

GLEN COVE
HERALD
Gazette



A wild ride at Nassau Coliseum
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Good Health Living Well
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Many participate in race
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Tab Hauser/Herald

Kicking off another great season

Glen Cove's Junior Soccer League marked the opening of its season with a parade on Saturday. Afterwards Nicholas Cruz took the traditional "first kick" against goalie Mayor Reginald Spinello — and scored! Story, Page 18.

Former Glen Cove resident is making name in quilt art

By DANIELLE AGOGLIA
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When Meryl Ann Butler studied in the art program at Syracuse University in the 1970s, she was ready to learn a great deal. She was *not* prepared to be told there was nothing they could teach her.

At 14, Butler had begun working with a mentor, Harold R. Stevenson, who had studied under renowned artist Norman Rockwell. During her time at Glen Cove High School, she studied at the Stevenson Academy of Traditional Painting, in Sea Cliff, until 10 p.m. on Fridays. Each summer, she took every class Stevenson offered.

When Butler graduated from high school in 1971, she headed to Syracuse. When she discovered that she already knew everything that was being taught in her first few classes, she met with the dean to discuss transferring into more advanced

courses. She dropped off her portfolio for him to review one weekend, and when she met with him the following Tuesday, he gave her some bittersweet news. "I don't think we have anything to teach you here that you don't already know," he said.

She left the meeting in tears, having no idea what to do next. When she called Stevenson, he suggested that she come back home. They would figure something out.

After the semester ended, Butler returned home and enrolled in Stevenson's atelier program, an art apprenticeship that he created for her and several other students. At the New Renaissance Atelier, Butler and her

colleagues worked with Stevenson 10 hours a day, five days a week, 50 weeks a year. The program consisted of classical drawing and painting, three-dimensional painting, life models, anatomy, color theory and more.

Butler stayed in the program



MERYL ANN BUTLER'S quilt art "Vincent's Irises" is one of 120 quilts chosen to tour France in 2018.

CONTINUED ON PAGE 21

Villa at Glen Cove moving forward

By DANIELLE AGOGLIA
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In addition to the Garvies Point Waterfront and Village Square projects, another residential condominium development is progressing in Glen Cove.

The Villa at Glen Cove is being developed by Flushing-based real estate firm the Livingston Group New York on about four acres of blighted property along Glen Cove, Craft and Ralph Young avenues.

Demolition of vacant buildings began in May, and there are still several buildings that have yet to be torn down, including a

strip mall. The developer's attorney, Patrick Hoebich, said that demolition started this year — more than nine years after Daniel Livingston, owner of the Livingston Group, proposed the project — because the relocation of tenants and preparatory work had to be completed before construction could move forward.

The remaining buildings are scheduled to be demolished in the next 60 days, according to Hoebich. He added that Livingston intends to develop the property with a joint venture partner.

The Villa project will comprise 176 condominium units in six buildings, with 16 units

scheduled to be for affordable housing. The six buildings will be between two and a half and four stories.

Parking will be underground, out of the public's view, and extensive landscaping and streetscaping improvements will be made, including street trees, lanterns, pavers, sidewalks and water features to create a tree-lined gateway to the downtown.

For transportation, two bus stops will be added in front of the development, and a trolley will loop to the ferry terminal, train stations and downtown.

A video rendering of the proj-

CONTINUED ON PAGE 21

Big show of support for Glen Cove Hospital

September 21, 2017 - GLEN COVE HERALD GAZETTE

By LAURA LANE
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Glen Cove Hospital's fundraiser, a restaurant and wine tasting on Sept. 18, was a great night for foodies. Julie Albin, from the hospital's auxiliary worked hard to ensure that the evening was perfect for the 250 people that came to the Crescent Beach Club to show their support for the hospital. Many restaurants and wineries participated and there were many raffle baskets too.

For some it was an opportunity to reconnect with old friends and colleagues. Sharon Clements, of Sea Cliff, worked for many years as a nurse at Glen Cove Hospital before leaving to work at Syosset

Hospital. "I came back to be with my friends and support the hospital that I love and miss," she said. "I began working at Glen Cove Hospital in 1974."

Karen Rosen-Junge has worked at Glen Cove Hospital as a nurse educator for the past 34 years. "There's a sense of family and I feel like I can make a difference with patient outcomes here," she said. "There have been a lot of changes and some are good. I've learned you have to be flexible."

Her friend and colleague Arlene Morizio is also a nurse educator. "I like working at Glen Cove Hospital because it's like family here," she said. "And the hospital keeps up with the changes in the profession."



Photos by Roni Chastain/Herald



Clockwise from top: **KRISTAN NEWMAN ENCOURAGED** Chuck Albano to try a sample from Wonderful Wedding Cakes.

JULIE MCDONALD, SHEILA Zeineth and Patty Grella, made sure they watched the sun set.

JULIE ALBIN, RIGHT, from the Glen Cove Hospital Auxiliary and Glen Cove Hospital Executive Director Susan Keviatek thanked everyone for coming to support the hospital.

OCLI IS REDEFINING LASER CATARACT SURGERY

Ophthalmic Consultants of Long Island (OCLI) was the first ophthalmology practice in New York and one of the FIRST practices in the United States to utilize the femtosecond laser for performing cataract removal. This breakthrough in technology can make the procedure more precise, more predictable, and better than ever before. That is why OCLI is setting the standard in laser cataract surgery.

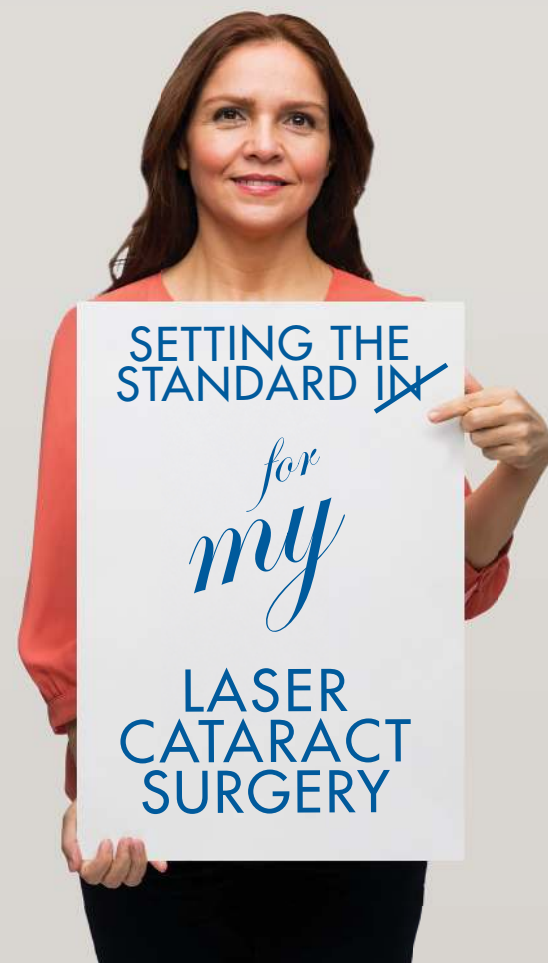


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Raynham's slave Bible, a conduit to understanding history

By LAURA LANE

llane@iherald.com

There is a Bible on display in a glass case in Oyster Bay's Raynham Hall Museum, once the home of Robert Townsend, a spy for Gen. George Washington. The King James Version dates back to 1771, and is part of a permanent exhibit called "Slave Quarters" that opened last February. Its pages contain the names and other information on some of the slaves who may have lived in the Townsend home during the Revolutionary War, and the exhibit offers a glimpse into what life might have been like for them.

In recent years, the Bible has led historians like Claire Bellerjeau to unique discoveries. "The slave Bible is important because it began the discussion about the people who were slaves of the Townsend family," said Bellerjeau, who has studied Oyster Bay's early history for years. "But there is so much we still don't know about the enslaved people who lived here."

Just this month she found miniature pocket diaries at the New York Historical Society. They belonged to Solomon, who was Robert's older brother. "While reading them I discovered several names of the slaves listed in the Bible at Raynham," she said. "With every new discovery, I realize how much more there is to understand about their lives."

Oyster Bay during the Revolutionary War

During the war, 300 Queen's Rangers, the most successful Provincial British unit, camped in Oyster Bay. Many moved into residents' homes, and one of them was Lt. Col. John Graves Simcoe, who lived in Raynham Hall with seven members of the Townsend family from November 1778 to May 1779.

Though he tolerated the family's use of slaves, Simcoe was opposed to it. In fact, after the war, he passed the first anti-slavery law in Canada in 1793, after he became the first governor of what was then called Upper Canada. A similar law was passed six years later as a New York state law.

What the Bible has revealed

The back inside page of a Bible often lists the names of its owner and family members. Traditionally, new names are added after births and marriages. There are 17 names of slaves in the back of the Bible at Raynham, with dates ranging from 1769 to 1795. Bellerjeau said they were not all related, nor does the list include every slave living in the house.

And unlike most listings in a family Bible, she said, "This was all done at once, with one person's handwriting. We know it had to be written in 1795 or later, after Robert [Townsend] came home to tend to his father's estate." Robert's father, Samuel, had died in 1790.

It can't be proven, but Bellerjeau said she believes that Robert, who also disapproved of slavery, may have been trying to help free the family's slaves after his father died. "The names in the slave Bible might have been written to serve as a record — like a birth certificate," she explained.

"If Robert did write the slaves' names in the Bible, he might have used handwriting not recognizable as his own," Bellerjeau continued, adding that as one



Photos by Laura Lane/Herald

HISTORIAN CLAIRE BELLERJEAU has been studying the slave Bible that is part of a permanent exhibit in Raynham Hall, hoping to uncover some of the hidden history of Oyster Bay.

of the leading spies in Washington's Culper Spy Ring, he was clever enough to know what information was needed to free slaves. "It makes sense. If he wanted to free Harry or Rachel, there had to be proof when they were born. However, I can't match them all up with town records of slaves who were freed."

And there was more involved in freeing a slave than providing proof of age. "A slave's owner had to go before the Board of Overseers," Bellerjeau explained, "to prove that a slave also had a way of making a living."

Records indicate that in the early 1800s, a slave named Harry, who is listed in the Bible, was put on a path toward freedom by Townsend. "Robert sold Harry, but with the condition that he must be freed on his 24th birthday or the owner would owe Robert \$1,000, which was quite a bit of money back then," Bellerjeau said. "I think he might have been sold to someone who could teach him a trade, so when he came of age he could prove that he had a profession."

So, although Townsend sold Harry and other slaves, documents indicate that he tried to help them become free. "And I think this method he used to try to help several

family slaves gain their freedom may have been unique to him," Bellerjeau said. "I have never seen any others quite like them, with such high amounts of money at stake."

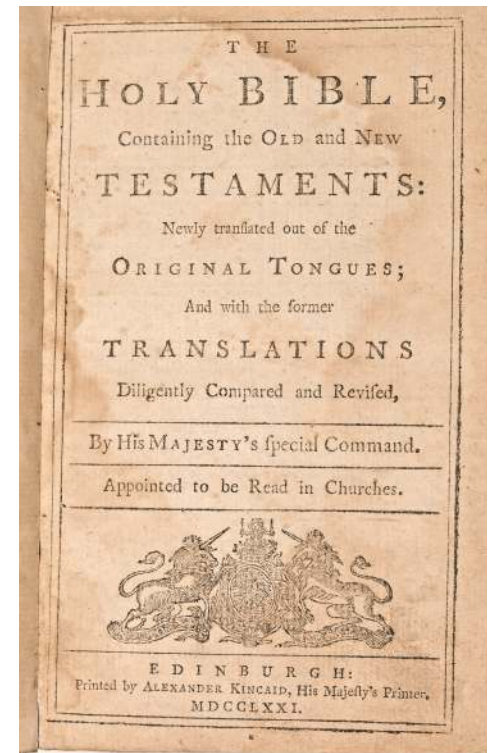
Slavery in New York

Slavery in New York dates back to 1626. By the mid 1770s, 15 percent of those living in New York were African American slaves.

"Owning slaves at the Townsend household was not unusual," Bellerjeau said. "The number of slaves they owned was a sign of their wealth. New York was the biggest slave state north of Maryland during the colonial period."

Townsend grew up with slaves, but he didn't own them when, as an adult, he joined the New York Manumission Society, which fought for the abolition of slavery and for slaves' rights, and built a school for their children. The society was formed in 1785, and members included some of New York's elite, including John Jay and Alexander Hamilton. "Townsend's name is included in a list of members from 1785 to 1786," Bellerjeau said.

"Though it is often said that the Townsends were Quakers, this is actually not true," she said. "Some members of



THE INSIDE COVER of this Bible reads, "For the servants in the house of Samuel Townsend Oyster Bay Long Island."

the Townsend family were Baptists, but we have no indication that Robert had any religious affiliation. But we do know, perhaps because of his anti-slavery beliefs, that in 1783 he chose to have an Irish woman as a housekeeper in his New York City home, instead of a slave."

"Not everyone listed in the slave Bible lived here in Oyster Bay," Bellerjeau said. "Several were originally owned here. Then they went to live with Robert's older brother, Solomon."

One such slave was named Susan. Born around 1756 and the mother of two young girls, she was sent to work and live in Solomon's home, far from her children. Years later, in 1812, Susan was freed by Ann Townsend, Solomon's widow.

Slave Bible provides missing details

Bellerjeau has been working for 13 years to uncover the details of slavery at Raynham Hall. "This Bible led me to find out other information on these enslaved people," she said. "For instance, the Bible records that Susannah died of smallpox in 1779. Later I discovered a record from 1795 that shows Solomon paying to have several slaves inoculated against smallpox."

As valuable as the Bible has been, however, she isn't certain that it was actually a possession of the Townsends' slaves. "There is no evidence it was given to them, and we don't know if they could even read," she explained.

Raynham Hall came to own the slave Bible in 2004, when it was put up for auction in Manhattan by Howard Townsend, M.D., the great grandson of Samuel Townsend. "A very generous anonymous donor helped purchase it for \$10,000," Bellerjeau said. "Though this may seem like a lot of money for a Bible, the knowledge we've gained through our understanding of these forgotten occupants of the Townsends' home is immeasurable. The many hundreds of African-American slaves who lived in our community deserve to be acknowledged, understood and remembered."

Some of the slaves listed in Townsend's slave Bible

Catherine — age 7

- Born in Sept. 1772
- Daughter of Susan, sister of Lilly
- Catherine (or Cate) isn't mentioned much except in a 1784 letter written by Phebe, the youngest Townsend daughter, to her mother. It mentions that Cate was not well and couldn't perform her duties for the family. There is no evidence that Cate was ever freed.

Jeffrey — age 9

- Born July 7, 1769
- Son of Susannah, who died of small pox in 1779
- Jeffrey was given his freedom in 1796 when he was 27. But Robert Townsend first sold him to Nathaniel Coles and his son, where he learned a skill allowing for him to be self-sufficient, which was a requirement before he could become free.

Susan — age 23

- Born in 1756
- Mother of Lilly and Catherine, ages 5 and 7.
- Susan was 16 when Lilly was born and 18 when she gave birth to Catherine. She was sent to live and work for Solomon Townsend, who had homes in New York, Chester and Manhattan, without her children. When she was 55 Ann Townsend, Solomon's widow, freed her. New York state law required that in order to be freed one had to be 55 or younger.

Information provided by Raynham Hall Museum



Courtesy Certilman Balin Adler & Hyman, LLP

LAST YEAR'S TEEN Court was a successful program that brought together students, the city and the county to educate young people about their rights in court.

