children often feel more comfortable reading to dogs than people because they are viewed as "non-critical." Petting the dog lowers stress and brings positive association to reading. Child must be able to read. (516) 922-1212.

Make your own floral wreath

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 6:30 to 8:30 p.m. Build a beautiful summer floral wreath to decorate your home! Assortment of flowers and embellishments will be available to choose from! (516) 759-8300.

Thursday, August 24

Ladies Round Robin & Doubles Clinic

Locust Valley Public Library, 170 Buckram Rd., Locust Valley, 10 to 12 p.m. Join us for our Ladies Round Robin and Doubles Clinic with Tennis Pro, Steve Abbondello. Refreshments and prizes provided. Registration and \$15 fee required for each session. Register online or at



Tomato and pepper tasting

Celebrate the summer season's most anticipated garden treat with the Glen Cove Public Library on Saturday, August 26, at 4 Glen Cove Ave., 11 to 12:30 p.m.

the Adult Circulation desk. Registration fee must be paid at the Adult Circulation desk. (516) 671-1837.

Sunset Serenade

Memorial Park, 130 Prospect Ave, Sea Cliff, 7 p.m. Hosted by the Sea Civic Association featuring RIDE.

Friday, August 25

Living with wildlife on Long Island

Glen Cove Public Library 4 Glen Cove Ave., Glen Cove, 11 a.m. Members of Volunteers for Wildlife will teach you about the many ways people can help mitigate our impact on wildlife. Enjoy close up views of live turtles, owls, ducks, shorebirds and more. All ages are welcome. (516) 676-2130.

Make your own floral wreath

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 2:30 to 4:30 p.m. "Bad Day at Back Rock." Spencer Tracy stars as a World War II veteran trying to find the father of the man who saved his life. With Robert Ryan and Lee Marvin. 81 min. (516) 759-8300.

Friday Night Music at the beach

The Blvd., Sea Cliff, 7 to 10 p.m. Live music performance by the Rusty String Band. (516) 671-0080.

Downtown Sounds

Intersection of Glen, School, and Bridge Streets, Glen Cove, 7:30 p.m. featuring Richie Cannata. Cannata has worked with Billy Joel, Celine Dion, Jennifer Lopez, the Beach Boys, Bernie Williams and the list goes on. He studied classical piano growing up, but it doesn't stop there. He also studied the clarinet, flute, keyboards, and saxophone with the tenor saxophone being his forte. Free admission. Bring seating. Free parking in nearby municipal garage. Visit www.downtownsoundslive.org for artist listings and full details. (516) 759-6970.

Saturday, August 26

Tomato and pepper tasting

Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, 11 to 12:30 p.m. A rose is a rose and all that jazz, but the tomato is as varied as a snowflake in its flavor profile, color, shape and size. If you've been laboring under the false impression that every tomato is the same, think again! In celebration of the season's most anticipated garden treat, the Seed Library at Glen Cove Public Library is hosting a tasting of tomatoes of every type: Heirloom, Hybrid, Cherry and Plum. Learn why those commercially-grown, seemingly picture-perfect orbs found in grocery stores pale in comparison to the humble and delicious 'garden variety' tomato. We will also be sampling an assortment of peppers, and doing a quick demonstration on how to save seeds from both. Registration encouraged! (516) 676-2130.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS

GLEN COVE HERALD GAZETTE – August 17, 2017



Courtesy Nassau County Executive's office

NASSAU COUNTY EXECUTIVE Edward Mangano presented Juan Carlos Munoz with an award for his dedication to the community through the Knights of Columbus.

Glen Cove residents honored for K of C service

Nassau County Executive Edward Mangano honored members of the Knights of Columbus of Nassau County on Friday, August 4, in a ceremony at Eisenhower Park's Harry Chapin Lakeside Theatre, preceding a concert by Dr. K's Motown Revue. District Deputies and Past Grand Knights Juan Carlos Munoz and Michael Medugno, both of Glen Cove, were honored for their dedication and service to their community.

"I'd like to thank Juan Carlos Munoz and Michael Medugno for giving their time, talent and energy to the Knights of Columbus organization over the years," said Mangano. "The Knights of Columbus is an important community organization, and I am proud to show support for some of their most active members."



Courtesy PMB Photo

COLLEAGUES PAST AND present celebrated the retirement of long-time Glen Cove City Court Assistant Camille Del Savio at the View Grill last month.

Camille Del Savio celebrates her retirement from the Glen Cove City Court system

Culminating many years of service to the Glen Cove City Court system, Court Assistant Camille Del Savio was congratulated by a large group of her associates at a retirement party held in her honor on July 13, at the View Grill restaurant in Glen Cove.

Celebrating with Del Savio were Judge Joseph D. McCann, City Hall Custodian Carlos Gonzalez, Sr., New York State retired Court Officer Kevin Ray, NYS Supreme Court Officer John Marsico, NYS Court Officer Sergeant Brian Young and Judge Richard J. McCord. Also celebrating were Del Savio's colleagues: Stacey Gallo, chief clerk, Marie Cocchiola, retired court office assistant, Lisa Garcia, court office assistant, Jillian Fields, court revenue assistant, Lisa Lamanna, judge's secretary, Charlene Wright, court revenue assistant, Dorothy Alter, senior court office assistant and Maryann Ward, court assistant.

Thanks to the View Grill Owner/Chef Jeanine Dimenna for bringing her accustomed flair to the occasion, making the event both delicious and memorable for Del Savio on her special day.

THE HERALD
Gazette

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Garvies Museum looks back on 50 years

By **NAKEEM GRANT**

ngrant@liherald.com

Since it was founded in 1967, Garvies Point Museum and Preserve has featured some of the most popular exhibits on the North Shore. Celebrating its 50th anniversary, the museum continues to attract both new and returning visitors.

"We have visitors who said they were here when the museum first opened in 1967," said Veronica Natale, the facility's supervisor. "It's great to see that we get that kind of recognition."

Natale added that many returning visitors bring their children. "That's one of the great things about our exhibits," she said. "I guess sometimes people forget what it's like to be a little kid. But when parents come to our museum, they're just as excited to see the exhibit as their children."

Among the original exhibits that have become the museum's main attractions are the culture of Native Americans and the geology of New York state and Long Island. Natale said that exhibits like the Interactive Woodland Village, which opened in 2009, have helped the museum attract people of all ages. "Exhibits like that really bridge the gap between older and younger people," she said. "It proves that there's something here that anyone can enjoy."

She added that although the museum's collections have grown and its summer workshops have become more sophisticated, the biggest area of growth has been its educational programs. When it first opened, it offered only two or three pro-

grams for local schools. Now there are 16. Natale said she hoped to see the same kind of growth in the temporary exhibits.

"We're at a place now where we have more staff members and more volunteers who can help to continue what this museum started 50 years ago," she said. "Also, we're looking for more activities that we can do to become more involved in the community."

The museum's volunteers range in age from 5 to 90. From running programs to organizing major events, they have shaped the culture of Garvies Point. Natale said that this has made her experience at the museum even more enjoyable. "We've had volunteers who work with us during the summer, while others have worked with us for over 25 years," she said. "They put their words into action."

Natale grew up in Glen Cove, and got to know the museum as a child. Her mother, Kathyryne, had worked there. Reflecting on her childhood, Veronica said it was special for her to see everything come full circle.

"There's so many things here that I remember as a kid," she said. "Now that I'm on the other side and seeing how things work behind the scenes, I really have an appreciation for what my mom used to do."

Asked what the next 50 years might bring, Natale explained that the success of the museum depends on the community's support, which she believes will endure. "People like to have cultural places in their community, and there's a lot of people here who want to ensure that we stay open for future generations," she said. "That's the mission of the museum."

People like to have cultural places in their community, and there's a lot of people here who want to ensure that we stay open for future generations. That's the mission of the museum.

VERONICA NATALE
Museum supervisor



Elisa Dragotto/Herald

THERE IS ALWAYS plenty for children to do at the museum, which is marking its 50th anniversary. Declan Brosnan, 5, left, and Benjamin Attias, 6, explored a wigwam.



