

GLEN COVE
HERALD
Gazette



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Tab Hauser/Herald Gazette

MARCHERS BRAVED COLD weather to remember the Rev. Dr. Martin Luther King Jr. in Glen Cove.

Glen Cove celebrates MLK in 34th annual march

BY TIMOTHY DENTON
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A gathering of 100 or so people fortified themselves with coffee, hot chocolate and cookies in the basement of Glen Cove's First Baptist Church on Monday in preparation for the 34th annual march and commemoration in honor of the Rev. Dr. Martin Luther King Jr.

Before the march got under way, M.C. Sheryl Goodine, the retired assistant principal of Glen Cove High School, reminded the attendees that "Dr. King began every meeting or march with prayer."

She then followed that

example, expressing gratitude, especially for the police and fire departments, which had sent officers to keep the group safe. She brought to mind images from King's marches, when police dogs and fire hoses were the norm and marchers were likely to be beaten and arrested rather than guided through downtown traffic. Now those departments include officers of many ethnicities, she said, which is evidence of progress. Then she evoked this year's theme, 50 years after King's assassination — "Still Striving Together" — saying, "We still have yet to achieve full equality for all people." With a rousing "Amen!"

the marchers, which included Mayor Timothy Tenke, the entire City Council and County Legislator Delia DeRiggi-Whitton, made their way into the bright sunshine on a 20-degree morning and began the trek to Finley Middle School, where the commemorative program would be held.

Marchers shared memories among themselves, both of past marches and of the long struggle for equality. Few in the crowd were old enough to remember King as a living presence on the national stage. In fact, a quarter of the marchers were young people.

As they made their way up the hill toward the school,

CONTINUED ON PAGE 3

Suozzi sees chances for bipartisanship

BY TIMOTHY DENTON
tdenton@liherald.com

"One reason Glen Cove is so safe," U.S. Rep. Tom Suozzi said, "is that everyone knows everyone else." The subject was community policing and the low crime rate in the city. Whether or not the two are related, one thing is certain: Everyone knows Suozzi. From the waitress who served him breakfast last Friday morning, when the Herald Gazette met with him, to the guy he asked for a quote to move a piano, this was a man in his element, surrounded by people he has spent a lifetime serving.

Initially, the congressman was asked to comment on recent high-visibility cases of alleged sexual harassment. He is a cosponsor of a bill in the House of Representatives, introduced by Rep. Carolyn Maloney, a Democrat from Manhattan, that would require companies to publicly acknowledge any harassment suits they have been involved in, almost like a corporate version of Megan's Law. This would give prospective employees a warning if they

were entering a hostile work environment.

Asked why it has taken lawmakers so long to act, Suozzi described a dysfunctional federal government. "In the House, representatives make their own policies," he said. "It's like 435 individual entities instead of one cohesive body."

And when it comes to sexual harassment in Washington, the problem doesn't stop there. "When a person files a complaint, they have to wait 30 days before it can go forward," according to House rules, Suozzi said. "During that time, the [complainant] is required to undergo counseling. It's all stacked in favor of the abuser."

Asked if he was aware that his own hometown did even less — that it has no sexual harassment policy — he admitted that he did not know that.

On the subject of the opioid crisis, Suozzi said he was introducing legislation to limit the amount of medication available after common procedures. "Chronic pain patients would still have access, given responsi-

CONTINUED ON PAGE 19



TOM SUOZZI

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Photos Tab Hauser/Herald Gazette

MAYOR TIMOTHY TENKE, the Glen Cove City Council and County Legislator Delia DeRiggi-Whitton with the marchers celebrating Martin Luther King Day.

Music, dance and tributes keep King's memory alive

CONTINUED FROM PAGE 1

they sang songs such as “Cry Freedom” and “We Shall Overcome.” One young woman, who declined to give her name, was asked what she was overcoming. She said simply, “Trump,” as she marched past.

When the marchers regathered in the middle school's Wunsch Auditorium, Goodine began the program with a vibrant sevenfold call of “Harambe,” a Swahili word meaning “all pull together.” Harambe is a tradition of community building that originated in Kenya in the early days of the country's independence.

Next came the Police Department color guard, joined by members of Girl Scout Troop 136. After the Pledge of Allegiance, the Glen Cove High School Select Chorale sang “The Star-Spangled Banner.”

Tenke recounted how much was achieved with King's leadership in so short a time. From the days of the Montgomery bus boycott, in 1955, to his assassi-

nation in April 1968, a scant 13 years saw the enactment of the farthest-reaching civil rights legislation since the ratification of the 13th Amendment in 1868. Returning to the event's theme, Tenke reminded the marchers that “strive we must, as equality, respect and civility are messages that remain ever-relevant with today's dynamic dialogues and challenges.” Quoting King, he said, “Darkness cannot drive out darkness; only light can do that. Hatred cannot drive out hatred; only love can do that.”

“Let us all strive to be the light,” he concluded.

For many, the high point of the morning was a performance by the Edge School of the Arts dance troupe, from Laurelton, Queens, directed by Kerry Edge. The program concluded with the singing of “We Shall Overcome,” led by the Rev. Clarence Johnson of the First Church of God in Christ.



(counterclockwise from top)

MARIE RIVERA HLATKY with Girl Scout Troop 136, which took part in the ceremony.

CANTOR GUSTAVO GITLIN led the song “Let My People Go.”

SHERYL GOODINE WAS the M.C.

THE PERFORMANCE BY the ESOTA dance company was very popular.

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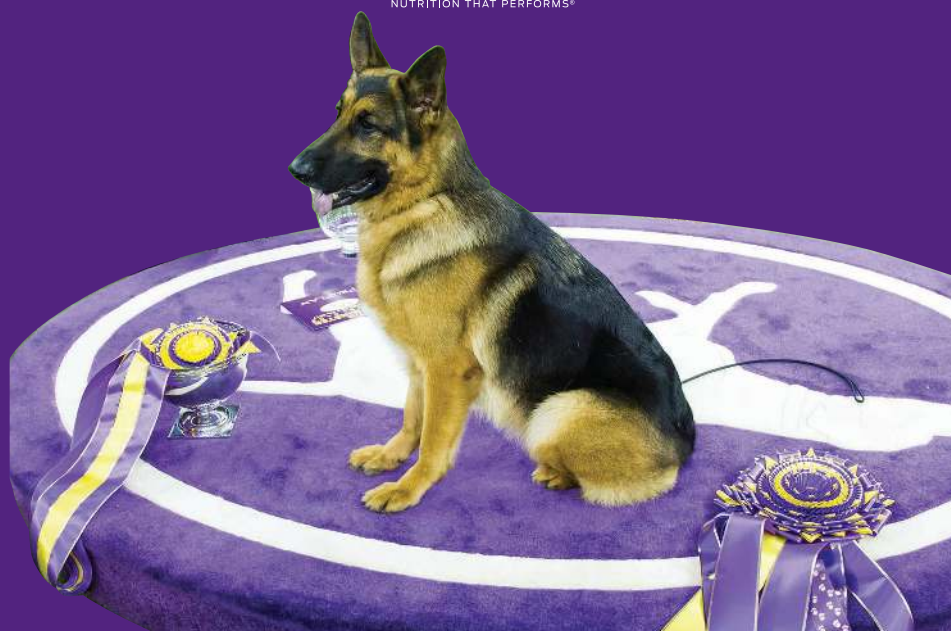


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CRIME WATCH

Arrests

■ Female, 32, from Hempstead, arrested on Glen Cove Ave. for third-degree aggravated unlicensed operation and other VTL violations, on Jan. 12.

■ Male, 27, from Roslyn Heights, arrested on School St. for second-degree aggravated unlicensed operation and other VTL violations, on Jan. 12.

■ Male, 37, from Glen Cove, on Gaffney St., arrested for two counts of seventh-degree criminal possession of a controlled substance, on Jan. 11.

■ Male, 32, from Elmont, on Ellwood St., arrested for second-degree criminal contempt and an open warrant for obstruction of breathing, on Jan. 11.

■ Male, 40, from Glen Cove, arrested on Glen Cove Ave. for petit larceny, on Jan. 10.

■ Male, 28, from Glen Cove, on Second St., for third-degree criminal mischief and two counts of fourth-degree criminal mischief, on Jan. 9.

■ Female, 32, from Glen Cove, on Glen Cove Ave., arrested for third-degree assault, on Jan. 7.

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

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HERALD

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We are seeking a professional, experienced, freelance photographer to cover a wide range of events throughout the Town of Hempstead.

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Please send 10-15 photojournalistic images to photo@liherald.com for consideration.

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GLEN COVE HERALD Gazette

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THE WEEK AHEAD

Nearby things to do this week

'Night in the Garden of Spain'

Pianists Matthew Harrison and Vlada Yeneva will perform pieces from the great masters of Spanish music that will make you stomp, clap, and shout olé on Sunday, Jan. 28 at 2 p.m. at the Locust Valley Library. Co-sponsored by the town of Oyster Bay Department of Community and Youth Services, Cultural and Performing Arts Division, as part of its Distinguished Artists Concert Series. Info: (516) 671-1837.



Go, van Gogh!

Pastor and painter Vincent van Gogh produced more than 2,000 works of art in his last decade. On Monday, Jan. 22, art historian Dr. Michael Norris will explore some of van Gogh's brilliant works, especially those at the Metropolitan Museum of Art. The program will take place at the Oyster Bay-East Norwich Public Library at 6:30 p.m. Please register at the Reference Desk, or call (516) 922-1212.

Lecture at the library

"The Fire Island Lighthouse: Long Island's Welcoming Beacon" author Bill Blyer presents a detailed lecture featuring the history of this national landmark. Learn about the shipwrecks offshore that prompted the construction of the first lighthouse on Fire Island, as well as the inadequacies that led to a new, taller tower, and how the lighthouse was eventually shut down by the Coast Guard. This program will take place at the Glen Cove Library on Tuesday, Jan. 30 at 7 p.m. at the Glen Cove Library. Info: (516) 676-2130. (4 Glen Cove Ave., Glen Cove)



In a 'New York State of Mind'

Mike DelGuidice and his band return to The Paramount for yet another lively celebration of the music of Billy Joel, on Saturday, Jan. 20, at 8 p.m. DelGuidice leads his band, Big Shot, in a rousing concert that highlights the Piano Man's decades of hits. Like his idol, DelGuidice has become one of the area's most celebrated touring with both his band and appearing with the Piano Man. Info: (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Jazzin' it up on a winter's night

Enjoy the jazzy vibe of Joelle and the Pinehurst Trio, when they perform as part of Planting Fields Arboretum's "Music at the Mansion" series, on Friday, Jan. 19, at 7 p.m. Planting Fields Arboretum's Coe Hall is the setting for an inspired performance by the versatile ensemble. Featuring the charming Joelle Lurie on vocals, the ensemble does a unique collection of American Songbook standards, re-imagined pop covers, and original tunes. Info: (516) 922-8600 or www.plantingfields.org.



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HERALD SCHOOLS

Deasy School makes authors out of second-graders

Deasy School second graders have become authors! Students in Michael Battaglia's class recently wrote non-fiction books on subjects of their own choice using the Book Creator application.

The students worked together in small groups to write their stories then transferred their writing to the application. They also learned about various text features and how to use the application to create labels and captions which they then incorporated into their projects. The class seemed to enjoy shooting and inserting their video files and making audio files of their writing.

Students wrote about winter topics, and titles included "How to be kind during the holiday season," "How to be safe in the snow," and "Games we can play in the winter." Each of the books had to have a cover page and a table of contents.

The English language arts lesson gave students an opportunity to practice reading and writing fluency, as well as gaining more familiarity with the applications on the school's iPads.



Clockwise from above
DEASY SCHOOL TEACHER Michael Battaglia helped second graders Diego Rivas, Tiffany Cruz and Melanie Cisco (left to right) with their e-book.

SECOND GRADERS MICHAEL Vogler (left) and Madison Barlow.

ELIANNA CAVESE, RONAN Eldredge and Gabrielle Bowen (left to right) wrote about being safe in winter.