Glen Cove receives funding for Teen Court

Paves the way for education to prevent crime

By **DANIELLE AGOGLIA**

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The City of Glen Cove received a \$25,000 grant from the Department of Criminal Justice to keep the Teen Court program up and running. It has been operating in Glen Cove since 2000, thanks to City Court Judge Richard McCord.

The program, which is part of the New York State Adolescent Diversion Program, immerses high school students in the court system by allowing them to take on the roles of judge, jury, prosecution, defense and more, as they hold a real trial for a youth offender.

Offenders eligible for the program are teens between 15 and 20 who have been charged with a minor crime in Glen Cove's jurisdiction — low-level offenses that include misdemeanors, such as criminal mischief and trespassing. The candidates are approved by Nassau County Administrative Judge Thomas A. Adams and Nassau County District Attorney Madeline Singas.

The student-jury decides a sentence, which could include community service, fines or an education course. After completing the required penalty, the defendant will receive an Adjournment and Contemplation of Dismissal, which means if they stay out of trouble for a certain number of months, their record will be wiped clean.

"The idea is to get these kids to know the court system, our legal system in Glen Cove, in New York, where there's a positive atmosphere," said McCord. "As long as they behave for six months to a year it

gets dismissed so they don't have a criminal record. If you have a criminal record, it negatively impacts their future. I don't want to do that."

The students who operate the teen courtroom are part of a Glen Cove High School class that meets several times a week, where Deputy City Attorney Kristina Heuser teaches them about the criminal justice system. Heuser helps them prepare for the trial by teaching them about the cases and the roles they will have in the courtroom.

The city applied for the grant through State Senator Carl Marcellino's office. "It's a good idea," Marcellino said. "It has the potential to take young people and introduce them to the court system and the functioning of the court system . . . from the positive end." While Marcellino has been a supporter of the program since it began, the funding has not always been available. The grant will allow the program operators, like Heuser, to spend more time preparing the students for the trials.

"It's teaching a lesson to both them [the defendant] as well as the students who participate in the program from the school," said Heuser. "It's giving the youth offender a second chance so they don't have a lasting mark."

Some of the defendants the teen court members have seen are peers from the high school. It is a relevant and interactive way for students to see where poor decision making can lead them.

McCord said the program would not be possible without the support from Marcellino, Singas, Adams and Glen Cove Superintendent Dr. Maria Rianna.

CRIME WATCH

GCPD Arrests

- Male, 36, from Glen Cove, was arrested for menacing in the third degree on Glen Street on Sept. 15.
- Two males, 22 and 34, from Glen Cove, were arrested on one count each of criminal mischief in the fourth degree and criminal trespassing in the second degree on Russell Place on Sept. 15.

■ Male, 25, from Glen Cove, was arrested for assault in the third degree on Forest Avenue on Sept. 12.

■ Male, 39, from Glen Cove, was arrested for disorderly conduct, consuming alcohol in public and littering on Continental Place on Sept. 12.

■ Male, 39, from Locust Valley, was arrested for disorderly conduct on Glen Street on Sept. 10.

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



1-800-244-TIPS

Crime Stoppers

The public is asked to call Crime Stoppers if they have any information about any crimes.



BRIEF

Glen Cove Department of Public Works E-Waste and Paper Shredding Collections for September

Glen Cove's Department of Public Works will host a fall E-Waste collection day and paper shredding event on Saturday, Sept. 23 at the DPW yard, 100 Morris Avenue.

"Less is best, and our intent to create a greener Glen Cove has been gaining traction with outstanding participation by our residents," said Mayor Reggie Spinello. "Our Single Stream program continues to see increases in recycling and each year our E-Waste and S.T.O.P. (Stop Throwing Out Pollutants) collections have yielded top results.

"Due to the community's response in our first paper shredding event this past spring, we are bringing back this service to our residents and look forward to unveiling a new electric car charging station in the coming month," said Stephanie Soter, Glen Cove's Recycling Coordinator.

The E-Waste collection will be held from 9:00 a.m. to 4:00 p.m. Glen Cove residents are invited to recycle the following electronic waste items: Televisions, VCRs, Stereos, Speakers, Electronic Games, Printers, Fax Machines, Computer Monitors, Laptops, Hard Drives, Keyboards, Mice, Cables, DVRs, Cable Boxes, Cell Phones and Pagers. Items that are not acceptable include microwaves and other small household appliances.

Unacceptable items can be scheduled for metal pick-up on Wednesdays by calling DPW by 3 p.m. on Tuesdays.

The paper shredding event will be held from 9 a.m. to 12 p.m. or until the shredder truck is full. Residents can shred confidential papers with a limit of two banker's boxes per person.

For more information please visit the Department of Public Works, 9 Glen Street, 3rd floor or call (516) 676-4402.

GLEN COVE
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HOW TO REACH US

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THE WEEK AHEAD

Nearby things to do this week



E-Waste Collection Day

Join Glen Cove's Department of Public Works on E-Waste Collection Day on Saturday, Sept. 23, from 9 to 4 p.m. The DPW will collect all items at their yard on 100 Morris Ave. in Glen Cove. Eligible items include televisions, VCRs, stereos, electronic games, printers, fax machines, computer monitors, laptops, hard drives, keyboards, mice, cables, DVRs, cable boxes, cell phones and pagers. Microwaves and other small household appliances are not accepted for E-Waste collection but can be scheduled for metal pick-up on Wednesdays by contacting the DPW before 3 p.m. on Tuesdays. Info: (516) 676-4402.

Living with wildlife

The North Shore Audubon Society is sponsoring a family-friendly live-animal presentation "Living with Wildlife: Native Long Island Animals" by Volunteers for Wildlife, to be held at Garvies Point Museum and Preserve on Saturday, Sept. 23, from 12:30 to 1:30 p.m. This presentation will follow the museum's coastal cleanup event at 10 a.m. Info: (516) 671-5725 or www.northshoreaudubon.org.



Library luncheon

Friends of the Gold Coast Public Library invite residents to its luncheon at the Sawn Club in Roslyn on Wednesday, Sept. 27, from 11 to 2:30 p.m. Guest speaker and bestselling author Alyson Richman will join the Friends during its special afternoon. Reservations are required. Info: (516) 674-3565.

Festive fall fun

The lush former Gold Coast estate of the W. R. Coe family is the ideal setting for Planting Fields' Mid-Autumn Festival (also known as the Moon Festival), and Sunday, Sept. 24, 11 a.m.-5p.m. The event, presented with the Long Island Chinese American Association, features traditional Chinese arts and crafts booths, cultural exhibits, children's activities, pony rides, petting zoo, and non-stop entertainment. Be sure to check out the traditional cultural activities showcase, which offers hands-on participation in traditional paper cut arts, calligraphy, Chinese painting, shadow theater play, sculpture in flour, and festival games that have been played over 1,000 years. Info: (516) 922-9210 or www.plantingfields.org.



Those radio days

Step back into time the era when everyone gathered around the radio for entertainment, when "Stagecoach" is performed on the Landmark on Main Street stage, Sunday, Sept. 24, at 3 p.m. The original radio theater-inspired performance is based on the classic John Ford-directed film featuring John Wayne. The production includes creative sound effects and period commercials. Info: (516) 767-6444 or www.landmarkonmainstreet.org.

ater-inspired performance is based on the classic John Ford-directed film featuring John Wayne. The production includes creative sound effects and period commercials. Info: (516) 767-6444 or www.landmarkonmainstreet.org.

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HERALD SCHOOLS



Courtesy Glen Cove City School District

ESTEBAN FLORES, BRIANNA Pietri and Isidora Doeschner compared the leaves they brought from home with their teacher Irene Kamola.

Gribbin students investigate nature



Clockwise from top left:
ISIDORA DOESCHNER USED a magnifying glass to examine a goldenrod spray.

EMILY LEBOWITZ SMELLED the goldenrod plant during the class lesson

MOLLY O'CONNOR, BRIANNA Pietri and Samiya Spells had fun examining the plant as their classmates looked on.



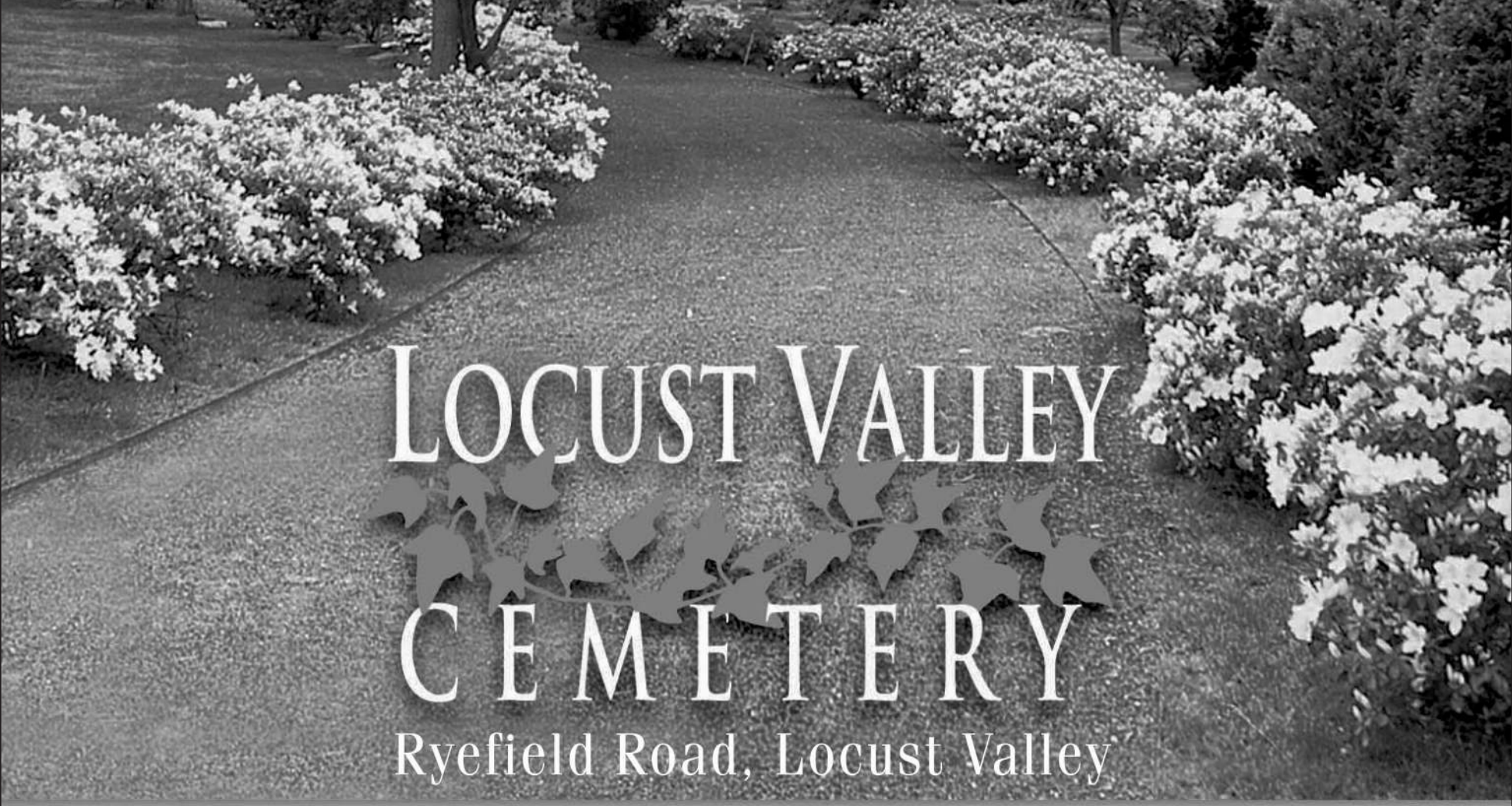
Kindergartners in Irene Kamola's class at Gribbin School received an up-close look at goldenrod plants during a cross-curricular classroom lesson that focused on writing, reading, science and vocabulary.

During the lesson students had the opportunity to touch and smell the plant, and were excited to use magnifying glasses to take a closer look.

"I brought the goldenrods in to inspire, enhance and support our kindergartners vocabulary and writing skills," Kamola said. "I believe that merging science and English Language Arts is a wonderful way to connect the curriculum."

Students also read a poem about goldenrods, drew pictures of the plant using crayons, measured the leaves, made connections between the color and shape of the plant using printed materials in the classroom, and discussed their observations.

Kamola plans to bring nature into her classroom lessons throughout the year, utilizing the knowledge she gained from the Greentree Foundation's Teachers Ecology workshop, which she participated in over the summer. The course focused on the ecology of Long Island and emphasized getting students outside as much as possible or to bring nature indoors for students to explore. Kamola will also attend field trips with the foundation throughout the year to continue expanding her knowledge.



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HERALD SPORTS

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SPOTLIGHT ATHLETE



SELENA FORTICH

North Shore Senior Soccer

A YEAR AFTER EARNING All-State and All-County honors, Fortich is looking to lead the Lady Vikings on a deep playoff run in Nassau Class A. She is a two-year captain and serves as a leader on and off the field, North Shore coach Lauren Gotta said. Fortich is a holding midfielder with a non-stop motor who never gives up on a play. She's taking her talents to the next level at the University of Miami.

GAMES TO WATCH

Thursday, Sept. 21
No games scheduled

Friday, Sept. 22
No games scheduled

Saturday, Sept. 23
Field Hockey: Friends Academy at North Shore 10 a.m.
Girls Volleyball: Lawrence at North Shore 10 a.m.
Boys Soccer: North Shore at Kennedy 10 a.m.
Football: C.S. Harbor at North Shore 2 p.m.
Football: V.S. North at Glen Cove 2 p.m.
Boys Soccer: Glen Cove at Garden City 3 p.m.

Sunday, Sept. 24
No games scheduled

Monday, Sept. 25
Girls Tennis: North Shore at C.S. Harbor 4:30 p.m.
Girls Tennis: Hicksville at Glen Cove 4:30 p.m.
X-Country: Glen Cove boys/girls at Bethpage 4:30 p.m.
Girls Soccer: North Shore at Wantagh 7 p.m.

Tuesday, Sept. 26
Girls Volleyball: Carle Place at North Shore 4:15 p.m.
Boys Soccer: North Shore at Bethpage 4:30 p.m.
Boys Soccer: G.N. North at Glen Cove 4:30 p.m.
Girls Soccer: Glen Cove at Seaford 4:30 p.m.
X-Country: North Shore boys/girls at Bethpage 4:30 p.m.

By J.D. FREDA
sports@liherald.com

The Glen Cove boys' soccer team, one year removed from winning the Nassau Class A and Co-Long Island championships, return to play this year looking to once again cause a ruckus in Conference A-2. Through its first six league games, the Big Red begin the new season 3-1-2.

Experienced head coach Brian Smith believes that this team, with its system firmly established and his players constantly acclimating to the speed and intensity of the ongoing season, will continually improve.

"Right now, we're a work in progress; we're still putting some things together but we have guys that know what its like to be champions," said Smith.