RESEARCHERS IN A laboratory at Garvies Point Museum and Preserve in 1970.

Glen Cove participates in Junior Firefighter Camp

By **DANIELLE AGOGLIA**

dagoglia@liherald.com

The third annual Junior Fire Camp held at the Old Bethpage training facility gives aspiring firefighters the opportunity to participate in real-life fire-fighting drills at a young age.

Mason Kletter, a member of the Glen Cove Volunteer Fire Department's Explorer Post 520 and treasurer of the Nassau County Junior Firefighter Association, attended for the second time at the end of July.

During the six-day camp, junior firefighters go through Fire Service Academy Training, put on by professional instructors.

Kletter, 16, said during the camp he learned new fire-fighting techniques and was able to practice more drills than what is allowed in the explorer post. The camp went through vehicle extraction, building

fires, mask confidence, clothes testing and car fire scenarios. The campers practiced how to put out fires, use different hoses and even scale buildings.

As a one-year camp veteran, Kletter said he mostly knew what to expect, but his favorite part was meeting new people from all over the island. "It's a lot of building confidence within yourself and doing a lot of teamwork," Kletter said. "I got to meet a lot of kids that I otherwise would not meet."

This year, the campers stayed for a sixth day and participated in EMS training where they learned basic first aid.

Self-confidence is what Kletter believes helps him and other fire fighters do their job. "Your body is not used to conditions like that, it's definitely a very intimidating thing to do," he said. "It's a lot of self-confidence to do something that a lot of other people can't do."



Ryan Hedlund/Herald

MASON KLETTER, OF Glen Cove, left, Louis Sabatino of Franklin Square and Nicholas Capone of East Rockaway, finished up crawling into a burning warehouse at the Junior Fire Camp.

While none of his immediate family members are in the fire service, those around Kletter that are have inspired him to stay in the explore post for three years, and join a department, hopefully Glen

Cove, when he turns 18.

The Fire Camp was held in conjunction with the Nassau County Junior Firefighter Association and the Nassau County Fire Service Association.



Danielle Agoglia/Herald

IRMA BERKLEY AND her home are both 88 years old. She and her husband, Bill, moved in in 1963, after his parents moved out.

Irma Berkley will always call Glen Cove home

CONTINUED FROM FRONT PAGE

passing the stream that runs behind the senior center and drinking from a cold, bubbling spring.

Glen Cove, a retail hub

Before Roosevelt Field and the Hicksville Broadway Mall opened, downtown Glen Cove was a shopping hub on the western North Shore. "Grant's was on the corner down here, on the corner of Bridge Street and Glen Street," Berkley said, recalling now-defunct five-and-dimes. "In the middle was Woolworth's, and then down at the other end, near Henry's, was McLellan's."

After the larger shopping centers were built, however, customers steadily dispersed and, one by one, the stores began to close. "It was so sad, because when I was a kid, my mother would say, 'We're going downtown,' or 'We're going to the village,'" Berkley said. "We'd be down here and you'd bump into all your friends, and my mother would bump into all her friends. It was a thriving community."

She said she believes that the Village Square project, an RXR Realty revitalization plan for the downtown, is a good idea that will help bring people back to the area. The project features a central, public plaza surrounded by ground-floor retail stores and restaurants, topped by apartments.

Sixty-eight years of marriage

Berkley and her husband, Bill, met on McGrady Street when they were kids. They married in 1949, right after Irma graduated from high school. After Bill graduated from Lafayette College in Pennsylvania, his job in technology took them to Pennsylvania, North Carolina, Washington, D.C., and Ohio, but they always returned to Glen Cove.

After living upstate, near Niagara Falls, the Berkleys came back to Glen Cove for good, moving into a relative's house on McGrady Street.

Before the senior center

The Glen Cove Senior Center holds a special place in Berkley's heart. "This



Courtesy Irma Berkley

THE GLEN COVE that Irma Berkley knew as a young girl looked nothing like the city it is today.

place ... has a special meaning to me," she said. "Not only because I belong to the senior center, but because my mother, father, sister and brother lived here."

The building was split down the middle, with one apartment on each side. Underneath was truck storage for what Berkley said might have been a telephone company. After it moved out, a pants factory called Pretty Please Pants moved in, and Berkley would buy pants for her two oldest children right below where her parents used to live.

The senior center today

When the kids were old enough to take care of themselves and her husband was still working, Berkley did not want to stay home alone. So, in the early 1990s, when she turned 60, she and her sister joined the senior center.

Since then, she has been active there, taking tai chi, leading discussion groups and helping to organize trips. She and Bill sang in the center's Golden Voices Chorale.

While Berkley still lives at home, her husband moved near by to a nursing home. Even though her sister and brother are dead and her family long ago moved out of the building, going back to the senior center helps Berkley maintain a connection to them. "There's a feeling that I get, because there's a memory," she said. "I wasn't here, but I've been told the stories. So I have a feeling for this building."

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Courtesy Legislator Delia DeRiggi-Whitton

NASSAU COUNTY LEGISLATOR Delia DeRiggi-Whitton, center, introduced legislation that could help curb prescription opioid addiction and overdoses. With her, from left, were Glen Cove resident RoseMarie Sherry, left, county legislators Laura Curran and Siela Bynoe and Glen Cove Youth Bureau Board Member Tony Jiminez.

Lawmaker seeks addiction warning signs at pharmacies

CONTINUED FROM FRONT PAGE

tored closely so as not to lead to the tragedy of addiction."

The legislation must receive majority approval in the County Legislature.

Volunteer EMT and Glen Cove Youth Board member Tony Jiminez agreed with DeRiggi-Whitton. "I believe opioid abuse has reached epidemic proportions here in Nassau, sadly, going from bad to worse," he said. "We must do everything we can to both educate the public and eliminate the problem, and Legislator Delia DeRiggi-Whitton's bill is a step forward towards doing that."

RoseMarie Sherry, of Glen Cove, whose teenage son struggled with opioid addiction at one point, also joined DeRiggi-Whitton in announcing the legislation. "As a mom who was blindsided by the disease of addiction that attacked my family, I can tell you that what I have in common with my fellow Glen Cove moms and fellow Nassau families — that we are not a very unique story," she said. "We could be any family on Long Island. If we had received more warning of how addictive these medications are, maybe our family's nightmare could have been prevented."

In documents supporting the legislation, DeRiggi-Whitton noted that 493 opioid-related deaths had been confirmed in Nassau and Suffolk counties in 2016, and 498 have been confirmed in Nassau alone since 2011.

"We're in the midst of a crisis, and we've been in the midst of this crisis for many, many years," said State Assemblyman Charles Lavine, a Democrat from Glen Cove. "The more we can do to educate the public on the dangers, especially of prescribed or so called ethical drugs, the better off we will be."

This "public health crisis," DeRiggi-Whitton said, can only be remedied with an "aggressive public health education campaign that educates, cautions and reminds both patients and parents at the very pharmacy counter where they may first encounter the drugs via prescription by their physician."

Medications containing opioids are addictive and subject to abuse. Use opioids only as directed by your physician. If you or someone you know has a problem with addiction, you can call 1-877-8-HOPENY.

Notice that may be posted in pharmacies

Assemblyman Michael Montesano, a Republican from Glen Head, said that while opioid addiction is a big problem, pharmacists shouldn't be fully responsible for addressing the issue. "I always believe that in all of these circumstances, education is the biggest issue," Montesano said. "To put this burden on the pharmacist, I don't think it's incumbent for them to deal with this."

Assemblyman Ed Ra, a Republican from Franklin Square, said that he supports DeRiggi-Whitton's bill. "We've seen people get addicted, which leads to more addictive drug use, and I know it's a part of the problem," Ra said. "The state has tried to do a number of things to monitor prescriptions, and I don't think Delia's bill is a bad idea. It seems like it will be simple enough to just post a sign."

Claudia Marra, a schoolteacher and mother who lost her husband in 2009 to an overdose of fentanyl that was prescribed to him, said on Aug. 9 that she supported the legislation.

"It's a step in the right direction, for sure," Marra, of Glen Cove, said. "Finally legislators are realizing that this is going to get worse if we don't try and change something, and change it fast."