Photos courtesy Glen Cove City School District



Landing School hosts Scripps spelling bee



Courtesy Glen Cove City School District

STUDENTS WHO TOOK part in Landing School's annual Scripps spelling bee are pictured with (back row, left to right) teacher Melissa Harechmak, Principal Benjamin Roberts, and reading teacher Kristina Carlstrom. (above)

LANDING SCHOOL FIFTH-GRADER Phoebe Ponder celebrated her win in this year's Scripps spelling bee. (right)



Phoebe Pinder won the Landing School's fifth-grade Scripps spelling bee on Jan. 9 by correctly spelling the word "bulletin." Jordan Billings was the runner-up.

Reading teacher Kristina Carlstrom and fourth-grade teacher Melissa Harechmak organized the bee and helped prepare the students for the school-wide assembly. Principal Benjamin Roberts served as the event's moderator, while Monica Altamira, Margaret Clark, Karen Serani and Jamie Sharfman helped with the judging.

The finale featured the two top spellers from each fifth-grade class. Students prepared by learning words from the prepared Scripps list.

Other contestants included Tyler Bartolomeo-Michie, Kaelyn Bonilla, Julian Landaverde, Mia Mejia, Jalyin Neder, Arianna Romeo, Cole Sciacca and Nehemiah Toutoute.



Courtesy Splashes of Hope

SPLASHES OF HOPE volunteer Jimmy Knapp in front of a sketch of the hospital mural.

Splashes of Hope to hold hospital benefit in G.C.

By **TIMOTHY DENTON**
tdenton@liherald.com

Glen Cove master chef Jeanine Di Menna will host “Painting for a Purpose” this Friday, Jan. 19, from 7 to 10 p.m. at The View, 111 Lattingtown Rd., in Glen Cove. Tickets are \$60.

The benefit is in support of the charity Splashes of Hope, which sponsors art therapy in the form of large colorful murals. One mural, entitled “Summer,” has already been installed in the rehabilitation hallway at Glen Cove Hospital, according to Splashes spokeswoman Kathy Engel. Di Menna hopes to help raise funds for the other three, at least one of which is ready for patient-artists to complete.

Painting murals created by Splashes of Hope aids patients, especially with longer hospital stays or more serious health issues, Engel said. Patients help paint murals whose outlines are preset. The murals at Glen Cove Hospital are roughly 4 feet by 8 feet.

Chef Jeanine has a special personal interest in the project. She was seriously injured during a home invasion and suffered from a traumatic brain injury that nearly ended her career as one of Glen Cove’s most promising young chefs. With help from Splashes of Hope, she was able to speed her recovery and return to work, eventually opening The View.



TWO PATIENTS WORKING on one of Splashes of Hope’s murals at Glen Cove Hospital.



“SUMMER,” THE FIRST installation at Glen Cove Hospital. Splashes of Hope seeks to raise money for the other three.

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HERALD SPORTS

Glen Cove seeks improvement

SPOTLIGHT ATHLETE



TRINITY HUDSON

Glen Cove Junior Basketball

A TALENTED MULTI-SPORT athlete for the Big Red, Hudson is doing her part to keep the girls' basketball team afloat in a highly competitive Conference A-II. She scored in double figures in each of the first 10 games while averaging 16.2 points per contest. Hudson poured in a season-high 24 in a non-league victory over Malverne on Dec. 30 and came back four days later with 18 in a conference win over Roosevelt.

GAMES TO WATCH

Thursday, Jan. 18

Air Rifle: Bellmore-Merrick at Glen Cove 4:15 p.m.
Girls Basketball: West Hemp. at North Shore 4:30 p.m.
Boys Basketball: North Shore at West Hemp..... 4:30 p.m.
Girls Basketball: Glen Cove at Hewlett..... 6:45 p.m.
Boys Basketball: Hewlett at Glen Cove..... 6:45 p.m.
Gymnast: North Shore at Roslyn..... 7 p.m.
Boys Swimming: South Side at North Shore..... 7:30 p.m.

Friday, Jan. 19

Boys Swimming: North Shore at G.N. North..... 4:45 p.m.
Girls Basketball: North Shore at Clarke..... 5 p.m.

Saturday, Jan. 20

Boys Basketball: Clarke at North Shore 10 a.m.
Cheerleading: Glen Cove (at C.S. Harbor) 10 a.m.
Boys Basketball: Glen Cove at Sewanhaka 12 p.m.
Girls Basketball: Sewanhaka at Glen Cove 12 p.m.

Monday, Jan. 22

No games scheduled

Tuesday, Jan. 23

No games scheduled

Wednesday, Jan. 24

No games scheduled

BY J.D. FREDA

sports@liherald.com

Just one season removed from an exciting run to the playoffs, the Glen Cove boys' basketball team has hit a few speed bumps since losing some key varsity hands to graduation. The Big Red currently sits at 3-8 (0-5 in Conference A-II) but has seven more league games to play to gain momentum and continuously build rapport with this young team. Although having some good young talent, the lack of varsity-level play has been a disadvantage to this program.

"Inexperience has played a big part and is a major factor to our record," head coach Peter Falen said. "We have some guys who have never played at the varsity level, and they're getting that experience now."

Glen Cove started off its season in the right direction with a 55-54 thrilling win over Great Neck South. In late December, Glen Cove returned to Great Neck South in the form of a tournament where it took home a tournament title after decisively beating Plainview-Bethpage JFK and Locust Valley in the championship.

In that tournament title game, St. Dom's transfer Michael Vaughan dropped a cool 22 points en-route to the victory. A highlight of its season, Vaughan has been the answer offensively for the Big Red time in and time out, averaging around 20 points per game on the season.

"He works really hard and he's a good defender as well," Falen said.

Although the offensive output from Vaughan is definitely a positive sign, Falen would like to see their offense coming from a diversified output.

"I think if we can get other guys averaging around 10 points a game, it would be beneficial and Vaughan's shot selection could be better," Falen said. "I think Elijah English could be one of those guys to score for us."

Senior Jack Kaffl and junior Dajoar Gibson currently split time at the point guard position, combining for around 9 points per game.

Glen Cove also looks to its future, as the JV team has been playing particularly well this season. "We brought up Michael Battle from the JV team, who will be a big part of our future if he continues to progress,



Sue Grieco/Herald

MICHAEL VAUGHN AND the Big Red will try to turn the tables on Nassau Conference A-II rivals in the second half of the campaign, which gets under way this week.

and Theo Watson is playing very well on JV right now," Falen said.

Although the future has some bright spots for the Big Red, Falen and his crew still look towards these next seven league games to further build rapport and split some of these season series against league competitors. After suffering the worst loss in school history to Bellmore JFK a few weeks back, Glen Cove is looking to take that one back on Feb. 2.

"We have to play better defensively and try to limit offensive rebounds and second chances," Falen said.

As for what Falen wants to see for the rest of this season, he said: "Consistency is what I would like to see going forward. Losing is contagious, but so is winning," he said.

Glen Cove takes on Hewlett this Thursday at 6:45 p.m. at home.

VIEW PHOTOS WE'VE TAKEN AT GAMES AND OTHER EVENTS IN YOUR COMMUNITY!



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HERALD NEIGHBORS

Elvis shakes up the Regency

BY ALYSSA SEIDMAN
aseidman@liherald.com

If Elvis Presley were still alive, he would have celebrated his 83rd birthday this year. Although we lost the King of rock 'n' roll 40 years ago, his music continues to stir the endearing spirits of his fans that carry on his legacy to this day.

The Regency in Glen Cove held a special birthday celebration to honor Elvis on Jan. 9. Members of the Glen Cove senior center and the community got "All Shook Up" when they were treated to a guest performance by professional Elvis impersonator, Don Anthony.

The event also featured a buffet of Elvis' favorite refreshments, such as peanut butter and banana sandwiches, and Pepsi-Cola.



Photos by Roni Chastain/Herald Gazette

ELVIS IMPERSONATOR DON Anthony gave a signature King of rock 'n' roll stance with devoted fans Bonnie Rosen, left, Gail Kump and Stella Shank.



KAMALA SINGH SHOWS off her Elvis mask, which were distributed to concertgoers.



JOAN BRANNAN, RIGHT, enjoys a special moment with Elvis as he sings to her.



ELVIS' BIRTHDAY DÉCOR included pink and black balloons, music notes, and cut-outs of the king hanging on the walls.



IRENE GUARDIO, CENTER, and Joyce Geurdes dance under a canopy of pink and black balloons with the King of rock 'n' roll.



ELVIS (DON ANTHONY) swings his hips as he wows the crowd with classics made famous by the King.

COMMUNITY CALENDAR

Thursday, Jan. 18

Legislative Night

Glenwood Landing School Theatre, 60 Cody Ave., Glen Head, 7 to 9 p.m. Come meet North Shore's county and state legislators. Topics that will be discussed include the opioid crisis, state aid, PILOTS and their effect on school budgets, and New York American Water. Hosted by the NSSD's Legislative Action Committee.

Music Jam

Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff, 7 p.m. Bring your acoustic instrument and your voice, or just come and listen to an old-fashioned jam. (516) 671-4290.

Music Together

Oyster Bay-East Norwich Public Library, 89 E Main St., Oyster Bay, 10:30 a.m. Support your child's emerging literacy and innate love of music through storybooks, instruments, creative movement and singing. (516) 922-1212.

Harbor Nights: Seafaring Cheese

Whaling Museum & Education Center, Cold Spring Harbor Whaling Museum, 301 Main St., Cold Spring Harbor, 6:30 to 8:30 p.m. Cheese was a special treat for whalers, mainly just for the holidays. Treat yourself to an evening of wine and gourmet cheese tastings with Jessica of Harbor Cheese & Provisions, and whip up a batch of "hard tack" batter to cook at home. \$20 in advance, \$35 at the door. Advance online registration highly encouraged; limited seating. Recommended for adults. Buy tickets online at: <http://bit.ly/2AH09mS>. (631) 367-3418.

Saturday, Jan. 20

American Sign Language Workshop

Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff, 1:30 to 3 p.m. This class will teach the basics of ASL and proper ways to communicate with the deaf. There will be five sessions beginning on Jan. 20. \$10 per person. Registration required. (516) 671-4290.

Examining love through science

Locust Valley Library, 170 Buckram Rd., Locust Valley, 2 p.m. Learn about the science behind relationships from professor of Psychology and author, Marisa T. Cohen. This educational and fun program will focus on the life cycle of a relationship while examining factors of interpersonal attraction, first date experiences, and the development of relationships over time. Beyond this, we will investigate what may tip the scale to create fractures within a relationship, leading to their demise. Registration is requested. (516) 671-1837.

Sunday, Jan. 21

Historic slideshow presentation

North Shore Historical Museum, 140 Glen St., Glen Cove, 2 p.m. Take a journey back in time with a historic slide presentation about famed Post Cereal heiress Marjorie Merriweather Post's Long Island estate, Hillwood. Historian Kenneth G. Mensing uses private family pho-



photos courtesy of Metro Creative Connection

"Bag It" Screening

Sponsored by the Village of Sea Cliff's Environmental Conservation Commission in conjunction with the Sea Cliff Library and All Our Energy, a non-profit that advocates, educates, and empowers the public to support renewable energy and act on environmental issues.

Americans use 60,000 plastic bags every five minutes; single-use disposable bags that we mindlessly throw away. But where is "away?" Where do the bags and other plastics end up, and at what cost to our environment? Bag It follows Jeb Berrier as he navigates our plastic world. Thursday, Jan. 25 at 7 p.m. Sea Cliff Village Hall, second floor. (516) 671-0080.

tos to reveal a glimpse into the magnificent former estate and the pioneering businesswoman who called it home. The cost is \$10 for non-members and \$5 for members. (516) 801-1191.

Tuesday, Jan. 23

Flight, The Genius of Birds

Manhasset Public Library, 30 Onderdonk Ave., Manhasset, 7 p.m. The North Shore Audubon Society presents this film, which probes mysteries and mechanisms of a bird's anatomy, instinct, navigation, and embryology to reveal stunning provisions essential for life in the skies. This event is open to the public, and admission is free.

Overview of Substance Abuse

Locust Valley Library, 170 Buckram Rd., Locust Valley, 7 p.m. Join us for a seminar presented by a representative from LICADD, and receive naloxone training. A limited quantity of Narcan kits will be distributed on a first come, first serve basis. Sponsored by the Locust Valley Rotary Club. (516) 671-1837.

Yoga with Donna

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 10 a.m. The cost is \$30 for the entire six week session and is payable at the time of registration. Classes run every Tuesday until Feb. 27. Please register in person at the Reference desk and make check/money order payable to Donna Harragan. Bring your own mat and water. (516) 676-2130.