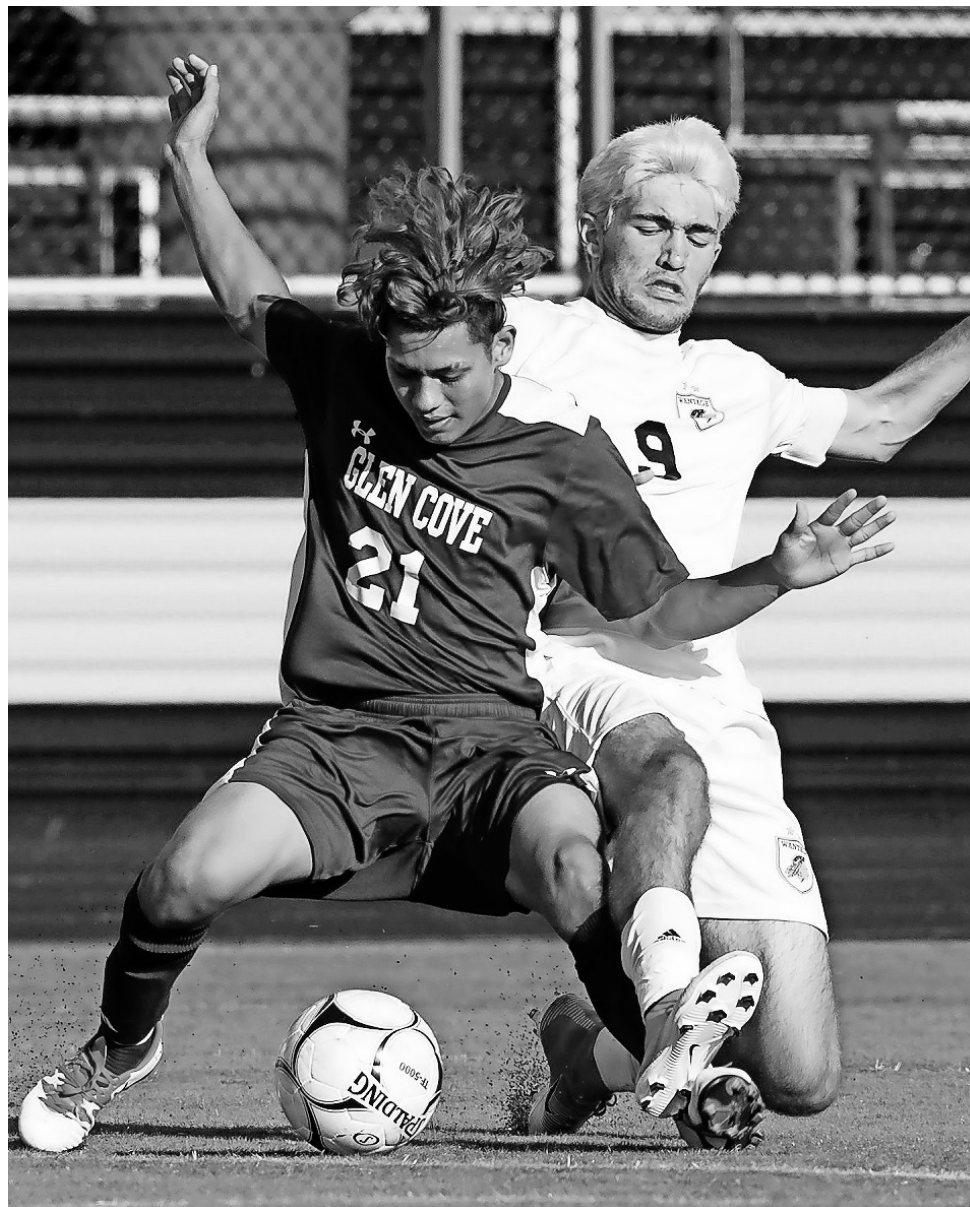
As with any program, new waves of young talent must come in and fill their predecessors shoes and work to be the measuring stick for the generation to follow. Fortunately for Glen Cove, its system includes some very talented seniors along with a crop of strong young players on the rise now filling feature roles for the Big Red.

One mainstay for Glen Cove in recent memory has been senior Jelson Bonilla, a multi-tooled returning striker whose apt for blowing past defenders is only comparable to his feather-soft touch on the ball.

Coach Smith was not one to mince words about the defending Conference A2 Offensive Player of the Year. "He's one of the most skilled players in the entire state," Smith said. "His touch, range, power, speed, and technical ability are superior to everybody else. He's also a great kid, a captain and team leader."

On the defensive end of the field, senior center back Justin Maldonado finds himself comfortably in the top 50 boys soccer players on Long Island along with Bonilla. Maldonado, a fearless competitor and ultimate countermeasure to the opponent's star player, will play a huge role in this team's success. "Justin won't be beat by anyone; he's one of the fastest in the county," Smith said. "He's got the technical ability to draw others off balance and take off."

Seniors Marlon Guillen and Ryan Greenfield also look to play big roles in



J. Heck/Herald

GLEN COVE'S EULISES PEREZ, left, fended off Wantagh's Liam Ireland during the Big Red's 2-0 victory in a Conference A-I matchup on Sept. 8.

setting up counter measures and pushing the ball into the offensive zone for the Big Red. "You need good facilitators and that is what Marlon is. He pushes the ball into the offensive zone and puts it where we look to attack from," Smith said. "Ryan is a strong defensive player in the midfield. The ball will go through him and get pushed out to the wings to form counterattacks."

Senior Eddie Yanes, a strong and

physical player, also looks to bring an experienced level of play with his senior class.

Sophomores Niko Vidal and Yunion Velasquez have the coach excited about the future of this team. "Vidal has great touch, reminds me of some very good players I've had in the past and is going to blossom," Smith said. "Velasquez is a stud. Incredible player. With those young guys, the future is bright."

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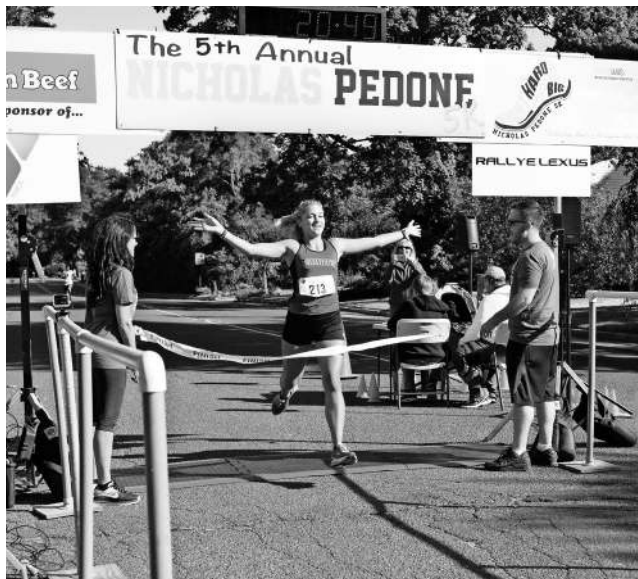


Photos by Dawn DiSimone/Herald

AND THEY'RE OFF! The Annual Nicholas Pedone 5k brought community members of all ages out for a good cause.

Fifth annual Nicholas Pedone 5k a success

Glen Cove rallies for Childhood Cancer Awareness Month



Members of the community gathered early Sunday morning at Glen Cove High School to participate in the fifth annual Nicholas Pedone 5k, of the Fight Hard Smile Big Nicholas Pedone Foundation's largest fundraiser. Pedone was only 7 when his family lost him to Neuroblastoma, a rare and deadly form of childhood cancer, in 2013.

The funds raised by the foundation support children suffering from cancer by making their hospital stay and treatment more comfortable. SmilePAKs which are personalized care packages, are given to the children. The foundation also supports the HOP4KIDS outreach program, which provides funding for hospitals to renovate children's rooms and play areas. For more information or to donate, visit www.fighthardsmilebig.org.

Clockwise from top left: **MELANIE FIUME WAS** the first woman and second person to finish the race.

PETER HAWKINS RACED through the finish line as one of the first few people to complete the 5k.

KIDS HAD A blast during the "fun run," a short race before the 5k began.

RONALD JOSEPH WAS the first person to finish the 2017 Nicholas Pedone 5k.



COMMUNITY CALENDAR

Thursday, Sept. 21

Getting into your top choice college

Locust Valley Public Library, 170 Buckram Rd., Locust Valley, 7 to 8 p.m. This free workshop for college-bound students and their parents, given by college admissions expert John Catalano, will provide a comprehensive overview of the highly-competitive college admissions process. You will learn the latest college admissions insights and obtain insider expertise on how to be successful in gaining admission to your top-choices. Topics covered include what highly-selective schools are looking for in their applicants, the athletic recruitment process, the biggest mistakes that students make in the application process and how to avoid them, maximizing your chances to receive scholarships and financial aid and much more. (516) 671-1837 or youths@locustvalleylibrary.org.

Arthritis exercise and education class

Glen Cove Senior Center, 130 Glen Street Glen Cove, 10:15 a.m. Transportation will be provided to Glen Cove Hospital. (516) 759-9610.

Friday, Sept. 22

Paper shredding at the library

Oyster Bay-East Norwich Public Library, 89 East Main Street, Oyster Bay, 10 to 12 p.m. AARP is sponsoring a shredding truck which will be in our parking lot. First come, first served. Please bring no more than five boxes. (516) 922-1212.

Ozobot Dance Off

Bayville Free Library, 34 School St., Bayville, 12 p.m. Create a dance routine for your tiny robot using programming and your imagination! No prior coding experience necessary. For grades 2 to 5. (516) 628-2765 or ashleysweeting@gmail.com.

Saturday, Sept. 23

LEGO free play

Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, 10:30 a.m. to 12 p.m. Come spend an hour free-building with everyone's favorite bricks. (516) 676-2130.

Leafy Hedgehog Magnet Craft

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 10:30 a.m. to 11:15 a.m. This hedgehog magnet craft is superfun. Layered with colorful autumn leaf shapes, he'll make a bright addition to your refrigerator magnet collection and his friendly smile will make you smile every time you see him. For ages 3 to 5. (516) 759-8300.

Sunday, Sept. 24

Blessing of the animals

Brookville Multifaith campus, 2 Brookville Road, Glen Head, 10 a.m. All friendly, well-behaved, vaccinated pets with ID's on a leash are welcome. The following donations will also be accepted for hurricane Harvey and Irma relief efforts: Dawn dish soap, plastic crates, leashes, dog and cat food (wet and dry), pet shampoo, dog and cat beds, feeding bowls, blankets and towels. (516) 626-0414.



Courtesy Marc Neal

SCGH Lions Club Fall Classic XVII

Get ready for an afternoon on the golf greens with the Sea Cliff-Glen Head Lions Club for their Fall Classic on Thursday, Sept. 28, tee time at 1:15 p.m. The event will be held at the Glen Cove Golf off Lattingtown Road. This year's event will honor Nick and Karen Montagnese to support the Foundation Fighting Blindness and other local charities. The \$200 fee for the event includes golfing, a beer soda cart during play, lunch at 11, and dinner at the The Metropolitan Bistro in Sea Cliff.

You don't golf? You can join the Lions Club just for dinner for \$100. If you would like to see more details on the event, reserve, or be a sponsor using a credit card or PayPal, please go to scgh.lions20k2.com/events.html.

Monday, Sept. 25

Mah Jongg tournament

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 6:45 p.m. Join Jacqui Palatnik where there will be contests in different categories with prizes for the winners. Any level of play, some knowledge of the game required. Light refreshments will be served. Limited registration. (516) 759-8300.

College financial aid workshop

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 7 to 8 p.m. Presented by Andrew Lockwood. (516) 671-4290.

Tuesday, Sept. 26

Book discussion

Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. In the 1920s, members of the Osage Indian tribe began dying mysteriously in what proved to be a test for the newly formed FBI. Join librarians Janice Angliss and Elizabeth Hogan as they lead a discussion of this captivating true story. Copies of Killers of the Flower Moon are available at the Reference desk. (516) 676-2130.

The business of being an author

Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Published author Natalie Harnett teaches how to construct a successful query letter, proposal and synopsis. Learn how to begin self-publicity even before you're published. A question and answer period will follow the lecture. (516) 676-2130.

City Council meeting

Glen Cove City Hall, 9 Glen Street, Glen Cove, 7:30 p.m. (516) 676-2000.

Wednesday, Sept. 27

Valley Quilters and Knitters

Locust Valley Public Library, 170 Buckram Rd., Locust Valley, 1 to 3:30 p.m. Bring a project or come for ideas. Experts may be on hand to help beginners get started. All welcome. (516) 671-1837.

Weight loss and cleansing

Oyster Bay-East Norwich Public Library, 89 East Main Street, Oyster Bay, 6:30 p.m. Doing a quarterly cleanse to prepare the gut and move toxins out of the system allows your body to return to its normal homeostasis. This well-made, scientific cleanse is designed so that you can eat and function normally, as you will

be feeling healthier throughout the course of the cleanse. It is also a great way to jump start eating healthier and for most weight loss programs. Presented by health teacher Michelle Atkins. (516) 922-1212.

Kiwanis wheelchair basketball game

Glen Cove High School, 150 Dosoris Lane, 6:30 p.m. The game will be held in the auditorium. www.glencovekiwanis.org.

Thursday, Sept. 28

Yoga at the library

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 2 p.m. Debra Monaco will teach you the basics of Yoga in this 6 week session. Please wear comfortable

clothing and bring water and a yoga mat. There is a non-refundable \$18 fee due at registration. (516) 759-8300.

Animal workshop for kids

Sea Cliff Children's Library, 281 Sea Cliff Ave., Sea Cliff, 3 to 4 p.m. (516) 671-0420.

Apple treat workshop for teens

Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Create apple cake pops and design a jumbo apple cookie to take home in a bakery box. (516) 676-2130.

Friday, Sept. 29

Yoga at the library

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 2 p.m. Debra Monaco will teach you the basics of Yoga in this 6 week session. Please wear comfortable clothing and bring water and a yoga mat. There is a non-refundable \$18 fee due at registration. (516) 759-8300.

Health Assessment

Glen Cove Senior Center, 130 Glen Street Glen Cove, 10 to 12 p.m. (516) 759-9610.

Saturday, Sept. 30

Glen Cove S.T.O.P. Program

DPW Yard, 100 Morris Ave., Glen Cove, 8:30 a.m. to 3:30 p.m. Eligible items include enamel, oil and lead based paints (no water or latex based paints) paint thinner, household batteries (not rechargeable batteries) brake and transmission fluid, antifreeze, aerosol cans with contents, air conditioning refrigerants, household cleaning liquids, pesticides, fertilizers, pool chemicals, propane tanks with contents, unused flammable liquids and fluorescent lightbulbs. (516) 676-2000.

Dancerise with Carol

Locust Valley Public Library, 170 Buckram Rd., Locust Valley, 9:30 to 10:30 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 Dancerise. No special attire needed, just wear sneakers and bring a bottle of water. Be prepared to have a happy time! Registration and fee required. 10 sessions, \$50. Fee is payable at the Main Desk. (516) 671-1837.

The return of Sugarfoot

Gold Coast Public Library, 50 Railroad Ave., Glen Head, 2 to 4 p.m. We'll be showing two episodes of Will Hutchins' classic TV Western series. Hutchins starred in the series as Tom Brewster, a would-be frontier lawyer, ambling across the West, helping anyone in trouble he found along the way. (516) 759-8300.



Animal workshop for kids

Learn about different animals of all shapes and sizes at the Sea Cliff Children's Library on Thursday, Sept. 28, at 281 Sea Cliff Ave., Sea Cliff, 3 to 4 p.m.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS



Courtesy Loggia Glen Cove

THIS YEAR'S GOLF outing committee included Jim McAleer, Tony Ceriello, Stephen Ryder, Tony Sclafani and Joe Desmond.

Loggia Glen Cove holds annual golf outing

Loggia Glen Cove No. 1016, Order Sons of Italy in America recently held their Ernest J. Pascucci 30th Memorial Golf Outing at the Glen Cove Golf Course. Lunch and Dinner were served at the View Grill Restaurant at the Golf Course.

Proceeds from this event support

many different charities.