The legislation is currently under review.



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Gather up family and friends for a late summer bash

As the season begins to wind down, cool off with family and friends at a get-together around the deck and pool. Before the back-to-school rush, get everyone together for some easy-going dining and conversation that centers around the barbecue.

When it comes to entertaining outdoors, easy yet flavorful dishes that spotlight the season's bounty are tasty, nutritious and can keep prep time to a minimum. Plus, they're sure to please guests' palates — including those pickier members of your family.

From casual to elegant in a snap

When preparing for your gathering, think about the overall flavors of your meal and look for recipes that incorporate similar ingredients.

If you're going for a Southwestern theme, look for dishes that call for fresh tomatoes, onions and cilantro. For a Mediterranean or Italian meal, try recipes with onions, garlic and parsley. No matter the occasion, opt for simple, flavorful and quality ingredients to add some extra panache to your favorite dishes.

For an elegant yet casual dinner party, think fish instead of meat for a change of pace. Or do both for your own version of surf and turf. So fire up the grill and add some zest to your guest's palates with these tips to take your cuisine to the next level.

The five-minute marinade

If you want flavorful meat, but don't have time to wait for a marinade to do its magic, try this technique. In a resealable plastic bag, combine your protein and marinade. Squeeze the air out of the bag and seal tightly. Massage the meat for five minutes, turning the bag over often so the meat absorbs most of the marinade. Remove the meat and discard any remaining marinade.

Pep up produce

Hearty slabs of meat may be the heroes of the grill, but fruit and veggies have a rightful place on those smoky grates. Produce takes on an entirely different flavor when grilled.

Grill a whole fish

Grilling a whole fish may seem intimidating, but it can be done in a few simple steps. Start by patting the fish dry.

Score the sides and brush liberally with oil. Then add seasonings or a rub, and stuff the cavity with citrus slices before grilling.



A quick and easy chipotle marinated grilled skirt steak will spice up any gathering. Pair it with a roasted corn salad that embodies the fresh flavors of the season — a mixture of corn, tomato, red onion, basil, and avocado.

Grilled Skirt Steak with Roasted Corn Salad

- 1 1/2 pounds skirt steak, cut into 4-inch pieces
- 1/3 cup Tabasco Chipotle Pepper Sauce
- 1 tablespoon ground cumin
- 1 large garlic clove, crushed

In a large bowl, combine chipotle pepper sauce, cumin and garlic; add skirt steaks. Toss to mix well; cover and refrigerate at least 30 minutes or overnight.

Preheat grill to high. Grill skirt steak about 5 minutes, or until of desired doneness, turning once. To serve, plate steak with corn salad.

Corn Salad

- 4 ears corn on the cob, shucked
- 2 large tomatoes, chopped
- 1 small red onion, diced
- 1 ripe avocado, peeled, pitted and diced
- 2 tablespoons fresh chopped basil
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Tabasco Chipotle Pepper Sauce

1/4 teaspoon salt

To prepare corn salad: Preheat grill to medium. Grill corn about 5 to 10 minutes, turning frequently, until tender-crisp. When cool enough to handle, cut corn from cob. In medium bowl, combine corn, tomatoes, red onion, avocado, basil, lime juice, olive oil, chipotle pepper sauce to taste, and salt; toss to mix well.



Try some veggies on the grill. These cabbage steaks blend sweet and slightly sour notes with savory crumbles of cheese for a dish that pleases every one of your taste buds.

Cabbage Steaks With Bacon & Blue Cheese

- 6 slices bacon
- 1 package McCormick Grill Mates Smoky Applewood Marinade
- 3 tablespoons vegetable oil
- 2 tablespoons cider vinegar
- 2 tablespoons maple syrup
- 1 head green cabbage, cut into 3/4-inch thick slices (about 6 steaks)
- 1/2 cup crumbled blue cheese
- 2 tablespoons thinly sliced green onions

Cook bacon in large skillet on medium heat until crisp. Reserve 1 tablespoon of the drippings. Crumble bacon; set aside.

Mix marinade mix, oil, vinegar, maple syrup and reserved bacon drippings in small bowl until well blended. Place cabbage steaks in large resealable plastic bag or glass dish. Add marinade; turn to coat well.

Refrigerate 30 minutes or longer for extra flavor. Remove cabbage steaks from marinade. Reserve any leftover marinade.

Grill cabbage steaks over medium heat 5 to 6 minutes per side or until tender-crisp, brushing with leftover marinade. Serve cabbage steaks topped with blue cheese, crumbled bacon and green onions.

— Karen Bloom
kbloom@liherald.com

SUMMER SOUNDS

Folk Festival

Morgan Park is the setting for a day of basking in the sun listening to some lively tunes performed by stars of the local folk scene. WFUV's John Platt hosts this afternoon of dynamic music-making. Dar Williams (pictured), esteemed for her raw acoustic energy, headlines this year's festival. Captivating audiences since the '90s, Williams has released 10 studio albums and is acclaimed as "one of America's very best singer-songwriters (The New Yorker)." Amy Helm, the daughter of famed drummer Levon Helm, is also featured. The singer-songwriter, has received renown a member of the collective Ollabella, for her solo performances and for her first solo



WEEKEND

Out and About

album, "Didn't It Rain," released in 2015. Also in the lineup, blues master Guy Davis, is always refining his musicality. He delights his audiences with his snappy guitar work, gritty vocals, humorous monologues and impressive stage presence. Gathering Time, Matt Grabowski, Los Cintron and Roger Street Friedman round out the bill. Sunday, Aug. 20, 2 p.m. Morgan Park, Germaine St., Glen Cove. (516) 671-0017 or www.morganparkmusic.org.

The Orchestra

The Electric Light Orchestra, lives on when "Summer Rock" comes to the area. Take in a full evening of hit after hit of symphonic rock when former members of ELO and ELO Part II join forces as The Orchestra to headline this dynamic concert. The band — featuring ELO's Mike Kaminski, Louis Clark, Eric Troyer, with ELO II's Parthenon Huxley, Gordon Townsend and Glen Burtnik — puts a new spin on that iconic powerhouse



sound, recreating such notable hits as "Can't Get It Out of My Head," "Evil Woman," "Strange Magic," "Livin' Thing," and "Sweet Talkin' Woman." Classics from their illustrious past are liberally sprinkled with seeds of a new era as the band explodes across the stage, showering fragments of musical diversity in all directions. Singer-songwriter Al Stewart and those enduring pop-rockers Orleans also perform. Saturday, Aug. 19, at 8 p.m. \$62, \$52, \$38. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

ARTS & ENTERTAINMENT

Coming Attractions

Performances/ On Stage



Grease

The kids from Rydell High are back on stage, Thursday and Friday, Aug. 17-18, 8 p.m.; Saturday, Aug. 19 3 and 8 p.m.; Sunday, Aug. 20, 2 and 7 p.m.; Wednesday, Aug. 23, 8 p.m. \$76 and \$71. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900.

Mid-Summer Night Dance

Step lively with some East Coast Swing by Ed and Maria of Swing Dance Long Island Thursday, Aug. 17, 6:30 p.m. \$22, \$30 at door. Vanderbilt Museum, 180 Little Neck Rd., Centerport. (631) 854-5562 or www.vanderbiltmuseum.org.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, Aug. 17, 7:30 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

The Fresh Tones

The jazz trio in concert, Friday, Aug. 18, 9:30 p.m. \$15 (\$10 members). Sky Room Cafe at Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinememaartscentre.org.

The Outliers

The popular local band in concert, as part of the Sunset Serenade summer concert series, Thursday, Aug. 17, 7 p.m. Veterans Memorial Park, Sea Cliff.

JJ Mack

The jam band in concert, as part of the Summer Music Series, Friday, Aug. 18, 7 p.m. Sea Cliff Beach, Sea Cliff.

Milagro

The Santana tribute band in concert, as part of Downtown Sounds summer concert series, Friday, Aug. 18, 7:30 p.m. Village Square Plaza at Glen, School and Bridge St., Glen Cove. Visit www.downtownsoundsalive.org for more information.

