

**SPRING FORWARD**  
at 2 a.m. on Sunday.  
Remember to change your  
smoke detector batteries.

GLEN COVE

# HERALD

## Gazette

**DEADLINE EXTENDED APRIL 2<sup>ND</sup>**  
Lower your property taxes!  
**MAIDENBAUM**  
THE LEADER IN PROPERTY TAX REDUCTION  
Sign up today. It only takes seconds.  
Apply online at [mptrg.com/herald](http://mptrg.com/herald)  
or call 516.479.9178  
Hablamos Español

Maidenbaum Property Tax Reduction Group, LLC  
483 Chestnut Street, Cedarhurst, NY 11516



**Welcoming  
St. Patrick's Day**  
Page 13

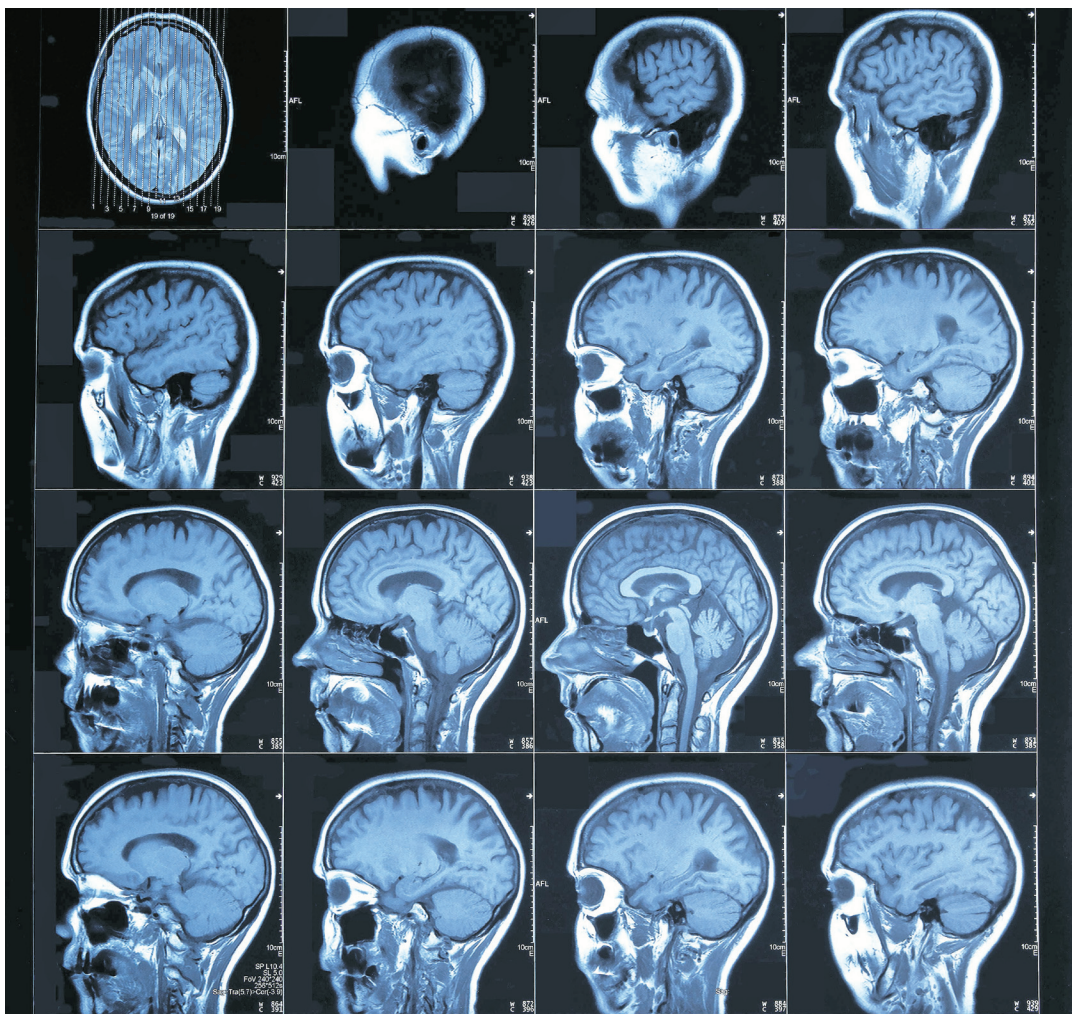


**Special Section:  
Nutrition and  
Heart Health**

VOL. 27 NO. 10

MARCH 8-14, 2018

\$1.00



Courtesy Northwell Health

**CT SCAN IMAGES** of an adult can offer information on the brain, including how stress affects it.

## Women are stressed out

### Study: Rates are highest in tristate area

**BY LAURA LANE**  
[llane@liherald.com](mailto:llane@liherald.com)

When her stress levels become unmanageable, 47-year-old Alisa Schindler heads to her Port Washington home's computer room to write. Married with three active boys, ages 15, 12 and 10, she also takes care of her father, who has been ailing for many years. She has been caring for him since she graduat-

ed from college, living with him because she was afraid to leave him alone.

When it all gets to be too much, Schindler says, she finds solace in writing. Articles she has published focus on being a caretaker of an ill parent. "People do get back to me," she said. "It makes me not feel alone. Writing is actually my savior."

Last fall, Northwell Health and its Katz Institute for

Women's Health partnered with National Research Corporation Health to conduct a survey. National in its reach, the study queried 3,000 people, asking them about their health, including how they experience stress. The findings were hardly a surprise: Women in the tristate area are significantly more prone to stress.

CONTINUED ON PAGE 18

## TPS holders cast into the shadows?

By **NADYA NATALY** and **ZACH GOTTEHRER-COHEN**  
[nnataly@liherald.com](mailto:nnataly@liherald.com), [zgottehrer@liherald.com](mailto:zgottehrer@liherald.com)

*Part one of an ongoing series.*

*Curtailed Temporary Protected Status, or TPS, has become a flashpoint in national politics since President Trump announced in December and January that the program would end in 2019 for Salvadorans and Haitians. Over the past two months, the Herald has interviewed Nassau County TPS holders, law enforcement officials, civil rights advocates, community groups, legislators and lawyers to better understand the issues surrounding TPS. In this series, "No Place to Call Home," we will explore and unravel the realities of stripping almost 10,000 Nassau immigrants of their legal status.*

— a nearly 30-year-old program that grants legal status to immigrants from countries devastated by conflict or natural disasters — could mean that thousands of employed, tax-paying, home-owning Nassau residents will be forced underground, working off the books and hoping that immigration officers don't catch up with them.

Most TPS holders in New York state have been here legally for more than 20 years, according to the Center for American Progress. Overall, they account for \$1.5 billion of the state's annual gross domestic product — the total of all goods and services produced.

**R**ight now, [TPS holders] have to take this as if a storm was coming.

**JOHN BARRERA**  
Attorney,  
Freeport immigration

In Nassau County, more than 4,000 TPS holders have taken out home mortgages, and account for about \$762 million in economic activity. Economics aside, in the decades they have called Nassau home, they have built lives here. They are students, PTA members and business owners.

For Haitians and El Salvador-

CONTINUED ON PAGE 12

# CAMP JACOBSON

## JOIN OUR CAMP FAMILY!



**DOOR TO DOOR TRANSPORTATION •  
THREE HEATED SWIMMING POOLS • SPORTS •  
MUSIC • NINJA WARRIOR OBSTACLE COURSE •  
ART • EURO BUNGEE • MINI GOLF • COOKING**

**TAKE A TOUR TODAY OR JOIN US  
AT OUR SPRING OPEN HOUSE  
ON SUNDAY, APRIL 15, 11AM-1PM!**

REGISTER AT [CAMPJACOBSON.COM/OPENHOUSE](http://CAMPJACOBSON.COM/OPENHOUSE)

**CAMPJACOBSON.COM**

516.626.1094 • 340 WHEATLEY ROAD, OLD WESTBURY



962389



Christina Daly/Herald Gazette

**THE WELLS AT** the Duck Pond Road well site were closed after a contaminant was found. If the city doesn't re-open them before summer, Glen Cove could face a water shortage.

## City hears emergency plan for well fixes

By **ZACH GOTTEHRER-COHEN**  
zgottehrer@liherald.com

At a Glen Cove Pre-council meeting on the evening of March 6, council members were presented with a “unique” opportunity to purchase parts for a filter that could allow for a restart of the city’s wells that were closed earlier this year after contaminants were found in its water.

Bill Merklin, the senior vice president of the Civil Engineering and Water Supply Divisions of engineering firm D&B told the council that he had found a piece of old equipment through a supplier — Philip Ross Industries, based in Wyandanch — that could be refurbished into an air stripper, a piece of equipment required to filter the offending contaminant — Freon 22 — from the water.

“The issue really comes down to the timeline,” Merklin said. “We need these two wells to be back in service for the summer or else we’re going to face a significant shortfall.”

The emergency filter could be constructed and installed by June, he said, just in time for the summer. In essence, his proposal consists of paying Philip Ross Industries, which just happens to be in possession of the aluminum shell of a used air stripper, to refurbish it, outfit it with new internal hardware — the “guts,” Merklin called them — and install it at the Duck Pond facility that is home to the two downed wells.

The emergency measure would be enough to hold the city over through two summer seasons, Merklin said, by which time a permanent filter could be obtained through regular procurement procedures, which could take about two years.

The presentation came amid news that for the past six weeks, Freon 22 had been undetectable in one of the closed wells at the Duck Pond Road facility. Lou Saulino, the city’s director of public works, previously told the Herald Gazette that a letter had been drafted to the county informing them of this development.

The letter, when sent, will be a part of the city’s water compliance plan, which the county asked it to create in anticipation of the high demand for water over the summer. The emergency filter, if the council votes to approve the proposal, is expected to be a part of the compliance plan, which is due to the county on March 16.

Merklin noted that other measures that the council was considering to meet the high demands — purchasing excess water from a neighboring municipality or water provider — would likely fall short, or prove too expensive. Councilwoman Pamela Panzenbeck noted that other providers in the area have recently seen prices jump significantly. The Sea Cliff/Glen Head Herald Gazette has previously reported that customers of New York American Water, the utility that serves nearby Sea Cliff and Glen Head, have seen their bills increase by over 33 percent in recent months.

The Locust Valley Water District could only provide about 1 million gallons per day, a quarter of what they would need, and other nearby providers are facing similar situations and will be having demand troubles of their own. Jericho’s water district could only provide water on a day-to-day basis.

Mayor Tim Tenke observed, “We don’t have a lot of options,” and added that even if the city could fulfill its summer demand from nearby areas, the county has expressed a strong preference for a solution that relies on Glen Cove’s own water supply.

Merklin discussed his own cost estimates for the emergency measure at the pre-council meeting, calling them “conservative.” The council asked the press not to publicize the estimates to avoid a negative impact on the negotiations.

If Merklin can provide Charles McQuair, the city attorney, with a final cost of the project in time, the proposal is expected to be on the agenda for the council’s March 13 meeting.

# Glen Cove gears up for nor'easter: round 2

## Still recovering from the first one, North Shore faces second winter storm in a week

By ZACH GOTTEHRER-COHEN  
zgottehrer@liherald.com

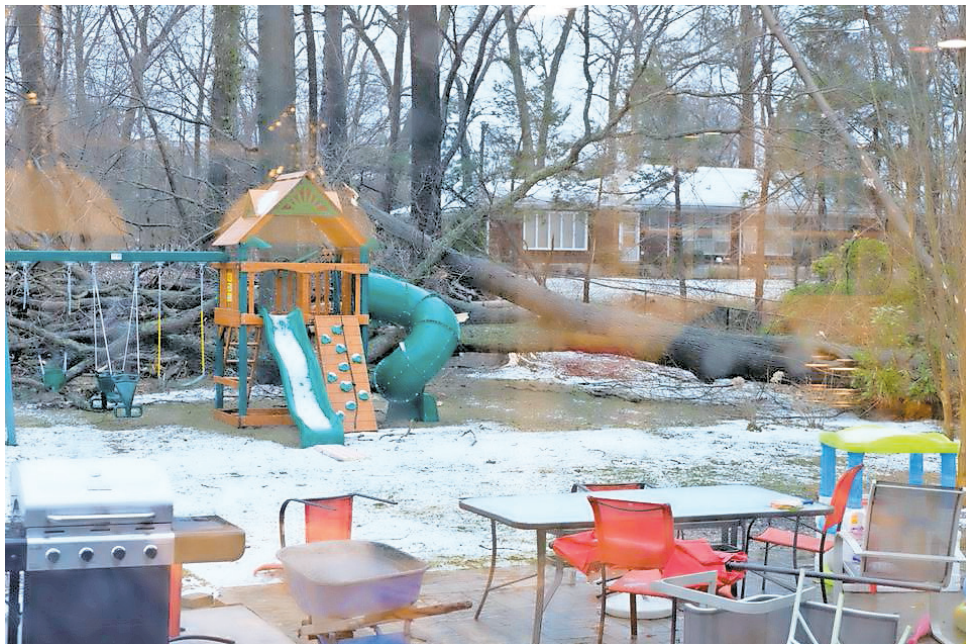
Among the ravages of a nor'easter late last week in Glen Cove, Mayor Tim Tenke listed the following: a mudslide, and a battered, damaged granite sea-wall near Morgan Park; a beach — Prybil — whose sand has been completely swept away; downed trees around the city that wreaked havoc on any vehicles, fences, and electrical lines in its path.