Loggia Glen Cove is the oldest Lodge on Long Island. If you are interested in joining the Lodge, contact the membership chairman Angelo Grande at (516) 676-7436. Meetings are held on the first Wednesday of every month at 8 p.m. at 69 Glen Street, Glen Cove, N.Y.



Courtesy Brookville Multifaith Campus

EMMANUEL ASSE, CENTER, from the Nassau County Comptroller's office, presented Dr. Sultan Abdulhameed, left, facilitator of the Muslim Reform Movement Organization, Rabbi Stuart Paris of The New Synagogue of Long Island, Rev. Enid Kessler, Interfaith Minister and Spiritual Advisor to the Interfaith Community of Long Island, Imam Khalid Lateef from the Muslim Reform Movement Organization and Rev. Vicky Eastland, pastor of Brookville Church, with a citation from George Maragos' office.

Brookville Multifaith Campus awarded citation from Nassau County comptroller's office

The Brookville Church/Multifaith Campus was awarded a citation from Nassau County comptroller George Maragos during an open campus event on Sunday,

Sept. 17. The citation thanked the campus for its commitment to the serving the community and the betterment of good-will.



VIEWFINDER

By SUSAN GRIECO

THE QUESTION:

What returning TV show can you not get enough of?



"Dance Moms." I find the fighting quite interesting! I'm interested to see if the new dance instructor will be able to fill Abby's shoes!

LINDSEY CONSTANTINO VOLPICELLO
9th Grade



The CWs "Riverdale" is about a perfect little town that isn't so perfect. I'm excited for it to come back!

SARA EDMUND
11th Grade



"This is Us" is a dramatic show with really good characters, and I can't wait to see what happens next!

LAUREN RODOLITZ
11th Grade



When I watch "The Goldbergs," I feel like I'm reliving my teenage years during the 80s. I love that show!

AMY KESSLER
Homemaker



"The Flash" has the best plot twists and had the biggest cliff hanger! Oh my God, it's so good!

JACKIE ZALCMAN
11th Grade



Everybody knows someone like Larry David's character in "Curb Your Enthusiasm." Sometimes he says the things that we wish we could say!

MARTY GREENSTEIN
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123's and ABC's,
you can learn to eat these



and lose these...



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“When NYU Winthrop’s TAVR team replaced my heart valve, they gave me my life back.”



For John Elliott, sailing is living. He’s been on the water for most of his 91 years. In all three theaters during World War 2, as a merchant seaman, and for the last 70 years sailing out of the Rockaway Point Yacht Club.

But recently John was so fatigued and short of breath, he could only walk a few steps. His aortic valve was failing. A condition that could lead to heart failure, and death. His daughter, a nurse, told John about a minimally invasive valve replacement procedure called TAVR, or Transcatheter Aortic Valve Replacement. She took him to one of the country’s leaders in TAVR: NYU Winthrop Hospital. They replaced John’s valve through an artery in his leg. In no time at all, he was back to sailing off Breezy Point.

If you suffer from aortic stenosis, you may now be a candidate for TAVR. To learn more, call 1-866-WINTHROP or visit nyuwinthrop.org.

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HERALD
Gazette
September 21, 2017

focusing on

body / mind / fitness
good health
Living Well

S1
GLEN COVE HERALD GAZETTE - September 21, 2017



Keep moving
Exercise and brain health
go hand-in-hand

Eat right for life
Make every bite count

Benefits beyond the mat
What yoga can do

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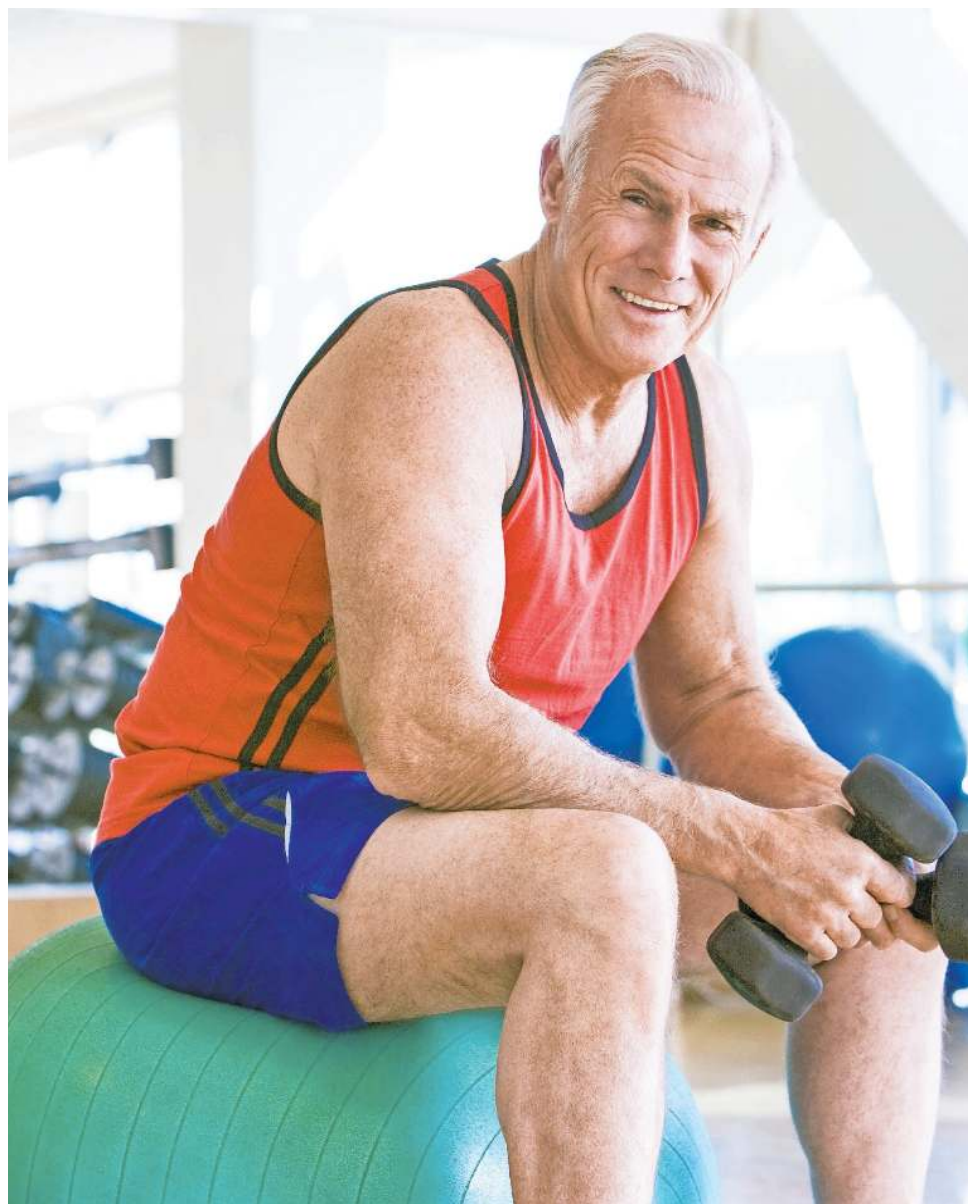
Join us September 24 - 30 for ACTIVE AGING WEEK

- Monday 9/25 - Free Hearing Screenings
- Tuesday 9/26 - Free Hearing Aid Cleanings
- Wednesday 9/27 - Lecture on Brain & Hearing - 11 a.m.
- Thursday 9/28 - Lecture on ALD & Apps - 10:30 a.m.
- Friday 9/29 - Free Hearing Screenings & Free Hearing Aid Help!



Join us at the Center for Hearing Health,
located on the beautiful 86-acre Mill Neck Manor campus
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First-come, first-served • Space is limited so call today!
RSVP: 516-628-4300

931662



Stay off the couch. Research proves that the equation is pretty simple: sitting for long bouts of time = a shorter lifespan and other health risks.

Get moving

Exercise and cognition: a virtuous circle

Does staying physically active improve cognitive function, or does high cognitive function enable older people to stay active and live more healthfully in general? Both, according to a recent study in *Frontiers in Neuroscience*, which looked at 4,555 British people, ages 50 and older, and analyzed the relationship between physical activity and executive function (the ability to solve problems, set and meet goals, and exert self-control).

It found that over a six-year period older people who were physically active tended to retain high executive function; the researchers controlled for variables such as age, gender, education, and health. Conversely, people with high executive function were more likely to stay physically active. It's a virtuous circle.

"In addition to benefiting from engagement in healthy behaviors such as physical activity and healthy diet, executive function is also likely to be necessary for the initiation and maintenance of such behaviors," according to the study.

The message is clear: exercise your way to a better life all around. You already know that regular exercise will get your body into its best shape ever, but now, this study, and others, indicate that getting up and moving at a moderate intensity for at least 45 minutes at a time was linked to

improved cognition (memory and overall brain function included) — and the more days a week that person squeezed in those 45-minute sessions, the greater cognitive benefits they reaped.

Exercise can also fight depression and help improve sleep quality. The optimal exercise routine includes a cardiovascular workout, stretching, and strengthening. A 30-45-minute workout five times a week is best, but start slowly (10 minutes at a time) and build up over weeks. Find a workout buddy, as people are more successful when they have someone working out with them.

The recommended type of exercise is an individual choice, because it must be a regimen you enjoy and that you will do regularly in order for it to be beneficial. Walking briskly is an excellent routine for many especially if you walk fast enough to get your heart pumping. Studies show that varying the intensity of exercise, called interval training, is more effective than exercising at the same level for a longer period of time.

Try walking as quickly as you can for three minutes, then recover, and walk more slowly for 3 minutes. Repeat this pattern five times for a total workout of 30 minutes. Swimming and aquarobics are also excellent, especially for those with arthritis or chronic pain. ■

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Healthy and youthful from the inside out

It's never too late to start eating and living healthier

Before you eat, think about what goes on your plate — or in your bowl. We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of well-being.

Studies have linked eating a typical Western diet — filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia (or in the increased risk of suicide in young people).

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and stabilizing your mood.

Help your diet plan become a long-term lifestyle change with these tips from registered dietitian and nutritionist Dawn Jackson Blatner.

Get organized. Your environment can work for you or against you. Having an organized refrigerator can be the key to success on the journey to better nutrition. Keep produce where it is easily visible and accessible. Storing foods like hard-boiled eggs, chicken breast and roasted vegetables at eye-level can really help to make smarter meal choices. Clear food containers will also help to keep

already prepared meals top of mind and lessen food waste, which means saving money in the long run.

Practice superfood swaps. Don't cut out food cravings — embrace them! Eat the flavors that you crave but swap out overly processed stuff for fresh, wholesome ingredients. Avoid products with chemicals, refined sugars and flours, artificial flavors and preservatives and it will naturally lead to a healthier lifestyle. When you fill the house with healthier foods, you'll automatically eat smarter when hunger strikes.

Eat your "green base." It can be difficult to make the right nutrition choices all the time. So when you are eating more decadent food like fried chicken, Chinese or pizza, put it on a base of leafy greens like spinach, spring mix or kale. That way you will get to eat what you want, but you'll fill up more on your superfood greens and eat less of the high-calorie foods.

Set the table. One of the simplest ways to start naturally eating less and enjoying food more is to eat all meals and snacks at the table. When you put food on a plate, eat at a table and sit in a chair you'll eat much less than if you were eating while working on the computer, watching TV, standing in the fridge or driving!

Build a better breakfast. A healthy diet starts with a nutritious breakfast. Think whole foods instead of pre-packaged foods high in calories and packed with preservatives. Get your day started with this amazing recipe and you'll be happier and healthier all day long.



Keep disease and aging with a healthy eating plan that includes plenty of antioxidant-rich foods. Healthy eating habits needn't be as confusing or as restrictive as many people imagine.

Spinach, Grape Tomato and Cheddar Frittata

2 tablespoons olive oil
6 ounces baby spinach
1 cup grape tomatoes, sliced in half
8 large eggs
1/2 cup shredded cheddar cheese
Salt and pepper to taste
1/4 cup milk

Preheat oven to 350 F.
Whisk eggs and milk together until smooth.

Heat cast iron or oven-safe skillet over medium-high heat. Add olive oil and saute spinach until wilted and then add half of the grape tomatoes.

Pour eggs slowly into pan. Sprinkle cheese over eggs and spread remaining grape tomatoes evenly over the egg mixture.

Season with salt and pepper. Place skillet to oven and bake for 20-30 minutes or until eggs are cooked through and golden brown.

Remove skillet from oven and let rest for a few minutes. ■



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Get ready for fall and have your hearing checked!

After the hot days of summer, we are all ready for some freshening up and cooling off. All hearing aid users should check with their audiologists for a tune up.

During the summer months, perspiring is at its height and your hearing aid is a collector of moisture. It's important to have your hearing aid cleaned and checked by your audiologist for rust and moisture, especially the battery contacts. By keeping your instruments maintained, you will be more pleased with their performance, advises Susan Antonellis, Au.D., Director of Operations, Mill Neck Center for Hearing Health.

Hearing impaired/deaf children are also getting ready for the school year. In order for hearing aids/cochlear implants to be maintained, parents should make an appointment with an audiologist ensuring the correct hearing aid settings, mapping for implants, the necessary batteries and more.



Hearing Aid Care Tips:

- ✓ Avoid moisture and store in dry place
- ✓ Change hearing aid batteries as directed
- ✓ Keep devices free of earwax
- ✓ Change wax filter
- ✓ Handle with care
- ✓ Schedule routine cleanings

Maintain your hearing and you will hear those fall leaves hit the sidewalk!

Mill Neck Center for Hearing Health

40 Frost Mill Rd., Mill Neck • 516-922-4100

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The Regency at Glen Cove creates an elegant home for its residents

When a future resident or a family member walks through the door at The Regency Assisted Living, one immediately notices that it's not just about three meals a day and medication. Is it the elegant décor and furnishings? Perhaps it's the friendly and genuine interactions with the staff? Yes, it is all of those and more. You just might notice that even the scent of the community feels like home.

Among the many elements the staff at The Regency pays attention to is the pleasing scent which can be one of the most important according to Beth Evans, Executive Director. In fact, a 2006 study by researchers at the New York University Medical Center discovered that postoperative patients exposed to the aroma of lavender reported a higher satisfaction rate with pain control.

"Our goal is to create both a sense of luxury and home throughout the community," says Stella Shanks, Director of Special Projects.

"We find that when a subtle and pleasant scent is part of a resident's experience, they have an even more positive feeling



about the community and will often even compliment the staff on the fragrance," Cathy Tuccillo, ScentAir's Account Executive for The Regency says.

The Regency Assisted Living's goal is to create a more enjoyable living environment for residents. According to residents, family members and staff, the new signature scent makes it feel just a little more like home.

The Regency Assisted Living

94 School St., Glen Cove • 516-674-3007

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Enhance your well-being at Shangri-La Spa

The name of Shangri-La has become synonymous with any earthly paradise, and particularly a mythical Himalayan utopia — a permanently happy land, isolated from the outside world. In the novel *Lost Horizon*, the people who live at Shangri-La are almost immortal, living years beyond the normal lifespan and only very slowly aging in appearance. The name also evokes the imagery of exoticism of the Orient.

Our mission is to expertly care for your body and help you enhance the overall quality of your life.

We provide body massage and foot reflexology. For body massage we use all organic essential oils and hot stones promote physical and spiritual healing. It is a new level of relaxation. It also improves blood circulation, prevent repetitive injuries, relieve emotional stress, and boost energy.

For foot reflexology we use ancient Asian techniques and knowledge, reflex



points in the feet that correspond to each organ of the body are stimulated, balancing energy and restoring well-being while leaving you relaxed.