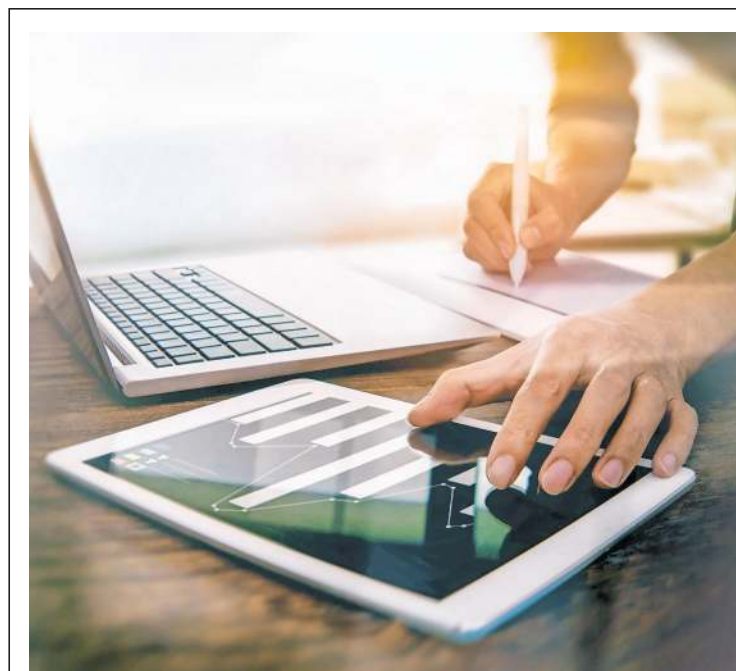
The Regency University Series

The Regency Assisted Living, 94 School St., Glen Cove, 2:30 p.m. The Regency at Glen Cove is offering fascinating and informative lectures on topics such as local history, music and art appreciation, cooking demos, and more. Monica Ran-

dall, bestselling author, discusses winter wonderland on the Gold Coast where locals enjoyed sleigh riding, ice skating and winter parties. (516) 674-3007.

Hooks and Needles

Bayville Library, 34 School St. Bayville, 7



Computer Kindergarten

Get schooled in computers. This is a slow-paced, user-friendly class for first time computer users. Using Windows computers, this class covers the basics in a way that even the most inexperienced user will understand. Tuesday, Jan. 23 Bayville Library, 34 School St., Bayville, 6:30 p.m. (516) 628-2765.

to 8:30 p.m. Our knitting and crocheting group continues to meet all year long. No instructor present. (516) 628-2765.

Home cooking for your dog or cat

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Christine Filardi, a certified holistic chef for animals, will teach you how easy and affordable it is to make your own pet food and treats. (516) 676-2130.

Wednesday, Jan. 24

Healthy Living for your Brain & Body

Locust Valley Library, 170 Buckram Rd., Locust Valley, 7 p.m. For centuries, we've known that the health of the brain and the body were connected. A representative from the Alzheimer's Association will provide you with insights into making lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement and hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Registration is requested. (516) 671-1837.

Thursday, Jan. 25

Movies at the library

Locust Valley Library, 170 Buckram Rd., Locust Valley, 1 p.m. Join us for a screening of "Dunkirk." Movies are shown twice a month in the MNA Community Room. The Friends of the Library will provide light refreshments. All are welcome. (516) 671-1837.

Friday, Jan. 26

History & Pop Culture of the Twenties

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Join Marilyn Carminio for a retrospective journey back in time. Learn about the history, music, fads and fashion of the Roaring Twenties, and discover why these really were "the good old days." (516) 676-2130.

Saturday, Jan. 27

Penguin Palooza

Whaling Museum & Education Center, Cold Spring Harbor Whaling Museum, 301 Main St., Cold Spring Harbor, 11 a.m. to 2 p.m. What kind of penguins live in the arctic? Touch some real penguin feathers, go on a scavenger hunt and create lots of penguin crafts. Recommended for all ages. The cost is \$15 per child and \$5 per adult; members receive half price. (631) 367-3418.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS



Courtesy City of Glen Cove

MAYOR TIMOTHY TENKE, left, presented Community Service citations to Camrohn Pittman, center, and Brandon Aviles. Councilmen Joseph Capobianco, far left, Michael Zangari, Kevin Maccarone and Councilwomen Pamela Panzenbeck and Marsha Silverman were there to congratulate Pittman and Aviles.

City Council recognizes two who helped elderly during Glen Cove's blizzard

Brandon Aviles and Camrohn Pittman received a special Good Neighbor Community Service citation from Mayor Timothy Tenke on at a Glen Cove city council meeting on Jan. 9. While most people stayed inside during the blizzard, Aviles and Pittman got out their shovels and cleared the sidewalks and driveways of their elderly neighbors at no charge.

“Brandon and Camrohn’s generosity of spirit and commitment to assist those in need personifies the caring hearts of individuals who go above and beyond,” Tenke said in presenting the citations. He went on to praise their efforts “to make a difference in the lives of their community by helping their neighbors.”

Mayor Tenke thanks responders for service to the city in blizzard and the mansion fire

Mayor Timothy Tenke took a few moments at the last city council meeting to express his and the city’s thanks to first responders. He especially single out for praise GCPD Police Chief William Whitton and GCFD Chief of Department Robert Marino, as well as EMS units and Department of Public Works head Manny Grella for his work in keeping the streets clear during one of the worst blizzards in recent memory. He also asked chiefs and

officers from neighboring police departments, fire departments and EMS units who responded to the Ridge Road mansion fire as mutual aid units to come into the council chamber and receive the appreciation of the assembled attendees.

“These guys did just a tremendous job,” Tenke said. “They were working under extreme conditions, dangerous conditions, and only suffered one casualty.”



Courtesy City of Glen Cove

MAYOR TENKE EXPRESSED the city’s appreciation for first responders’ service during the Jan. 4 storm and the Jan. 7 Ridge Rd. blaze. Along with assembled city council members, chiefs and officers from GCPD (left) and GCFD, Tenke was flanked by GCPD Chief of Department William Whitton and GCFD Chief of Department Robert Marino.

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Contest period begins January 15, 2018 and ends January 25, 2018.

For complete details and full contest rules, visit www.liherald.com/contests.

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GLEN COVE TIME CAPSULE

How Glen Cove became a city

This is part one in a series.

Glen Cove was tied inextricably to the Town of Oyster Bay for the first 250 years of its existence. The settlement of Oyster Bay preceded that of Mosquito Cove (the 17th century name of this community) by about 15 years and four of the five original proprietors of the Mosquito Cove Plantations had lived in Oyster Bay village and had acquaintances there.

From 1668 however, the early Glen Cove community known as Mosquito Cove operated as a rural hamlet under the oversight of the five proprietors. Over time and with the passing of the original settlers, local governmental administration would fall under the Town of Oyster Bay.

One hundred and fifty years passed before the Hamlet of Mosquito Cove was recognized by the federal government, when the first post office opened here in 1818. With the establishment of its own post office, from all of the various spellings (Mosquito, Muskeeto, Musketa, Muscheda, Moscheto, etc.), the official name of the community became Musquito Cove.

The residents finally voted for an alternative name in 1834, changing it to Glen Cove, in order to dispel the notion that the community was a haven for mosquitoes. There are two tales as to how this name was selected, but that's another story.

The community of Glen Cove would grow dramatically during the latter half of the 19th century, but it never incorporated. By early in the 20th century its population was approaching 10,000 souls, making it the largest community in both Nassau and Suffolk counties according to an editorial in the "Glen Cove Echo," the local newspaper. In 1915, when this editorial appeared, Glen Cove was accessible by the Long Island Railroad and the steamships from New York City; it had an electric trolley line that connected the steamer wharf with the downtown and with the Glen Street and Sea Cliff railroad stations; the Glen Theater was a major entertainment venue hosting vaudeville shows and moving pictures; the Ladew Leatherworks was the largest employer of local workers; and the Crystal Spring Ice Company had replaced the Upper Glen Lake as a year-round source of ice for village households.

It was a thriving community, but Glen Cove was still administered by the Town of Oyster Bay, while the neighboring Village of Sea Cliff had incorporated in 1883. Many citizens felt that Glen Cove was not receiving the services commensurate with the tax dollars sent to the town.

Some in the community thought that Glen Cove should become an incorporated village and form its own government, while another faction favored a complete break from the Town of Oyster Bay, and its incorporation as a city. As early as 1906, articles in the "Brooklyn Daily Eagle" newspaper, which chronicled many of the happenings in Glen Cove, discussed forming a local committee of prominent citizens to study the incorporation issues. By 1915, the editor of the "Glen Cove Echo," John Davis, had become a voice for the pro-city faction, printing editorials advancing this position. In a follow-up editorial in 1916, he sparked a debate on the topic,

and the Village Improvement Association finally called a meeting to discuss the matter.

At this meeting on April 21, 1916, a "Committee of Seven" was selected, whose members were many respected Glen Cove names of the period: Franklin A. Coles, John C.F. Davis (the "Echo" editor), Harry L. Hedger, William E. Luyster, William A. McCa-

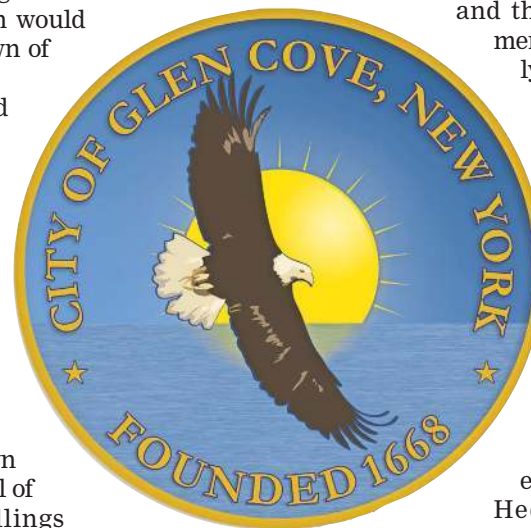
hill, Edward E. Craft, and Edward Donaldson. They were tasked with studying the question of incorporating Glen Cove as a city. However, the committee remained silent on the topic for a long period – World War I was then raging in Europe, and the debate as to whether America should enter the war overshadowed the debate on Glen Cove's future form of government.

Edward Donaldson. They were tasked with studying the question of incorporating Glen Cove as a city. However, the committee remained silent on the topic for a long period – World War I was then raging in Europe, and the debate as to whether America should enter the war overshadowed the debate on Glen Cove's future form of government.

~ GC350 HISTORY COMMITTEE

Get involved

2018 marks the 350th Anniversary of Glen Cove's founding, as well as 100 years as a city. A number of celebratory events are planned for next year, culminating in a week of celebrations at the end of May 2018. There are numerous committees involved in this effort. If you would like to volunteer to be part of the planning and execution of Glen Cove's 350th Anniversary, visit <http://glencove350.com/join-a-committee> or email: GlenCove350@gmail.com





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YOUR HEALTH

New Year's Resolutions

1. lose weight
2. exercise
3. drink more water
4. quit smoking
5. earlier to bed
6. drink less
- 7.
- 8.
- 9.
- 10.





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Our program provides comprehensive rehabilitative care for patients who have experienced brain trauma, stroke, cerebral aneurysms and brain tumors, as well as other neurological conditions. In addition, we are equipped to manage complex medical and surgical conditions within our acute care hospital setting.



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Nut Oils



Peas



Mushrooms



Pink Pineapples



Cacao



Moringa



Hemp

Superfoods

Out with old, in with the new: Superfoods

The latest take on nutrition trends

Move over kale, quinoa, and coconut water! That's so... 2016.

There are some new superfoods on the block, packed with powerful nutritional benefits and exotic tastes. They might sound rather bizarre but, five years ago, who could have predicted we'd be drinking collagen and feasting on avocado toast.

These are the superfood trends you should not only watch out for, but get excited about.

Nut Oils: Nut butters exploded into the mainstream last year, with many choosing to give up animal products in favor of a plant-based diet. Following suit, nut oils are the new breed of superfood cooking essentials, with cold-pressed almond, cashew, walnut, and hazelnut oils set to be a healthier alternative to the average olive, vegetable, or sunflower varieties.