The damage wasn't limited to public amenities. A neighbor's tree fell into the yard of Madeline Schnabel Brisotti, of Porter Place in Glen Cove, knocking down four of her own trees like dominos, and badly damaging her fence.

Less than a mile south of Brisotti, a children's swing-set in the backyard of Anthony Imbriano, of Sea Cliff Ave. in Glen Cove, had a near-miss with his neighbor's fallen tree. "Cleaning it up will be a chore," he said, "but it could be worse." He added that between he and some workers from his landscaping business, "should be able to tackle this and have some nice firewood at the very least."

The March 2 storm was the first of two nor'easters in the first week of March. Even as the Herald Gazette goes to press on Wednesday, the second, admittedly weaker storm, has been in the process of depositing a great deal of snow throughout the day.

The second storm is expected to exacerbate an electrical infrastructure already weakened by the first, which left some Glen Cove residents without power throughout the weekend and into Monday.



Courtesy Anthony Imbriano/Facebook

**ANTHONY IMBRIANO'S CHILDREN'S** playset weathered the storm, but just barely. Had his neighbors tree fallen just feet closer, it would have been crushed.

Elizabeth Flagler, a spokeswoman for electric company PSEG, said that across Long Island, there were over 120,000 reported outages, and that by Monday afternoon, there were still 88 customers without electricity. "It took, in many cases, multiple crews to get the wires untangled and restrung," she said, adding that many of the repairs took place during the height of the storm.

"As soon as the crews finish restoring power from the prior storm," Flagler said, "we're going to give them a rest and then get them back out there" to harden the power lines in anticipation of the mid-

week storm.

It remains to be seen how Glen Cove's other infrastructure will fare, and what will need to be done in the aftermath. Tenke said that in order to repair the erosion to Prybil Beach, which he said was "essentially gone," the city would likely have to truck in sand from elsewhere to reestablish it. It was too soon to know what that process would look like.

He also talked about bringing in the Army Corps of Engineers to figure out how to repair the damaged sea wall near Morgan Park. "It's made out of granite blocks," he said, with each one weighing

over a thousand pounds. The wall, he said, was damaged, "significantly, to the point where the wall itself is leaning inland."

Despite the work that the city still faces, he said he was proud of the work that it had already done. He lauded Manny Grella, general foreman of the Department of Public Works, for his quite literally tireless efforts. "Our DPW crew did a phenomenal job," Tenke said. "[Grella] worked from Friday morning to Saturday morning, slept for a few hours and was right back out there" by 11 a.m. Saturday.

Tenke also mentioned the work of the Glen Cove Police Department, who were tasked during the storm with securing the scenes of downed power lines. Detective Lieutenant John Nagle, the department's spokesman, said that there were "a host of problems" that the live wires could cause. The electricity could arc from an exposed wire and electrocute someone or start a fire, Nagle said, adding that while the weekend storm caused a fire on one electrical pole, there were no serious injuries reported.

Nagle said that, for the most part, "people stayed off the roadway and that was a good thing." For the mid-week storm, he said, "We recommend that again. Give public works a chance to get things cleaned up.

"If you're going to the hospital," he continued, "that's fine, we understand. But if you're going out for coffee, or to go see the high tide at the beach, you're just putting yourself in danger, and you're putting us in danger."

# Nearly 100 attend Black History Month Celebration

This year's Black History Month Celebration, held on Feb. 24, was a big success, with nearly 100 people attending. Hosted by former Glen Cove City Councilman Rod Watson and Maureen Damar it was held at the Knights of Columbus.

The evenings special guest Retired Detective Brian Simmons, was honored for his work with Alumni for Youth Inc., an organization that provides educational workshops and scholarships for Glen Cove High School African American graduates who wish to go to college.

Watson said he was proud and happy that \$2,000 was raised at the event to provide for several scholarships for this year's GCHS graduates. The organization was created in honor of Howard Davis, Sr.

—Laura Lane

**MEMBERS OF THE** Glen Cove Youth Group board and honoree Brian Simmons back row, second from left.

**BRIAN SIMMONS, THE** celebration's honoree spoke with Phyllis O. Burnett, left, and Councilwoman Pamela Panzenbeck.



Photos by Elisa Dragotto/Herald Gazette



### Four scholarships available

The New York Conference of Italian-American State Legislators will be offering four \$3,000 scholarships to current and prospective college students. Applications are due by Monday, April 16 to Assemblyman Ed Ra's district office, 825 East Gate Boulevard, Suite 207, Garden City, NY 11530.

The awards will be presented on June 4 in Albany at the conference's annual Legislative Conference Day.

Applicants should be able to demonstrate a financial need for the scholarship, and must have a GPA of at least 85, participate in extracurricular activities, possess good conduct, be an active member of their community and exhibit a commitment to earning a higher-education degree. Two scholarships will be awarded based on a student's academic achievements and two will be awarded based on a

student's athletic performance.

"I am so pleased that we are able to once again offer this scholarship and help aid four more students' dreams of furthering their education," said Ra. "With the cost of college continually climbing, it is crucial that we let our children know that going to college is still an option for them with opportunities such as this scholarship. As there are so many talented young adults on Long Island who are deserving of awards such as these, I would encourage all eligible to apply."

Applications for residents of the 19th Assembly District can be obtained by calling Assemblyman Ra's District Office at (516) 535-4095 or by emailing [rae@nyassembly.gov](mailto:rae@nyassembly.gov). Applications can also be submitted in person.

-Zach Gottehrer-Cohen

### Glen Cove Boys & Girls Club prepares teens for the job market

Glen Cove Boys & Girls Club invites teens between the ages of 16 and 18 to participate in the Club's Summer Youth Employment (SYE) program. The SYE program is uniquely designed to help prepare teens for the competitive job market by providing them with a better understanding of the application and interviewing process, and equipping them with the necessary presentation skills to meet the requirements and expectations of employment opportunities.

The program will take place in two sessions with each session consisting of a series of five mandatory workshops. Each mandatory workshop will focus on different aspects of career development from preparing for college, to fine-tuning job searching techniques and interviewing skills, to learning how to manage finances. Bethpage Federal Credit Union Bank will conduct the financial literacy class that is part of the program.

The sessions will be held from 6:30 to 8 p.m. with session one taking place on consecutive Wednesdays from March 14 to April 8. Session two will take place on Tuesdays and Thursdays from April 24 to May 8.

After completion of the SYE workshops, teens can apply to become paid group leaders for the Club's Summer Program, which runs from July 9 to August 17. Each applicant will be required to go through the Club's official hiring and interview process and attend training from June 25-29.

To learn more about the Club's Summer Youth Employment and how to qualify for the Summer Program group leader position, email Teen Program Director, Breanna Townsell at [btownsell@glencovebgc.org](mailto:btownsell@glencovebgc.org) or call 516-671-8030, ext. 107.

-Alyssa Seidman

### Local resident releases "Danny Boy" single

Just in time for St. Patrick's Day, Gaitley Stevenson-Mathews, of Glen Cove, recently released a single, "Danny Boy by Gaitley." Produced by Purple Thistle Productions, the single features Stevenson-Mathews, who ran unsuccessfully as a city councilman candidate in the last election, as vocalist. Jim Stevenson-Mathews accompanies him on piano. This is the duo's first single and the first recording of an Irish song.

"While I love Scottish music," explained Stevenson-Mathews, "and I always enjoy exploring the Scottish side of my heritage, in doing my genealogical research, it turns out I am



Courtesy Gaitley Stevenson-Mathews

**THE COVER ART** for Gaitley Stevenson-Mathews single release of "Danny Boy."

more Irish than Scottish. With this in mind, it seemed only fitting to finally release an Irish song and what better song than "Danny Boy."

Stevenson-Mathews credits local residents Lisa Forgione and Shannon Lalonde for encouraging him to finally release the recording.

A digital recording of the single is available at CD Baby ([www.cdbaby.com](http://www.cdbaby.com)). Search for "Danny Boy by Gaitley." The recording will also be available via iTunes and some free music streaming sites like Spotify and Pandora by

the end of the month.

-Laura Lane

### Arrests

■ Male, 22, from Massapequa, was arrested for seventh-degree criminal possession of a controlled substance, unlawful possession of marijuana, third-degree aggravated unlicensed operation, and VTL violations on Glen Cove Avenue, on Feb. 25.

■ Male, 57, from Glen Cove, was arrested for petit larceny on Capobianco Street, on Feb. 25.

■ Male, 70, from Long Beach, was arrested for petit larceny on Forest Avenue, on Feb. 25.

■ Male, 42, from Glen Cove, was arrested for urinating in a public place on Glen Street, on Feb. 25.

■ Male, 57, from Glen Cove, was arrested for disorderly conduct and consuming alcohol in a public place on Glen Street, on Feb. 26.

■ Male, 23, from Springfield Gardens, was arrested for third-degree assault on Glen Cove Avenue, on Feb. 27.

■ Male, 24 year, from Glen Cove, was

arrested for first-degree criminal contempt on Glen Street, on Feb. 27.

■ Male, 29, from Glen Cove, was arrested for unlawful possession of marijuana on Knoll Place, on Feb. 27.

■ Male, 43, from Glen Cove, was arrested for carrying an open container of alcohol on Glen Cove Avenue on Feb. 28.

■ Male, 34, from Locust Valley, was arrested for seventh-degree criminal possession of a controlled substance on Donahue Street, on Feb. 28.

■ Male, 52, of Glen Cove, was arrested for two counts of third-degree criminal possession of a controlled substance on Donahue Street, on Feb. 28.

■ Male, 44, of Locust Valley, was arrested for aggravated DWI with a child in the car, DWI, reckless driving, endangering the welfare of a child, and other VTL violations on Cedar Swamp Road on March 1.

■ Male, 32, of Locust Valley, was arrested for endangering the welfare of a child on Cedar Swamp Road on March 1.



1-800-244-TIPS

Nassau County Crime Stoppers

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



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.

HERALD  
Community Newspapers  
[www.liherald.com](http://www.liherald.com)

Have a great story?

Call our editors today  
516-569-4000 or email  
[exeditor@liherald.com](mailto:exeditor@liherald.com)

GLEN COVE  
**HERALD**  
Gazette

HOW TO REACH US

Our offices are located at 2 Endo Blvd. Garden City, NY 11530 and are open from 8:30 a.m. to 5:30 p.m., Monday through Friday.

MAIN PHONE: (516) 569-4000

- **WEB SITE:** [glencove.liherald.com](http://glencove.liherald.com)
- **E-MAIL:** Letters and other submissions: [glencove-editor@liherald.com](mailto:glencove-editor@liherald.com)
- **EDITORIAL DEPARTMENT:** Ext. 327 **E-mail:** [glencove-editor@liherald.com](mailto:glencove-editor@liherald.com) **Fax:** (516) 569-4942
- **SUBSCRIPTIONS:** Press "7" **E-mail:** [circ@liherald.com](mailto:circ@liherald.com) **Fax:** (516) 569-4942
- **CLASSIFIED ADVERTISING:** Ext. 286 **E-mail:** [ereynolds@liherald.com](mailto:ereynolds@liherald.com) **Fax:** (516) 622-7460
- **DISPLAY ADVERTISING:** Ext. 249 **E-mail:** [sales@liherald.com](mailto:sales@liherald.com) **Fax:** (516) 569-4643

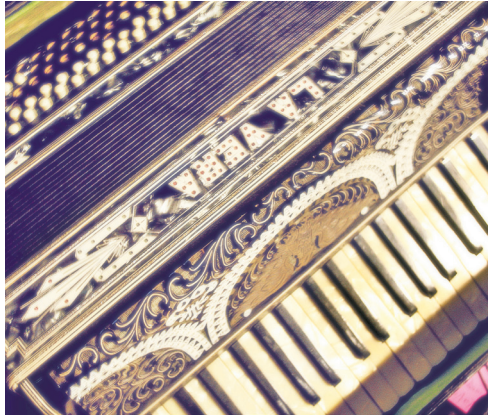
The Glen Cove Herald Gazette USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald Gazette, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$30 for 1 year within Nassau County, \$52 for 1 year out of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2018 Richner Communications, Inc. All rights reserved.**

## THE WEEK AHEAD

### Nearby things to do this week

#### Regency University Series: Rosalba Ranieri

On March 20, Italian-born musician Rosalba Ranieri will share her family's heritage with accordions, showcase her collection of vintage instruments and even play a tune or two. The lecture will be held at the Regency Assisted Living, 94 School St., Glen Cove at 2:30 p.m. Info: (516) 674-3007.



#### Meet the author

On March 20, author Min Jin Lee will be at the Glen Cove Library to discuss her new novel. "Pachinko" is a 2017 National Book Award Finalist for fiction and one of The New York Times Book Review's 10 Best Books of 2017. A saga of a family in exile from its homeland, it tells of the extraordinary difficulties Koreans faced under Japanese colonization of the country from 1910 to 1945. A book signing and Q & A will follow. Registration is suggested. Call the Reference Desk at (516) 676-2130. 4 Glen Cove Ave., Glen Cove, 2 p.m.

#### The Friends of Sagamore Hill present: Darrin Lunde

As part of the 2018 John A. Gable Memorial Lecture Series, sponsored by The Friends of Sagamore Hill, Collection Manager Darrin Lunde of the Smithsonian Natural History Museum will give a lecture on March 15 at 7 p.m. in Christ Church Parish Hall, 61 E. Main St., Oyster Bay. For more information, contact foshobny@aol.com.