Much Ado About Nothing

Shakespeare's witty romantic comedy, Friday, Aug. 18, 8 p.m.; Sunday, Aug. 20, 7 p.m.; Wednesday, Aug. 23, 8 p.m. \$15. Arena Players, Vanderbilt Museum Carriage House Theater, Suffolk County Vanderbilt Museum, 180 Little Neck Rd., Centerport. 293-0674 or www.arenaplayers.org.

Trip Kings

The band performs classic tunes, Friday, Aug. 18, 8 p.m. West Harbor Beach, Bayville. 628 1439.

Air Supply

The iconic Australian soft rock duo in concert, Saturday, Aug. 19, 8 p.m. \$199.50, \$129.50, \$69.50, \$49.50, \$40. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.



Oak Ridge Boys

The Oak Ridge Boys bring their four-part harmonies to the Tilles Center stage, on Saturday, Sept. 9, at 8 p.m.

After six decades of building a legacy fit for a quartet of southern gentlemen, the Oak Ridge Boys continue to plug away at what they do best, sharing it all with their fans on their Celebration tour. With multiple awards under their belts and multiple chart-topping singles, the "boys" haven't missed a step. Their upbeat style always resonates as they remain a potent force in country music.

Duane Allen, Joe Bonsall, William Lee Golden, and Richard Sterban remain a potent force with a musical prowess that encompasses genres like country, pop and gospel.

Tickets are \$68, \$58, \$48, \$38; available at (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville.

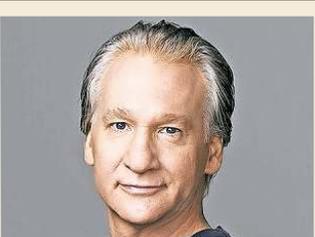
tion.com.

My Fair Lady

The iconic musical based on George Bernard Shaw's "Pygmalion," with a live orchestra, Saturday, Aug. 19, 6 p.m. Hay Barn, Planting Fields, 1395 Planting Fields Rd., Oyster Bay. 922-8668 or www.plantingfields.org.

Trevor Noah

The host of Comedy Central's "The Daily Show," on his stand-up tour, Saturday, Aug. 19, 8 p.m. \$149.50, \$99.50, \$69.50, \$49.50. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.



Bill Maher

The political humorist brings his latest tour to Long Island, Sunday, Aug. 20, 8 p.m. \$149.50, \$99.50, \$69.50, \$49.50, \$40. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.

For the Kids

Bug Safari

Hunt elusive grasshoppers, butterflies, predatory insects and other creepy, crawly creatures at Old Westbury Gardens, Saturday, Aug. 19, 11 a.m. Bring a butterfly net and collecting jars. Free with admission. Old Westbury Gardens, 71 Westbury Rd., Old Westbury. 333-0048 or www.oldwestbury.org.

Beautiful Butterflies

Examine the fascinating world of butterflies, Sunday, Aug. 20, 12 p.m. Explore caterpillars and butterflies that make their home within Planting Fields Sensory Garden. Followed by

butterfly craft. For ages 4 and up. Registration required. Planting Fields, 1395 Planting Fields Rd., Oyster Bay. 922-8668 or www.plantingfields.org.

Spectacular Sand

Explore the world of sand and create a sand-art masterpiece, Sunday, Aug. 20, 2 p.m. \$10 child, \$6 adult. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Pajama Storytime

Come dressed in comfy pjs for some bedtime stories and song, Monday, Aug. 21, 7 p.m. For ages 3-6. Registration required. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

At the Movies

See "The Lego Batman Movie," the animated superhero comedy in which a cooler-than-ever Bruce Wayne must deal with the usual suspects as they plan to take over Gotham, Monday, Aug. 21, 6:30 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or www.glenovelibrary.org.

Windchime Workshop

Catch the last summer breeze as you design an ocean-inspired wind chime using shells and beads, Thursday, Aug. 24, 4 p.m. \$10 child, \$6 adult. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Museums/ Galleries and more...

The Art of Narrative: Timeless Tales and Visual Vignettes

An exhibition that explores storytelling in art from the 16th through 20th centuries. Illustrations by early American modernist Arthur Dove and others, a genre group by John Rogers, experimental photography by Martina Lopez, and abstract work by James Rosenquist are included,

as well as works by Alonzo Chappel, François Girardon, George Grosz, Daniel Ridgeway Knight, Henry Varnum Poor, Adolf Schreyer, and many others. Through April 15. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.



Creative Crossroads

Works by Adam Handler and Luis Zimad Lamboy are on view in this two-person exhibition of color and shape. Through Sept. 15. Gold Coast Arts Center, 113 Middle Neck Rd., Great Neck. 829-2570 or www.goldcoastarts.org.

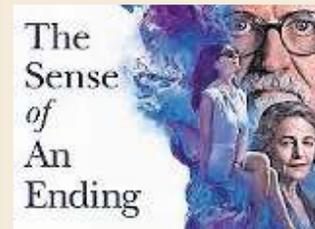
Ebb and Flow:

Seascape and Shoreline Views

An exhibition of works of artists inspired by the sea. Over four dozen paintings, prints, and photographs from the Heckscher Museum's permanent collection are on view, including works by Reynolds Beal, Eugene Boudin, Alfred Thompson Bricher, Stan Brodsky, Arthur Dove, Edward and Thomas Moran, Roy Nicholson, Jules Olitski, Betty Parsons, Maurice Prendergast, and William Trost Richards, among others. Through Nov. 12. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Paperworks 2017

A showcase of works by the winners of the national juried competition Paperworks 2017. Artists created works on, with, or about paper. Through Aug. 27. B.J. Spoke Gallery, 299 Main Street, Huntington. (631) 549-5106 or www.bjspokegallery.org.



Movie Time

See "The Sense of an Ending," the mystery drama about an elderly man who reunites with his first love after a letter and a diary force him to confront the past, Thursday, Aug. 17, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Friday Flick

See "The Zookeeper's Wife," a drama that tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion of Poland, Friday, Aug. 18, 2 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or www.glenovelibrary.org.

Plant Hike

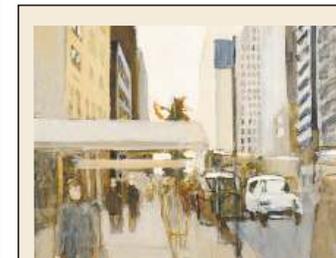
Explore Caumsett State Historic Park Preserve on a leisurely saunter, Sunday, Aug. 20, 9:45-11:30 a.m. Discuss botany, history and plant usage. \$4. Registration required. Caumsett State Historic Park Preserve, 25 Lloyd Harbor Rd., Huntington. (631) 423-1770.

Movie Matinee

See "Norman," an Israeli screwball comedy about a New York wheeler-dealer who befriends a young Israeli politician at a low point in his life, Tuesday, Aug. 22, 1:15 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Floral Wreath Workshop

Create a summer floral wreath to add to your home's decor, Wednesday, Aug. 23, 7 p.m. Use an assortment of flowers and embellishments. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.



New York, New York

The exhibition, guest curated by Director Emerita Constance Schwartz, portrays the city's grit and glamour, its excitement and bustle as interpreted through more than 140 artworks. Artists on view include John Sloan, Reginald Marsh, Childe Hassam, Red Grooms, Robert Henri, Fairfield Porter, Berenice Abbott, Milton Avery and Georgia O'Keeffe, among others. Through Nov. 5. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9337 or www.nassaumuseum.org.

THE GREAT BOOK GURU

Dreams Extinguished...

Dear Great Book Guru, Sea Cliff seems quiet this time of year but as beautiful as ever. Like many folks, I will be leaving here for a few days so I will need a good book to read while vacationing- something fast moving, possibly a local setting, and thought-provoking. Suggestions?