While the nutritional content may be largely quite similar, it's worth remembering that not all fat is created equal. Nut oils typically contain less damaging trans fats and are much healthier for the heart. If you're allergic to nuts, you could try avocado oil, which is coined to be the next coconut oil, as it's great for cooking.

Moringa: Matcha, maca, spirulina, and green tea powder have previously ruled the roost when it comes to supercharging your smoothies, but there's a new supergreen in town — and it sounds more like a new dance craze than something you'd actually consume. Packed with vitamin C, calcium, potassium, and amino acids, the fine, velvety powder comes from the fast-growing Moringa tree, native to India, Pakistan, and Nepal.

Try sprinkling it into smoothies, yogurts, and juices. On first impression, you'd be forgiven for thinking it was a more peppery version of green tea, but the taste is a touch more bitter. Moringa is said to help manage blood sugar and stabilize histamine production. And despite being totally caffeine-free, it makes for a fabulous natural energy booster.

Peas: Very underrated and often found in a bag at the back of the freezer, peas are filled with vitamins and minerals. Environmentally friendly, they are extremely low in fat and have a number of health benefits. From preventing wrinkles, arthritis, osteoporosis and Alzheimer's, it is even suggested by some researchers that peas could help prevent stomach cancer. Do not underestimate this small but powerful vegetable.

Hemp: Coming from the same species as the cannabis plant, but without the same affects, hemp has amazing health and beauty benefits. Filled with omegas 3 and 6, the fatty acids in hemp seeds and oils can be used to help those with skin conditions such as eczema. When ingested it can reduce the symptoms of PMS and the menopause, and most impressively has been known to reduce inflammation and could reduce the risk of heart disease.

Mushrooms: A great source of iron and vitamin D, mushrooms help boost your immune system and are a great source of antioxidants. For those looking to lose weight in 2018, mushrooms help speed up your metabolism, helping you burn fat. High in selenium, the chemical which

has been recommended to women to help prevent the risk of bladder cancer, the wide variety of mushrooms available mean you are sure to find one type that suits you. Already a firm favourite in the Paleo diet, mushrooms can be used in a variety of recipes and plans.

Pink Pineapples: A genetically engineered food, pink pineapples are simply pineapples that have had their genes played with in order to make them a gorgeous rich hue. The benefits of eating them are the same as regular pineapples, preventing cancer and treating arthritis, boosting your immune system and improving your eyesight. The list goes on. Pineapples are back in style and predicted to be extremely popular in 2018 simply because of their new color.

Cacao: The natural raw form of cocoa, this Amazonian superfood is incredibly high in antioxidants, boasting 20 times more than blueberries and nearly more than 120 times more than bananas. For everyday benefits this amazing food can cheer you up as it contains anandamide (a natural mood enhancer), it's an aphrodisiac, known to balance mood swings and prevents premature aging. As if this food couldn't get any better, along with protecting your heart and preventing blood clots it could also help you shed fat. ■



If you are seeking a more healthful lifestyle, or just a good night's sleep, look no further than your tea cup.

Resolve to rethink your drink

A cup of tea can be the best solution for everyday wellness

Before medicine and pharmaceuticals filled our remedy box, food and food ingredients were considered healing agents. Hippocrates was wise in his understanding of the special powers of food, beyond satisfying our appetites: "Let food be thy medicine and medicine be thy food."

There are many cultures that rely on herbal remedies and natural foods for everything from soothing an upset stomach to lifting our spirits when we're down, to calming jittery nerves and even fending off colds and flu. Many of the best cosmetics tout ingredients to smooth skin, prevent aging, block the sun, reduce inflammation and minimize puffiness. There are four common herbs that have been used by many cultures and that are found in many of our kitchens.

Turmeric: Turmeric is a commonly used ingredient in Ayurvedic practices. In Hindu, the bright yellow color of turmeric is associated with the sun. In India, turmeric is used in wedding and religious ceremonies and is thought to bring good fortune. Not only is it said to brighten our spirits, but it has also been found to have some anti-inflammatory properties, which are healing for the body.

Ginger: A relatively inexpensive and easy-to-find root, ginger is considered a very healthful spice in the same family as turmeric. It is rich in many healthy components and has a strong aroma caused by the compound gingerol. Ginger has a long history of use in traditional and alternative medicine. It is most commonly used to soothe a stomach ache and combat nausea, and is frequently used by women to prevent morning sickness during pregnancy. Like turmeric it also has anti-inflammatory properties and can be helpful in reducing pain caused by osteoarthritis and menstruation.

Cinnamon: Another popular spice is cinnamon, which is known for its healthy antioxidant properties and delicious sweet taste. It may help to reduce inflammation and be heart healthy. It may also be helpful in regulating blood sugar levels within the body, and even have some protective effect against developing colds.

Chamomile: Chamomile is a flower that has historically been associated with relaxation and calming. Many different cultures have used it alongside lavender as a soothing beverage to enjoy before bedtime.

Many of these ingredients can be found in our pantries, and including them in our diets is as simple as incorporating them into recipes or brewing up a delicious cup of tea. These herbs infused into teas, resulting in a delicious, easy way to introduce these ingredients into our daily lives. Sipping tea throughout the day provides a natural break. Many tea drinkers proudly sport their mugs to stay hydrated, refreshed and alert.

Tea itself (from the plant *Camellia sinensis*) contains many healthy compounds such as polyphenols, which are great antioxidant compounds. Studies with this phenomenal beverage are linked to many areas of health and wellness. It's no wonder that tea is one of the most popular beverages in the world. People drink tea proudly knowing they are not only enjoying something delicious, but also giving their well-being a boost. ■

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Go for it

Make time to exercise

This year step it up and find ways to “just do it.”

A new year marks a great time to embrace change.

If exercising more is a goal in the year ahead, the following are a few strategies to make that happen.

Exercise in the early morning. As the day progresses, unforeseen challenges or forgotten commitments have a way of devouring time initially earmarked for exercise. Exercise first thing in the morning before any commitments to work and family hijack the time you have committed to exercising.

Reevaluate your work and home responsibilities. Many people often cite commitments to work and family as the primary reasons they aren't getting enough exercise. While those are perfectly reasonable excuses to skip a workout, make an effort to follow through with your responsibilities more efficiently to include exercise in your routine.

Embrace more efficient exercise routines. Rather than working a single muscle group at a time, which can be both time-consuming and boring, men and women can adapt their workout routines to focus on multi-muscle exercises. Work with a personal trainer to make your workout as efficient as possible.

Schedule your routine each week. Each week is different, so while it may be ideal to establish a workout routine in which you exercise at the same time each day, that's not always going to be possible. Failing to exercise on a day you had intended to work-



It's one thing to resolve to get fit. It's another to continue to push physical boundaries time and again. Continuing to surpass fitness goals is something to include in this year's list of health resolutions.

out can compromise your motivation to workout in the future, so sit down at the beginning of each week to examine your commitments for the days ahead and schedule times to exercise in the next seven days. This can keep you on track and help you avoid the disappointment of missing a workout because life got in the way.

Buddy up if you can instead of working out alone. When you workout alone, you do not have the benefit of friendly competition to motivate you as you exercise. With no one to egg you on, you may be content to stick to a certain number of repetitions instead of trying a little harder. A partner can provide camaraderie and help you make the most of your exercise regimen.

Give it enough time. Many people want to see immediate results when they begin a new exercise regimen. While such instant gratification is possible, it's foolish to expect to wake up and look in the mirror after a week's time and see a complete body transformation. Don't give up prematurely. After a few months your clothes may fit better and you can see a change in muscle tone and overall fitness. ■

HEALTH MEMOS

Spotting stroke: Three warning signs to watch

Every second counts during a stroke. Find out when to seek medical care, so you don't waste a single moment.

During a stroke, oxygen-rich blood can't reach parts of your brain. The longer your brain lacks oxygen, the greater your risk of long-term damage, according to the US National Library of Medicine.

Stroke usually causes three telltale symptoms. The American Heart Association/American Stroke Association (AHA/ASA) created the acronym FAST to help people remember these symptoms and to quickly call 911. FAST stands for face, arms, speech and time.

“Stroke may cause one side of the face to droop and one arm to feel weak or drift downward,” says Lawrence Robinson, M.D., neurologist at Glen Cove Hospital. “You may also slur your speech or develop aphasia, meaning you know what words you want to say but can't get them out.”

Some people also experience

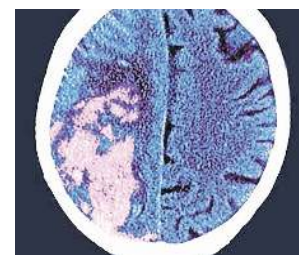
severe dizziness, nausea and vomiting, double vision, or what Dr. Robinson calls a “thunderclap” headache — an extremely painful headache that comes out of the blue.

If you notice stroke symptoms, call 911. During the ambulance ride to the hospital, EMS technicians alert the Glen Cove Hospital team that someone with stroke symptoms is on the way so life-saving care begins immediately.

Strike out stroke

Watching for stroke symptoms is only one part of protecting yourself. You also need to know if your stroke risk is elevated and take steps to lower it.

The top four stroke risk factors, according to Dr. Robinson, are diabetes, high blood pressure, high cholesterol levels and smoking. Other risk factors include your age — your stroke likelihood nearly doubles every 10 years once you turn 55, according to the AHA/ASA — a family history of stroke and other forms of



heart disease. For example, people with the heart rhythm disorder atrial fibrillation may have irregular or abnormally fast heartbeats that lead to stroke-causing blood clots.

To lower your stroke risk, eat a healthy diet, quit smoking and closely follow your physician's directions for managing illnesses linked to stroke.

Glen Cove Hospital recently received the American Heart Association/American Stroke Association's Get With the Guidelines® – Stroke Gold Plus Quality Achievement Award. This means Glen Cove Hospital meets and exceeds national stroke measures designed to help you get and stay healthy. These measures include quick access to life-saving stroke care, ongoing stroke education, smoking cessation counseling, and high blood pressure and cholesterol management.

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New Year, new outlook

Many people seek therapy because they know that life can be better, but they don't know how to make that happen. Often people need positive influences and encouragement to achieve their emotional goals. Anyone can achieve a better outlook by practicing good techniques with a professional.

Changing behaviors can be difficult, but Irene Dawson's goal in working with people is to assist them in their journey toward a more fulfilling life experience.

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Take it a step at a time. Sooner or later you're bound to get distracted, feel worn out, or hit a plateau with your progress — all reasons why many people start to feel discouraged and give up on those resolutions. Don't let that happen to you. Instead of getting overwhelmed by what's still ahead, keep it simple. Take a moment to ask yourself, what's one thing I can do or change right now to help myself succeed? Then go ahead and make that one small change.

Steps to success

Making and keeping those New Year's resolutions

A new year is a time for new beginnings. Each year when Jan. 1 rolls around, about one in three Americans make a New Year's resolution that includes something about healthier living.

Resolutions regarding personal health are annually among the most popular changes people hope to make at the dawn of a new year. Studies have shown that about 75 percent of people stick to their resolution for one week, but that number drops below 50 percent within six months.

In fact, a 2015 report from U.S. News & World Report suggested that 80 percent of resolutions fail, oftentimes as early as February. Many times that downturn is due to people making their goals too difficult, and not looking at short-term progress. The goals that we set are often too vague or unrealistic. If you are the type of person who makes but never keeps New Year's resolutions, these suggestions can help you make healthy — and attainable — goals this year.

Don't abandon the idea of setting resolutions because you have broken them in the past. You may need to simply readjust the type and number of goals you're setting for yourself.

Do be realistic. A resolution to run a marathon by year's end is likely unrealistic for an inexperienced exerciser. Likewise, resolving to stop all your unhealthy habits at once is likely to fail. Pick a safe, attainable goal with a realistic time frame. For example, if your resolution is to eat healthier, begin by eliminating one unhealthy food from your diet at a time, not all unhealthy foods.

Don't make too many resolutions. There's no rule that you have to cover all areas

you'd like to change in your resolutions. Pick one or two themes — such as anger management, stress control, healthy eating, smoking cessation, fitness improvement, career advancement — that are most important to you, and set reachable goals within these areas.

Don't set resolutions whose success is based upon factors beyond your control. Saying "I resolve to have a new job by summer" depends not only upon your own initiative but also upon external factors (the economy, the job market in your field) over which you have no control. Instead tell yourself, "I resolve to have updated my résumé and sent it out to X companies by summer." That way, the success of your resolution is entirely within your control.