Shangri-La Spa is not just any spa. You don't just relax your body, the rest of you come out feeling amazing as well. You will never leave here feeling like you didn't get your money's worth.

Shangri-La Spa

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Award-winning health care right in your backyard

Modern health care is changing by the minute. At NuHealth, we're changing to meet the demands of a dynamic and diverse community, where the need for top-quality, yet affordable, health care services has never been greater.

We're absolutely committed to being the health care institution that makes the full spectrum of world-class services available to all of Nassau County's residents, from the newborn to our senior citizens, for our families and for our workers, for those who can afford it and for those who cannot.

You already know us as Nassau County's premier Level 1 Trauma Center, with over 73,000 visits to our emergency room each year, 22,000 patient admissions, and more than 300,000 ambulatory visits to our hospital and outlying family health centers.

What you may not be aware of is all of the amazing improvements to our facilities and our services that are changing us for the better — changing to make us a leading provider of primary and tertiary care services that rival the best in the country. Now that many of these improvements are either complete or underway, it's time you took another look at NuHealth and some



Victor F. Politi, M.D., FACP, FACEP
President/Chief Executive Officer

of the major improvements we've made, and will continue to make, at our flagship Nassau University Medical Center.

Nassau University Medical Center

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Namaste, everyone: Benefits beyond the mat

What yoga can do

The ancient practice of yoga is good for the mind and spirit. It's also good for the body — and, for the back in particular, according to two recent studies, among the largest randomized controlled trials on yoga ever done.

In the first study, published in the Archives of Internal Medicine, 228 Americans with chronic back pain of unknown cause were split into three groups. One group attended weekly 75-minute yoga classes that included poses adapted to the physical needs and conditions of each person (a practice called viniyoga), along with breathing exercises and guided deep relaxation.

A second group was assigned to intense weekly stretching classes, which included 15 stretches along with some strengthening exercises. In addition, both groups were given CDs or DVDs and asked to practice on their own for 20 minutes a day the rest of the week. A third group received a self-care handbook on back pain but did neither yoga nor stretching.

After 12 weeks, both the yoga and stretching groups had greater reductions in back symptoms and more improvement in function than the self-care group. They also needed less pain medication. In addition, the benefits lasted through the study's three-month follow-up.

The researchers were surprised, actually, that the stretching group fared as well as the yoga group. But as they pointed out, the two classes had much in common, with the results suggesting that "yoga's benefits were largely

attributable to the physical benefits of stretching and strengthening the muscles and not to its mental components."

Either of these practices is a reasonable treatment option, they concluded. In fact, many types of exercise or movement therapy may help back pain.

The second study, published in the Annals of Internal Medicine, followed more than 300 people in England with chronic or recurrent low back pain. Similarly, it found that yoga (12 weekly classes) led to greater improvements in back function — for up to 12 months — compared to usual care. At least eight previous small studies, using different yoga protocols, have also had favorable results.

What else it can do

- ✓ Yoga can promote relaxation and reduce stress.
- ✓ It can improve balance, posture and coordination. Some postures, such as the Bridge and Warrior, can build strength.
- ✓ Faster-paced forms (as in "power yoga") burn more calories and boost heart rate more, but not as much as true aerobic workouts.
- ✓ Some studies have found that yoga can reduce weight, blood pressure, blood glucose levels and cholesterol, according to a 2007 review in Evidence-Based Complementary and Alternative Medicine, though the optimal duration and intensity still need to be determined.

Don't get in over your head

But yoga can also cause injuries, especially



You don't have to be a yogi or yogini to reap yoga's benefits. Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

if you're a beginner.

If you have any kind of musculoskeletal problem or previous injury, talk to your doctor or a physical therapist first. Even gentler forms of yoga can strain joints and other body parts. Begin with a small, basic-level class (or private/semi-private lessons) where you can get more individualized attention — not with

home DVDs or videos.

If you are not fit, avoid strenuous classes, such as Ashtanga, "power yoga" or "yogarobics." Stop if you feel pain or get dizzy.

Don't compare yourself to others in your class. Don't force yourself beyond your normal range of motion. ■

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Photos by Tab Hauser/Herald

THE GIRLS ARE ready for a fun season as players in the Glen Cove Junior Soccer League.

Let the games begin in Glen Cove!

By **TAB HAUSER**

The 49th year of the Glen Cove Junior Soccer League began on Saturday with the annual parade that made its way through the downtown. When the parade ended at City Stadium Park, there were announcements, which included a big thank you to the city organizations that support the league each year.

Marco Malusa, who started the league in 1968, began playing soccer himself in 1953 in Glen Cove. He started the league as a way for kids from 6 to 14 to enjoy the sport as much as he always has. The league has grown over the years, with 425 children now participating on 46 teams.

For information on the league go to <http://www.glencovejrsocket.org/>









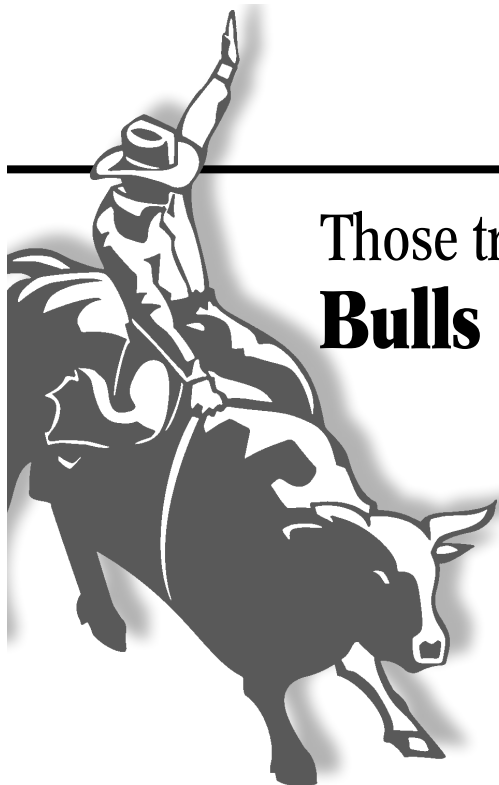
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STEPPING OUT

Where to go, what to do, who to see



Those tricky eight seconds Bulls and their riders are ready to kick up some dirt

America's original extreme sport.

The rules are simple enough. Place a wiry 150-pound cowboy on the back of a hulking, snorting temperamental 2,000 pound bull and see if he can ride the beast for an eternal eight seconds, with one hand strapped to the bull's massive backside.

That eight-second showdown has found a fan base throughout the U.S. who want to check out these cowboys and their bulls to see who has what it takes to outwit those fierce horned animals.

The Professional Bull Riders was created in 1992 by a group of 20 visionary bull riders who were seeking mainstream attention for their sport.

"We wanted to create a better product for the fans, so that when they tuned in they were seeing the best of the best every time," according to PBR co-founder and nine-time World Champion Ty Murray.

"Expectations have been exceeded immensely and the fact that this sport continues to grow is a gratifying notion, one that supports all the hard work and dedication of every member of the PBR."

The founders believed that bull riding deserved to be in the limelight and could succeed as a standalone sport. Each rider invested a hard-earned \$1,000, some borrowing from family and friends to achieve their vision.

The original founders took a serious gamble when they pooled their limited resources to fund the grassroots operation, but the risk has certainly paid off. It is now a prolific event on TV, televised weekly by CBS Sports. Annual attendance at the events has grown from 310,000 in 1995 to more than 3 million fans each season.

"It means a lot to be recognized as a sport, just like every other sport," says rider Cody Nance, who will be competing at Nassau Coliseum, his first visit to Long Island. "A lot of people think what we do is crazy. It's real and it is a sport. We've been doing this all our lives. We want people to respect what we do."



Photos courtesy PBR

Rider Cody Nance ends up under his bull, Air Time, during a recent competition.

He also gives credit to the bulls. "They are true athletes," he adds.

As another rider put it, "We don't rope calves, and we don't chase barrels. This is bull riding, and the first rule is just to stay alive."

The 30-year-old Nance, from Paris, Tenn., is in his 9th PBR season. He began riding bulls at 14 under the guidance of his uncle and stepfather. He was named Rookie of the Year in his debut year on the elite BFTS tour in 2009, finishing 18th at his first world finals. He has since qualified for the world finals in each of his subsequent seasons.

Like other riders on the circuit, he's had his share of injuries. But that doesn't keep him down.

"It gets a hold of you," he says. "It's an exciting, humbling sport. I love the challenge of it. I'm going to keep going at it until I feel like I've accomplished everything I set out to and then I'll stop. I'll keep doing this as long as I'm still healthy. And my body is still in good shape. I've been blessed."

Nance will be up against an elite group that includes reigning PBR World Champion Cooper Davis, who will be competing in New York for just the second time in his career. Davis will be one of four world champions



An eye to eye confrontation between a riled up bull and his bull fighter, tasked with handling the animal and keeping riders out of harm's way.

in action, riding alongside two-time PBR World Champion J.B. Mauney (2013, 2015); Silvano Alves (2011, 2012, 2014); Guilherme Marchi (2008); and Mike Lee (2004). Jess Lockwood, the 2016 PBR Rookie of the Year and winner of this year's Buck Off at the Garden event, which opened the 2017 season in January, will also look to continue his winning ways.

— Karen Bloom
kbloom@iherald.com

BUCK OFF THE ISLAND

When: Saturday, Sept. 23, 6:45 p.m.; Sunday, Sept. 24, 1:45 p.m. Tickets start at \$20; available at www.ticketmaster.com, www.nycblive.com, by calling (800) 745-3000 or PBR customer service at (800) 732-1727.

Where: Nassau Coliseum, Hempstead Turnpike, Uniondale.

The cowboys are heading here. The bull riders saunter in to Nassau Coliseum, when the Professional Bull Riders circuit — PBR as it is known — brings its competition to Long Island this weekend, Sept. 23 and 24.

The riders are back here after a 12-year hiatus. You might not think of the New York as a region that would take to this kind of thing, but New York has in fact become a popular stop on the Built Ford Tough Series tour, known as the major league of bull riding.

Some of the larger audiences for PBR events are in urban areas such as New York (at Madison Square Garden each year) and Chicago, according to PBR CEO Sean Gleason. Now Long Island has been added back into the mix.

"With its tough-as-nails cowboys squaring off against fearsome bulls 10 times their size in epic eight-second bursts of mayhem all night long, the PBR is one of the fastest-growing sports," Gleason says. "PBR fans in the Northeast have been asking for a fall event, and we're thrilled to return to Long Island."

Professional bull riding is a rough, grueling sport with roots deeply imbedded in American culture. Those involved with PBR like to say it's



STEPPING BACK IN TIME Long Island Fair

Enjoy some early fall delights at the Long Island Fair, Old Bethpage Village's authentic recreation of a 19th century county fair. This popular annual festival offers an appealing glimpse of days gone by, including all sorts of historical entertainment and activities. Stilt walkers traverse the grounds, and entertainers enthrall families with puppets, juggling and storytelling, in addition to performances by brass bands, fiddlers, and popular local folk trio Gathering Time, among others. Historical demonstrations, agricultural displays and competitions, livestock shows, tractor rides, Civil War and

WEEKEND Out and About

Rough Rider reenactments bring the 1800s alive. Also visit animals at the livestock barn, take part in corn husking and scarecrow-building contests, and test your skill and strength at the two-person cross-cut sawing in friendly competition. Additional attractions include a reptile show, carnival rides, horse drawn wagons, and even pig racing. *Saturday and Sunday, Sept. 23-24, 10 a.m.-6 p.m. \$15, \$12 seniors and children ages 5-12. Old Bethpage Village Restoration, Round Swamp Rd., Old Bethpage. (516) 572-8401 or www.lifair.org.*

ART ADVENTURES Draw Out! Festival

Find your creative inspiration at Heckscher Museum's Draw Out! Arts Festival. The museum grounds and Heckscher Park welcome families and artists to take part in demonstrations, games, art-related activities, and entertainment. Try your hand at live

figure drawing led by Christian White; create an "I Care" masterpiece and poem with author-cartoonist Paul Rodriguez; join Doug Reina for Plein Air painting by Heckscher Pond. Also meet Lisa Breslow, whose work is featured in the current exhibit "Ebb & Flow: Seascapes and Shoreline Views." Entertainment includes performances by singer-songwriter Kirsten Maxwell and The Huntington Center for Performing Arts. Those who like games will want to take in some larger-than-life chess and checkers with Your Move Chess & Games. *Sunday, Sept. 24, 12-4 p.m. Heckscher Museum of Art, 2 Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.*



ARTS & ENTERTAINMENT

Coming Attractions

Performances/ On Stage

Gypsy

The classic musical set backstage on the 1920s-30s burlesque circuit, Thursday and Friday, Sept. 21-22, 8 p.m.; Saturday, Sept. 23, 3 and 8 p.m.; Sunday, Sept. 24, 2 p.m.; Wednesday, Sept. 27, 8 p.m. \$76 and \$71. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.



Big Bad Voodoo Daddy

The contemporary swing revival band in concert, Friday, Sept. 22, 8 p.m. \$60, \$45, \$35, \$25. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

The Pixies

The alternative rock band in concert, Friday, Sept. 22, 8 p.m. \$85 and 65. The Space, 250 Post Ave. Westbury. (800) 745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.

Matthew Sweet

The power pop multi-instrumentalist in concert, Saturday, Sept. 23, 8 p.m. \$38, \$33, \$28. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. 767-6444 or www.landmarkonmainstreet.org.

Mozart Orchestra of New York

The orchestra performs an all-Beethoven program, featuring pianist Vladimir Feltsman, Saturday, Sept. 23, 8 p.m. \$80, \$60, 40. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

UFO/Saxon

The British rock and metal legends in concert, Saturday, Sept. 23, 7:30 p.m. \$55, \$40, \$35, \$30. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

Complete Works of Shakespeare (abridged)

Madcap comedy with three actors performing 37 of the Bard's plays in a 90-minute romp, Sunday, Sept. 24, 7 p.m. \$15. Arena Players, Vanderbilt Mansion Courtyard, Suffolk County Vanderbilt Museum, 180 Little Neck Rd., Centerport. 293-0674 or www.arenaplayers.org.

Stagecoach

A live radio-style play, based on the classic film, Sunday, Sept. 24, 3 p.m. The "old time" radio-style production features sound effects, period commercials and songs between acts. \$10. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. 767-6444 or www.landmarkonmainstreet.org.



Lisa Fischer

Lisa Fischer serves up a spicy musical stew when she brings her band Grand Baton to the Landmark on Main Street stage, on Sunday, Oct. 15, at 8 p.m.

On the menu is her trademark sound — an organic gumbo of progressive rock and psychedelic soul joined with the rhythms of Africa, the Middle East, and the Caribbean plus a little classical influence for spice.

Fischer was once the best-kept secret in American music. Whether strutting out "Gimme Shelter" with Mick Jagger or sharing a Grammy with Patti Labelle, she eluded the star-making machinery until 2013's smash documentary "Twenty Feet From Stardom" finally brought her center stage. Her range is legendary, but her greatest gift is her ability to reach the hearts of her listeners.

Tickets are \$48, \$43, \$38; available at 767-6444 or www.landmarkonmainstreet.org. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington.

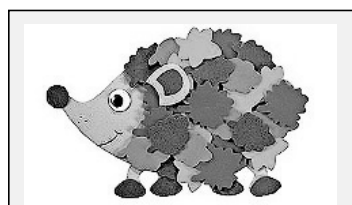
Rodriguez

The singer-songwriter in concert, Wednesday, Sept. 27, 8 p.m. \$99.50, \$75, \$55. The Space, 250 Post Ave. Westbury. 800-745-3000 or www.ticketmaster.com.