—Reluctant Vacationer



**ANN
DIPIETRO**

Dear Reluctant Vacationer,
Yes- I too find it hard to leave Sea Cliff even for a short vacation, but I do have a book that will make the time go quickly: **BED-STUY IS BURNING** by Brian Platzer. Platzer touches on an amazing array of topics in this 330 page first novel. Aaron the main character is a non-believing ex-rabbi fired because he was caught embezzling funds to support a gambling addiction. He is living with a pop star journalist Amelia and their new-

born son Simon in a beautifully restored brownstone they recently purchased on a block in a neighborhood that is quickly becoming gentrified. The story opens with the shooting of a 12 year-old child by the police. Residents rally to protest this act and when the police respond by arresting a group of high school students for turnstile jumping, the situation become even more inflamed. By the end of the day, the streets are littered with victims and Aaron's family is barricaded in the once beautiful brownstone. This book makes for an uncomfortable but rewarding read- probably because it questions so many of our beliefs and ideas about American society. Recommended!

Would you like to ask the Great Book Guru for a book suggestion? Contact her at annmdipietro@gmail.com.

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VIEWFINDER

By SUSAN GRIECO

THE QUESTION: What would be your ideal allowance and how would you use it?



I would like \$12 or more money and buy doll toys and a mermaid and dresses for them.

KAJAH GEBAUER
Age 4



If I got \$100, I would save some money for college and buy a big gold bike with the rest.

LEYLA PETIT
Age 9



I would like \$5 and give it to some people in my family and buy some toys, like Splashlings.

ISABELLE ORMEJUSTE
Age 8



I would like \$3, \$4, \$5 or maybe \$100 to buy a van... umm, a blue van.

JOSEPH FIGUEROA
Age 7



I would like to get \$1,000 and buy cars with it, like a GT-R or a Ferrari.

PATRICK HAWKINS
Age 9



I would like to get \$5/ hour and then give it to charity... or buy an X-Box.

JOHN HEALY
Age 9

HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Several scenes
- 4 Track circuit
- 7 Root for
- 12 Feathery accessory
- 13 Actress Thurman
- 14 Sill
- 15 Branch
- 16 Joey and his parents?
- 18 Hi-tech SFX
- 19 Be philanthropic
- 20 Contraband measure
- 22 Author Brown
- 23 Got up
- 27 Vast expanse
- 29 Successful horticulturist
- 31 Upright
- 34 Pint fraction
- 35 Hitting sound
- 37 Plead
- 38 Gardener, at times
- 39 Hosp. section
- 41 Sharpen
- 45 Poe topic
- 47 Scale member
- 48 Dime portrait
- 52 Midafternoon, in a way
- 53 Trip around the world?
- 54 Lawyer's due

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- 8 That girl
- 9 Tokyo's old name
- 10 Id counterpart
- 11 Scale members
- 17 Talent show prop
- 21 PBS curmudgeon
- 23 Coarse
- 24 Possess
- 25 Moment
- 26 Before
- 28 And the like (abbr.)
- 30 Fish eggs
- 31 Biblical verb suffix
- 32 Pi follower
- 33 Lamb's dam
- 36 Chicken —
- 37 Ammo unit
- 40 Staff leaders?
- 42 Wickerwork willow
- 43 Loud
- 44 Upper crust
- 45 Wagers
- 46 Pace
- 48 Tier
- 49 Raw rock
- 50 Sapporo sash
- 51 Round Table address

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What's new on menus to go from a takeout pro

By **CATHI TUROW**
newsroom@liherald.com

Greetings from your Sea Cliff Takeout Queen and lover of food — as long as someone else prepares it. I don't have the patience to cook, whatever I make doesn't look remotely appetizing, and those who have eaten my home cooked meals fear for their lives. So, I spend my days driving from one local restaurant to another getting my meals to go. I recognize not everyone wants to spend their life savings on takeout food. In my case, if I don't, I'll starve. For the rest of the sane world, here are some delicious additions to our local menus for the month of August you might want to try.



ON THE ROAD WITH A TAKEOUT QUEEN
CATHI TUROW

and avocado salad, corn with peppers and cilantro jalapeno vinaigrette, even corn grilled on the husk. Speaking of grilling, while you're there, you'll notice fish and meats ready to barbeque. If you'd love to grill them yourself but know you'll probably burn your house down, no need to raise your home insurance. At Grace's, they'll cook that food right in the store and wrap it up to go. For advanced takeout artists, if you're driving with a carload of screaming kids and need to get dinner to go, call in your order in advance. When you pull up in front of Grace's, they'll bring it out to you.

- **Starbucks, 202 Glen Cove Ave., A, Glen Cove.**
New for breakfast — seared steak, egg and tomatillo wrap.
- **Grace's Marketplace, 81 Glen Cove Rd., Greenvale**
This month corn rules. Every morning, corn from local farms is delivered to Grace's. There, the chef turns it into amazing side dishes such as grilled corn

- **Kitchen Kabaret, 409 Glen Cove Rd., Roslyn Heights**
Summer special — two long cucumber slices are used instead of bread to make sandwiches! Try a tomato, basil and mozzarella cucumber sandwich, a turkey and swiss cucumber sandwich, or a chicken avocado cucumber sandwich with hot sauce and no mayo. All the ingredients are so fresh and flavorful you'll never miss the bread.
- **Kiraku Japanese Restaurant, 127 Glen Head Rd., Glen Head**

The new Blue Fin Toro Jalapeno Special is made with the best thinly sliced tuna, jalapenos, caviar, scallions and a citrus sauce. Awesome combination.

- **Nooks & Kindles, 81 Glen Cove Ave. #1, Glen Cove**
Smoothies, acai and healthy drinks have gone wild! Inside the Training Station Health Club, the café is open to the public. Try endless healthy drink combinations including ideas from a "customer favorites" box created by customers. By Labor Day, you'll be able to order online.
- **Youngs Farm, 91 Hegemans Lane, Old Brookville**
When I'm invited to friends' houses for meals, they know it's safe to ask me to bring dessert. I'll never bake it and I'll know where to buy it. I'm told peaches are at their peak on Long Island right now. I love the fresh peach pies and peach cakes at Youngs Farm!

- **Carvel, 181 Forest Avenue, Glen Cove**
Carvel's August flavor of the month is hazelnut soft ice cream made with Nutella!
- **Roslyn Bowtie Movie Theatre, 20 Tower Pl., Roslyn Heights**
If you love movie popcorn but don't necessarily want to go to the movies, you



can buy your popcorn at the Roslyn Theatre and leave. The problem is, it's hard to drive a bucket of popcorn home without spilling kernels all over your car. So, here's my takeout tip that actually works. I buy a bucket of popcorn, carry it to my car, and when I'm certain no one is looking, I place a clean shower cap over the top of the bucket. As I drive home, not one kernel falls on the floor.
See you next month!

Cathi Turow, a Sea Cliffer and foodie, is a writer for children's television and humor blogger for adults: overthehillontheyellowbrickroad.com. Comments about this column? cathitakeout@gmail.com

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The City of Glen Cove is seeking a part-time bus monitor for the Glen Cove Senior Center's Adult Day Care program. There is currently one job opening and the position pays an hourly rate of \$12. The bus monitor job would begin the first week of September with a three day, two shift work schedule: Monday, Wednesday and Friday from 9 to 11 a.m. and 3 to 5 p.m. The total time commitment is 12 hours per week.

All potential applicants must be able-bodied, caring, compassionate and patient to work with our frail, elderly seniors.

Tasks for the bus monitor include escorting program participants on and off the bus, up their driveways to their front doors as necessary, buckling and unbuckling each passenger. It is essential for the bus monitor to interact and build a rapport with each bus rider so they can report any unusual situations relating to the participant. This job offers applicants a wonderful opportunity to assist the elderly in our community.

Interested parties may obtain and submit their application to the Personnel

Holocaust Memorial & Tolerance Center of Nassau County statement on Charlottesville events

"The Holocaust Memorial and Tolerance Center of Nassau County (HMTC) condemns white supremacists, racists and anti-Semites whose hateful speech and actions led to the tragic violence in Charlottesville, Va., on August 12. The display of Nazi symbolism and the racist hate speech are frighteningly redolent of pre-war Germany.

As we recoil from the shock and horror that something like this could happen in 21st century America, it is critical that action be taken to overcome hate and fear, and to heal the divisions in our country. Each of us has a responsibility to do whatever we can to promote respect among people of all races, ethnicities, national origins and faiths. This is the goal and mission of HMTC.