Do set resolutions based upon your own wishes, desires, goals, and dreams and not those of society or those persons close to you. While this seems obvious, many people waste time trying to meet society's, or another person's, expectations. A resolution is bound to fail if it isn't from your heart.

Do plan intermediate goals if it helps you maintain control. Decide where you'd like to be in three or six months, and check yourself then. Achieving these smaller goals also gives you a sense of accomplishment and motivation for the bigger projects.

Do use the buddy system. Rely on your friends to support you in your resolutions, and do the same for your friends. Social support can be a great strengthener of motivation.

Do plan a reward for yourself. Be good to yourself when the resolutions, or intermediate goals, are met. ■



Working toward healthy living can be as simple as finding a new hobby to stay active — such as yoga or martial arts.

Healthy living

Whip your mind and body into shape this year

So, you've made the resolution to start living a healthier lifestyle. Obviously, all you need to do is jog a few miles each day, right?

Wrong!

Healthy living is all about making smart choices for your body, diet, mind and overall well-being. The following tips can help you stay active and grounded to promote your goal of happiness and a healthier lifestyle.

Discover a new hobby. Outdoor activities are great ways to get regular exercise that's enjoyable and rewarding. Cold-weather sports are exhilarating hobbies, and the slopes are open until March or April. Other uplifting physical activities with hobby potential are biking, running, rock climbing, horseback riding, dance and martial arts.

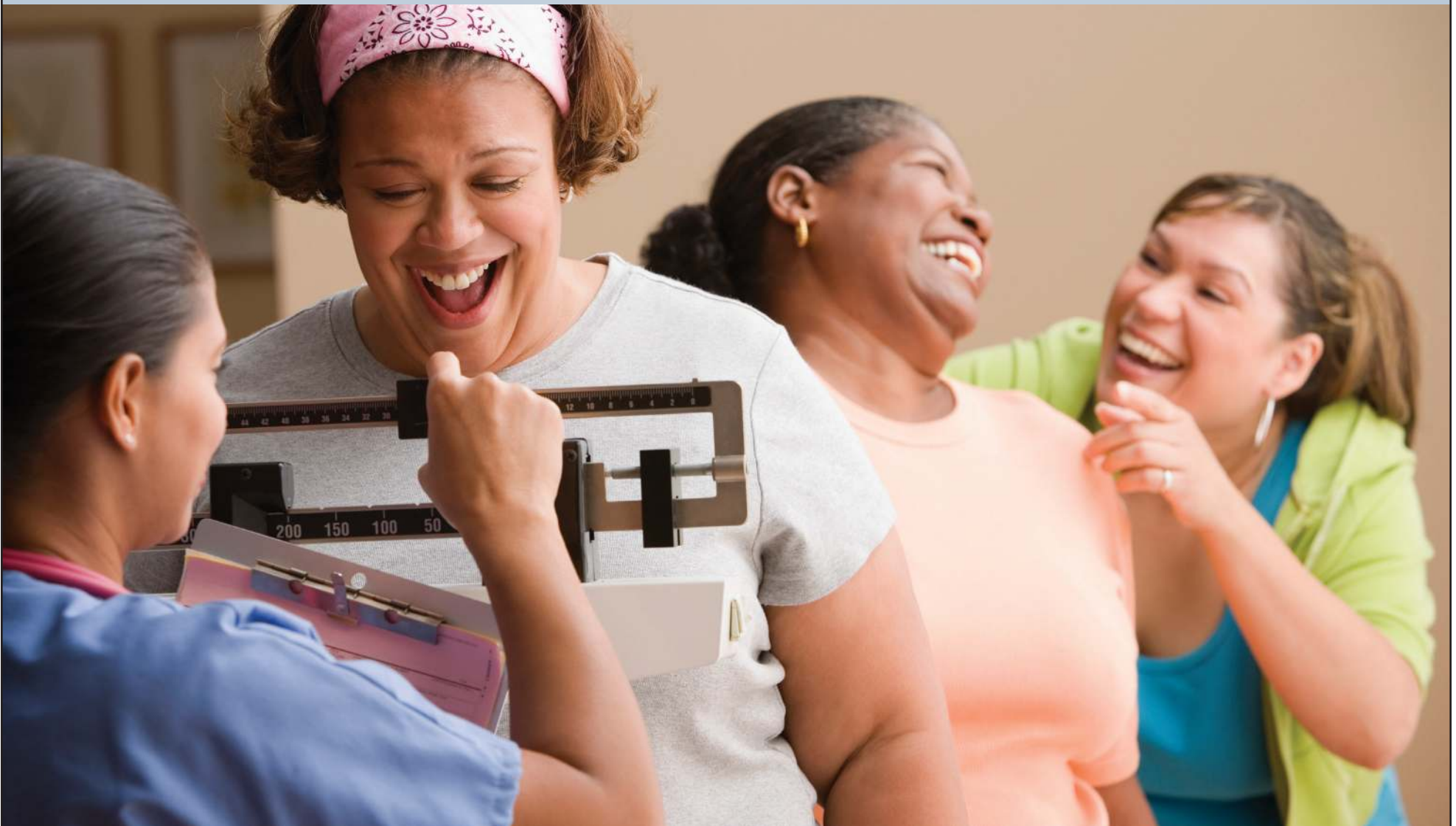
Try something new at the farmer's market. Don't get stuck in a rut by eating the same boring veggies; locate the nearest farmers market for fresh, seasonal produce. Try a new vegetable each week to up your intake and keep you interested. Veggies like kale, bok choy and butternut squash are high in fiber and antioxidants.

Trust your mom, don't neglect breakfast. Morning preferences vary, but it's important for everyone to get an energy boost to face the day — and breakfast is a great way to do this. You should wake up early enough to enjoy a meal, and if time is of the essence, rely on nutritious cereals or oatmeal.

For afternoon tea time: go red. Red tea is the hot new health drink. Green tea and black tea are full of disease-preventive antioxidants, but they're also caffeinated. Red tea, or rooibos tea, has the same advantage of antioxidants without the consequences of caffeine. Plus, it's recommended to help with anxiety, tension, allergies and digestive issues.

Unwind with a daily stretch. Whether it's in between tasks at work or after your commute home, stretching your muscles increases blood circulation, improves posture and induces relaxation. Do yoga or Pilates for a new stretch each day to build up your repertoire and make it a daily habit. You'll notice long-term benefits like increased range of motion and less back pain. ■

Every body is different. So NYU Winthrop offers the most weight loss options.



Obesity causes more serious health issues than smoking, drinking or poverty. NYU Winthrop Hospital is responding with the widest choice of safe and effective treatment options in the tri-state area.

NYU Winthrop, a leader in bariatric weight loss surgery, was the first hospital in New York State to use advanced minimally invasive daVinci Robotic Surgery to reduce discomfort and speed recovery. NYU Winthrop is the only hospital in the New York Metro area that offers the HMR Diet, named 2018's Best Diet for Fast Weight Loss by *U.S. News & World Report*. The HMR Diet is a medical weight loss program managed by endocrinologists, dietitians and nurse practitioners. And NYU Winthrop is among the first in the nation to offer revolutionary VBLOC Therapy. VBLOC uses a pacemaker-type device to block nerve signals to control appetite and eating patterns.

To learn more about NYU Winthrop's full range of medically supervised weight loss programs, call 1-866-WINTHROP or go to nyuwinthrop.org.

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Suozzi, on the record

CONTINUED FROM PAGE 1

ble oversight," he said. "But I've seen cases where doctors prescribe 30-day supplies of these medications after routine procedures," such as root canal.

The bill would limit access to pain medication in these cases to a seven-day initial prescription. He cautioned, however, that "the problem is fundamentally a health crisis. The answer is to treat those who are sick more than it is to punish them."

Asked about Gov. Andrew Cuomo's recurring efforts to drum up support for a bridge connecting Oyster Bay and Rye, Suozzi was initially very blunt. "One hundred percent opposed," he said, "It would be an environmental disaster."

But his tone softened somewhat as he touched on what he felt were his own most significant accomplishments. "When I was Nassau County executive, one of the first things the county faced was a downgrade of its ratings to junk status," he said. "It would have cost taxpayers billions of dollars and cut services across the board. We avoided the downgrade and balanced the budget, got the county back on track financially. Within six months of leaving office, my successor undid all our gains. It was as if I'd never been there."

"But something like the Theodore Roosevelt Building" in Garden City, where the County Legislature meets, Suozzi continued, "is a source of pride to me every time I

pass it or hear it's been used in a movie. It's tangible. It'll be there for generations to come. So I understand the desire on the part of elected officials to build things that last" — like a bridge.

Suozzi has been more successful than most at building his own bridges. A quick survey of legislation he has sponsored or co-sponsored as a freshman congressman shows an unusual ability to garner support on both sides of the aisle. "It's incredibly polarized" in Washington, he said. "Just getting 48 Democrats and Republicans in the same place is huge," he added, referring to the Problem Solvers Caucus, of which he is a member. "But we do much more than just meet and talk."

As vice chairman of the caucus, Suozzi helped introduce a bipartisan plan last July to stabilize the individual health care market.

In all these issues, Suozzi said, he detected a common theme. "I see so much anxiety in people," he said. "People are working two or three jobs just to get by. My job is to understand the fear people feel and try to give them some hope."

On one of his regular telephone Town Halls recently, Suozzi said, "We had 6,000 callers. Six thousand!" He said he was encouraged by the response of constituents, who, much like his work in Congress, appear to cut across political lines. Perhaps his message of hope is being heard.



VIEWFINDER

By SUSAN GRIECO

THE QUESTION:

What would you like to change, or see changed in 2018?



Other than my bank account growing, I would like to see Trump get impeached and get thrown out of office!

LAURIE LERNER
CPA



I have something personal I'd like to change. I'd love to learn to cook. My husband is the cook in the family and I'd like to be able to help him out.

JAIME KALMAN
Speech/Language Pathologist



That's a no brainer... IMPEACH TRUMP, without a doubt! With him as President, we are moving backwards. It's like the fifties all over again.

FELICIA CILIBRASI
Mom



I'd like to have more snow because I'm worried about climate change and global warming... and snow is fun!

OLIVIA TRINKUS
6th Grade



To see the Mets make the playoffs this year, but winning the World Series would be a dream come true!

JOHN GALLO
Banker



Enough with the negative politics... everyone should get over it already! We can't change what's happened in the past, so we have to make the best of the future!

ROBYN SUTNICK
Insurance Broker

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STEPPING OUT

Where to go, what to do, who to see

Adventures in art

Bringing creativity to the forefront at the Children's Museum

The legacy of Willem de Kooning, who pioneered the gestural, abstract style of painting that became the staple of New York Abstract Expressionism, has found its way to Long Island Children's Museum.

The museum's unique multi-year partnership with the Willem de Kooning Foundation — it's the only children's museum that the Foundation works with — involves children and families in discovering abstract art and artists, focusing on de Kooning's many contributions to art and culture.

Through workshops and community outreach programs, children's understanding of what art "should" look like is expanded, to include concepts of expressionism and abstract art.

"It's a way to bring abstract art to families that is accessible," says Jeanmarie Walsh Mansfield, the museum's associate director of education. "This type of art is often harder to access for students, so it's done less frequently in schools. This is a chance to open up a new art world for kids."

With support from the foundation, the museum has developed enhanced programming — both museum-based and throughout Nassau County — to promote art education and inspire young artists.

"Our goal is to get them to think like artists," says Mansfield. "It's an opportunity to let go and explore themselves as artists. They learn there is no right way or wrong way to approach art."

To that end, the museum has collaborated with the Willem de Kooning Foundation on a variety of year-round programs for all ages. These include workshops that focus specifically on de Kooning's techniques, along with others that delve into other aspects of abstract art.

"It's not all just de Kooning," Mansfield says. "Our Abstract Artist Series enables us to look at other aspects of expressionism and further explore the process with different approaches and techniques."

This weekend, the museum offers "Still Life with Stuart," a component of that series, which explores Stuart Davis' funky still lifes, on Saturday, Jan. 20, 1 and 3 p.m. Participants will create an abstract "masterpiece" using a mixture of colorful materials, while listening to jazz music.

Throughout 2017-2018, LICM will conduct 33 workshops in all — including those in libraries, schools and community centers. As Mansfield puts it, "We just pick our paint and brushes and hit the road."