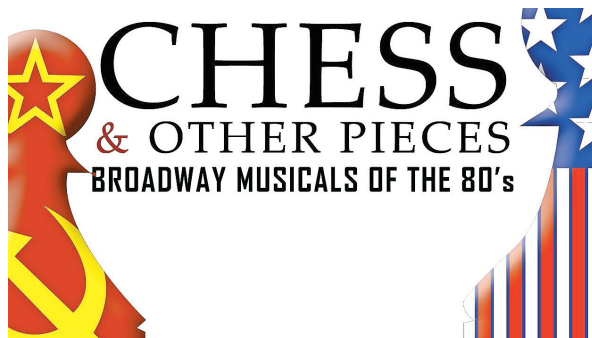
#### Sketching the galleries

Immerse yourself in art and explore your creative side, at Heckscher Museum of Art, Sunday, Jan. 11, 11 a.m.-5 p.m. This session is not about the final result but rather taking the time to look closely at works of art in the galleries to get a better understanding of the artist at work. Visitors of all ages are invited to help yourself to a variety of drawing supplies, grab a seat, and create. Info: (631) 351-3250 or www.heckscher.org.



#### An evening with 'Chess'

A cast of Broadway performers stages a pops concert version of "Chess," the Tim Rice/ABBA rock opera set during the 1980s Cold War, at the Madison Theatre, on the Molloy College campus, on Saturday, at 7:30 p.m. The cast includes Molloy Cap21 Theatre Arts students, accompanied by the South Shore Symphony. Info: (516) 323-4444 or www.madisontheatre.org.



#### Celebrate St. Patrick's Day with the six-time Grammy Award winners, The Chieftains!



#### The Chieftains March 17

Tillescenter.org or ticketmaster.com | 516.299.3100 (M-Sat) 1-6PM.  
LIU POST. 720 NORTHERN BLVD. BROOKVILLE, NY 11548

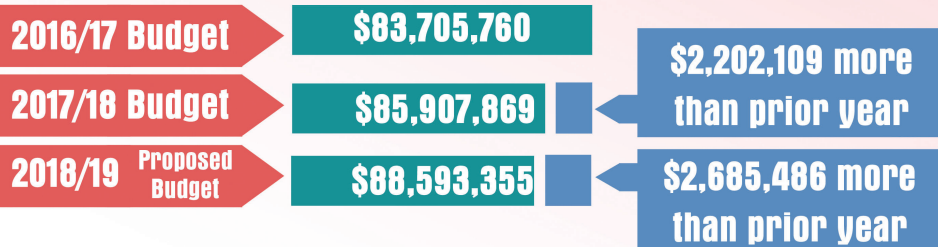
2017-18 SEASON SPONSOR

Capital One INVESTING for Good

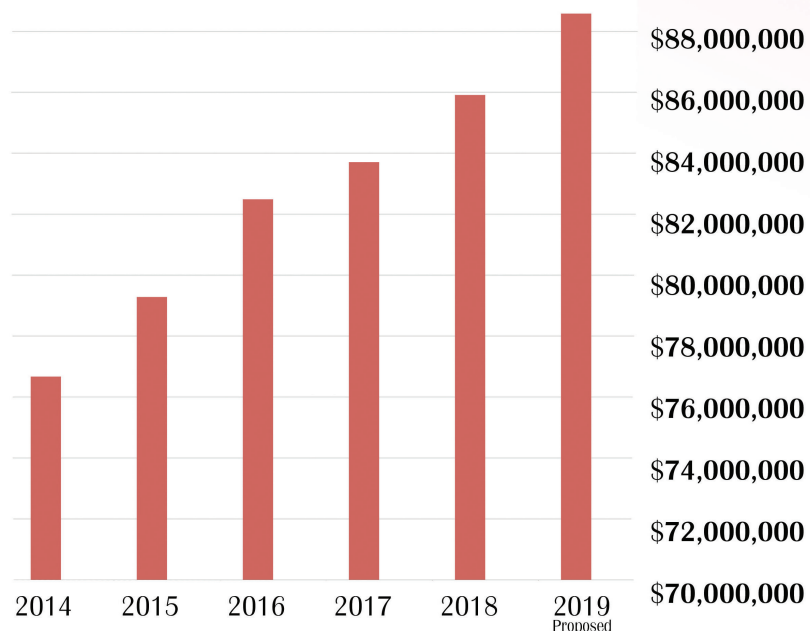


The 2017-18 Presenting program receives funding from the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature.

# HERALD SCHOOLS



3,209 students in 2016/17 = @ \$26,085 per student



**6** Schools in the district  
 1 High School  
 1 Middle School  
 4 Elementary Schools

## How can I get involved in the budget process?

Assistant superintendent for business Victoria Galante said she wants more people to voice their budget opinions.

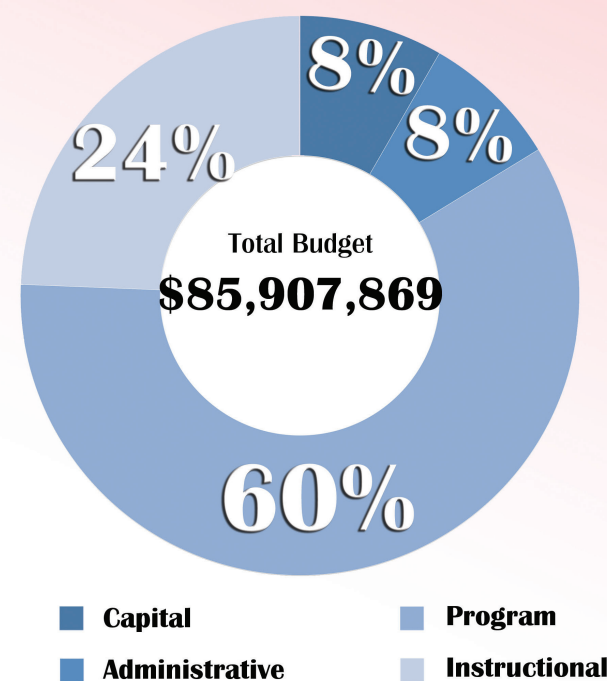
"It's good to have feedback," she said. "It doesn't mean we can always give them what they want, but it gives us a sense of the direction we should be going in."

## More money will go to:

A new Psychologist

More STREAM teachers

New IT director



Graphics by Christina Daly/Herald Gazette with data from the Glen Cove School District

AS THE BUDGET process moves along, some administrators said they want more public input. Here's some information about this year's budget proposal compared to prior years.

## Budget season for Glen Cove Schools

As the Glen Cove School Board gears up for its vote on the 2018/2019 budget vote, administrators have been going line-by-line, evaluating their priorities for the district, and working to keep expenses in line with revenues.

The according to presentations by the district's assistant superintendent for business, Victoria Galante, the gap between income and appropriations in the proposed budget has been reduced from about \$2 million in mid-January to about \$600,000. In the coming weeks, she hopes to eliminate that gap entirely.

New appropriations for security — a topic of much concern for parents and educators since the school shooting last month in Parkland, Florida — do not appear to be in the proposed budget. In fact, the most recent proposal contains an almost \$19,000 cut to security personnel, an extra \$300 for uniforms, and no change to the security contract, staff development, general supply or maintenance lines.

Galante said that the additional security measures that the school is looking at are construction projects, and not appropriate for a yearly budget. She added that the district has begun the process of floating a bond to pay for

security improvements to the district's buildings.

"We're forming a bond committee as we speak," Galante said. "When they start doing walkthroughs [of the school buildings], that's when we'll start [bringing our findings and proposals to the public]." The committee will be comprised of a teacher and a parent or PTA member from each building, the district's architect, three school board members, and the facilities director, who will begin doing walkthroughs as early as the end of March.

As an example of the type of renovations being considered, Galante mentioned that the district had looked at revamping the classroom doors to allow a teacher to lock them remotely at the push of a button. District-wide that renovation would have cost about \$1.5 million.

The district is holding an informational meeting on school safety and security on Friday, March 9, at 5:30 p.m.

in the Middle School library.

One line item that did see an increase is called, in the draft budget, "Other Legal Expenses," which is reserved for settling legal matters, like grievances or contract negotiations, Galante said, adding that the contract negotiations with the teachers union were currently underway.

Pay for the district's 287 teachers comes out of a nearly \$21.6 million line item, accounting for almost a quarter of the budget. That total is about 1.3 percent higher than in the budget for the current school year, but almost 4.7 percent higher than the 2016/2017 budget.

According to Karen Ferguson, the union president of the Glen Cove Teachers' Association, at the most recent negotiation session, the teachers had asked for an 8 percent raise over four years, and the district countered with a two year contract and a raise that Ferguson called, "insulting."

**W**e have in the budget an increase for [the teachers], what we anticipate is the most we can give them.

**VICTORIA GALANTE**  
 Assistant Superintendent for Business,  
 Glen Cove School District

"The budget process is a negotiation tool," Galante said. "We have in the budget an increase for [the teachers], what we anticipate is the most we can give them." She added, "The district cannot afford to give them what they want."

The district will be taking on another psychologist, in the wake of a social worker's departure, for a net savings of almost \$30,000.

Among the other big-ticket items in next year's budget is a new director of Information Technology. The district has managed for a year without one, and Galante said it's been "difficult." She said that the new director would take a more active role in the district's burgeoning "instructional technology" program. "We're looking for someone who can go building to building," she said, "someone who can be more visible, more involved in the day to day tech projects in our schools."

The district's proposal also includes an approximately \$78,000 increase to the "Library" line item, which Galante said could be attributed mostly to the district's desire to take on a new teacher for the Science Technology Research Engineering Arts and Mathematics program — STREAM for short.

# ALL ARE INVITED



## SECOND ANNUAL COMMUNITY EASTER DAWN SERVICE

*Bilingual (Spanish and English)*

*Toda la Comunidad Están Invitados al Servicio del Amanecer de Pascua*

**Morgan Park, Glen Cove NY**

**7:00 am – 7:30 am**

**Easter Morning • April 1, 2018**

*Hosted by / Auspiciado por*

Iglesia Ciudad de Refugio  
Asambleas de Dios  
de Glen Cove  
Calvary AME Church  
of Glen Cove

St. Paul's Episcopal Church  
of Glen Cove  
Evangelical Christian Church  
of Glen Cove  
First Presbyterian Church  
of Glen Cove

Carpenter Memorial  
United Methodist Church  
of Glen Cove  
First Baptist Church  
of Glen Cove

*Leading the Service / Dirigiendo el Servicio*

Rev. Dr. Craig J. Wright  
Pastor Calvary AME Church

Rev. Shawn Williams  
Pastor St. Paul's  
Episcopal Church

Rev. Juanita Lopez  
Pastor Iglesia Ciudad de Refugio

Rev. Roger C. Williams  
Pastor First Baptist Church

Rev. Ben Lachhman  
Pastor Evangelical Christian Church

Rev. Kally Elliott  
Pastor First Presbyterian Church

Rev. Johnny L. Ceasar  
Pastor Carpenter Memorial  
United Methodist Church

*Leading the Singing / Dirigiendo las Canciones*

Merle Richards  
Choir President / Evangelist  
Calvary AME Church

Josue Correa  
Associate Pastor / Pastor Asociado

Erika Bautista  
Song Leader / Líder de la Canción  
Iglesia Ciudad de Refugio

Gaitley Stevenson-Mathews  
Elder  
First Presbyterian Church

*This is a rain or shine event. / Este evento es con sol o lluvia.  
Please join us as we celebrate the risen Savior!  
Por favor, únase a nosotros para celebrar el Salvador resucitado!*

# HERALD SPORTS

## Hofstra energized for big spring

By **ANDREW COEN**

sports@liherald.com

Fresh off a rebound 2017 campaign, Hofstra women's lacrosse is fueled to take its shot at postseason play.

The Pride nearly tripled their winning total from a disappointing three-win 2016 season with an 8-8 mark that included a 17-15 upset victory against 13th-ranked Towson. With two of last year's top five scorers back, sixth-year head coach Shannon Smith has high hopes that Hofstra can make further strides this spring.

"There is a lot of excitement for this season and around the program in general," said Smith, who broke the New York State points record at West Babylon High School and later captured a Tewaaron Trophy during her storied collegiate career at Northwestern. "There is a lot of energy and positivity."

Sophomore midfielder Alyssa Parrella was one of the top scoring freshmen in the nation last season with 47 goals and 29 assists. The 2017 Colonial Athletic Association (CAA) Rookie of the Year entered her second season at Hofstra in better shape and has been on fire early on with 18 points during the Pride's first three games including six goals in a 13-12 overtime loss to Fairfield on Feb. 24.

"She has become a real student of the game," said Smith of Parrella, who was a two-time All-County player at Miller Place High School. "She is a force to be reckoned with."

Parrella is complemented on offense by rising sophomore Alexa Mattera, who tallied nine goals early in the season to already equal her freshman season year total. Senior midfielders Drew Shapiro and Carlee Ancona provide the Pride additional experience in near the goal to take the defensive heat off Parrella. Junior attacker Jenna Budd is also emerging as an offensive threat after registering two goals against Fairfield.

The Pride gained some new scoring weapons from a strong recruiting class that included Long Beach High School product Katie Whelan. The freshman midfielder is off to a strong start to her collegiate career with four points and two caused turnovers after three games.

"She is a tremendous, tremendous athlete," said Smith of Whelan, who achieved 56 points her senior season at Long Beach while leading the Lady Marines to the county title game for the first time in program history. "She is a workhorse and will do everything you ask of her."