HMTC utilizes its ability to draw upon

history to show what happens when people, institutions and governments do not stand up against hate. HMTC is the leading resource on Long Island to help us all deal with prejudice and the changing world around us.

HMTC provides educational programs to thousands of children and adults every year on the history and lessons of the Holocaust with particular emphasis on how we should conduct ourselves today. The staff and volunteers help school and community leaders develop responses to acts of intolerance.

The upcoming school year is an appropriate time for us all to rededicate ourselves to the shared values we most cherish. HMTC is here to help and serve the community and to lead the fight against intolerance."

Facts About Heroin: A national epidemic and a local problem

The Community Committee of the SAFE Glen Cove Coalition serves as a think tank to examine community needs, implement alcohol and substance abuse awareness campaigns, educate the public regarding ongoing and emerging alcohol and substance abuse trends and pursue viable funding streams to address gaps in community services.

According to a survey of 1,408 Glen Cove residents conducted by the Coalition in 2016, 12.3 percent indicated heroin was a concern, compared to 2014 data where heroin was not a known problem in the community.

According to the National Institute on Drug Abuse (NIDA), heroin is an opioid drug made from morphine, a natural substance taken from the seeds of various opium poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia. Heroin can be a white or brown powder or a black sticky substance known as black tar heroin. Other common names for heroin include big H, horse, hell dust, and smack.

Heroin can be injected, snorted, or smoked. It can also be mixed with crack cocaine, which is called speedballing.

Heroin enters the brain rapidly and binds to opioid receptors on cells, especially those involved in feelings of pain and pleasure and in controlling heart rate, sleeping, and breathing.

People who use heroin report feeling a "rush" (or euphoria). Other effects include dry mouth, heavy feelings in the arms and legs, and clouded mental functioning.

Heroin is highly addictive. People who regularly use heroin can develop a tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects.

Long-term effects may include collapsed veins, infection of the heart lining and valves, abscesses and lung complications. Studies have shown some loss of the brain's white matter, which may affect decision-making, behavior control and responses to stressful situations.

Research suggests that misuse of prescription opioid pain medicine is a risk factor for starting heroin use.

It is possible to overdose on heroin. Naloxone (Narcan) is a medicine that can treat a heroin overdose when given immediately, though more than one dose may be needed.

Withdrawal of heroin includes symptoms such as severe muscle and bone pain, sleep problems, diarrhea, vomiting and severe heroin cravings. Withdrawal symptoms can begin as early as a few hours after the drug was last taken

A range of treatments including medicines and behavioral therapies are effective in helping people stop heroin use. Treatment plans should be individualized to meet the needs of the patient.

Medicines for heroin treatment include buprenorphine and methadone. They bind to the same opioid receptors in the brain as heroin, but more weakly, reducing cravings and withdrawal symptoms. Another treatment is naltrexone, which blocks opioid receptors and prevents opioid drugs from having an effect.

Behavioral therapies for heroin addiction include cognitive-behavioral therapy and contingency management. Cognitive-behavioral therapy helps modify the patient's drug-use expectations and behaviors, and helps effectively manage triggers and stress. Contingency management provides motivational incentives, such as vouchers or small cash rewards for positive behaviors such as staying drug-free. These behavioral treatment approaches are especially effective when used along with medicines.

There are 142 deaths per day due to heroin overdoses in the US. In 2016 there were almost 500 deaths in Nassau and Suffolk county from overdoses. In the first six months of 2017, Glen Cove EMS responded to 18 calls for overdose victims.

The rising number of opioid overdose deaths has led to an increase in public health efforts to make naloxone available to at-risk persons and their families, as well as first responders and others in the community. Some states have passed laws that allow pharmacists to dispense naloxone without a prescription from a person's personal doctor.

For more information about heroin please visit the National Institute on Drug Abuse (NIDA) www.drugabuse.gov, the Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov or the New York State Office of Alcoholism and Substance Abuse Services (OASAS) www.oasas.ny.gov.

For more information about SAFE contact the office at (516) 676-2008 or <http://www.safeglen Cove.org> or <http://www.facebook.com/safeglen Covecoalition>.

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ALVARO ANDUJAR, et al., Defendant(s)

Pursuant to a Judgment of Foreclosure and Sale duly dated May 05, 2017 I, the undersigned Referee will sell at public auction at the Calendar Control Part (CCP) Courtroom of the Supreme Court, 100 Supreme Court Drive, Mineola, NY 11501, on August 29, 2017 at 11:30AM, premises known as 6 POST STREET, GLEN HEAD, NY 11545. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Town of Oyster Bay, County of Nassau and State of New York, 20-17-175. Approximate amount of judgment \$815,722.77 plus

interest and costs. Premises will be sold subject to provisions of filed Judgment for Index# 12-13294. TONY L D'ANZICA, ESQ., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221
83535

LEGAL NOTICE
INVITATION FOR BIDDERS
PLEASE TAKE NOTICE that sealed bids will be received by the City of Glen Cove Purchasing Agent, City Hall, 9 Glen Street, Glen Cove, N.Y. 11542 until 11:00 a.m. on September 8, 2017 at which time they will be publicly opened and read aloud and the contract awarded as soon thereafter as practicable for:
BID NO. 2017-013
IMPROVEMENTS TO ELECTRICAL SYSTEM AT KELLY STREET STATION
The Contract, Plans, Specifications and Bid Documents may be obtained at the Office of the Purchasing Agent, City Hall, 9 Glen Street, Glen Cove,

N.Y. upon non-refundable payment of \$100.00 in cash or check payable to City of Glen Cove for each set. Contract Documents will be available beginning August 18, 2017.

Each bid must be made on the proposal form prepared for this work and in the manner designated therein and be accompanied by a certified check or bid bond in an amount of ten percent (10%) of the gross amount of the bid. The bid shall be enclosed in a sealed envelope addressed to the Purchasing Agent of the City of Glen Cove and marked on the outside with the name and address of the bidder, and the words "Bid for Improvements to Electrical System at Kelly Street Station - #2017-013". The Contractor will be required to complete the form of "Evidence of Successful Completion of Similar Projects" included in the proposal. The successful bidder must comply with all State and Federal Statutes relating to labor and Workers' Compensation.

The City reserves the right to reject any and all bids received, to waive any informality in the bids received and to accept that bid which in its judgment best serves the interests of the City.
Nancy Andreiev, Purchasing Agent
City of Glen Cove, New York
DATED: August 17, 2017
84534

LEGAL NOTICE
NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, August 22, 2017, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, NY to discuss Local Law 04-2017, amending Chapter 263 - Trees, of the Code of Ordinances
All interested parties will be given an opportunity to be heard.
Tina Pemberton
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84535

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OPINIONS

War of words over North Korea

Last week, we saw a dramatic escalation in tensions between the U.S. and North Korea. The chance of military conflict seems to increase with every exchange of messages. First, the North Korean dictator, Kim Jung-un, taunted the U.S. with threats of more missile launches and underground bomb tests.



ALFONSE
D'AMATO

President Trump responded by warning that any future threats would be met with "fire and fury," and Kim responded by threatening to launch missiles at Guam. Trump then adjusted his rhetoric to indicate that an actual attack by North Korea would trigger the promised massive U.S. response. "We're locked and loaded," Trump warned, should Kim attack its neighbors or U.S. territory.

So far in this war of words, both sides have left room to back away from the edge of an all-out conflict. Unless Kim is a suicidal maniac, he must know that a full-scale war with the U.S. would end in the destruction of his country, as Defense Secretary James Mattis has warned. Just one of our nuclear submarines carries enough firepower to destroy North Korea several times

over. Kim would be well advised to accept the offer of diplomatic negotiations made by Secretary of State Rex Tillerson instead of continued confrontation with Washington.

For his part, Trump must weigh the enormous potential cost of a major war on the Korean peninsula. Even if the U.S. launched a massive attack on the North, Kim would likely have enough firepower to rain down devastation on 25 million South Koreans as well as 20,000 U.S. military personnel and up to 200,000 Americans living and working there. Casualties on both sides would be enormous. A refugee crisis of huge proportions would inevitably follow.