The current schedule includes sessions at Henry Waldinger Memorial Library in Valley Stream, on Jan. 24; Glen Cove Public Library, in February; West Hempstead Public Library, in March, Franklin Square Public Library,



Long Island Children's Museum visitors focus on their art skills during workshops throughout the year.

in April; and Baldwin Public Library, in May; along with visits to area high schools.

There are also workshops during the upcoming school break weeks at the museum.

It all culminates in museum exhibition in June in a de Kooning-inspired art gallery.

Some 500-600 paintings will be exhibited. "It's a celebration of all the work that the kids did this year," says Mansfield.

The exhibit will display the works that the budding artists have created both at museum workshops and throughout their communities — including all ages, not just the elementary school-age families that are LICM's core audience.

"This is an opportunity for us to reach out to middle school and high school students," Mansfield explains. "It's a great concept for teenagers."

The focus of these sessions, "Reimagining the Figure,"



Photos courtesy Long Island Children's Museum

Teens create abstract art as part of the de Kooning initiative during sessions held in libraries across Nassau County.

using de Kooning's techniques as a starting point (based on his Woman series), is for participants to abstract and manipulate their compositions to create unique representations of the human form.

"Willem de Kooning was a master at finding ways to get himself out of a corner and to overcome obstacles," says William de Kooning Foundation's Executive Director Amy Schichtel. "Abstract thought is a key component of a creative, progressive individual and society. These programs use abstraction in art to break down the barriers of inhibition and self-consciousness that can thwart personal expression. Our goal is to lead children to push against limitations and move to a place of exploring what is possible just as de Kooning did in his art."

Adds Mansfield: "I like to say we are developing Willem de Kooning groupies. Year after year kids come back and tell us about him. We are seeing a lasting impact that is happening as a result of this programming. It's been fantastic for everyone involved."

For more information on upcoming workshops, contact the museum at (516) 224-5800 or visit www.licm.org

— Karen Bloom
kbloom@liherald.com

CULINARY DELIGHTS

Fine Wine and Festival

Foodies and oenophiles — or those who simply want to learn more about wine — will want to check out this tasty food and wine showcase. Dozens of wineries from the North Fork, the region and abroad will be represented, all of which will be offering up samples of their finest wines. Wine-focused seminars will bring the tastes of these vineyards to attendees, including industry guest speakers. Wines are paired with some of the best cuisine the region has to offer, from some of the area's top restaurants and food trucks. Vendors will also be on hand selling home décor, and wine



WEEKEND

Out and About

and gourmet foods, of course, along with other items. A portion of the proceeds will be donated to Disaster Relief as part of the Corks for Charity program.

Saturday, Jan. 20, 1-8 p.m. \$49 in advance, \$65 day of event. \$99 VIP tickets also available. Nassau Coliseum, 1255 Hempstead Tpke., Uniondale. (800) 745-3000 or www.ticketmaster.com or www.nycblive.com.

ON STAGE

Complexions Contemporary Ballet

The dynamic dance company defies all boundaries and aims to reinvent dance through a unique multicultural lens. Combining technical precision, power and passion, the troupe transcends tradition in a groundbreaking mix of styles ranging from ballet to



hip hop. Led by former Alvin Ailey American Dance Theater virtuosos and So You Think You Can Dance choreographers Dwight Rhoden and Desmond Richardson, the company aims to dazzle and thrill — with Rhoden's fiercely kinetic choreography, daredevil dancing by superstar Richardson and company, and a hip soundtrack of pop, rock and classical anthems from Bach to Bowie. The program includes "Star Dust," a tribute to David Bowie, which premiered earlier this year at The Joyce Theater, set to Bowie's iconic music, and featuring glam rock costumes.

Sunday, Jan. 21, 7 p.m. \$74, \$64, \$44. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Performances/ On Stage

Fetty Wap

The rapper in concert, Thursday, Jan. 18, 7 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, Jan. 18, 7:30 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Once

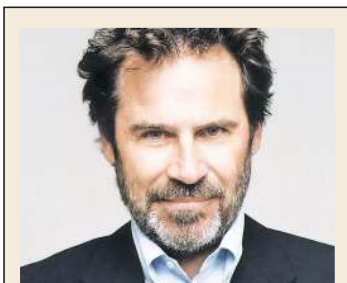
The acclaimed musical based on the Oscar-winning film about an Irish singer-songwriter, Thursday and Friday, Jan. 18-19, 8 p.m.; Saturday, Jan. 20, 3 and 8 p.m.; Sunday, Jan. 21, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engeman-theater.com.

Sophie Buskin and Joshua Garcia

The New York City-based singer-songwriters share the bill, Thursday, Jan. 18, 8:30 p.m. (open mic at 7:30 p.m.). Hard Luck Cafe at Cinema Arts Centre, 423 Park Ave., Huntington. (631) 425-2925 or www.fmsh.org or www.cinemaartscentre.org.

A Squared Quartet

The versatile quartet in concert, Friday, Jan. 19, 9:30 p.m. The ensemble performs straight-ahead jazz infusing modern and pop elements. Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemaartscentre.org.



Dennis Miller

The comedian speaks his mind on his latest tour, Friday, Jan. 19, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.

Royal Philharmonic Orchestra

The renowned orchestra in concert, with violin virtuoso Pinchas Zukerman as guest conductor and soloist, Friday, Jan. 19, 8 p.m. Program includes Beethoven, Mozart and Elgar. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Voyage

The Journey tribute band in concert, featuring Hugo with special guest, Heart tribute band Bad Animals, Friday, Jan. 19, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.



Catherine Russell's 'Harlem on My Mind'

Catherine Russell journeys to the blue heart of the great African American songbook, when she visits the Landmark on Main Street stage, on Friday, Feb. 9, at 8 p.m.

Swinging forth with soulful interpretations, Russell taps the golden age of Harlem, as befits this vibrant daughter of jazz. Vocalists Ethel Waters, Billie Holiday, Etta James, and Dinah Washington provide inspiration where tunesmiths like Benny Carter, Irving Berlin, Andy Razaf and Fats Waller once ruled the roost of a renaissance that continues to reverberate.

Her repertoire features a selection of gems from the 1920's through the present; vital interpretations, bursting with soul and humor. She launches fearlessly into each tune, getting inside the melody and capturing every emotion.

Tickets are \$42, \$37, \$32 available at 767-6444 or www.landmarkonmainstreet.org. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington.

The Rock Pack

Foreigner founding member Lou Gramm in concert, Saturday, Jan. 20, 8 p.m. With Journey's Steve Augeri, Asia's John Payne, Toto's Bobby Kimball, and The Tubes' Fee Waybill. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.



'70s Explosion

45RPM and Disco Unlimited in concert, Saturday, Jan. 20, 8 p.m. The Space, 250 Post Ave. Westbury. (800) 745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.

Shlomo Mintz and Friends

The violin/viola virtuoso in concert, Saturday, Jan. 20, 8 p.m. With Levana Cohen, Esther Noh, Kimberly Foster, and Alison Rowe. Hempstead House, Sands Point Preserve, 127 Middle Neck Rd., Sands Point. 571-7901 or www.sandspointconservancy.org.

Music of Neil Diamond

Vocalist Robert McArthur in concert, with a tribute to Neil Diamond, Sunday, Jan. 21, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

www.goldcoastlibrary.org.

For the Kids

Family Storytime

A storytime session for all ages, Saturday, Jan. 20, 11:30 a.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Be Your Own Inventor

Design and build inventions with Mr. V, using LittleBits and craft supplies, Tuesday, Jan. 23, 4:30-5:30 p.m. For grades 3-6.. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Museums/ Galleries and more...

Artists' Choice

A two-artist showcase of works that complement and contrast. Through Feb. 25. B.J. Spoke Gallery, 299 Main Street, Huntington. (631) 549-5106 or www.bjspokegallery.org.

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, and many others. Through April 15. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.



Tony Vaccaro:

An American Photographer

Works by the acclaimed photographer, who become one of the most sought after photographers of his day, photographing everyone from John F. Kennedy and Sophia Loren to Pablo Picasso and Frank Lloyd Wright, are on view. Through Feb. 4. Gold Coast Arts Center, 113 Middle Neck Rd., Great Neck. 829-2570 or www.goldcoastarts.org.

From Frankenthaler to Warhol:

Art of the '60s and '70s

An exhibition that delves into the two trends that defined the art of the 1960s and '70s: abstract and representational works. Color Field, Minimalist, Pop, and Photorealist work by Don Eddy, Audrey Flack, Helen Frankenthaler, Jasper Johns, Roy Lichtenstein, Richard Lindner, Claes Oldenburg, Fairfield Porter, Robert Rauschenberg, Larry Rivers, James Rosenquist, Andy Warhol, Tom Wesselman, and others are included. Through March 11. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Heroes of the Holocaust

An exhibition of works by 3D pop artist Charles Fazzino. With new works, sculptures and a curated selection of Fazzino's Judaica-themed art from the past 25 years. Through Feb. 2. Holocaust Memorial & Tolerance Center, 100 Crescent Beach Rd., Glen Cove. 571-8040 or www.hmtcli.org.

Masters Show 2018

An exhibit of varied works by local artists. Participating artists include Lauren Skelly Bailey, Shain Bard, Grainne de Buitlear, Anahi DeCanio, Ralph DeCarli, Kathie Domney, Bill Farran, Geraldine Hoffman, Philip Jordan, Marc Josloff, Sharon Lobo, Jared Long, E Craig Marcin, Stan Mehlman, Michelle Palatnik, Jim Sabiston, and William Von Gonten. Through Feb. 3. Main Street Gallery, 213 Main St., Huntington. (631) 271-8423 or www.huntingtonarts.org.

Seashells...Nature's Inspired Design

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

Movie Time

See "American Made," the biopic about an American pilot who became a drug-runner for the CIA during the 1980s in a clandestine operation that would be

exposed as the Iran-Contra affair, Thursday, Jan. 18, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Friday Flick

See "Lady Macbeth," a thriller that centers on a young woman sold into a loveless marriage in 19th-century rural England, Friday, Jan. 19, 2 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or www.glencoverlibrary.org.

Film Screening

See the documentary "Josef and Anni Albers: Art is Everywhere," Saturday and Sunday, Jan. 20-21, 1-4 p.m. The film explores the lives of the pioneers of 20th century modernism, including rare footage. Nassau County Museum of Art, Manes Center, 1 Museum Dr., Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Marjorie Merriweather Post and Hillwood

Journey back in time with multi-media presentation on Post Cereal heiress Marjorie Merriweather Post's Hillwood estate, Sunday, Jan. 21, 2 p.m. Historian Kenneth G. Mensing uses private Post family photos to reveal a glimpse into this magnificent former estate and the pioneering businesswoman who called it home. North Shore Historical Museum, 140 Glen St., Glen Cove. 801-1191 or www.nshmgc.org.

Go, van Gogh!

Examine van Gogh's art and legacy, art historian Dr. Michael Norris, Monday, Jan. 22, 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

At the Movies

See "Victoria and Abdul," the biographical comedy-drama that focuses on the relationship between Queen Victoria and her handsome, young Indian attendant, Tuesday, Jan. 23, 1:15 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.



Fool the Eye

An exhibit that examines how artists use perceptual illusions, devising visual tricks to manipulate space, incorporating spatial illusion. Featured are 20th- and 21st-century artists whose work has explored illusion, including Salvador Dali, Janet Fish, Audrey Flack, Jasper Johns, Judith Leiber, Roy Lichtenstein, Vik Muniz, Ben Schoenzeit, and Victor Vasarely. Through March 4. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9337 or www.nassaumuseum.org.

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Dear Great Book Guru,
 I was at an annual gathering of friends, a "The beat the winter blues gala" last week. While we were dining and chatting, someone brought up a new book she had read set in sunny Greece about a missing person, but she insisted it was not a mystery. It sounded interesting. Any thoughts?

— Seeker of the Sun



**ANN
DIPIETRO**

Dear Seeker of the Sun,
 Yes, all of us could use some sunshine around now, but I'm afraid you won't find it in Katie Kitamura's "A Separation." This is a dark novel set in London and southern Greece. The unnamed narrator has been separated from her husband, Christopher, for over six months. She has little knowledge of his life, but is aware he has had many affairs throughout their marriage. His mother, an ardent sup-

porter of Christopher, and our narrator's nemesis, reluctantly reaches out to her when he stops returning calls. Surprised the mother does not know of the separation, the narrator maintains the secrecy and heads out to the luxurious hotel resort where Christopher is staying. The remainder of this short novel teases us with clues about his life and possible end. Throughout, Kitamura offers us a study on what separates little lies and great betrayals, legal and personal acts, and ultimately, the need to know and the need to protect.