Hofstra returned most of its foundation on defense including seniors Amanda Seekamp, Elena Schorr and Shea McAvoy, junior Annalise Martin and sophomore Darcie Smith, a former three-sport standout at Wantagh High School. Smith made the CAA All Rookie team as a freshman and Smith is looking for continued progression this spring with more of a presence on draw controls.

"We're definitely looking for more from Darcie this year," Smith said. "She got in better shape and is a little



Courtesy Hofstra Athletics Communications

**MIDFIELDER ALYSSA PARRELLA** earned Colonial Athletic Association Rookie of the Year honors in 2017 after registering 47 goals and 29 assists.

quicker."

An experienced defensive unit will look to protect shots in front of junior goalie Maddie Fields. The Maryland native record nine saves in a 15-10 win at Wagner on Feb. 20 and held Bucknell to a single goal in a 13-1 Hofstra win on Feb. 17.

"We need consistency from Maddie in the cage," Smith said of her starting netminder. "Maddie has been working very hard."

Hofstra was picked to finish fifth in the CAA preseason poll in a league that features two teams ranked in the top 10 nationally in James Madison and Towson. The top four

teams reach the CAA tourney with a chance to grab the conference's automatic qualifier to the NCAA Tournament.

"The CAA is tremendous," Smith said. "It's a tough conference to be part of."

After three straight road games at defending national champion Maryland, Quinnipiac and Johns Hopkins, Hofstra returns home on March 16 for a Friday evening game versus Dartmouth starting at 5 p.m. The Pride opens CAA play on their home turf of Shuart Stadium on April 6 versus Elon with a 5 p.m. opening draw.

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



Visit: [liherald.com/photos](http://liherald.com/photos)

To enjoy viewing  
your photos by home town.

 **Photography**

powered by: **LIHERALD**.COM



# HERALD NEIGHBORS



Photos courtesy Glen Cove Senior Center

**SAGE FOUNDATION BOARD** Members Linda Thompson, left, Lee Delvalle, and Barbara and Michael Dubin enjoyed some empanadas and queso donated by local South and Central American restaurants at the “Spread the Love” fundraiser to benefit a small health clinic in Puerto Rico.

## ‘Spread the Love’ a success



**ELSA AND PAT** Blanca, above, cut a rug to some salsa music at the “Spread the Love” fundraiser for Puerto Rico.



**CAROL WALDMAN**, the Glen Cove Senior Center’s executive director, top right, introduces Jaime Hickey Mendoza, son in law of Theresa Bischoff, who heads the Foundation For a Better Puerto Rico.



**DR. NICOLAS HERNANDEZ**, right, spoke about going down to Puerto Rico in the aftermath of hurricanes Maria and Harvey, to assist with emergency medical care.

**T**he Glen Cove Senior Center and Northwell Health teamed up in February to raise money for a health center in Puerto Rico that was ravaged by hurricane Maria.

Attendees danced to a salsa band who had donated its talent to the cause, and feasted on Central and South American fare contributed by local restaurants like Puzo Compare and Cinco de Mayo.

Proceeds went to The Culebra Community Health Center, on the island of Culebra, to the east of the main island of Puerto Rico. After Culebra was devastated by the hurricanes “They just completely had to close it all down,” Lucy Van Horn, former activities coordinator for the Glen Cove Senior Center who has family in Puerto Rico, said. “They’re talking about re-locating the whole [medical center].” She worries about the people who live on Culebra, who could be forced to seek medical attention elsewhere.

The “Spread the Love” event — which featured talks from medical professionals who had traveled to Puerto Rico to help — ultimately raised \$8,500, about 70% more than they had hoped for.

— Zach Gottehrer-Cohen

# COMMUNITY CALENDAR

## Thursday, March 8

### Board of Education meeting

North Shore High School library, 450 Glen Cove Ave., Glen Head, 7:30 p.m. The board will review items in the 2018-2019 budget. (516) 277-7800.

### Healing circle

Glen Cove Hospital, 101 St. Andrews Ln., Glen Cove, 4 to 5 p.m. This support group will be held in the Maxwell board room. For more information, contact Elizabeth Kruppenacker at (516) 812-4777.

### Arthritis education and exercise class

Glen Cove Hospital, 101 St. Andrews Ln., Glen Cove, 10:30 a.m. This one-hour exercise class will be held each Thursday in the month of March. For more information, call Laura Marrone at (516) 674-7696.

### Poetry workshop

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 6:30 p.m. Poet Matt Curiale leads this workshop. Bring in your work in progress and get feedback from this group of poets and writers. (516) 671-4290.

### Paying for college

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 6:30 p.m. Learn about estimating college expenses, five ways to pay for collect, tax-deferred college investing and investment approach. Registration required. (516) 671-4290.

## Friday, March 9

### St. Patrick's Day cake pops

Oyster Bay-East Norwich Public Library, 89 E. Main St., Oyster Bay, 4:30 p.m. Celebrate St. Patrick's Day by making delicious cake pops, and take some home in a bakery box. Recommended for children in grades 5-12. Register at the Reference Desk, or call (516) 922-1212.

## Saturday, March 10

### Knitting with Nancy

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 10 a.m. Whether you're new to knitting or have some experience, come and learn how to start and end a knitting project. You'll knit a table runner with lace and textured border. Register at the Reference desk and pick up a list of what you'll need to bring to class. (516) 676-2130.

## Sunday, March 11

### Triple tribute concert

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Featuring the music of John Denver, Elton John and the Moody Blues. Starring Tim Erbe on guitar and vocals and Beth Erbe on keyboard. (516) 676-2130.

### Bluegrass duo

Locust Valley Library, 170 Buckram Rd., Locust Valley, 2 p.m. Join us for an afternoon of authentic bluegrass music with The Feinberg Brothers from Long Island. The band features brothers Rourke (fiddle) and Patrick (mandolin) singing lead and tenor. (516) 671-1837.



Courtesy Metro Creative Connection

## Our Lady of Kazan Easter Bazaar

Come and enjoy the annual Easter bazaar of the Church of Our Lady of Kazan, on Saturday, March 17 from noon to 4 p.m. Enjoy homemade perogi, borscht, and delicious desserts. Add to your collection of Russian Easter eggs or lacquer boxes, and shop the selection of jewelry and gift items. The bazaar will be held in the parish hall of St Luke's Episcopal Church, 253 Glen Ave, Sea Cliff. For more information, call (516) 468-1579.

## Monday, March 12

### Making memories by the sea

The Whaling Museum & Education Center, 301 Main St., Cold Spring Harbor, 2:30 p.m. This craft-based program is for visitors living with dementia and their care partners. Explore our museum and create something special to take home. Light refreshments will be served. \$12 per couple; reservations required. Call Katie Kelly at (631) 367-3418 x10.

## Tuesday, March 13

### Social media marketing your business

Locust Valley Library, 170 Buckram Rd., Locust Valley, 7 p.m. This program offers many ideas, advice and insight into promoting this venture. Some of the topics covered: benefits of using social media networks, how other businesses are using them, what kind of content to create and post, and much more. Registration requested. (516) 671-1837.

## Wednesday, March 14

### Paint nite

The View Grill, 111 Lattingtown Rd., Glen Cove, 7 p.m. The Rotary Club of Glen Cove is sponsoring paint nite. \$50 per ticket. For tickets, call Paul Beeber at Locust Valley Library, 170 Buckram Rd., Locust Valley, 7 p.m (516) 238-6170, or Richard Wilson at (516) 909-7588.

### Lighthouse designer program

The Whaling Museum & Education Cen-

ter, 301 Main St., Cold Spring Harbor, 4 p.m. Did you know that whale oil was used in lighthouses to help mariners find their way? See some whale blubber and whale oil from the museum's collection, and create your own desktop lighthouse, complete with tea light. Recommended

for children ages 10-16. \$12 per participant; members receive half price. (631) 367-3418.

### Women's Health & Integrative Medicine

Oyster Bay-East Norwich Public Library, 89 E. Main St., Oyster Bay, 6:30 p.m.



Courtesy Marie Gallagher

## Yacht club open house

Get on the water this summer! The Glen Cove Yacht Club is having an open house Saturday, March 10, from 1 to 4 p.m. Drop in, meet some members and see all of the advantages the club has to offer. For more information, call Marie Gallagher at (516) 655-3395. 1 McLoughlin St., Glen Cove.

Integrative Medicine employs such techniques as yoga, Tai Chi, meditation, Pilates, Mindfulness, Acupuncture, Medical Nutrition Therapy, and more. Presented by Lucy Gade, MD, MPH, Medical Director of the Center for Wellness & Integrative Medicine. Register at the Reference Desk, or call (516) 922-1212.

## Thursday, March 15

### Underwater photography

The Whaling Museum & Education Center, 301 Main St., Cold Spring Harbor, 6:30 p.m. Join us in an extraordinary underwater adventure of breathtaking images of whales, sharks, and more with award-winning photographer, Tim Dalton. Light refreshments will be served. Reservations recommended. \$15 online; \$25 at the door. Members receive half price. (631) 367-3418.

### Cannoli-filling demonstration

Locust Valley Library, 170 Buckram Rd., Locust Valley, 1 p.m. Chef Pat Moran from The Regency will demonstrate how to make the cream filling for cannoli shells. Cannolis will be sampled after the demo, and recipes will be available. Registration requested. (516) 671-1837.

## Friday, March 16

### Dog tales

Oyster Bay-East Norwich Public Library, 89 E. Main St., Oyster Bay, 4:15 p.m. Children often feel more comfortable reading to dogs than people because they are viewed as "non-critical." Petting the dog lowers stress and brings positive association to reading. Register in the Children's Room, or call (516) 922-1212.

## Saturday, March 17

### Nature walk

Sagamore Hill Visitor's Center, 20 Sagamore Hill Rd., Oyster Bay, 10 a.m. A volunteer naturalist will lead a nature walk to Eel Creek to observe winter birds. Dress appropriately for the weather and bring binoculars, cameras, and birding guides. (516) 922-4788.

## Sunday, March 18

### On the water

The Whaling Museum & Education Center, 301 Main St., Cold Spring Harbor, 11 a.m. to 2 p.m. Attend this special program featuring hands-on activities that reflect Long Island boating and fishing traditions. Meet local artists and fishermen in this family-friendly maritime exploration. Recommended for all ages. (631) 367-3418.

## HAVING AN EVENT?

Submissions can be emailed to [llane@liherald.com](mailto:llane@liherald.com).



Courtesy Victoria Crosby

**THE CROSBY BROTHERS** will return to Still Partners for a performance this month.

## Jason Crosby Band to play Partners

Multi-instrumentalist Jason Crosby will perform with his band on March 12 at 8 p.m. at Still Partners, 255 Sea Cliff Ave. The concert will feature Jason Crosby on keyboards, violin and guitar; his brother Chris on bass, Bill Titus on guitar and Dave Diamond on drums.

Crosby, who grew up in Glen Cove, now lives in Sonoma, C.A., and has performed

there with former Grateful Dead band members Bob Weir and Phil Lesh. He is also a member of Phil Lesh and Friends. The group will perform at The Capital Theater in Port Chester, N.Y. on March 14.

His latest CD, "Cryptologic," on Blue Rose Music label, is available online and in stores. For more information visit [jasoncrosby.net](http://jasoncrosby.net).



Courtesy office of Delia DeRiggi-Whitton

**"COOKING FOR A Cure"** committee members during an event planning meeting.

## 'Cooking For a Cure' for diabetes

The 16th annual "Cooking for a Cure" fundraising event to benefit the Diabetes Research Institute Foundation will be held on April 16 at The View Grill in Glen Cove.

With the help of 15 friends, Nassau County Legislator Delia DeRiggi-Whitton — whose oldest daughter was diagnosed with type 1 diabetes at the age of three — started the "Cooking For a Cure" fundraising event 16 years ago to benefit the Diabetes Research Institute Foundation (DRI). Many of the founding members are still involved and others have joined to

help raise money for research that will hopefully, find a cure for this illness.

"As a mom, your desire to fix everything for your child is innate," DeRiggi-Whitton said. "Not being able to fix this heartbreaking condition for her was a terrible feeling."

This year's 15th annual event will take place on Monday, April 16 at The View Grill in Glen Cove. DeRiggi-Whitton co-chairs the event with Rebecca and Craig Castronovo, who also have a daughter who was diagnosed with type 1 diabetes at an early age.



## VIEWFINDER

By SUSAN GRIECO

### THE QUESTION:

What's your all-time favorite movie?



"Funny Girl" or pretty much any movie with Barbra Streisand. I love her!

**MINDY MIRSKY**  
Office Manager



"Gone With the Wind" is a classic. It has women fighting and falling in love in a man's world.

**DONNA LIND**  
Sales



The original "Jurassic Park" has it all, and it's a classic with blockbuster scenes. It's my sick day, feel good, go to movie.

**OCARIA DIMANGO**  
Program Director



I think "Grease" is such a feel-good movie! I saw it in the theater when it first came out, and I even bought the album. I just love it!

**DEBBIE KEEHNER**  
Project Manager



"Goodfellas" is a timeless classic. I once saw a viewing of it in Lincoln Center during Mafia Week.

**MICHAEL AMBROSIO**  
Library Clerk



"The Time Machine." It makes you think about how an obsession can sometimes lead to good things. It also makes you think about the future and how we can mess things up.

**VERONICA OROZCO**  
Acupuncturist

## Roland Auctions NY

Coming from the heart of NYC's Greenwich Village for over 40 years, Bill and Robert Roland are excited to announce the upcoming March auction in their NEW location on Long Island's historic North Shore!