Dan + Shay

The country music duo in concert, Thursday, Sept. 28, 8 p.m. \$55 and \$25. The Space, 250 Post Ave. Westbury. 800-745-3000 or www.ticketmaster.com.

For the Kids



Craft Workshop

Create a leafy hedgehog magnet, Saturday, Sept. 23, 10:30 a.m. Decorate with colorful leaf shaples. For ages 3-5. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Think Up! Outwit the Artifact

Investigate the wonders of nature and history's mysteries at Old Westbury Gardens, Saturday, Sept. 23, 12 p.m. Go on a fact-finding hunts through Westbury House and the gardens uncover clues and solve riddles. For ages 8 and up. Old Westbury Gardens, 71 Westbury Rd., Old Westbury. 333-0048 or www.oldwestbury.org.

Scrimshaw Carving Workshop

Examine how whalers carved scrimshaw as a leisure activity during their global voyages, Saturday, Sept. 23, 1 p.m. Create a personalized scrimshaw-style keepsake. \$12. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

[cshwhalingmuseum.org](http://www.cshwhalingmuseum.org).

Village Day Fall Festival

Celebrate the harvest season with varied activities, Sunday, Sept. 24, 12-4 p.m. With petting zoo, hayrides, pony rides, pumpkin painting, and more. \$20 (\$10 members). Sands Point Preserve, 127 Middle Neck Rd., Sands Point. 571.7901 or www.sandspointconservancy.org.

Apple Treat Workshop

Create apple cake pops and design a jumbo apple cookie, Thursday, Sept. 28, 7 p.m. For grades 6 and up. Registration required. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130.

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.

Chapter Two

An exhibition of works by older artists. They are a testament to the creative freedom, self-expression, and artistic courage that comes with age. Through Oct. 29. 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.



Nature Unbound

Glen Cove's Deborah Katz exhibits her lyrical abstract paintings. Through Sept. 30. Roslyn Village Gallery, 1374 Old Northern Blvd, Roslyn. 721-7807 or www.roslynvillagegallery.com.

Seashells...Nature's Inspired Design

An exhibit of seashells from around the world, in celebration of Garvies' 50th anniversary. Through Dec. 30. Garvies Point Museum and Preserve, 50 Barry Dr., Glen Cove. 571-8010 or www.garviespointmuseum.com.

Surreal Encounters in Paint & Pixels

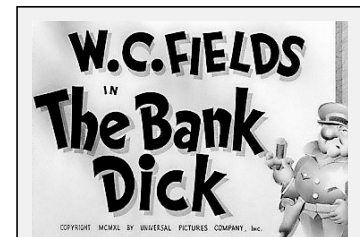
A solo exhibition by Katherine Criss. Through Oct. 1. B.J. Spoke Gallery, 299 Main Street, Huntington. (631) 549-5106 or www.bjspokegallery.org.

Nature Walk

Explore Caumsett State Historic Park Preserve on an exploration of nature in the woods and tall grass meadows in the south-eastern section, Saturday, Sept. 23, 11 a.m.-1 p.m. \$4. Registration required. Caumsett State Historic Park Preserve, 25 Lloyd Harbor Rd., Huntington. (631) 423-1770.

Ten Impressions of Rose and Sea

A special curated exhibition of Isabel Pavao's works, Sunday Sept. 23, 6 p.m. Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinememaartscentre.org.

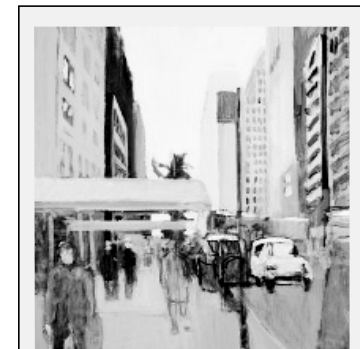


At the Movies

See classic W.C. Fields comedy "The Bank Dick," Friday, Sept. 22, 2 p.m.; also "Going In Style," the heist comedy about three lifelong pals who risk everything by embarking on a daring bid to knock off a bank, Tuesday, Sept. 26, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Film Time

See "Beatriz at Dinner," the comedy-drama about a holistic medicine practitioner who attends a wealthy client's dinner party, Tuesday, Sept. 26, 1:15 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290.



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.

Having an event?

Submissions can be emailed to kbloom@liherald.com.

Work of eye-catching quilt art will tour France

CONTINUED FROM FRONT PAGE

for two and a half years. But at age 21 she got married, and moved to Louisiana with her husband, who was in the military. Just four months later, in December 1974, she opened her first school, the Butler Art Studios, in DeRidder, La.

The school attracted military wives who had moved from big cities to be with their husbands, who needed to be close to the Fort Polk military base. "All of a sudden they were stuck in the middle of Louisiana with nothing to do, so they found me," Butler said. "They just loved taking classes with me."

She and her husband eventually divorced, but she stayed in Louisiana to run the studio. Over the next 10 years, she met her second husband and gave birth to a daughter.

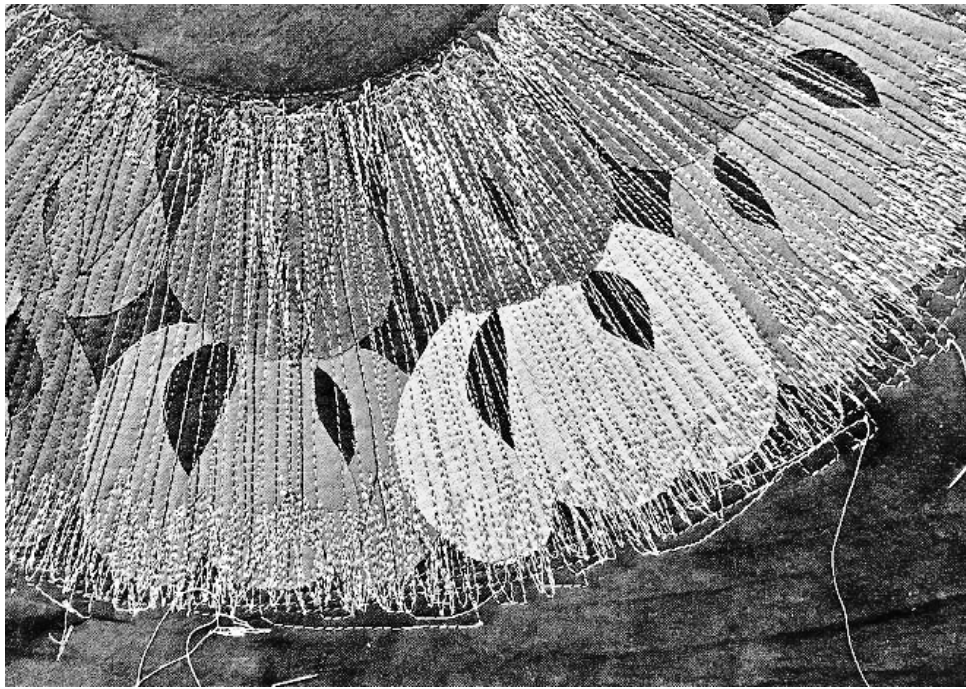
In 1983, Butler's second husband, a pilot, died in a plane crash. Around the same time, she began to develop an allergy to oil paint.

Before he died, they had made plans to move to Virginia to be closer to Butler's elderly parents in New York. "I'm a New Yorker, so I didn't want to stay in Louisiana on purpose," she said. "So when he died, I didn't have a reason to stay."

About a year before her husband died, Butler had begun quilting to take the place of oil painting. "When I found out I was allergic to oil paint, I still wanted to paint, but had to find something to do it with that I wasn't allergic to," she said. Her intention was to cut the fabric to make it look like a painter's brush strokes.

Not only was working with fabric healing for Butler after her husband's death, but it opened up a new creative channel called fiber art.

To create her pieces, she cuts out tiny pieces of fabric and lays them on a tacky background. Once the pieces are posi-



Photos courtesy Meryl Ann Butler

MERYL ANN BUTLER uses thread to blend different colors of fabric in her quilt art. This close-up of her quilt "Vincent's Irises" shows how she uses light and dark threads to create dimension.

tioned just right, she irons them down, then stitches on top. "The reason I stitch on top is not to hold the pieces down, necessarily ... the reason is, I use different colors of thread," Butler explained. "With fabric, you can't mix colors like painting." She uses thread to blend the fabric like a gradient of paint colors.

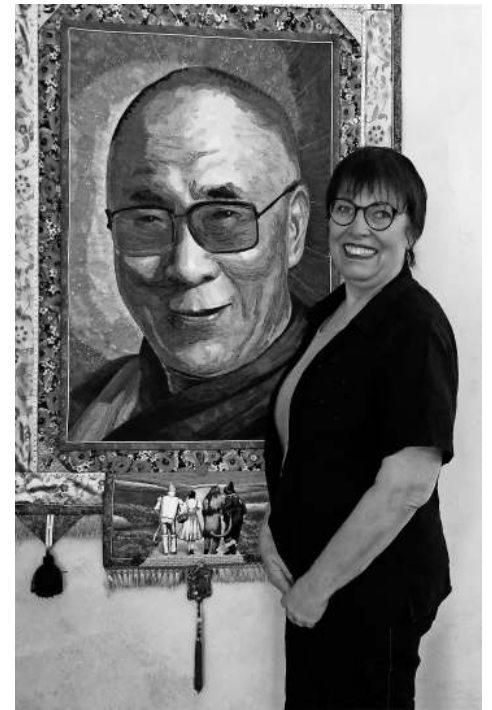
Last year, she opened Ocean View Arts in Norfolk, Va., in a second-floor loft overlooking the ocean. She teaches the same methods Stevenson taught her, in addition to fabric art.

One of her art quilts was chosen to be of 120 to tour France for four months in 2018 as part of a Van Gogh exhibition, sponsored by Cherrywood Fabrics, of Baxter, Minn.

The contest's guidelines included creating a 20-by-20-inch art quilt inspired by Van Gogh using only black and three shades of blue fabric. Butler wanted to do something other than a typical adaptation of the blue-hued "Starry Night."

"My favorite Van Gogh paintings are his vases of irises, but I've always felt uneasy with his self-portraits and the flashes of insanity I saw in his eyes," she said. "I've imagined that he was happier when he painted flowers. So I depicted Vincent's eye as he viewed the beauty of the irises." In Butler's quilt, 13 irises are hidden in the iris of his eye. The piece is titled "Vincent's Irises: Visions of Beauty."

Butler doesn't plan to stop teaching or



FROM A DISTANCE, this award-winning depiction of the Dalai Lama appears to be a painting, but it is actually one of Butler's quilt art pieces, which took over six months to create.

creating art anytime soon. "I'm opening this art school now, at a time when most of my friends are retiring from jobs they never liked," she said.

She especially enjoys proving to her students that they are capable of drawing more than stick figures. She guarantees all students a full refund, and virtually every one thinks he or she will be the first to earn it.

"Not a single student thought that by the end of the classes that they deserved a refund," Butler said. "That's exciting, because everybody really does have a hidden artist in themselves."

Villa project will provide more housing options

CONTINUED FROM FRONT PAGE

ect on the Livingston Group's website shows private balconies and patios, common rooms, a spa, gym and indoor pool.

A couple who live near the development area have sued the Livingston Group and the city over the project. The plaintiffs, Marsha Silverman — who is running for Glen Cove City Council — and Roni Epstein, said they believe the city has violated the State Environmental Quality Review Act and other laws and regulations. They said by phone that they had filed the lawsuit in the interest of the public, with the support of the community. Amy Marion, of Garden City-based Barkett Marion Epstein and Kearon, is representing them.

"Livingston has maintained that those allegations are without merit," Hoebich said. "This has been a thoroughly vetted project by two municipal boards over many years."

The case is now in Nassau County Supreme Court before Judge George Peck. "We are confident that we will prevail on that decision," Hoebich said,



Courtesy The Livingston Group New York

RENDERINGS OF THE VILLA at Glen Cove project show tree-line streets, light fixtures, balconies and rooftop decks.

adding that there should be a ruling in the case within a month.

He also confirmed that the Livings-

ton Group is reimbursing the city for its legal expenses incurred because of the lawsuit. Charles McQuair, who is repre-

senting the City of Glen Cove, said the city does not comment on ongoing litigation.

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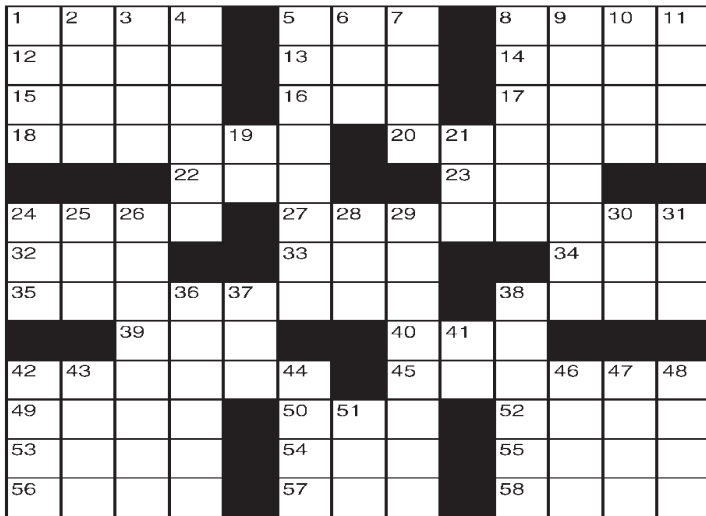
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- 13 Scull tool
- 14 Give a darn
- 15 Mary's follower
- 16 Genetic initials
- 17 Eastern potentate
- 18 Shoelace hole
- 20 Cried like a puppy
- 22 Flightless bird
- 23 Reaction to fireworks
- 24 Gen. — E. Lee
- 27 Knight's glove
- 32 Atmosphere
- 33 Plant bristle
- 34 Preceding
- 35 Blood bit
- 38 Bottom-row PC key
- 39 Spy org.
- 40 Mao's successor
- 42 Angelic babe
- 45 Mini-program
- 49 Luau entertainment
- 50 Tier
- 52 Corporate



- 7 Heavy cart
- 8 Spotted wild-cat
- 9 Tract
- 10 Great Lake
- 11 Dweeb
- 19 Dorothy's auntie
- 21 A billion years
- 24 Music genre
- 25 Lubricate
- 26 Arm bling
- 28 Amaze
- 29 Still frozen
- 30 Blunder
- 31 — Aviv
- 36 Long, harsh speech
- 37 — de cologne
- 38 Dosage unit
- 41 Pixar film about Carl Fredricksen
- 42 Bloke
- 43 Ginormous
- 44 Raised
- 46 Traditional tales
- 47 Early birds?
- 48 Whistle sound
- 51 Latin
- 47-Down

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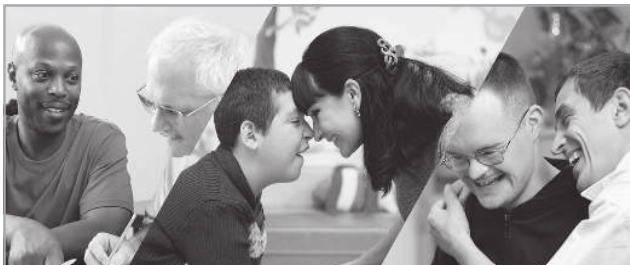
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Car load on the road—the latest fall takeout

September 21, 2017 — GLEN COVE HERALD GAZETTE

By **CATHI TUROW**

newsroom@liherald.com

If you've read my column before, you know I don't have the patience to cook. When I occasionally try, whatever I prepare looks so unappetizing even raccoons won't go near it. So, I spend my days and life savings driving from one local eatery to the next, buying breakfasts, lunches and dinners to go. As a dedicated takeout queen, I'm excited to share the latest autumn soups, stews, and apple, pumpkin and cranberry side dishes I've sniffed out in our local restaurants and food stores.