The U.S. would be left with a gargantuan bill for waging the war and the inevitable burden of dealing with its aftermath. Think hundreds of billions, if not trillions, of dollars. The drain on the U.S. Treasury would leave significantly less room for much-needed tax reform and infrastructure rebuilding in the U.S. to stimulate our own economy.

If Trump is serious about his "America First" promise, he should take a page from other presidents who have dealt with foreign crises. While he has an understandable disdain for past administrations' diplomatic and military failures — Bush in Iraq, Obama in Syria and Iran — he might want to look

back at another New Yorker who held his job. Teddy Roosevelt was no slouch when it came to projecting American power overseas to defend American interests. He believed in walking softly but carrying a big stick. His foreign adversaries gave him a wide berth, and he ended up with his visage on Mount Rushmore and a Nobel Peace Prize for negotiating the end to a war in Asia between Russia and Japan.

In 1962, during the Cuban Missile Crisis, John F. Kennedy, who is also generally recognized as no presidential pushover, used his considerable diplomatic and military abilities to end a dangerous nuclear standoff with Russia. He skillfully blended the right mix of military might and negotiation to save the world from a devastating World War III.

There are many tools left to the U.S. in negotiating the North Korean crisis. Even after the billion dollars in financial sanctions the U.N. unanimously imposed on North Korea, there are still more painful penalties available, including tightening the international banking system to choke off transactions involving North Korean interests.

The key player in all of this is China, which keeps North Korea afloat. It can and should be hit with its own set of sanctions unless it backs off its financial support for

Kim's government. We have to let the Chinese know we're serious, taking away from them what matters most, levying so-called secondary sanctions on Chinese companies and banks handling hard currency for North Korea, and by denying China what it values most — access to the U.S. markets. While China might be unable to tell North Korea what to do, it can cut it off. Let it fall. And that is what China must do. Without oil or electricity from China, many experts believe, North Korea could collapse in just a few months.

Let that happen. Let it fall. China would be on the right side of history. And if Kim were truly crazy enough to launch some kind of last-ditch attack in response, the U.S. would be fully justified in putting a final nail in the coffin of North Korean dictatorship.

During the Cold War, the U.S. and Russia avoided war because their nuclear stockpiles guaranteed mutually assured destruction, or MAD. Today, North Korea must realize that given the U.S.'s enormous nuclear advantage, it must step back from threatening war, because if war were to come, there would be only singularly assured destruction, and that would be SAD for the people of North Korea, and the entire world.

Al D'Amato, a former U.S. senator from New York, is the founder of Park Strategies LLC, a public policy and business development firm. Comments about this column? ADAmato@liherald.com.

Honoring America, sitting, standing or lying down

A *Amendment I*
Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.



RANDI
KREISS

What do an NFL player and a Google engineer have in common? Their stories have ignited an ongoing debate on freedom of speech at a time when First Amendment rights are being challenged by the Trump administration.

It is useful to remember that the pillars upon which the American government was built 228 years ago are still solid. The miracle is that in the age of social media, smartphones, digital communication and the internet, the First Amendment is still relevant. It has been stretched and twisted, and endured reinterpretation over hundreds of years, and it still works.

Last week, the brouhaha was over James Damore, a Google engineer who was fired after he wrote an internal company memo criticizing Google's diversity policies and hir-

ing procedures. Damore suggested that there are fewer women engineers because women are wired differently, and he should know all about wiring since he's an engineer, right?

Wrong. He stated that women and men are biologically different in ways that make them more or less suited for specific work. He asserted that Google's pro-diversity hiring practices favor minorities and women. By the time he finished, he had both feet in his mouth and no job. Now he's threatening to sue Google for firing him.

He also said that Google's liberal atmosphere has made it difficult for employees who are more conservative to openly share their views. That could very well be true. Bias cuts both ways, and it is all to the good that Damore decided to air his grievances.

Personally, I don't believe his theories on evolutionary psychology are correct, and I'm thinking maybe something else was behind his memo. Or maybe he just hates his mother. It doesn't matter. To me, what he wrote falls well within the protections of free speech. I certainly think women have the right stuff to become engineers or anything else they want to be. But I can listen to others who think differently without screaming, "Off with their heads!"

Context is everything. The guy is an engineer at Google. If he were president of the United States, for example, his memo would be reprehensible. And actionable. Of course, the current president of the United States has said far worse things about

women with impunity, and there have been neither actions taken nor serious consequences, but that's another story.

In my book, the Google guy gets to write what he wants to write and say what he wants to say, even if his views are reactionary and offensive.

Then there's the case of Colin Kaepernick, the former San Francisco 49er who refused to stand for the national anthem before NFL games last season. Kaepernick, who was born to a white mother and an African-American father, said of his protest, "I'm not going to stand up to show pride in a flag for a country that oppresses black people and people of color. To me, this is bigger than football, and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder" — referring to a series of events that led to the Black Lives Matter movement.

Now Kaepernick is a free agent, with lots of time to contemplate the stance he took, or rather, did not take.

I fall on the side of the fence with those who supported his right to protest. I do not believe patriotism is measured by how many flag pins we wear or whether and how we position our bodies when a flag is carried by

Our anthem, "The Star-Spangled Banner," is an inspiring-enough song, as anthems go, but lest we lose our minds over this, it is a song, and flags are pieces of cloth. *What they represent is what must be honored.* We stand when

a flag-draped coffin goes by because we respect and honor the sacrifice of the fallen serviceman or woman.

The very reason Kaepernick can take a knee and not stand for the anthem is *because of our First Amendment rights* guaranteeing freedom of speech and expression. He and the specifics of his politics are not as important as that right. I feel proud that he

can protest, although I may disagree with his politics.

I can't worry too much about the gestures of patriotism, such as standing at the right time or saluting. What matters is being a good citizen, serving in the military, paying taxes, voting and obeying the law.

President Trump is all about flag pins and red hats and rallies. But behind the show of red, white and blue bunting, he demonstrates, in speech and action, a disturbing determination to stifle freedom of the press and other First Amendment rights.

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A re men and women wired differently? Or, must we stand for the national anthem?

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HERALD EDITORIAL

What happened to the urgency of storm protection?

At the height of hurricane season, the National Oceanic and Atmospheric Administration announced last week that forecasters are predicting a higher likelihood of an above-normal season, and increased the predicted number of named storms and major hurricanes. The season could be the most active since 2010.

Forecasters now predict two to five major hurricanes — Category 3 or above — this season. They are calling for a total of 14 to 19 named storms, and for five to nine of them to become hurricanes. Those numbers include six named storms already this year. The vast majority of hurricanes never reach land and die in the ocean. Still, one might make landfall in a populated area.

After Hurricane Sandy, there was a rush not only to rebuild, but also to move forward with much-needed storm protection projects to minimize flooding and damage in the next major storm. Five years later, what has happened to that sense of urgency among elected officials?

In Sandy's aftermath, the Governor's Office of Storm Recovery established 22 Community Reconstruction Program committees encompassing 42 disaster-affected localities on Long Island that were eligible to receive up to \$25 million in federal funds for resiliency and infrastructure projects. For nearly a year, committees along the South Shore comprising local civic leaders, experts and officials spent hundreds of volunteered hours developing rebuilding plans.

It's crucial that these measures are made top priorities. Unfortunately, we've

heard very little about their progress from state and local officials.

In 2013, the Long Beach City Council approved a separate coastal protection project proposed by the Army Corps of Engineers that had languished for decades. It finally began this summer, and work is ahead of schedule. But last week, the city asked the corps to delay the work until after Labor Day in order to avoid inconveniencing West End homeowners and beachgoers. The corps rejected the

request, and rightly so. This project must be completed.

As anyone in Long Beach or Island Park will tell you, the worst Sandy damage occurred not by the ocean, but along Reynolds Channel. A long-awaited, \$12.8 million project to protect the bayfront with bulkheading, a top priority outlined in the CRP plan, was expected to begin by the end of the year. A separate \$20 million project, announced with great fanfare by Gov. Andrew Cuomo in 2013 and focused on protecting the city's infrastructure and the North Park community along Reynolds Channel, was also expected to commence later this year, pending state approval.