**Saturday, March 10th at 11am**

**Preview:**

**Thursday, March 8th  
& Friday March 9th  
from 10am - 7pm**

**Saturday, March 10th  
from 9am - 10:30am**

Offering both auction and appraisal services, Roland Auctions NY is first and foremost in the business of building relationships. Our family welcomes and invites you to visit us in our new home located at:

**150 School Street • Glen Cove, New York  
212-260-2000 or 516-759-9400  
[www.rolandauctions.com](http://www.rolandauctions.com)**

# Thousands of immigrants fear program's end

March 8, 2018 — GLEN COVE HERALD GAZETTE

CONTINUED FROM PAGE 1

ans, the program will expire in July and September 2019, respectively. Homeland Security has not yet decided whether it will renew the program for Hondurans.

Immigration is a subject that impacts everything from national and state economies, to law enforcement efforts to keep communities safe, to the lives of individuals who could face deportation. It's essential to understand the complex causes and effects of ending TPS, but in the heat of the current political climate, it's all too easy to lose sight of the nuances.

*No Place to Call Home*

"It's a fight we all have to weather," Freeport immigration attorney John Barrera said of the economic and legal limbo that most TPS holders will face, along with those who live and work with them. "Right now, [TPS holders] have to take this as if a storm was coming. Families have to prepare for it and ensure they are able to financially survive."

Barrera said he believes government officials should give a valid rationale as to why they plan to eliminate the TPS program — but they haven't.

Scrutiny of the Latino and Haitian immigrant communities is not new, said Emily Torstviet Ngara, a Hofstra University visiting professor and the director of the university's Deportation Defense Clinic. "[George W.] Bush and [Barack] Obama tried to get something going, but it was Congress or the Senate or the [combination] of the two that let [TPS] fail," she said, noting that she believes that it was allowed to lapse, in part, because of race.

"Bush and Obama recognized that while conditions had gotten better from the disaster, there was still a dangerous level of civil disorder" in immigrants' home countries, said Patrick Young, a lawyer for the Central American Refugee Center in Hempstead. "These countries have become extraordinarily dangerous. They're ranked among the top five countries for homicides."

"If this is the end, it's creating anxiety and fear," said Ceceilia, a Glen Cove resident and TPS holder, who declined to give her last name.

According to Cecelia, canceling the program for El Salvador, which began 17 years ago, isn't the problem. It was supposed to be temporary, but since it has continued after that much time, "It stopped being temporary," she said.

The problem is, she said, there is no clear path to citizenship that is being provided for people who have made their lives in this country, although at least one bill has been introduced in Congress to do just that. It's the Aspire Act, introduced last November. It has gone nowhere.

Like many TPS holders, Cecelia has worked and cared for her family while trying to put her children through school. Now a parent of a college student, she is nervous about the effects that the cancellation will have not just on her life, but on her daughter's life as she starts college. She also wor-



Daine Taylor/Herald

**MARIANN MENDOZA, A** volunteer receptionist and paralegal at the Central American Refugee Center in Hempstead, with a stack of TPS-related case files looming behind her.

## TPS recipients in Nassau County by country of origin

### El Salvador

6,813

Initiated in response to a pair of earthquakes in El Salvador in 2001 that displaced hundreds of thousands of people.



### Honduras

1,103

Initiated in response to Hurricane Mitch in 1998. Since then the country has become ridden with crime and impunity for human rights abuses.



### Haiti

1,431

Initiated in response to a 2010 earthquake that caused over 50,000 Haitians to seek refuge in the United States. Haiti is still struggling to rebuild from the quake.



### Nicaragua

16

Initiated in response to Hurricane Mitch in 1998. Subsequent disasters have caused additional damage and added to the country's fragility.

Source: Migration Policy Institute

## A tangled web

The Temporary Protected Status program, created in 1990 under Republican President George H.W. Bush, was originally intended to give safe haven to those escaping disaster. It was, until 2016, viewed apolitically as a humanitarian measure. In recent years, however, the program has become caught up in a tangled web of immigration politics that often plays to racial fears.

In the run-up to the 2017 election for Nassau County executive, for example, the New York State Republican Committee sent out a political flier targeting Laura Curran, who was running as a Democrat for the post, playing on fears of MS-13, a street gang with Salvadoran roots, blurring the line between immigrants and criminals.

Curran, who won in spite of the flier, has repeatedly said the county would cooperate with Immigration and Customs Enforcement. In many cases, though, police rely on information from immigrant communities to help solve crimes. If residents come to associate local police with ICE raids and deportations, they are less likely to provide information.

Silvia Pastor-Finkelstein, who heads District Attorney Madeline Singas's Office of Immigrant Affairs, said, "There is a great reluctance to communicate with us." The office's tip line had only three calls last year, down from about 70 in 2016, before President Trump was elected.

ries about what would happen to her home and retirement savings if she were deport-

ed back to El Salvador.

There is nothing for her there, she said.

— Zach Gottehrer-Cohen

# STEPPING OUT

Where to go, what to do, who to see

## Spring ahead with a salute to St. Patrick's Day Don some green and join the hooley

**A**s St. Patrick's Day approaches, next Saturday, March 17, we can all rejoice that spring is not far behind. Meanwhile, step into some of the lively St. Patrick's Day celebrations nearby, enjoy an upcoming parade and salute the Old Country.

This weekend, join in a celebration of the "luck of the Irish" at Hofstra University's annual Irish Festival on Sunday, 11 a.m.-5 p.m. The popular local tradition — at Hofstra's Mack Physical Education Center on the North Campus, Hempstead — is a lively family event with music and entertainment and plenty of activities for the kids, along with Irish products for sale.

The Hibernian Festival Singers, an acclaimed ensemble of local performers get things started, at 11:15 a.m., with joyful arrangements of traditional Irish tunes. The Black Velvet Band, a festival favorite, follows at 12:15 p.m. with their take on beloved Irish music performed by Jimmy Walsh, Jimmy Lavin and Mickey Peare.

JigJam, an award winning quartet from the heart of the Midlands in Ireland, makes their Irish Festival debut, performing traditional Celtic music mixed with bluegrass and Americana, resulting in a new genre that has been branded as 'I-Grass' or "CeltGrass." Their Hofstra performance is their only appearance in the area this year.

All four band members — Jamie McKeogh, Cathal Guinan and Daiti Melia and Gavin Strappe — grew up immersed in Irish traditional music and culture. They have now developed their own unique style influenced by American folk music while staying true to their Irish roots. Acclaimed as "the best Irish group so far in bluegrass," this sharply dressed outfit delivers a high energy, foot-stomping live performance. All multi-instrumentalists, the guys interchange between banjos, guitars, fiddles, mandolins and double bass onstage.

For the kids, some friendly clowns are around to keep the younger set entertained with balloon animals, a bubble show, interactive games, and music. Tony Jackson, formerly of Hofstra's WRHU (88.7 FM) returns as master of ceremonies.



JigJam makes their first appearance at Hofstra University's Irish Festival this year. Their charismatic stage presence adds some extra flair to the popular event.

Admission is \$6, \$5 for seniors; children under 12 are free. For more information, contact 463-6582 or [www.hofstra.edu/festivals](http://www.hofstra.edu/festivals).

And be sure to bring some Patrick's Day into your home. Among the quintessential foods, Irish Soda Bread is an especially tasty quick bread that everyone enjoys. It gets its name from the baking soda used as a leavener, instead of yeast. While the traditional version is made with only flour, buttermilk, salt and baking soda, there are all sorts of modern versions on this delectable bread that are worth trying.



From savory to sweet, Irish Soda Bread has been Americanized — with all sorts of variations to enjoy.

### Irish Soda Bread

3 cups pastry flour blend or unbleached all-purpose flour  
1 tablespoon baking powder

1/4 teaspoon baking soda  
3/4 teaspoon salt  
Heaping 1/2 cup granulated sugar  
1 cup currants or raisins  
1 tablespoon caraway seeds, optional  
1 large egg  
1 3/4 cups buttermilk  
4 tablespoons butter, melted

### Topping:

1 tablespoon milk  
1 tablespoon coarse white sparkling sugar

Preheat the oven to 375°F. Lightly grease a 9x5 loaf pan.

In a large bowl, whisk together the pastry blend or flour, baking powder, baking soda, salt, sugar, currants, and caraway seeds.

In a separate bowl, or in a measuring cup, whisk together the egg and buttermilk (or milk and yogurt).

Quickly and gently stir the wet ingredients into the dry ingredients.

Stir in the melted butter.

Spoon the batter into the prepared pan. Draw your finger around the edge of the pan to create a "moat." Drizzle the bread with the 1 tablespoon of milk; the moat will help prevent the milk from running down the sides of the loaf. Sprinkle with the coarse sugar.

Bake the bread for 50 minutes to 1 hour; or until a cake tester inserted into

the center comes out clean; the interior of the bread will measure 200°F to 210° on an instant-read thermometer.

Remove the bread from the oven, loosen its edges, and after 5 minutes turn it out onto a rack to cool. Cool completely before slicing. Wrap airtight and store at room temperature.

Serve with hot tea and organic jam, Irish stew, traditional Irish cabbage dishes, or enjoy on its own!

### Savory Irish Cheese Soda Bread



Add cheese to your Irish Soda Bread, for a wonderful savory version of the traditional soda bread that is perfect for pairing with hearty stews and soups.

2 1/2 cups flour  
1/2 cup sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 teaspoons caraway seed  
1 teaspoon garlic powder  
1/4 teaspoon red pepper, ground  
1/2 cup shredded Irish Cheddar cheese  
2 eggs  
1 1/4 cups buttermilk

Preheat oven to 350° F. Mix flour, sugar, baking powder, baking soda, salt and seasonings in large bowl. Stir in cheese. Set aside. Mix eggs and buttermilk in medium bowl. Add to dry ingredients; stir until well blended. Spread in lightly grease 9-inch round cake pan.

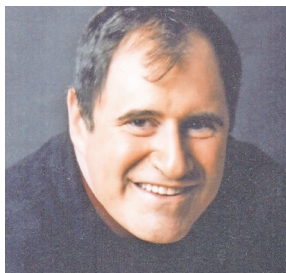
Bake 30-40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

Tip: Make muffins instead of bread. Prepare dough as directed and divide among 12 greased muffin cups. Bake 20-25 minutes or until toothpick inserted in center comes out clean.

— Karen Bloom  
[kbloom@liherald.com](mailto:kbloom@liherald.com)

## IN THEIR OWN WORDS Celebrity Autobiography

The hit comedy showcase featuring celebrities acting out other celebrities' memoirs returns with another lively edition. Wild, hilarious and true memoirs are given the full dramatic — and comedic — treatment by some of the sharpest performers around. The current ensemble, featuring Ralph Macchio, comic actress Jackie Hoffman, Gina Gershon and Richard Kind along with show creators/performers Dayle Reyfel and Eugene Pack put their spin on celebrity vignettes, including Mr. T's acting tips and a "He Said, She Said" account by the most famous love triangle in Hollywood history — Elizabeth Taylor, Debbie Reynolds and Eddie Fisher. Other major tell-alls have included the words of Beyonce, Miley Cyrus, the Kardashians, Sylvester Stallone, Arnold Schwarzenegger, Diana Ross, Dolly Parton, Ricky Martin, Madonna, and Britney Spears. This bicoastal tour de force began over a decade ago in Los Angeles. Pack, who has a fascination



## WEEKEND Out and About

with celebrity memoirs, was inspired after reading Vanna White's tome, "Vanna Speaks." "I was amazed that she could fill a whole book with her life story," he says. "I thought it was really funny, even though she was not trying to be humorous." Audiences have been known to leave the show asking, "Did these celebrities really write that?"  
Friday, March 9, 8 p.m. \$59 \$49, \$39. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. (516) 767-6444 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

## ON STAGE Cabaret

Life is a cabaret, old chum. Welcome to the infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd — and to leave their troubles outside. But as life in pre-World War II Germany grows more



and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through their dangerous times? Leave your troubles outside — life is beautiful at the cabaret — based on the Roundabout Theatre Company's award-winning production. Enjoy some of the most memorable songs in theater history, including "Cabaret," "Willkommen" and "Maybe This Time."  
Saturday, March 10, 8 p.m. \$88, \$68, \$58, \$38. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tillescenter.org](http://www.tillescenter.org).

# ARTS & ENTERTAINMENT

## Coming Attractions

### Performances/ On Stage

#### Tyler Farr

The country singer-songwriter in concert, with special guest JD Leonard, Thursday, March 8, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Buckcherry

The hard rockers in concert, with special guest The Revel, Friday, March 9, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Carmen Cusack

The acclaimed actress-singer in concert, Friday, March 9, 7:30 p.m. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tillescenter.org](http://www.tillescenter.org).



#### Temptations and the Four Tops

The iconic Motown legends in concert, Friday, March 9, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Eaglemania

The Eagles tribute band in concert, Saturday, March 10, 8 p.m. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. 767-6444 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

#### Ron White

The funnyman offers up his trademark witty commentary and sarcastic insights, Saturday, March 10, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Your Big Break

Up and coming local musicians perform in a talent competition, Saturday, March 10, 8 p.m. Gold Coast Arts Center, 113 Middle Neck Rd., Great Neck. 829-2570 or [www.goldcoastarts.org](http://www.goldcoastarts.org).