Some of the foods mentioned are prepared on a rotating basis, so if you're driving to a particular store for a specific takeout dish you might want to call first to be sure it's there. Let's hit the road...

■ Rising Tide, 42 Forest Ave., Glen Cove

Lots of apples and cranberries are combined in a delicious, organic Waldorf salad (mixed with kale, walnuts, lemon juice, without mayonnaise). You'll also find two new autumn soups — chicken mole and turkey lasagna! And I never leave the store without a container of their very popular riced cauliflower

mixed with veggies and ginger. So good!

■ Roslyn Kosher Foods, 1044 Willis Ave., Albertson

Chicken breast with apple, cranberry and herb stuffing is freshly baked to celebrate Rosh Hashanah. There's also scrumptious wild rice pilaf with cranberries and cranberry compote to serve on the side. While you're in the store, check out three different kinds of round challah — whole wheat, raisin or egg.

■ Youngs Farm, 91 Hege-mans Lane, Glen Head

By the end of September, the homemade applesauce and cranberry applesauce will be back! Fresh pumpkin soup will follow soon after. In the meantime, I load up my car with so many of their other homemade soups I can't see out the window. Try the new gazpacho, butternut parsnip, zucchini, of cauliflower arugula soups, to name just a few.

■ Polish Kitchen, 602 Glen Cove Ave., Sea Cliff

Tripe soup, red or white borscht and hunter stew should not be missed in this brand new, traditional Polish food shop. All traditional, fresh foods at the counter are homemade from scratch every day by the owner who is also the chef. Four different kinds of pierogis (dumplings) can easily be popped in your mouth while you're driving home.

■ Wild Ginger, 26 School Street, Glen Cove

If you desperately need a break from

fall foods, this Asian and Chinese restaurant just added sushi to their menu. Lots of creative choices!

■ Dunkin' Donuts/Baskin Robbins, (in all stores in Glen Cove, Sea Cliff, Glen Head, Greenvale)

Here's my deal with pumpkins. Every fall, I salivate and can't get enough of them. So, I hunt down anything and everything made with pumpkin in our local eateries, stuff myself until I'm about to explode, then never want to see a pumpkin again. If you're like me, I recommend you begin your pumpkin eating season at Dunkin' Donuts. They've just rolled out pumpkin munchkins, pumpkin muffins, pumpkin cream cheese spread, pumpkin lattes and pumpkin donuts. Then slide

over to the Baskin Robbins counter and take out some pumpkin cheesecake ice cream. After that, go to...

■ Panera Bread, 1 Glen St., Glen Cove

You'll find pumpkin bagels and pumpkin cookies! Move on to...

■ Starbucks, (all stores in Glen Cove, Sea Cliff, Greenvale)

Finish the day with pumpkin scones, pumpkin cream cheese muffins, and wash it all down with a pumpkin spice latte.

Happy eating! See you next month!

I'm always up for finding new takeout possibilities to share. If you have a favorite takeout place I haven't mentioned, I'd love to hear from you! Contact me at cathitakeout@gmail.com. See you next month!



**ON THE ROAD WITH
A TAKEOUT QUEEN
CATHI TUROW**

HERALD PUBLIC NOTICES

LEGAL NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, September 26, 2017 at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss amending Sec. 265-47 (Schedule XV: No Stopping Certain Hours) of the Code of Ordinance, as it relates to The Outlook. All interested parties will be given an opportunity to be heard. Tina Pemberton City Clerk 85973

LEGAL NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, September 26, 2017 at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss amending Sec. 265-66 (Schedule XII: No Stopping) of the Code of Ordinance, as it relates to Miller Street. All interested parties will be given an opportunity to be heard. Tina Pemberton City Clerk 85974

LEGAL NOTICE REQUEST FOR PROPOSAL LEGAL SERVICES

PROPOSALS DUE: November 1, 2017
TIME: 11:00 a.m.
The North Shore Central School District is requesting proposals from qualified attorneys to provide Legal Services, as described in the complete RFP, with the following scope of services required:
General Counsel to Board and Administration
Labor Counsel to Board and Administration

Attorneys may submit proposals for one or both of these services.

The District will receive sealed proposals at North Shore Central School District on or prior to 11:00 a.m. on Tuesday, November 1, 2017. Proposals received after stated date will be returned to the sender, unopened. Proposals must be submitted in a sealed envelope plainly marked on the outside:

RFP: Legal Services
Addressed to: Olivia Buatsi
Assistant Superintendent for Business
North Shore Central School District
112 Franklin Avenue
Sea Cliff, NY 11579

For additional information or copies of the complete RFP please contact Olivia Buatsi at 516-277-7815. Proposals will be opened on the stated date. The names of the proposing firms shall be available following the proposal opening. The Board of Education of The North Shore Central School District, reserves the right to reject any or all proposals that they consider not to be in the best interest of the school district.

Olivia Buatsi
Assistant Superintendent for Business
North Shore Central School District
85968

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LEGAL NOTICE CITY OF GLEN COVE BOARD OF ZONING APPEALS

NOTICE OF PUBLIC HEARING
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Board of Zoning Appeals on Thursday, September 28, 2017, at 7:30 pm, at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, N.Y., when all interested

persons will be given the opportunity to express their views on the following applications:

CASE # 12-2017
20 CEDAR SWAMP ROAD, GLEN COVE
RALLYE LEXUS MOTORS
The applicant proposes a free standing monopole sign on Cedar Swamp Road to be setback less than 15 feet from the property line when the minimum setback required is 15 feet; to be 17 feet high when the maximum height permitted is 15 feet; and to be 102 sq.ft. in size where the maximum size permitted is 24 sq.ft. and

A free standing monopole sign on Grove St. to be set back less than 15 feet from the property line when the minimum setback required is 15 feet; to be 19 feet high when the maximum height permitted is 15 feet; and to be 152 sq.ft. in size where the maximum size permitted is 24 sq.ft.

This property is located in the B-2 Peripheral Commercial District as shown on the Nassau County Land & Tax Map as Section 21, Block H, Lot 4.

CASE # 14-2017
41-49 FOREST AVENUE, GLEN COVE
JAMAICA AVENUE REALTY CORP

The applicant proposes 73 parking spaces to service an existing 10,217 sq. ft. building and a proposed 11,008 sq. ft. building when 85 parking spaces are required. A wall sign on the front of the building that is 319.41 sq. ft. when 50 sq. ft. is the maximum size permitted. A second wall sign on the side of the building when only one sign is permitted on the building. The second wall sign to be 161.21 sq. ft. when 50 sq. ft. is the maximum size permitted. This property is

located in the B-3 Shopping Center District as shown on the Nassau County Land & Tax Map as Section 30, Block D-1, Lot 566.

CASE # 15-2017
93 SHORE ROAD GLEN COVE
JAMAICA AVENUE REALTY CORP

The applicant proposes the construction of a two story addition and new entry foyer on a house situated on a non-conforming lot. Said lot has a width of 40.42 ft. when a width of 75 ft. is required. The addition will result in lot coverage of 27% when 25% is permitted and an interior floor area ratio of 46.4% when 37.5% is permitted. This property is located in the R-4 Residential Zoning District as shown on the Nassau County Land & Tax Map as Section 21, Block 06, Lot 11.

CASE # 16-2017
8 ALBIN STREET, GLEN COVE
Carmine Petruzzello & Michael Ricciardi

The applicants propose the construction of a new rear sunroom on a non-conforming lot. Said lot has an area of 4,515 sq.ft. when 7,500 sq. ft. is required. The addition will result in an interior floor area ratio of 2,169 sq. ft. (48%) when 1,694 sq. ft. (37.5%) is permitted. This property is located in the R-4 Residential Zoning District as shown on the Nassau County Land & Tax Map as Section 21, Block C, Lot 38.

Dated: September 18, 2017
BY THE ORDER OF THE BOARD
ZONING APPEALS OF THE CITY
OF GLEN COVE
TIP HENDERSON,
CHAIRMAN
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THE GREAT BOOK GURU

Food for thought

Dear Great Book Guru,
We are headed into New York City to the East 59th Street Playhouse to see "Small World" by renowned playwright and local resident Frederick Stroppel. Friends who have seen it tell us it is wonderful and not to be missed. We will be taking the train, so I would like to have something to read for the trip back and forth. Any ideas?
—Fans of Fred

Dear Fans of Fred,

We loved "Small World" and plan on seeing it again. I do have an interesting book for your trip — "What She Ate," by Laura Shapiro, which is about six women and the role food played in their lives.

It starts with Dorothy Wordsworth and her culinary devotion to her poet brother, William, and ends with Helen Gurley Brown and her obsession with

being thin. Shapiro shows us the often overlooked cultural impact of food. Eva Braun, Hitler's lover, found comfort in sweets and champagne as millions suffered. The colorful Rosa Lewis rose from kitchen waif to the Duchess of Duke Street and became the prototype for Eliza Dolittle in "My Fair Lady," all based on her culinary acumen. Eleanor Roosevelt is purported to have hired the worst chef in White House history as a punishment for Franklin's infidelities. Shapiro's most charming piece is on Barbara Pym, one of her favorite authors. Pym filled her novels with recipes and culinary asides underscoring how life's seemingly trivial gestures offer the greatest opportunities for happiness. A lovely, informative book and highly recommended!

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

OPINIONS

Reaching for a consensus on tax reform, and more

President Trump may have made waves again with his decision to work with Democrats on a bipartisan agreement to raise the federal debt limit and provide hurricane relief for Texas, but in so doing, he may have opened a channel to keep afloat other important issues that are in danger of sinking in Washington's partisan quagmire.



ALFONSE D'AMATO

So far, the GOP-led Congress hasn't even been able to agree with itself on key issues like health care, taxes and immigration, to

name just a few. Precious months have been wasted on ideological battles while health insurance premiums have soared, tax reform has languished and immigration problems have festered.

Maybe it's time for the president and the GOP to seek to govern based on the issues on which Trump ran and won: rebuilding America's economy and restoring American competitiveness across the globe. It might not hurt to start by recognizing that the millions

who didn't vote for him are still entitled to a voice in Washington. Along with all Americans, they would benefit from a growing economy that addresses the needs of the long-neglected working middle class. Bipartisanship shouldn't be the dirty word that today's politicians have turned it into.

Even with all the circular-firing-squad behavior in D.C., the economy continues to grow at a pretty good clip, buoyed by stronger consumer confidence in our economic future. But if we can spur growth by another point or two, the benefits could be enormous. Right now, that means that Congress and the president need to hunker down in serious negotiations on meaningful tax reform. The strange thing is that members of Congress in both parties know the short list for kick-starting tax overhaul, at the top of which is bringing our corporate tax rates in line with the rest of the world. A corporate tax rate of 20 percent tied to incentives for repatriating trillions of tax dollars currently stashed in overseas tax havens could help fund the infrastructure program

that both Republicans and Democrats say they want.

And both political parties know there are some obvious tax dodges that should be eliminated to help pay for projects like rebuilding from the damage just inflicted by hurricanes Harvey and Irma. One of the worst of these dodges is the so-called "carried interest" shelter. In plain English, it's used by billionaire hedge fund managers to pay a lower rate of taxes than they would otherwise. Eliminating it would mean they would pay taxes at the same rates as millions of Americans who don't have such sophisticated tax shelters to hide behind.

If Congress and the president could come to terms on bipartisan tax reform, it just might set the stage for tackling some other seemingly unsolvable problems the country faces. As polarizing as the immigration debate has become, let's at least find a way to absorb and accept the youngest immigrants who came here as children and now have the potential to grow into productive and patriotic citizens. In exchange for let-

ting them stay, let's finally beef up our border security to make sure that another immigrant wave doesn't overwhelm us. It might not take building a wall along the entire Mexico border, but it will take stronger detection and interdiction measures that are available to us if we'll just use them.

Finally, since Congress got off on the wrong foot on health care, let's calm down and address the soaring cost of that insurance with some common-sense approaches that are currently being developed by cooler heads in Congress. Shoring up our health insurance markets to hold premiums down is what practically every elected leader in Washington says he or she wants to do. And some new ideas, like health savings accounts and the interstate sale of health insurance, are worth a try.

If Washington can help the economy grow, reform the tax code, stabilize the health care system and finally — finally — address our longstanding immigration challenges, maybe Americans will begin to hold our leaders in higher regard than they do now.

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.

As the author said, let the great world spin

Sixteen years and counting. This year's Sept. 11 remembrances stopped us, held us fast and then let us go. The deep tolling of the bells, the mournful strains of taps, the reading of the names and the moments of silence are behind us for another year.

But I wonder if those of us who lived through that day will ever feel healed.



RANDI KREISS

Or do we leave the real healing to future generations that didn't smell the smoke or see the flames?

We know from other tragedies that the retelling of a story is cathartic. When we revisit the day and recall our grief, we do sense a slight lifting of an awful weight.

We can't erase the images of a desperate man tumbling out a window, but the shock is tempered by the passing of time.

What helps, too, are the fictionalized accounts of 9/11. More than any nonfiction reportage, the stories of the day, processed through the hearts and minds of great writers, offer comfort and some relief. Sometimes we don't even realize

that we're struggling with traumatic memories until we read someone's story and recognize it as our own.

With that in mind, please consider making a selection from the 9/11 bookshelf.

The power of storytelling actually exceeds the impact of factual accounts, whether of war, or genocide, or terrorism. It is only through stories that we can process our memories, sublimate our fears and begin mitigating the nightmare of Sept. 11. Some of the stories are oblique; they may invent facts, but they get directly to the real emotional truth of an event.

Colum McCann's novel "Let the Great World Spin" has been recognized as the single most brilliant novel about 9/11. Sept. 11 is never mentioned in it. There is no description of ground zero or a retelling of that day. Rather, we find invented stories of people living in and around New York before, during and after 2001.

The central vignette is about Philippe Petit, the man who (in real life) walked between the twin towers on a high wire in 1974. The author reimagines that day, creating a soaring image of a man who made New Yorkers stop in their tracks and look toward the towers, not in horror, but in amazement and delight.

"Those who saw him hushed. On Church Street. Liberty. Cortlandt. West Street. Fulton. Vesey. It was a silence that heard itself, awful and beautiful. Some

thought at first that it must have been a trick of the light, something to do with the weather; an accident of shadowfall ... But the longer they watched, the surer they were. He stood at the very edge of the building, shaped dark against the gray of the morning ... Up there, at the height of a hundred and ten stories, utterly still, a dark toy against the cloudy sky."

Clair Messud wrote "The Emperor's Children," also with 9/11 in the background. In England, Ian McEwan wrote "Saturday," which taps the sobering "new normal" of the post-9/11 days. And Joseph O'Neill wrote "Netherland," which performs an exquisite and deft ballet around the xenophobia and cultural shifts that followed the attacks in New York. Don DeLillo's contribution to 9/11 fiction was the astounding "Falling Man." Just those two words strike an image in our minds of the bodies that fell through the air.

Try "The Reluctant Fundamentalist," by Mohsin Hasid, about the radicalization of a Muslim man; or "The Submission," by Amy Waldman, a fictionalized account of the building of the ground zero memorial; or "The Effect of Living

Backwards," by Heidi Julavits, a strange and disorienting story about a hijacking. Read one of these books, disappear inside, and when you emerge, perhaps there will be some comfort.