But these programs have experienced unforeseen delays, and residents of Long Beach, like those of other communities, have yet to receive any real answers about their status.

Some \$9.9 million has been earmarked for storm mitigation in Barnum Island, Island Park and Harbor Isle, including new storm-water drainage systems and other improvements to reduce flooding. In the Five Towns, \$20.89 million was awarded to increase pipe capacity and improve

outfall pipes, and for pervious paving, rain gardens and other initiatives to absorb more water.

In south Valley Stream, \$3.7 million was allocated for the restoration of the Path, the municipally owned open space near Cloverfield Road. Baldwin was awarded a total of \$10.6 million in CRP funds.

At the Bay Park Sewage Treatment Plant, a \$5.5 million project to install check valves to prevent flooding is tentatively scheduled to begin next spring. Millions more dollars have been set aside for drainage and storm-water infrastructure improvements in Oceanside, Bellmore-Merrick and Wantagh-Seaford, among other locations. These projects have yet to get off the ground.

It appears that bureaucracy has taken precedence over protecting people and property.

Some CRP committee members and residents have expressed frustration with the slow pace of the projects and what they have described as a lack of communication with the Governor's Office of Storm Recovery. We need our elected officials to cut the red tape and move the work forward.

Though local municipalities are largely responsible for leading the projects, and while we understand that environmental studies and engineering designs take time, and that unforeseen circumstances occur, this is no time for complacency or byzantine approval processes. We urge the Governor's Office of Storm Recovery and local officials to keep residents updated on the status of the plans — and their funding — and we urge those local officials to keep the pressure on the state and local governments to make sure that shovels will be in the ground in many more places than Long Beach sooner rather than later.

Too many programs have experienced unforeseen delays, and residents are still looking for answers.

LETTERS

Putin is a threat to all democracies

To the Editor:

Re Alfonse D'Amato's column "It's time to get real about Russia" (Aug. 3-9) with all due respect to the former senator, I continue to be amazed at the lengths to which some members of the GOP seem to be willing to go to normalize Donald Trump's relationship with Vladimir Putin. The highlighted quote, "If Franklin Roosevelt could work with Josef Stalin, then Donald Trump should be able to work with Putin," is a stunning comparison. Not only is it a bad analogy, but it minimizes the threat that Putin's Russia poses to the United States and western democracies.

D'Amato appears to be in total denial about Russia's attempt to interfere with and influ-



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OPINIONS

What's to become of Belmont Park?

don't usually quote the Bible in my column, but the future of Belmont Park brings to mind the words of Ecclesiastes 3 (King James version). It lists the various stages of life, and suggests that there is a time for everything. In my thinking, it's time for Belmont to



**JERRY
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become a vibrant, attractive and income-producing property that will benefit not just Long Island, but the rest of the state.

New York state has quite a few places that are desperately in need of revival. The rehabilitation of

LaGuardia Airport is well under way, after years of neglect and indifference. Despite growing demand for air transportation, the state and the region ignored the rapid decay of a vital facility.

After LaGuardia, Belmont ranks close to the top as a state stepchild. Opened for business in 1905, it has been the home of some of horseracing's most memorable events. People in the racing business will tell you that Belmont is considered one of the great facilities in the nation, along

with Churchill Downs, in Kentucky, and Santa Anita, in California. In addition to its beauty and charm, Belmont possesses another quality: lots of available land for development.

If you polled Nassau County residents, most would have no idea what should be done with the Belmont property. The number of fans who attend horse races there is probably at an all-time low, because of the state's failure to attract big-name horses and the general lack of enthusiasm for racing. Saratoga Race Course has always been the politicians' darling, because it makes a lot of money in a short time and attracts the rich and powerful.

As far back as 1960, there were suggestions about how the Belmont property could be improved, and made more of a place that people would want to go to. Franklin D. Roosevelt Jr. suggested that a dome be built over the track so there could be year-round events, including concerts and social gatherings. That proposal went nowhere, because the state didn't want to commit large sums of money to a location that was too close to the old Roosevelt Raceway.

In 2007, then Gov. Eliot Spitzer wanted

to close Aqueduct Racetrack and make Belmont a year-round facility, according to Wikipedia. Those plans died when Spitzer left office, and the state's enthusiasm about doing something with the property died with them. Recently, state economic development officials announced that they would accept proposals for use of the available land at Belmont.

That announcement triggered a proposal to build a new hockey arena there. The owners of the New York Islanders are committed to keeping the team in our area, but they don't want to use the Nassau Coliseum, which is too small for a National Hockey League team. Recently, some local elected officials announced their support for moving the team back to the renovated Coliseum,

but that's a pipe dream.

So, what now? If the state were to approve the construction of a new arena at the Belmont site, there would be no question that the surrounding community and this region would benefit greatly. A new facility would mean local jobs, revenue for the area and a modernized Long Island Rail Road station. Local residents would have easy access to mass

transit, and their daily commutes would be shortened. Tax revenue for the county and state would be enormous.

Local civic groups might register their disapproval, but like most of the not-in-my-backyard crowd, they rarely have any positive counterproposals. Generally, the opposition to any project either wants a park or is content to just say no. If the state decided to sell the land for housing development, the community would be faced with year-round traffic headaches and a drain on local resources.

At this point, the state has no option but to allow Belmont to be the new home of the Islanders. Both horseracing and hockey are seasonal, and there is no threat that the stadium would become a major entertainment venue with the Coliseum nearby. Hopefully the state will see the virtues of a new arena and the benefits it would bring. Otherwise, the Belmont land will be doomed to be Long Island's largest parking lot.

Jerry Kremer was a state 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.

LETTERS

ence the outcome of our election last November. To characterize it as "a ham-handed effort" is foolish and dangerous. In fact, it is wrong to say that Russia has never attacked the West, since a cyberattack is an attack. What happened here in 2016 is part of a larger Russian strategy to do this across Europe, and it has been going on for years.

Also, the suggestion that Russia has a right to "consolidate" its populations in places like Georgia and the Ukraine denies the sovereignty of both those nations. To read the column, one might think the Ukraine was part of Russia. In fact, it is not. It is a separate nation, which has lost part of its territory since Russia took and annexed the Crimea. And there are real questions as to the legitimacy of the election that produced the "duly elected pro-Russian president."

While it is true that FDR worked with Stalin after the onset of World War II, it only hapened after the threat of Nazi power hung over the entire world. We were at war with a common enemy, whose stated goal was to dominate and overrun every other nation on the globe. All the U.S. could do was stand against that evil, and with anyone else who was also willing to do so. It was a classic case of the old axiom, "The enemy of my enemy is my friend."

Putin represents the greatest danger to American institutions and ideals. And Russia is no little country just looking out for its own interests as is suggested in the editorial. This is why it seeks to destabilize NATO, an alliance whose very creation goes to the importance of

checking Russian expansion. This is why it had meddled in so many elections in the west, elections and self-governance being the underpinning of all democracy. We cannot "work with Putin," and at the same time stand against his constant assaults on democracy. Historically, Republicans and Democrats have not disagreed on this, until now. The U.S. has always stood with the countries who were trying to establish free societies and against those who would try to keep that from happening. In short, we've always stood against the dictators of the world, and with those who desire to be free.

This is not hyperbole, or poetic nonsense. It had been the core principle of American foreign policy since the middle of the 20th century. FDR elucidated these ideals in his 'Four Freedoms' speech in 1941. He pledged that America would protect the freedoms of religion and speech "anywhere in the world." He also demanded that people should have the freedoms from fear and want "everywhere in the world."

This is who we are, is it not? If we "work with Putin" then we are saying to the world that we accept and condone what he has done to undermine our very way of life by hacking into our election. If we "work with Putin," we abandon the core principles that bind us together. Americans should always stand for freedom and self-determination. About these ideals, there should be no debate, as they are what define us.

DONNA GIORDANO

Sea Cliff

Adjunct professor Suffolk County Community College

FRAMEWORK by Penny Frondelli



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