#### Lyle Lovett and Shawn Colvin

The longtime friends pair up for an acoustic concert, Sunday, March 11, 7 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Music of Theresienstadt: Holocaust Memorial Concert

A staged recreation of chamber music



### Janeane Garofalo

The comedian-actress, who reigns as the queen of the alt-comedy scene, visits the Landmark on Main Street stage, on Friday, April 27, at 8 p.m. The outspoken activist speaks her mind in her own inimitable comedic style. Known for her incisive, cynical sense of humor, the SNL alum has branched out into many memorable film and TV roles, including the final season of NBC's "The West Wing." Now back on the stand-up circuit, Garofalo's informed opinions and unflinching honesty on topics ranging from everyday life to pop culture inspire laughs and strikes a chord with audiences everywhere.

Tickets are \$38; available at 767-6444 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington.

performed in the Theresienstadt concentration camp, Sunday, March 11, 3 p.m. Illustrated with film clips and stories of 110-year-old survivor Alice Herz-Sommer and narrated by Ellen Burstyn. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tillescenter.org](http://www.tillescenter.org).

#### Stan Wiest

The pianist presents "A Musical Tribute to Audrey Hepburn," Wednesday, March 14, 2 p.m. Program includes solo piano renditions of hits from "My Fair Lady" and Henry Mancini, with a singalong. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. 767-6444 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

#### Stories and Songs with Jim Hawkins

Jim Hawkins salutes St. Patrick's Day with traditional Irish tales, personal stories and songs, Sunday, March 11, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or [www.goldcoastlibrary.org](http://www.goldcoastlibrary.org).

#### Triple Tribute

Guitarist Tim Erbe and keyboardist Beth Erbe in concert, Sunday, March 11, 2 p.m. Program includes hits by John Denver, Elton John and the Moody Blues. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or [www.glencovelibrary.org](http://www.glencovelibrary.org).

#### Dave Mason

The rock 'n roll hall of fame in concert, with special guest Richie Furay, Thursday, March 15, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Dixie Dregs

The jazz fusion rock ensemble in concert, Thursday, March 15, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Emily Barnes and Emily Mure

The singer-songwriters in concert, Thursday, March 15, 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](http://www.fmsh.org) or [www.cinemaartscentre.org](http://www.cinemaartscentre.org).



#### In The Heights

The acclaimed musical about a community on the brink of change, Thursday and Friday, March 15-16, 8 p.m.; Saturday, March 17, 3 and 8 p.m.; Sunday, March 18, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or [www.engemantheater.com](http://www.engemantheater.com).

#### Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, March 15, 7:30 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or [www.seaclifflibrary.org](http://www.seaclifflibrary.org).

### For the Kids

#### Picture Book Films

A 30-minute program of short films based on favorite children's books, Thursday, March 15, 10 a.m. For ages 2-5. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or [www.goldcoastlibrary.org](http://www.goldcoastlibrary.org).

### Museums/ Galleries and more...

#### Expo 37

An exhibit of works by 20 artists, winners of

of B.J. Spoke Gallery's 37th annual national juried fine art competition. Through March 30. B.J. Spoke Gallery, 299 Main Street, Huntington. (631) 549-5106 or [www.bjspokegallery.org](http://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](http://www.heckscher.org).

#### Collective Consciousness

An exhibition of artists who explore man's relationship with our planet. Works by Lauren Skelly Bailey, Yoon Cho, Charles Cohen, Linda Cunningham, Beth Garrett, Nancy Gesimondo, and Luba Lukova are on view. Through April 1. Gold Coast Arts Center, 113 Middle Neck Rd., Great Neck. 829-2570 or [www.goldcoastarts.org](http://www.goldcoastarts.org).

#### From Frankenthaler to Warhol: Art of the '60s and '70s

An exhibition that delved 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](http://www.heckscher.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](http://www.garviespointmuseum.com).

#### Book Signing

Join "Today" show co-anchor Hoda Kotb when she speaks about and signs copies of her new children's picture book, "I've Loved You Since Forever," Thursday, March 8, 7 p.m. Book Revue, 313 New York Ave., Huntington. (631) 271-1442 or [www.bookrevue.com](http://www.bookrevue.com).



#### Movie Time

See "Only the Brave," the action adventure based on the true story of the Granite Mountain Hotshots, a group of elite firefighters, Thursday, March 8, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

#### On Screen

See "Tom Jones," the classic 1963 adaptation of Henry Fielding's classic novel, Friday, March 9, 2 p.m.; also "Three Billboards Outside Ebbing, Missouri," the acclaimed comic drama that tells of a vigilante mother who takes matters into her own hands as she searches for her daughter's murderer, Tuesday, March 13, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or [www.goldcoastlibrary.org](http://www.goldcoastlibrary.org).

#### Movie Matinee

See "Darkest Hour," the biopic that tells of Winston Churchill's first weeks as Britain's prime minister as Western Europe crumbles under the Germans' blitzkrieg assault, Tuesday, March 13, 1:15 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or [www.seaclifflibrary.org](http://www.seaclifflibrary.org).

#### Film Showing

See "Wonder," the drama about a boy with a facial deformity who enters fifth grade, attending a mainstream school for the first time, Wednesday, March 14, 6 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or [www.glencovelibrary.org](http://www.glencovelibrary.org).

#### Slapstick Divas: The Women of Silent Comedy

Join author-film historian Steve Massa for a celebration of some of the funniest women of the silent era, Wednesday, March 14, 7:30 p.m. See films starring comedians Alice Howell, Gale Henry, and Wanda Wiley. Cinema Arts Centre, 423 Park Ave., Huntington. (631) 432-7611 or [www.cinemaartscentre.org](http://www.cinemaartscentre.org).

### Having an event?

Submissions can be emailed to [kbloom@liherald.com](mailto:kbloom@liherald.com).



Alyssa Seidman/Herald Gazette

**ON THURSDAY, SENATOR** Carl Marcellino stood united with local mayors to oppose Cuomo's Sound crossing proposal.

## Marcellino: Cuomo's cross-sound plan is 'ill-conceived'

By **ALYSSA SEIDMAN**  
aseidman@liherald.com

State Senator Carl Marcellino joined local mayors, environmental groups, and community activists at a press conference on March 1 to oppose Gov. Cuomo's proposal for a cross-sound bridge/tunnel. The conference was held at Theodore Roosevelt Memorial Park in Oyster Bay, the very same location that would be threatened by such a project.

Marcellino presented the minutes from a public hearing that took place in January 2008 between New York State's Senate Committee on Environmental Conservation and Assembly Committee on Transportation, which addressed the issues associated with constructing a similar cross sound tunnel. Ten years later, the opposition is still strong.

"This proposal has a huge potential for destroying our communities, our harbor, our homes and changing our way of life," Marcellino said. "There's unanimous opposition to this, but for one person."

The \$55 billion project would extend Route 135 a half-mile north through residential and commercial areas into a tunnel portal that continues another nine miles beyond Long Island's shoreline. The structure would then either remain as a tunnel to Westchester, or transition to a six-mile bridge and one-mile tunnel that would intersect with I-95.

Marcellino said that the goal now is to build greater opposition within the public. "We want to let the governor know that there's no community support for this," he said.

Sea Cliff Mayor Edward Lieberman said the concept of a Sound crossing has been on the table when he was growing up, during the time of Nelson Rockefeller and Robert Moses.

"There are many related issues that have to be explored such as the environmental impact, traffic congestion, and the high cost of construction," Lieberman said.

In 1968, when Robert Moses was intending to build the Rye-Oyster Bay Bridge, the town donated the Oyster Bay National

Wildlife Refuge, a 3,100 acre preserve, to the federal government in order to protect the shoreline.

"This effectively stopped Moses and the state in their tracks, which is why Route 135 ends so abruptly," said Nancy Hawkins, of Glen Cove. "I fail to see that Cuomo can undo that action. Perhaps he is counting on shortened memories."

"The federal government turned down funding for the Hudson River rail tunnel that was a fraction of the cost of this," said Glen Head resident Robert Schaffrath. "The state does not have the money to do this alone and it appears the fed will not be sending any money here either."

Eric Swenson, the executive director of the Hempstead Harbor Protection Committee, said the \$55 billion would be better spent connecting Long Island homes to sewage treatment plants.

"I want to be able to leave this sand bar with dignity and grace," said Donna Kianka, of Sea Cliff. "I'm tired of sitting in traffic," she said, adding, "we need another way to escape."

Officials at the conference were vocal about the negative implications a Sound-crossing would bring to the area.

"It's not a good idea economically as far as the urbanization, and it'll turn most of Long Island into an extension of Queens," said Bayville Trustee John Taylor.

Bayville Deputy Mayor Joe Russo recommended the state use the \$55 billion to repair existing infrastructure. "It's a colossal waste of money," he said. "They're not taking into account what travel is going to look like in 20 years when this is actually done. We could be building something that may have very limited use." Russo added that the project alone could almost double state debt.

Rob Crafa, coordinator for the Oyster Bay-Cold Spring Harbor Protection Committee, said the environmental implications would be "incredibly destructive" to the area. "This bay supports the state's fishing industry," he said. "Planning a sound crossing over or under this embayment is contrary to numerous government designations to protect the ecologic and economic benefits of the sound."

## Local news, friendly faces



**LAURA LANE IS** the Senior Editor of the Sea Cliff/Glen Head and Glen Cove Herald Gazettes, and Oyster Bay Guardian.



**ZACH GOTTEHRER-COHEN IS** the Assistant Editor of the Glen Cove Herald Gazette

Laura Lane has earned several honors in the New York Press Association Better Newspaper Contest and the Press Club of Long Island's Media Awards.

At the helm as editor, Lane founded two new community papers for Richner Communications Inc. in March 2017 — the Glen Cove Herald Gazette and the Sea Cliff/Glen Head Herald Gazette.

She has also written for Newsday and the New York Law Journal.

While not as experienced as his Senior Editor, Zach has packed a lot into his eight months at the Herald Gazette. He spent the first six covering Oceanside and his hometown, Rockville Centre, where his stories resulted in a more secure village website, and the re-opening of a closed pedestrian overpass.

He has yet to win any award, but his mom hangs all of his clips on her refrigerator.

Check out memories of our first year on pages 16-17

# TAVERN 227

Every Tuesday  
Wagyu Burger with fries  
**HALF PRICE!**

**227 SEA CLIFF AVE, SEA CLIFF, NY 11579**

# Happy Anniversary **Glen Cove**

It's hard to imagine, but we have been serving the community with our hometown newspaper the Glen Cove Herald Gazette for a year. Where has the time gone! The "new" paper was the result of the Gold Coast Gazette joining forces with the Herald Community Newspapers, which has been bringing hometown news to communities across Long Island since 1924. There was much anticipation when we kicked off the paper last March and a great deal of excitement too.

We are proud of the efforts we have made this year to report on what is important to you and committed to continuing to do so. We have been there to keep you informed on issues that are vital, including efforts to alleviate the contamination of Crescent Beach, a very close mayoral election, all the news on the Garvies Point Project, the 80-year birthday of St. Rocco's, happenings at the North Shore Museum, as well as what your children are doing in school and during their leisure time in Glen Cove.

There is always so much to report on in Glen Cove. Our commitment to keeping the "local" in local reporting is unmatched. We aim to keep it that way. If you haven't signed up for a subscription it is free to do so at [liherald.com](http://liherald.com). We hope you will, and please let us know how we are doing by emailing Senior Editor Laura Lane at [llane@liherald](mailto:llane@liherald). We look forward to hearing from you.



March

### GC hosts Cheer Invitational

Glen Cove placed fourth in the Big Red Cheerleading Invitational, which GCHS hosted in March.  
Tony Gallego/Herald Gazette

### Moxie at Holocaust Center

Dolores Waller, a soloist in Glen Cove's Calvery AME Church, and choir members shared their love of music at the Holocaust Memorial and Tolerance Center presenting a concert.

Laura Lane/Herald Gazette

March



### Lions Club Blind

Marlene Michnowich, of Glen Cove, who is blind, line up the bowling pins at the annual event of Glen Cove bowling.



Nov

### Costumed Canines

There were plenty of creative canine costumes at the G.C. Howl'oween Pet Parade, even a couple of KFC "chickens" in a bucket.

Courtesy Tony Gallego



Nov

### Meeting a Hero

Cpl. Brandon Stahl, who was deployed in Afghanistan in September, decided to visit the school to thank the kids for sending him a letter.



# ve Herald Gazette!

March

## Neighbors – First City

Kwue Molloy's piece added a bit of whimsy at First City Project, a venue to highlight graffiti and street art.

Elisa Dragotto/Herald Gazette



April

## Problems at Crescent Beach

Crescent Beach, which has been closed for nearly a decade due to water contamination, was a big issue this past year covered by the Herald Gazette.

Nakeem Grant/Herald Gazette



April

## Finley kids give it their all

Rapunzel, played by Addison Huvane, was one of the enchanting characters in Finley Middle School's production of "Into the Woods Jr."

Ryan Hedlund/Herald Gazette



April

## A doggone good day in G.C.

The new dog park in Dennis Brian Murray Park was opened in late April to the delight of man's best friend.

Ryan Hedlund/Herald Gazette



March

## Bowling League

Glen Cove, helped Jerry Manes, ball during a North Shore Lions event held on Saturdays.

Laura Lane/Herald Gazette



July

## Every vote does count

Democrat Tim Tenke won by a razor-thin margin of three votes. Judge Jeremy S. Weinstein swore him in on New Year's Day.

Tab Hauser/Herald Gazette



AUG.

## Kind of fun

hundreds of happy fairgoers including provided some great entertainment.