The beauty of Greece shines through this novel but there is no sunshine for its characters. Recommended!

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

HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Possess
- 4 Hourglass fill
- 8 Frizzy hair-style
- 12 Witness
- 13 Bassoon's cousin
- 14 Applaud
- 15 Meadow
- 16 Supreme
- 18 Longtime talk-show legend
- 20 Supporting
- 21 Isinglass
- 24 Apprehensive feeling
- 28 Sunshades
- 32 Unmatched
- 33 Historic time
- 34 Sum
- 36 Tavern
- 37 Teen's facial woe
- 39 Archetype
- 41 Top
- 43 Take the bus
- 44 Knightly address
- 46 Interior design
- 50 Skydiver's need
- 55 Hearty brew
- 56 Oodles
- 57 Eastern potentate
- 58 Lemon meringue —
- 59 "Puttin' on

1	2	3	4	5	6	7	8	9	10	11	
12			13				14				
15			16				17				
18			19			20					
		21		22	23		24		25	26	27
28	29	30				31		32			
33			34				35		36		
37			38		39			40			
41				42		43					
		44		45			46		47	48	49
50	51	52				53	54			55	
56						57				58	
59						60				61	

- 10 Operated
- 11 Make up your mind
- 17 Extinct bird
- 19 Doctors' org.
- 22 Hen pen
- 23 Sacrifice site
- 25 Asian desert
- 26 Metal refuse
- 27 Expression
- 28 Carrots' partners, often
- 29 St. Louis landmark
- 30 Hindu royal ...
- 31 ... and what she may wear
- 35 They counter-act chutes
- 38 Inferior substitute
- 40 Fourth letter
- 42 Twitch
- 45 Actress
- 47 Upper-case, for short
- 48 Hodgepodge
- 49 Need for 13-Across
- 50 Standard
- 51 "The Greatest"
- 52 Decay
- 53 Ref
- 54 Cravat

DOWN

- 1 Scandinavian city
- 2 Cry
- 3 Approach
- 4 One whose reasoning is faulty
- 5 "The — Daba Honeymoon"
- 6 Neither mate
- 7 Unhearing
- 8 Oak nuts
- 9 Winter ailment

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BY SCOTT BRINTON AND TIMOTHY DENTON

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Rarely has Long Island felt Washington's political reverberations as strongly as it has during the first year of Donald J. Trump's presidency.

In November and December, Trump spearheaded the Republican effort to overhaul the federal tax system, reducing the corporate tax rate from 35 percent to the low 20s, while also offering what Trump called middle-class tax relief.

The plan is projected to add \$1 trillion to the national debt over the next decade. It also limits state and local property tax deductions to \$10,000 annually. Such reductions could impact Long Islanders who have depended on them to balance their books in the coming years, according to many, including U.S. Rep. Peter King, a Republican from Seaford, and Tom Suozzi, a Democrat from Glen Cove.

Nevertheless, citizens of Glen Cove are, for the most part, relatively unconcerned. The majority of those surveyed on Trump's performance to date had no opinion.

"I don't really follow any of that," said one, who declined to give her name - another common response in Glen Cove. She had no opinion on his tax plan, the continuing two-front war the U.S. has been engaged in since 2003, or his sometimes intemperate remarks.

Passage of the GOP tax plan led to chaos at the end of 2017 as thousands of Long Islanders scrambled to pay part of their 2018 property-tax bills ahead of time and possibly lower their federal tax burden.

Glen Head residents, on the other hand, were far from indifferent.

"There isn't anyone on Long Island that will benefit from the tax bill," said George Pombar, president of the Glen Head-Glenwood Landing Civic Association. "We've raised such expenditures in the school system that it has become unaffordable for people to take advantage of the tax benefits."

On the other hand, "It doesn't really affect me," said Joe, of Glen Cove, who adamantly refused to give his last name. A small business owner who might be expected to care about taxes, he said, "I've done the math. I don't think I'll pay much more - if any. And Trump isn't doing any-



Christina Daly/Herald

PRESIDENT DONALD TRUMP'S first year in office has seen much turmoil and sparring with political opponents.

thing besides what he said he'd do. I'm something of a fan."

"We [the country] have always been in favor of having a businessman in charge," said Pombar. Fellow Glen Head resident Arnold Sabino appeared to share that sentiment. "I think he's done a bit well as far as finances are concerned. Wall Street is getting better."

Trump visited Long Island in July, and described it as a "blood-stained killing field," suggesting that the El Salvadoran gang MS-13 had taken over.

In Suffolk County, the number of crimes, however, dropped from 21,076 in 2015 to 19,877 the next year - a 5.7 percent decline. That was the smallest number of crimes committed in a single year since 1975, when Suffolk started recording such data, according to The Wall Street Journal. Violent crimes, including murder, robbery and aggravated assault, dropped by nearly 11 percent.

Meanwhile, crime in Nassau County fell to its lowest level in 50 years in 2016, when 26,153 crimes were recorded. Violent crimes fell 9 percent.

Nassau police estimated that there are about 700 gang members in the county - roughly 350 are active. Nassau has 1.4 million residents.

"I like that he speaks his mind," said Joe, "because he's not a politician. He's made it on his own, and he doesn't owe

Trump's "greatest hits" on Twitter @realDonaldTrump

Nov. 28

At least 24 players kneeling this weekend at NFL stadiums that are now having a very hard time filling up. The American public is fed up with the disrespect the NFL is paying to our Country, our Flag and our National Anthem. Weak and out of control!

Dec. 12

The people of Alabama will do the right thing. Doug Jones is Pro-Abortion, weak on Crime, Military and Illegal Immigration, Bad for Gun Owners and Veterans and against the WALL. Jones is a Pelosi/Schumer Puppet. Roy Moore will always vote with us. VOTE ROY MOORE!

Jan. 4

With all of the failed "experts" weighing in, does anybody really believe that talks and dialogue would be going on between North and South Korea right now if I wasn't firm, strong and willing to commit our total "might" against the North. Fools, but talks are a good thing!

Jan. 5

Michael Wolff is a total loser who made up stories in order to sell this really boring and untruthful book. He used Sloppy Steve Bannon, who cried when he got fired and begged for his job. Now Sloppy Steve has been dumped like a dog by almost everyone. Too bad!

Jan. 6

....Actually, throughout my life, my two greatest assets have been mental stability and being, like, really smart. Crooked Hillary Clinton also played these cards very hard and, as everyone knows, went down in flames. I went from VERY successful businessman, to top T.V. Star...

anybody."

Sabino disagreed. "What I dislike is his ever-changing mouth," he said. "He basically says one thing at 8 in the morning and changes that statement at 8 at night."

Agatha Nadel, another Glen Head resident concurred. "If he would just learn to zip his mouth and stay focused on the issues, I think more people would like him, and more would get done at the end of his four years," she said. "He puts up barricades. There are certain ways to say

things."

"I pray for his mind, his footsteps, his actions to be guided," said a concerned Kathy, as she prepared to march in a parade in honor of Martin Luther King Jr. "His job is to help the poor," she added emphatically, "not just the rich."

In June, Trump withdrew the United States from the Paris Climate Accord. His retreat came at a time when the New York State Department of Environmental Conservation released data describing how global warming could affect the state over the long term.

"America has always been a shining light," said Kathy. "He brings it down. It's a shame to have him sit with other world leaders. I can't imagine what they must think of him - and of us."

Pombar felt the same way. "I personally don't think he has the charisma that a president needs," he said. "He doesn't sound presidential; he argues and challenges people too much, and that mentality doesn't create team-building, which is what you need in the position to get things done."

Alyssa Seidman contributed to this story.

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and costs. Premises will be sold subject to provisions of filed Judgment for Index# 22502/08.
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OPINIONS

No, America, the sky isn't falling

Despite all the hand-wringing in the media — which thrives on conflict and disasters — there are many good signs for the U.S. in 2018 that bode well for the country, if we'll just keep our eyes on the future.

Let's start with the economy. The stock market was heading toward 26,000 this week, with unemployment heading

below 4 percent. Along with increased dividends for shareholders and investments in new plants and equipment, corporations are using some of the tax savings they'll see as a result of the tax reform bill to give wage increases as well as bonuses to their



**ALFONSE
D'AMATO**

employees. When Walmart raises its average pay \$2 an hour, to \$11, it means thousands of additional dollars per year in the pockets of each of its 1.5 million American workers.

Consumer confidence is at a 17-year high, as evidenced by the jump of 4 percent in holiday retail sales. Americans have been buying homes and cars at a solid pace. Big manufacturers like Fiat-

Chrysler are moving production back to the U.S. in response to bipartisan pressure on unfair trade practices. The world economy continues to recover from the last recession.

On the international front, a coalition including the U.S. and Russia (yes, Russia) has all but destroyed ISIS and its caliphate in Syria and Iraq. Iran is swept up not in anti-U.S. fervor but in demonstrations against its own oppressive regime. The two Koreas are talking, not fighting, and will be competing together in the upcoming Olympics in South Korea, encouraged by U.S. military and diplomatic resolve, international sanctions, and even some timely pressure from China.

So where is all the trouble for the U.S. that the pundits and naysayers like to dwell on? Maybe it's not there at all. Here at home, we've just got to get down to business and continue to grow our economy with some common-sense initiatives. The biggest boost could come from an infrastructure program favored by both President Trump and a bipartisan coalition in Congress. By combining a portion of the revenue repatriated under lower U.S. corporate tax rates with some

targeted public-private investments, we can finally begin to rebuild the country's decrepit roads and bridges, leaking water and sewer systems and outdated airports. That means more good-paying jobs for American workers.

Though there are challenges ahead, none are insurmountable. We need to improve our education system to prepare students for jobs in the real world. In the U.S., hundreds of thousands of good-paying positions in trades and manufacturing are currently unfilled. Machine operators, plumbers and electricians are all in short supply, yet our schools continue to churn

out graduates who are unprepared for these and other good jobs. We need to look to countries like Germany, which actively support training programs for practical skills that prepare people for meaningful employment opportunities. And our colleges need to rein in their outrageous expense, stop loading up graduates with insurmountable debt, and focus on preparing them to make a decent living and not just pay back sky-high student loans.

Even on the most contentious of issues, immigration, there's room for a reasonable national compromise.

Where is all the trouble that the pundits and naysayers like to dwell on?

Get those girls under the hood of a car

I hit a bump driving through New Jersey last week, just as the sun was going down. Boom! It felt as if the insides of the car (known colloquially as the kishkes) fell out, and I was dragging a dead body.

The car was lurching to the right, and a repetitive thump-thump-thump told me something was really wrong. You see, on



**RANDI
KREISS**

the macro level, I'm clever about cars. Big thumps and steering issues, I know I have a problem. On the micro level? PDH (pretty damn helpless).

I saw a bridge ahead, and realized that once I committed to driving over it I wouldn't be able

to stop, so I made a right onto a small, deserted road. I got out and looked under the car. No intestines were hanging out. I walked around the other side and looked underneath. All fine.

He seemed to be just hanging out. First impression: middle-aged, bald, unreadable expression on his face. "I guess I'll call Triple A," I thought out loud, wondering how to do that and if I had a membership and if we had paid the dues. My day was unraveling in a bad way. I had to get home. I had no idea what to do.

Maybe this guy's a serial killer, I thought. What's he doing hiding on this deserted street, anyway? I saw that "60 Minutes" show on which fake good Samaritans show up to assist women in distress, just to give them a free ride to oblivion. Maybe he was just waiting for a vulnerable woman to come by.

He asked me, "Do you have a spare?"

"I don't know," I confessed, instantly realizing the abysmal depths of my ignorance when it comes to cars.

"Can I look?" he asked, getting out of his car. I wondered where one looks for a spare.

"Sure," I said. Not every serial killer is a bad person, I thought.

He lifted the back area of my Honda CR-V trunk, which I've always thought of as the Land of Mystery, and found not only a spare, but a jack and a wrench in

pristine condition, tucked inside little plastic cases I've never seen in the eight years I've owned the vehicle.