As the real memories fade, the fictional accounts will take their place as homages to people who suffered and recovered and endured. These will be

The power of storytelling exceeds the impact of factual accounts, whether of war, genocide or what we endured 16 Septembers ago.

the stories that our children and grandchildren read someday, the stories that will help them truly understand this time in our lives. For children who might not have seen or heard the news of 9/11 and are too young for adult novels, there are stories that can still fears, renew hope and encourage tolerance. We might not want to tell a 7-year-old what happened 16 years ago on Sept. 11, but we can find kids' books that instruct and enlighten even as they entertain.

Fiction writers always get it right, and always say it best. After the shock and the tears and the grief and the healing, McCann writes, "The world spins. We stumble on. It is enough."

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HERALD EDITORIAL

If you can, keep giving to the storm recovery

If you speak with Hurricane Sandy victims, many will say that a decisive moment came in the recovery effort: the moment when the rest of the world returned to normal while they were left fighting to rebuild. It was a lonely moment.

After any catastrophe, people unaffected by the disaster must eventually move on. As harsh as it might sound, life goes on. As a nation, however, we can't simply carry on without a thought for our brothers and sisters who remain in such dire straights in Texas and Florida.

On Long Island, Sandy — which was downgraded to a tropical storm before it made landfall here — ripped apart our communities in unprecedented ways. Take that devastation and multiply it twofold, three-

fold — who knows how many times — and you have the level of destruction that we are seeing down south and west.

To one degree or another, we are all experiencing storm fatigue at this point, even though Harvey and Irma hit only in recent weeks. So many Long Islanders have been glued to News 12 and the Weather Channel, worried about their loved ones and friends in the storm zones and frightened that one of the mighty storms churning in the Atlantic Ocean might strike here. At the same time, our hearts go out to the hundreds of thousands of Harvey and Irma victims, so many of whom have been left homeless.

Many Long Islanders have already given so much, donating money and supplies to

aid organizations, even holding their own fundraisers. We must continue these efforts. And if you haven't already given to the cause, please consider doing so. Harvey and Irma victims need our help. More than that, knowing that others give a damn will be critical to their psychological recovery.

We understand the hard times that the victims will face in the weeks and months, even years, ahead. So many of us have been there ourselves. Here are websites to continue giving, if you can:

- The American Red Cross, redcross.org.
- The Salvation Army, salvationarmy-usa.org.
- Catholic Charities, catholiccharities-usa.org.

State must get teaching standards right this time

In the remarkable 2014 film "Whiplash," J.K. Simmons plays Terence Fletcher, a maniacal music professor at an elite East Coast conservatory bent on producing the next truly great jazz musician, on the order of Louis Armstrong or Charlie Parker. In order for his students to reach their full potential musically, Fletcher believes, he must browbeat them, even slap them. Only through pain — deep psychic pain — can his students reach the heights of the jazz legends, or so he thinks.

Fletcher is eventually dismissed because of his abusive, even obscene behavior, but only after one of his former students commits suicide and one of his current students assaults him following weeks of taunting by the professor.

The story is extreme — and, thankfully, fictional. But it could and should serve as an object lesson to educators, and particularly those setting school policy, that a one-size-fits-all approach to teaching — particularly one that is capricious, arbitrary and abusive — is doomed to failure. Yes, in the end, Fletcher finally finds his one true great — a drummer named Andrew Neyman (played by Miles Teller) — but only after the professor lays waste to countless other promising music students.

New York's failed Common Core initiative, which the state did away with only after mass protests, feels a bit like the plot of "Whiplash," minus the profanity-laced insults and physical abuse. The policy set unrealistic standards for students, and gave teachers an unreasonable time frame

within which to implement them.

Now we have the state's new Every Student Succeeds Act, a raft of revamped education standards that the New York Board of Regents recently passed. As with the Common Core, the measure of success in meeting the new standards will be based largely on standardized tests administered annually at the end of the school year, provided that the federal Department of Education approves the plan.

Once again, we implore the state to get it right this time. Standards must be upgraded, but they must also be fair for students of all ability levels. And teachers will need training and time to integrate the standards into their curricula.

Otherwise, we might be facing yet another case of whiplash.



The Herald staff wishes our Jewish readers
a happy and healthy New Year.

LETTERS

Delia is devoted to protecting children

To the Editor:

I have known Delia DeRiggi-Whitton and her family for many years. Our children went to school together and participated in many activities together.

Delia's love for her children and her desire to help all children became very apparent when her daughter was diagnosed with Type 1 diabetes. Along with her local diabetes research fundraising committee, Delia has raised close to \$1 million to help find a cure.

The same level of dedication and drive she has toward helping kids with diabetes has also been evident in the way she has addressed the



OPINIONS

Public corruption depends on civic apathy

People like to think the best of others, including elected and appointed officials at all levels, from your local village to the high hills of Albany or D.C. Our confidence is almost always affirmed, because most local public servants are honorable, honest and hard-



**JOHN
O'CONNELL**

working; they earn our trust and deserve our praise. From village trustees to town council members to county, state and federal legislators, dedicated folks give of themselves to serve the public interest, sacrificing their time and energies for

the good of their communities.

Then there are the thieves.

Though there have been corrupt public officials since forever, and we're all sinners, we still don't like to hear about knaves who steal our taxes for personal gain. Whether it's the "quid" of a rigged bid on a lucrative contract to pay off the "quo" of a campaign contribution, or just plain kickbacks, kick-ups, favors or cash, corruption does way more damage than squandering the public's money. It destroys the public's trust and tarnishes the reputation of the righteous, making all politicians look bad.

When citizens lose their confidence that

the system works for them, they turn apathetic. In last week's Nassau County Democratic Party primary election, Laura Curran picked up an outstanding 78 percent victory, with more than 23,000 votes of the 29,400 cast. Sadly, though, the total ballots cast were merely 7.5 percent of the registered county Democrats. That doesn't make Curran any less overwhelming a winner, but it does point to an insidious indifference too many of us have to the relevance of our institutions.

The federal indictments of still-in-office County Executive Ed Mangano, former Assembly Speaker Sheldon Silver, former Senate Majority Leader Dean Skelos and — just in the last half-dozen years — as many as 15 other state elected officials, of both parties, lead the civic-minded to lose faith in the system. And these are just the criminal behaviors; there are the winks and nods of "lulus," questionable payments to legislators that Albany's political traditions shield from scrutiny.

Current and recent attempts at ethics reform have been weak or go nowhere, even when announced with triumphant fanfare, like Gov. Andrew Cuomo's infamous Commission to Investigate Public Corruption. It was formed in 2013 to look into criminal or unethical acts by state officials, but Cuomo disbanded it only eight months later, amid claims by some of its appointed members that his office meddled

in its affairs, especially when it turned its sights on Cuomo's people.

It took the federal government, in the person of U.S. Attorney Preet Bharara, to bring Silver and Skelos to court on corruption charges in 2015. Silver's conviction has since been overturned. Neither man is in jail, which further deflates public confidence in justice.

Where there's money, there's greed, and the biggest money is in government contracts. A year ago, 10 state officials and contractors, including a former close aide to Cuomo, were charged by Bharara and the state attorney general with rigging economic development contracts worth more than \$780 million.

Since then, Reinvent Albany, the Citizens Budget Commission and the Fiscal Policy Institute, with support from the League of Women Voters and other good-government groups, have been demanding both executive action and new "clean contracting" laws. They want to compel more competitive and transparent contracting by all state agencies and authorities. They want to transfer responsibility for all economic development awards to the Empire State Development Corporation, and end awards by state nonprofits and SUNY. The comptroller would approve all state contracts over \$250,000. State authorities, state corporations and state nonprofits would be prohibited from doing business with their board members. There'd be a new

"database of deals" enabling the public to see the value of all subsidies awarded to a business.

The leaders of the State Senate and Assembly all say they support the concept of clean contracting. Bills A.6355-2017, S.3984-2017 and A8175/S6613 were introduced, but the legislative session ended in June, and the bills with them. So nothing has changed. The public must demand that the governor and legislators take action. The trials of the 10 accused bid-rigging officials and contractors begin in January, as the Legislature begins its next session.

Many exasperated citizens who refuse to give in to apathy are calling for legislative term limits, and even a state constitutional convention. Neither action would eliminate corruption, but they could bring positive changes that incumbent-preserving, party-controlled redistricting and bribery disguised as campaign contributions currently deny us. There are many who vehemently oppose a state constitutional convention, fearing that it might subject state pension systems and other sacrosanct funds and institutions to raids in search of radical solutions, but many others see no other way to break the systemic grip of greed, corruption and hypocritical lip service that is too prevalent in Albany and elsewhere.

John O'Connell retired as executive editor of the Herald Community Newspapers last year; after 20 years in journalism. Comments about this column? OConnell11001@yahoo.com.

LETTERS

heroin crisis in Nassau County. She has written legislation requiring pharmacies to display signs warning of the addictive components of opioids.

I have also helped run Narcan opioid overdose reversal training in various locations with Delia. Narcan is a drug that can reverse potential overdoses from opioids, including heroin, therefore giving addicts a chance to recover.

I fully support Delia and hope you vote for her on Nov. 7 in the general election when she runs for re-election.

ROSEMARIE SHERRY
Glen Cove

Silverman's terminology is confusing

To the Editor:

According to all I have read about Marsha Silverman, who is running for Glen Cove City Council, she is an obviously well educate. She has a professional background and her motivation appears to make her a most formidable candidate. I believe her to be a quality contender; but need some clarification on some of the terminology she uses.

She speaks of "political machines." Would she concede that the political

machines she went up against do, in fact, exist lawfully in most municipal communities where they have leaders from all parties who organize campaign workers and/or businesses to work on, and/or contribute in varying ways to their party's election effort? That's known in some circles as part of our nation's democracy.

Yes, there has been a recent history in Nassau County and the Town of Oyster Bay in which corrupt and/or criminal political machines are alleged to have existed, but Glen Cove certainly doesn't follow suit.

Silverman speaks of change, saying that the people of Glen Cove are ready for change. If her campaign centers on changing Glen Cove's economic, social and/or political tactics or strategies during this election cycle, then it could very easily result in feelings of division and confusion among those who are considering voting for her.

Silverman might also find out that many who enjoy the city's "status quo" will resent her for trying to change it. The status quo for many Glen Cove voters in recent years has been good government, exceptional and competent public services, great medical service and a good quality of life for its populace.

ROBERT N. PEMBERTON SR.
Glen Cove

FRAMEWORK by Jeffrey Negrin



Making the long commute over the new Mario M. Cuomo Bridge — Tarrytown



GLEN COVE SCHOOL DISTRICT MARKET REPORT

May 29th — September 4th, 2017

SOLD LISTINGS

ADDRESS	TOWN	LIST PRICE	STYLE	BEDS	BATHS
25 Titus Rd	Glen Cove	\$299,000	Ranch	2	1
20 Lindbergh Ave	Glen Cove	\$314,900	Cape	2	1
76 Coles St	Glen Cove	\$325,000	Colonial	3	1
25 Jackson St	Glen Cove	\$329,000	Raised Ranch	3	1
13 Pine Pl	Glen Cove	\$331,900	Other	4	2
31 Miller St	Glen Cove	\$344,900	Colonial	3	1
24 Craft Ave	Glen Cove	\$349,000	Cottage	2	1
2A Midge St	Glen Cove	\$349,000	Cape	2	2
16 Poplar Pl	Glen Cove	\$375,000	Ranch	3	1
7 Jefferson St	Glen Cove	\$375,000	Cape	4	2
31 Elm Ave	Glen Cove	\$378,000	Colonial	3	2
32 Buckeye Rd	Glen Cove	\$380,000	Cape	4	1
28 Putnam Ave	Glen Cove	\$399,000	Colonial	3	2
4 The Outlook	Glen Cove	\$429,000	Cape	4	2
47 Southridge Dr	Glen Cove	\$429,999	Ranch	3	1
14 Mcgrady St	Glen Cove	\$435,000	Duplex	2	2
41 Coles St	Glen Cove	\$438,000	Duplex	5	2
32 Roosevelt St	Glen Cove	\$448,000	Colonial	3	1
18 Robert Rd	Glen Cove	\$449,000	Ranch	3	1
30 Jerome Dr	Glen Cove	\$455,000	Split	3	2
310 Hendrick Ave	Glen Cove	\$459,000	Townhouse	4	2
30 Broadfield Pl	Glen Cove	\$460,000	Colonial	4	3
2 Ruby Dr	Glen Cove	\$475,000	Cape	3	2
163 Glen Cove Ave	Glen Cove	\$475,000	2 Story	6	3
213 Lawrence Ln	Glen Cove	\$479,000	Ranch	3	2
34 Wolfe St	Glen Cove	\$489,000	Colonial	4	2
3 Eldridge Pl	Glen Cove	\$499,000	Split	3	2
8 Anth Marangiello St	Glen Cove	\$499,000	Ranch	3	2
19 Gruber Dr	Glen Cove	\$525,000	Cape	3	3
1 Deasy Ln	Glen Cove	\$528,000	Duplex	4	3
14 Appletree Ln	Glen Cove	\$528,000	Ranch	3	2
14 Sherman Rd	Glen Cove	\$535,000	Ranch	3	3
97 Woolsey Ave	Glen Cove	\$539,000	Tudor	4	3
56 Buckeye Rd	Glen Cove	\$540,000	Exp Ranch	3	2
18 Highland Mews	Glen Cove	\$549,000	Townhouse	3	4
17 Sherwood Rd	Glen Cove	\$580,000	Cape	4	3
23 Broadfield Pl	Glen Cove	\$589,000	Colonial	5	4
66 Sugar Maple Ln	Glen Cove	\$599,000	Colonial	4	5
5-7 Knoll Pl	Glen Cove	\$599,000	Duplex	7	4
31 Meadowfield Ln	Glen Cove	\$619,000	Split	4	2
22 Jackson St	Glen Cove	\$620,000	Duplex	4	4
8 Branding Iron Ln	Glen Cove	\$629,000	Colonial	4	3
40 Buckeye Rd	Glen Cove	\$629,000	Ranch	3	2
14 Purdue Rd	Glen Cove	\$639,000	Colonial	3	3
31 Chestnut St	Glen Cove	\$649,000	Colonial	4	3
16 Northfield Rd	Glen Cove	\$649,000	Farm Ranch	5	3
16 Wolfe St	Glen Cove	\$665,000	Colonial	3	3
5 New Woods Rd	Glen Cove	\$679,000	Ranch	3	2
28 Red Spring Ln	Glen Cove	\$689,000	Split	4	4
79 Glen Cove Ave	Glen Cove	\$699,000	Other	3	3
6 Helen Pl	Glen Cove	\$699,000	Split	4	3
15 Oak Ln	Glen Cove	\$760,000	Colonial	4	3
10 Southland Dr	Glen Cove	\$775,000	Split	5	4
56 Franklin Ave	Glen Cove	\$799,000	Colonial	3	2
17 Gruber Dr	Glen Cove	\$899,000	2 Story	5	4
6 Birch Bark Ln	Glen Cove	\$1,229,000	Colonial	4	3
3 Delamar Ct	Glen Cove	\$1,398,000	Contemporary	4	4
8 Southland Dr	Glen Cove	\$1,500,000	Colonial	4	4
22 La Marcus Ave	Glen Cove	\$1,595,000	Colonial	8	7
3 Meadowspring Ln	Glen Cove	\$4,500,000	Colonial	8	10

*Residential & Condo/Co-op/HOA information as per the Multiple Listing Service of Long Island. Daniel Gale Glen Head/Old Brookville

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