Elisa Dragotto/Herald Gazette



July

## Summer fun in the city

Carol Zito and Bill Regona danced to the music at the Morgan Park Summer Music festival, which celebrated its 58th season.

Elisa Dragotto/Herald Gazette



## A hero up close

arrived back from Mosul, Iraq in the Glen Cove Boys and Girls Club him letters on Memorial Day.

Danielle Agoglia/Herald Gazette

# Women experience more stress than men

March 8, 2018 - GLEN COVE HERALD GAZETTE

CONTINUED FROM PAGE 1

“As a provider who takes care of women, and looking at my own life, I probably could have predicted the results that were found,” said Dr. Lucy Gade, who practices family medicine at Glen Cove Hospital and the Family Health Center in Oyster Bay.

The survey found that 43 percent of tristate women experience the most stress when trying to balance work and their personal lives. And they are significantly more prone to stress than men, or women in other areas of the country. For 41 percent of them, caring for aging or ailing parents causes the most stress.

“My father has had a lifetime of difficulty mentally and physically, and I’ve always been finding him a place to live, home-aids — basically cleaning up his mess,” Schindler said, adding that her parents are divorced. “When he was diagnosed with lymphoma, I had him in an independent living facility, but he didn’t do well there and became depressed.”

Given the whirlwind of helping her father and caring for her family, Schindler seldom acknowledges her own stress. But it’s always there, she said. “I’ve always felt a big stress to pretend that everything is OK,” she said, “to present my best self.”

Not dealing with stress can be unhealthy, Gade said. “For the longest time, we knew intuitively that stress isn’t good for you,” she said, “but now we have data that proves it. It’s even a big factor in chronic disease.”

Michele Pattson, of Massapequa, often travels for work. Married with two children, a boy, 11, and a girl, 8, she, too, takes care of an elderly parent. “I leave at 7:40 every morning to work in the city and get home at 7:30 at night,” she said. “My kids are basically raised by our nanny. My elderly mother lives in Queens, a 40-minute drive. God forbid something happens to her.”

Pattson is in sales in the financial services industry. She wishes her employer would allow her to work at home once in a while. Leaving on Sunday for a business trip, and not returning until Wednesday night, makes it difficult for her to spend time with her children. “If I do work from home on a rare occasion, I take the phone everywhere, even in my bedroom,” she said. “They say if you don’t answer your phone, where could you possibly be? It’s actually less stressful for me to go in.”

The stress women experience, Gade said, is due in part to the evolution of their role in society. “They are caregivers to their parents and children, and now, in



FOR SOME WOMEN there just aren’t enough hours in the day.

Courtesy Pixabay.com

the workforce, have positions of leadership,” she said. “That causes more stress for them, and technology has added even more stress. Even when you’re technically ‘off,’ there really is no downtime.”

“Women are so overwhelmed with all that they do,” Gade added. “Catching on that they aren’t taking care of themselves causes stress for them too.”

And women are often unable to set boundaries or ask for help, she said. “Women set the bar so high,” Gade said. “They’re constantly thinking, Why can’t I do that? Just because a sister, mother or friend is doing something, we all don’t have to.”

Celeste Carlin, a social worker, is also a holistic psychotherapist. “Anyone who walks in my door is feeling stressed about something,” she said.

She runs art workshops in Huntington, which include yoga to help patients relax. “As people go through difficult life

transitions, it can be emotional,” she said. “When they talk and share, it calms everyone down.”

She believes meditation can help, because it helps to “call the mind back from the thoughts that scare everyone,” she said. “There are many avenues to learn natural skills to calm down. By turning up the music and dancing, we can get back to the relaxation response.”

As for Schindler, she said she believes the world has “gone mad,” but she isn’t giving up. She is setting boundaries, like telling her father that she can’t visit him every day. And she often wears a shirt that says, “Good Enough.”



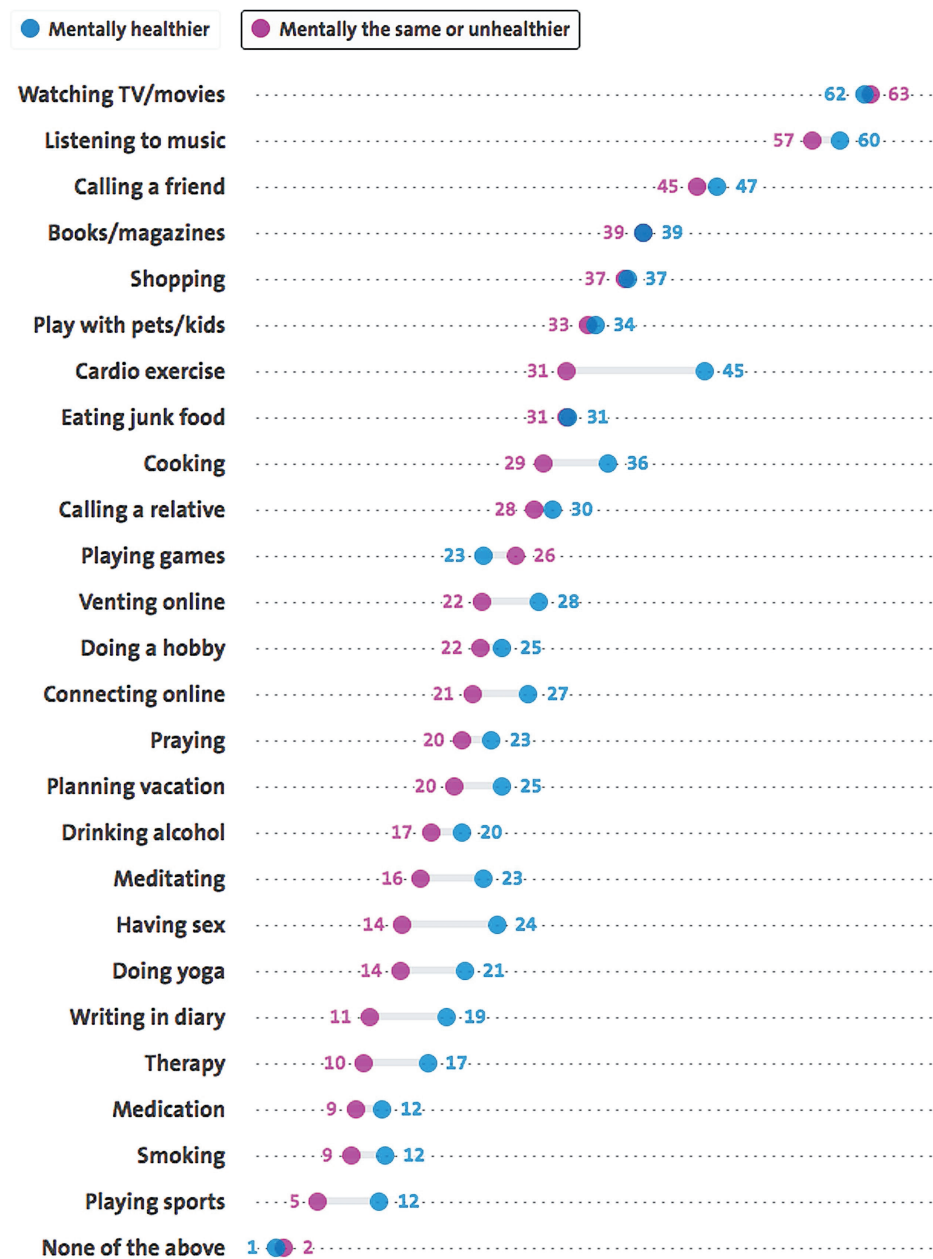
Courtesy Northwell Health

**DR. LUCY GADE** works with women in Glen Cove as well as in Oyster Bay.

## Which Methods of Stress Relief Work Best?

We all blow off steam differently — but not all methods are created equal. While the majority of people **watch TV** to unwind, women who say their mental health has improved over the past year are more likely to **exercise, cook** and **have sex** to de-stress.

Percent of people using stress relief technique, by mental health change over past year



SOURCE: NORTHWELL SURVEY, AUGUST 2017

Courtesy Northwell Health

**H**  
**HERALD**  
Gazette  
March 8, 2018

*focusing on*

body / mind / fitness

# Your HEALTH



**Nutrition and Heart Health**



## Inpatient rehabilitation

# Personalized care for the best recovery possible.

### Welcome

Glen Cove Hospital, a member of Northwell Health, is dedicated to providing you and your family with result-oriented inpatient rehabilitation services. We aim to maximize your independence, increase your function and improve your quality of life following an accident, injury or illness.

Our inpatient facility offers a warm and friendly environment with state-of-the-art equipment and is staffed by licensed, professional therapists experienced in the latest rehabilitation techniques to provide individualized care.

### Comprehensive Acute Inpatient Rehabilitation Program

Inpatient rehabilitation is designed for those who need close daily physician monitoring, 24-hour registered nurses and intensive physical, occupational and/or speech therapy to maximize recovery. We treat conditions ranging from neurological, orthopaedic, spinal cord injury and cardiac. In addition to physical, occupational and speech therapy, we provide comprehensive programs for recreational therapy and neuropsychology.

### Adult brain injury and stroke rehabilitation

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.



**Glen Cove Hospital**  
Northwell Health®

For more information,  
call **(516) 674-7692**

# Recharge those resolutions

## Savor the flavor of a lifetime of health

Have your healthy New Year's habits already gone off course? Recharge and refocus as we get set to spring ahead this month, also known these days as National Nutrition Month.

Now is the time to reevaluate your health goals. Those we made in January for the New Year may have taken a backseat to busy schedules, or we've slipped back into unhealthy food ruts for comfort or due to stress or the winter doldrums. Junk food, fast food, and red meat are all things most people realize they should avoid, but avoiding certain foods isn't the only key to staying healthy. It's more important to focus on your health as a whole, and how making smart health choices in several areas of your life can provide multiple benefits for the long haul.

Everyone deals with schedules, jobs, social lives and other things that some people believe don't allow them the time to live their healthiest life. But the belief that we don't have time for health is simply not valid; everyone can live a healthy life when they break it down meal by meal, day by day, choice by choice.

### Eat More Plants

Sounds pretty simple, right? That's because it actually is. When you choose to eat more plants at each meal, you crowd out the unhealthy foods like dairy, meat, eggs, processed foods, fast food, pre-made meals and stuff that really provides your body with nothing but inflammatory, dense sources of calories.

Remember, calories equal energy. Your body needs calories to provide you with energy, so be sure you choose quality calories versus just focusing on the number of calories a food has. A 400-500 calorie meal made from plants like leafy greens, vegetables, fruit, whole grains, nuts and seeds is going to be more usable for your body than 400-500 calories from a medium fast food French fry and some ketchup or a small measly cheeseburger.

Even simpler foods like yogurt, cottage cheese, steak and fish all have way more calories per item than plants do, which means you have to eat more of them to stay full. They also don't improve your energy the same way either. Plants contain fiber, vitamins, minerals, and antioxidants that don't just keep you full and healthy, but also satisfy your cells' needs for quality nutrients they can put to use to fuel your metabo-



Be a mindful eater. By taking the time to enjoy what you eat, you can develop a healthier relationship with food.

lism better. Plants are also less inflammatory to the body, which helps prevent disease that can slow your body down.

### Be Label Smart

Generally speaking, if an item has a label on it with more than five ingredients, you probably shouldn't be eating it, nutritionists advise. The healthiest choice foods contain one ingredient or no label at all. For instance, fruits, vegetables, leafy greens, nuts, seeds, beans and legumes are all single food options that your body can use much better than a processed protein bar with 10 or more ingredients.

Added sugars, fillers and preservatives, emulsifiers, and many animal-based ingredients can all make their way into foods that aren't necessarily easy to spot. When you choose simple labels, you're naturally choosing healthier foods.

### Get Enough Sleep

Busy schedules, nights out and stress can all keep you from getting the rest you need, but this comes with a huge price. Research has shown that even just 30 minutes less of sleep one or two nights a week can lead to weight gain, changes in insulin levels, and prevent quality mental focus the next day.

Over time it can even lead to heart disease, type 2 diabetes and obesity. To keep your digestive organs, hormones, and your brain working like they should, your body has to have a reset. Think of sleeping just like working out — it works around the clock for you to improve

all other areas of your life. Put it in your calendar just like you would a meeting and make it happen.

### Eat a Fiber-Rich Breakfast

Most people know they should eat breakfast, — no news flash there — but what many people don't consider is the importance of a fiber-packed breakfast. A piece of fruit is nice in the morning, but it's not going to do much for you an hour later. Your body needs a good bit of calories, ample amounts of fiber, and a little protein to get it going and to keep you full.

Fiber takes a longer time to digest and also stabilizes your blood sugar. If you have a hard time adjusting to more fiber, start out slow but make it a point to increase it daily. A green smoothie, oatmeal, or some fruit chopped into a bowl with some coconut yogurt, flax, chia seeds, and pumpkin seeds are all great options that might be easier on your stomach than large amounts of something harsher like wheat bran cereal. Increase your fiber a little each day and you'll likely notice you feel more full during the morning while also having less severe blood sugar drops the rest of the day. This can keep your insulin levels healthy to prevent sugar binges or extreme fatigue.

Fiber-filled breakfasts can even improve your weight since they change the way your metabolism functions over the course of the day. ■



A heart-healthy diet can reduce your risk of heart disease or stroke by 80 percent, according to the American Heart Association. Improving your diet is an important step toward preventing heart disease. The food you eat can be just as critical for your heart as controlling your weight and exercising.