"Do you know you have a picnic table back here?" he asked.

"Yes," I lied.

He started to sweat as he jacked up the car. I mean, big-man sweat, rolling off his head. He had a huge belly and he was breathing hard, and I told him I was worried that he was straining too hard. I could still call AAA. He said he was OK and he could do this.

He jacked up the car, removed the tire, put on the spare and then tightened what he explained to me were the lug nuts. Now, I don't know my lug nuts from my torque wrenches, but he clearly had done this before, and within a half-hour the tire was changed.

He still hadn't said much, so I asked him his name. "Dave," he said. "I'm retired. Used to be a New York City police officer."

I rethought the serial killer scenario. Still possible, but less likely.

I shook his hand and introduced myself, and just then a pickup truck came down the block and the male driver leaned out, leered and shouted, "Lucky

Nobody wants to throw out the hundreds of thousands of young people who have lived in America all their lives and become productive citizens. But we do need to strengthen our borders and reform our immigration system. A compromise is within reach in Washington that would strengthen weak spots on our southern border, deploy more high-tech tools to detect and deter illegal entry, and hire more border patrol guards, in exchange for creating a pathway to U.S. citizenship for those already here. This would allow those living here illegally to come out of the shadows, pay their fair share of taxes and help meet the job demands of a growing economy.

Here in New York — especially in high-tax areas like Long Island — we will face some headwinds in 2018. The elimination of federal deductions for state income and local property taxes could be a real drag on home sales and construction. But as is the case with other challenges, learning to live within our means here is something we can do if our leaders just put their minds and hearts to it.

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.

you had a man with you."

My middle finger was twitching, but then I realized he was absolutely right. Automotively, I am so retro. Not that all the men I know could fix a flat, but I can't think of many women who can. Among the women in my generation, the level of car incompetence is way high. We went to home ec class to learn the backstitch while the boys went to shop, and the rest is history. Fortunately, this has changed; more women know the intimate workings of the cars they drive, and more men know how to take in a seam.

I plan to take an automotive course so I won't feel as stupid as I did that day. Even with an AAA membership, the responsible thing is to know what you drive and know what to do if the kishkes fall out.

Meanwhile, how lucky was I? In a moment of vehicular distress, compounded by my lack of experience, there was a guy parked nearby, ready and willing to help. I hate to say this in the age of women's empowerment, but in that moment I felt like the Woman in Distress, and Dave the Cop was my hero.

Perhaps a more evolved way to put it is, he was a really nice guy willing to help out a stranger in need.

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HERALD EDITORIAL

G.C. needs harassment policy – now, not later

Ever since allegations of sexual harassment against Hollywood big shot Harvey Weinstein and funny man-turned-politician Al Franken, the former Democratic senator from Minnesota, broke late last year, we've been tracking harassment policies at the local level.

Herald editors and reporters have interviewed dozens of officials in various municipalities. Nearly every government body in our coverage area has a policy, most often detailed in a manual that, besides giving the legal definition of sexual harassment and the term "hostile work environment," also discusses specific remedies for various offenses.

Nearly every government body, except one.

The City of Glen Cove does not have a policy against sexual harassment. It's tempting to go for the cheap laugh

and wonder whether it might be a harassment-free paradise. But interview after interview has yet to reveal a single instance in any town, village or city of a woman who has never been harassed anywhere by anyone in any way. So, it's natural to conclude from those interviews, and the list of 75 Glen Cove attorneys who list sexual harassment as an area of legal expertise, that harassment happens in Glen Cove, just as it does in communities across Nassau.

While this egregious oversight baffles, it may also present Glen Cove with an opportunity to address the issue in a way that is at once more compassionate and creative than in other locales.

Sexual harassment thrives on silence, on an unequal power dynamic that motivates some to shield or enable the perpetrator while simultaneously failing to protect the victim, according

to Dr. Liena Gurevich, a Hofstra University sociology professor. She favors the zero-tolerance approach common to most harassment policies.

The combative approach common to court cases often intimidates even powerful complainants from coming forward, as shown by the A-list actresses who allege they were Weinstein's victims. Gurevich suggests a policy akin to the reconciliation commissions set up after the overthrow of apartheid in the Republic of South Africa in the early 1990s, when victims told their stories without interruption while their alleged perpetrators listened silently.

Whatever approach Glen Cove were to choose, it would surely be an improvement on its current "zero" option: zero opportunity for redress, zero consequences and zero policy. It's time for a change, Glen Cove.

Looking back on the year that was Trump

The Herald is a local newspaper. We write about local issues. Traditionally, we have largely steered clear of national politics, rarely criticizing the president. That is, until President Donald J. Trump took office.

On our editorial page over the past year, we have mostly stuck to local, regional and state issues. Increasingly, however, we have thought it necessary to opine on the many outrageous statements and actions by our 45th commander in chief.

Trump has repeatedly attacked Muslims

and Hispanics. He has offered a dizzying array of views on white nationalists and neo-Nazis, siding with them while also half-heartedly denouncing them.

He has called Long Island a "blood-stained killing field," suggesting that the notorious El Salvadoran gang MS-13 has taken over here. (It hasn't.) He has also eliminated many of the state and local tax deductions that Long Islanders have long depended on to balance their budgets.

So, throughout 2017, we repeatedly saw a need to weigh in on the president's behav-

ior — many would say bad behavior. Just last week, he reportedly referred to certain developing nations as "s---hole countries." How many times must we denounce the president's words as just plain wrong?

On Jan. 20, we will mark the first anniversary of Trump's inauguration. As we do, we look back on a year marred by ugly Twitter rants and manufactured controversies.

Let us hope for a kinder, gentler, more productive 2018, Trump's second year in office.

LETTERS

December wasn't a tax windfall

To the Editor:

New Yorkers rushed to pay — and even prepay — taxes before the new federal law limiting local and state tax deductibility took effect on Jan. 1. As a result, local governments experienced increased property-tax revenue for December, compared with expected collections for the prior year. These unplanned increased collections do not reflect actual property-tax growth for last year.

Some taxpayers stood in long lines, often for many hours. The fact that they went to such lengths demonstrates just how devastating the federal tax changes are expected to be for many New Yorkers. The federal cap on state and local tax deductions is a painful reality, effectively raising property taxes and reducing home values.

I want to express Governor Cuomo's appreciation to the many local leaders and their staffs who, on behalf of their constituents,



OPINIONS

Finger-pointing that's doing the country no good

Buried in our country's history books are the names of thousands of people that may not mean much to the average citizen, but during their careers, they were responsible for protecting America in so many ways. FBI special agent and Associate Director Mark Felt, who turned out to be Bob Woodward's "Deep Throat," provided the inside information that led to



**JERRY
KREMER**

uncovering the Watergate scandal. Other unsung FBI heroes such as Melvin Purvis, Joe Pistone and Charles Winstead were in the vanguard of FBI agents whose exploits are no longer in the spotlight.

Over the past few weeks, President Trump has chosen to attack the FBI, the Department of Justice and any and all of their allied agencies. These attacks have been so over-the-top that anyone who has any degree of loyalty to America has to be concerned. The FBI has been in existence

since 1908. It has roughly 40,000 employees scattered all over the country. Its tasks are often compared to M15, Great Britain's most revered investigative agency.

The FBI has generated its share of controversy, especially when J. Edgar Hoover was its leader. But whether you like the bureau or not, it is on the front lines when it comes to keeping this country safe, and if it were abolished, the U.S. would be a lot less so. There's no doubt that employees of the FBI have opinions about politics, but as American citizens, we all have that right. To claim that they are "biased" and to call them the "enemy," as Trump has done, is frightening and despicable.

The investigations into the activities of the Russian government and its operatives have consistently verified that Russia was actively involved in trying to interfere with the 2016 presidential election. Those underhanded tactics are continuing. A couple of weeks ago, it was revealed that 500,000 online comments made to the Federal Communications Commission about a planned vote on internet access all came from Russian sources. The deeper the probe of Russian influence goes, the more inflammatory are the insults to the intelligence community from Trump and a handful of right-wing members of Congress.

Added to those attacks are the vicious efforts to undermine the work of Special Counsel Robert Mueller, who was appointed by George W. Bush and is considered among the most respected FBI heads in modern history. He is a registered Republican who has never spoken out on any political issue. But in an effort to torpedo his work, certain members of Congress are calling for him to be arrested and taken out in handcuffs.

It isn't fair for anyone to conclude at this point that the president is guilty of any criminal acts. The Mueller investigation will establish what Trump and his insiders knew or didn't know and what they did or didn't do. But the president's almost daily attacks on the intelligence community are frightening, because if you undermine the agencies sworn to protect us, what's left of the democratic system?

During the Clinton years, there were many strong attacks on Independent Counsel Kenneth Starr. As mean-spirited as those attacks were, the current firestorm of hatred for a government prosecutor has gone beyond all the boundaries of decency. Starr's findings led to a vote in the House of Representatives to impeach President Clinton. Whether you agree or disagree with what happened, our justice system functioned and did its job.

What is just as discomfiting as the war against the intelligence communities is the meanness of some current members of the Republican Senate leadership. The poor people of this country have no lobbyists or major defenders in Washington, so they're at the mercy of people like Sen. Orrin Hatch, a Utah Republican who claims that there is no money to renew the Children's Health Insurance Program, which protects 9 million children from serious health issues. Or Sen. Chuck Grassley, a Republican from Iowa who defended repealing the estate tax to help the rich "as opposed to those people that are just spending every darn penny that they have, whether it's on booze, women or movies."

I'm no bleeding-heart liberal, and I have a record of independent government service to prove it. But as we begin a new year, we are experiencing a national nightmare that threatens to turn America into a banana republic.

Jerry Kremer was a state assemblyman for 23 years, and chaired the Assembly's Ways and Means Committee for 12 years. He now heads Empire Government Strategies, a business development and legislative strategy firm. Comments about this column? JKremer@liherald.com.

LETTERS

worked exceptionally hard to issue tax warrants and process payments at the end of December, helping many families as they navigated the devastating financial impacts of the federal tax plan.

Counties and other local governments should not consider these increased collections a revenue windfall, but rather adjust their anticipated schedules of collections. It would not be prudent to increase spending based on December collections.

At the state level, the Division of the Budget experienced similar behavior. State personal income tax withholding and quarterly estimated payments

received at the end of December were above financial plan projections. Many taxpayers, either on their own or at the advice of tax practitioners, have again taken extraordinary actions to avoid negative federal tax consequences, this time on their state income taxes. As is the case with local governments, this is not a windfall. We expect that these unanticipated December receipts will be offset by a decline in personal income tax receipts for 2018.

ROBERT MUJICA
*Director, New York State
Division of the Budget*

Hoping for a statewide ban on plastic bags

To the Editor:

The New York State Plastic Bag Task Force released its final report last week. It included a suite of options to reduce single-use bag pollution in the state.

Task force members included the state Department of Environmental Conservation, Environmental Conservation Committee chairs from the Senate and Assembly, the state Association of Counties, the New York League of Conservation Voters and the Food Industry Alliance. The task force was unable to agree on one policy, and instead issued a menu of options, including banning plastic bags, adding a fee for both plastic and paper bags, banning plastic bags while adding a fee for paper, and increasing public education.

Citizens Campaign for the Environment thanks Governor Cuomo for elevat-

ing the issue of plastic pollution to the state level, and the task force for working toward a solution over the past year. While the task force unfortunately did not reach a consensus, we are pleased that its recommendations included a statewide policy that would most effectively tackle our disposable-bag pollution problem. That policy is a ban on single-use plastic bags and a fee for paper bags.

After working to pass Bring Your Own Bag laws in more than a dozen municipalities in New York, and analyzing disposable-bag-reduction policies around the country, CCE has found that banning single-use plastic bags and adding a fee for all other bags, including paper and thicker plastic bags, achieves overwhelming success. From California to New Castle, N.Y., this type of ban/fee policy has resulted in

FRAMEWORK by Jannifa and Jeffrey O'Brien



At the Arc de Triomphe — Paris

large-scale decreases in plastic and paper bag use and litter, as well as a significant increase in the use of reusable bags.

We are now counting on the governor to keep his promise to environmental organizations to provide a statewide solution to plastic pollution that bans single-use plastic bags, establishes a fee for

paper bags and dedicates revenue from the fee to environmental programs in his upcoming executive budget proposal.

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Farmingdale*



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