## Eating your way to healthy heart

Make changes your heart - and taste buds - will love

Smart eating and staying active are still the best strategies for reducing cardiovascular risk. That's the basis of the current guidelines from the American College of Cardiology and the American Heart Association. The two groups also came out with new guidelines for statin use, but somehow the effectiveness of lifestyle changes got lost, according to the authors of the Tufts Health & Nutrition Letter.

Get to the heart of the matter with the keys to cardiovascular health.

**Consume a diet that emphasizes vegetables, fruits and whole grains.** Also include low-fat dairy products, poultry, fish, legumes, non-tropical vegetables, oils and nuts and limit intake of sweets, sugar-sweetened beverages and red meats.

**Aim for a dietary pattern that achieves five to six percent of calories from saturated fat.** For most of us, that means limiting, as much as possible, sources of animal fat such as meat and dairy.

**Reduce percent of calories from saturated fat.** Choose polyunsaturated fats such as liquid vegetable oils, monounsaturated fats and carbohydrates.

**Reduce percent of calories from trans fat.** Trans fats are found in commercial baked goods, fried foods and processed or packaged foods.

**Lower sodium intake.** For most of us, the majority of dietary sodium doesn't come from the salt shaker. It comes from salt added to processed or restaurant food. Consume no more than 2,400 mg of sodium per day.

**Aim for more whole grain oats.** When making food choices, look for whole grain oats or whole grain oat cereal that contains beta glucan, like Cheerios. Beta glucan is a natural soluble fiber found in oats that helps reduce bad cholesterol. To reduce the risk of heart disease, you need three grams of soluble fiber daily from whole grain oat foods as part of a diet low in saturated fat and cholesterol.

**Try healthy swaps.** Healthier options are out there, so make the switch. For instance, instead of full fat mayonnaise, spread smashed avocado on your sandwich, which is high in healthy fats that help your heart. Also, when eating out, don't be afraid to ask your server for healthier preparation methods, like steamed and broiled instead of fried, or ingredient substitutes like whole grain pasta.

**Engage in aerobic physical activity.** Try for three to four sessions a week, lasting on average 40 minutes per session and involving moderate-to-vigorous intensity.

**Have a list.** Keep a running list of health to-dos, such as regular cholesterol and blood pressure screenings, as well as questions for your physician. Find out and jot down foods you can eat to lower cholesterol and other ways to take care of your heart.

The bottom line is that diet and exercise really can make a difference in your cardiovascular health. Small changes can become healthy habits. ■



*Publishers*  
**CLIFFORD RICHNER**  
**STUART RICHNER**

*Executive Editor*  
**SCOTT BRINTON**

*Section Editor*  
**KAREN BLOOM**

*Editorial Designer*  
*Cover Design*  
**JEFFREY A. NEGRIN**

*Vice President*  
*of Sales*  
**RHONDA GLICKMAN**

*Sales Manager*  
**SCOTT EVANS**

*Vice President*  
*of Operations*  
**MICHAEL BOLOGNA**

*Operations Manager*  
**ROBERT KERN**

Your Health is an advertising supplement to the HERALD Community Newspapers.

Copyright © 2018 Richner Communications, Inc. Published by Richner Communications, Inc. 2 Endo Blvd., Garden City, NY 11530 • (516) 569-4000 • www.literald.com

# Staying heart healthy with your Medicare Advantage Plan

March 8, 2018 – GLEN COVE HERALD GAZETTE



**H**ear disease is the leading cause of death for both men and women in the US, according to the American Heart Association (AHA), killing an estimated 630,000 Americans each year. We hear these surprising statistics repeatedly, but joining a Medicare Advantage Plan gives you access to various health benefits, so you don't have to become another statistic.

Here are a few ways you can stay heart healthy by taking advantage of some prime benefits and covered services with your Medicare Advantage Plan.

**Preventative Services.** Your risk for developing heart disease increases if you are; a woman age 55 or older, a man age 45 or older have a family history of heart disease. While you can't control your age or family history, you can take preventive actions. Many plans cover preventative services such as screenings, immunizations and annual wellness visits. These services help you identify and treat health issues early. Identifying risk factors, unhealthy lifestyle habits, getting recommended screenings and vaccinations, are all part of ongoing heart healthy prevention and management. Speak with your doctor about blood cholesterol and triglyceride level screenings.

**Disease Management Programs.** Many Medicare plans have disease management programs that aim to help you learning to manage chronic conditions like diabetes or high blood pressure. Participating in a disease management pro-

gram gives you access to information about exercise, medicine, diet, and other treatment options, that will help you lower your risk for heart disease and to improve your overall quality of life.

**Fitness Programs.** Fitness programs and access to gym memberships promotes a healthy lifestyle while helping you stay active. These programs may include access to fitness equipment,

gym memberships, group exercise classes and more, at no additional cost. The American Heart Association notes that regular exercise leads to heart-healthy habits and can prevent conditions like obesity, high blood pressure, and poor cholesterol levels, which can lead to heart attack and stroke.

**Access to a Care Navigator or Care Manager.**

Having a dedicated person to help you navigate all of these services gives you easier access to all your benefits, so you can focus on staying healthy. Care Navigators or Care Managers can help you stay on track with your health goals and assist with things such as medication management, care planning, routine screenings and preventative services. Care Navigators or Care Managers are here to support and encourage a healthy heart.

Call your Medicare Advantage plan to learn more and take advantage of benefits and covered services to help keep you heart healthy.

AgeWell New York offers Medicare Advantage Prescription Drug Plans and Managed Long Term Care Plans serving communities in the New York Metropolitan area including Westchester, Bronx, Manhattan, Queens, Brooklyn, Nassau, and Suffolk counties. Call today for eligibility and enrollment at 866-586-8044 or [agewellnewyork.com](http://agewellnewyork.com).



**Agewell New York**

866-586-8044 • [agewellnewyork.com](http://agewellnewyork.com)

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

**Call TODAY for a FREE screening!**

**Center for Hearing Health**   
a member of the Mill Neck Family of Organizations

**Join us for our St. Patrick's Brunch & Learn!**

**Thursday, March 15, 10:30 a.m. to Noon**

Enjoy a **FREE** brunch at the historic mansion at Mill Neck Manor while learning about the latest in hearing aid technology and instrumentation!

It's also a great time to make an appointment for **Free** hearing aid help or a **Free** screening.



Join us at the Center for Hearing Health, located on the beautiful 86-acre Mill Neck Manor campus.  
40 Frost Mill Road, Mill Neck, NY 11765

First-come, first-served • Space is limited so call today!

**RSVP: 516-628-4300**

962176

## Achieve the highest quality of life through hormone balance

**N**ow more than ever, women and men are struggling with symptoms of hormone imbalance. With the birth of her son in 2004, Kim Petry experienced severe hormonal imbalance causing anxiety, stubborn weight, hot flashes and achy joints.

"I spent more than 10 years going to doctors, trying medications and many diets," said Petry. "I tried everything, and no program corrected the real issue which was hormone imbalance."

Discovering Be Balanced Hormone Weight Loss Centers in 2017, transformed her life. The Be Balanced program is designed to naturally balance hormones, aid in losing stubborn weight and diminishes symptoms like hot flashes, mood swings and low energy. The approach works to remove candida yeast, detoxify the liver and balance hormones through all-natural supplementation and glandular support.

Within a month, Petry's symptoms disappeared and she lost weight.

Having such a profound impact on her health, Petry decided to switch gears from a finance career and open a Be Balanced Center on Long Island. "I wanted to bring all-natural hormone balance and wellness to the area as I have seen firsthand how it can transform your life" said Petry.

"Our clients are seeing amazing transformations. They typically lose 15 to 25 pounds in 28 days but



more importantly, the symptoms of hormone imbalance are diminished. When you feel good and look good, you feel empowered to reach for the stars," said Petry. "I plan on bringing that to everyone who is struggling with issues caused by hormonal imbalances and weight gain."



**Be Balanced Long Island**

690 Stewart Ave., Garden City • 516-743-9930

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

## Want to help your heart? Get your diabetes under control

**H**ear health and heart disease awareness is an important focus in February. One way to prevent heart disease is to manage your diabetes or, better still, avoid getting diabetes.

More than 68 percent of people with diabetes over the age of 65 die of some form of heart disease, according to the American Heart Association. The most recent American Diabetes Association research found that almost 10 percent of the American population had diabetes and more than double that percentage had pre-diabetes.

Pre-diabetes is characterized as fasting blood glucose rate of between 100 and 125. Many times, there are no obvious symptoms that a person has pre-diabetes, although some people experience increased urination, thirst and fatigue. If you have a history of diabetes in your family or are experiencing some of these symptoms, ask your physician about possible next steps. If



your diabetes is not well controlled or is more advanced your primary care physician may refer you to an endocrinologist or weight management specialist who are available at Northwell Health to help.

People who have pre-diabetes can prevent getting diabetes through exercise, diet modifications and other medical treatment. In some cases, losing as little as five percent of your body weight – in a 200-pound person

that would equal 10 pounds – can make all the difference.

Our hearts are hard-working but delicate muscles that need our help and diligence to keep them strong and healthy. Glen Cove Hospital has been certified by the Joint Commission for its advanced inpatient diabetes program. Let us help you manage your diabetes effectively. Our family medicine program can provide you care for your whole family.



**Glen Cove Hospital**

101 St Andrews Lane, Glen Cove • 516-674-7300

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

## The Center for Hearing Health: With you every step of the way

**W**ith more than 30 years of experience, the Center for Hearing Health (CHH), part of the Mill Neck Family of Organizations, is a full-service hearing center that provides the highest quality care in a state-of-the-art facility run by certified Doctors of Audiology who are pioneers in their field.

**If you're struggling with hearing issues like:**

- Muffled sounds
- Straining to follow along in conversations
- Asking people to repeat themselves
- ...We can help!

CHH's certified audiologists are members of the American Speech/Language/Hearing Association (ASHA) and the American Academy of Audiology (AAA), and are licensed by New York State. We always go above and beyond for our patients; we will walk with you through this journey every step of the way. You are our first priority.

**The Center for Hearing Health's full-service center offers:**

- State-of-the-Art Adult and Pediatric Testing Areas
- Hearing Aid Evaluations, Repairs and Dispensing
- Assistive Listening Devices ("TV Ears," Captioned Phones, Training Software)

**The Center for Hearing Health**

40 Frost Mill Rd., Mill Neck • 516-628-4300

Health memos are supplied by advertisers and are not written by the Herald editorial staff.



• Aural Rehabilitation Sessions

Free Hearing Aid Help and Free Hearing Screenings

Join us for our St. Patrick's Brunch & Learn on Thursday, March 15, from 10:30 a.m. to noon. Learn about the latest in hearing aid technology and instrumentation, including rechargeable batteries and Bluetooth capabilities.

Space is limited, call today!



# Are you or a loved one turning 65?

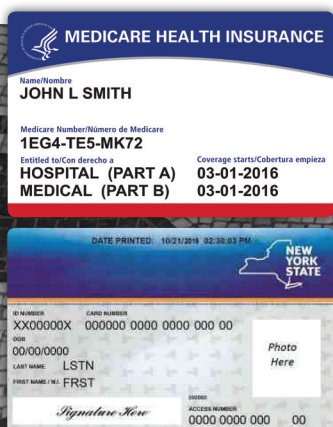
**AgeWell New York Health Plans provide the Medicare coverage and freedom you need.**

Call for eligibility and enrollment options

**718-696-0206**

TTY/TDD 800-662-1220 • [agewellnewyork.com](http://agewellnewyork.com)

**\$0 OR LOW COST**  
Plan Premiums  
Doctor Visits (no referrals)  
Drug Coverage



IMAGINE

AgeWell New York, LLC is a HMO plan with Medicare and Medicaid contracts. Enrollment in AgeWell New York, LLC depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Premiums, copays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. AgeWell New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AgeWell New York cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. AgeWell New York 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或別而歧視任何人。ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-866-586-8044 (TTY: 1-800-662-1220). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-586-8044 (TTY: 1-800-662-1220). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-586-8044 (TTY: 1-800-662-1220). H4922\_65Turning14002 Accepted 02052018



Create an eating plan that can improve your health now and in the future. Think of each change as a “win” as you build positive habits and find solutions that reflect your healthy eating style.

## Eat this, not that

### Find your path to improved nutrition

It can be hard to change your eating habits. It helps if you focus on small changes. Try to set realistic goals. They could be making some of the small diet changes listed above or walking daily. Above all, make nutrition a family affair.

Read on for some healthy and helpful suggestions that are easy to implement into your daily routine.

**Sensible snacking:** Encourage your children to eat more fruits and vegetables by setting an example! Have carrots and celery or cut-up fruit readily available for your family to snack on.

**A low-calorie snack:** Half a large pepper offers you a full day's worth of vitamin C. Munch on a pepper, just as you would on an apple, for a delicious, low-calorie snack.

**Cherries for your health:** Cherries are a great choice, whether fresh or dried. They are rich in fiber and vitamin C, and are associated with heart health and reducing the risk of cancer. Cherries also are rich in melatonin, which may help with sleep!

**Fresh or frozen:** Frozen fruits and vegetables are just as nutritious as fresh. Toss carrots, broccoli, or corn into canned soup, or make a fruit smoothie for a quick, delicious breakfast. Fiber for digestive health: Eating a variety of fruits and vegetables gives you fiber that keeps your digestive tract healthy and helps protect against diseases such as diverticulosis.

**The benefits of blue and purple:** All fruits and vegetables from the blue and purple color family contain flavonoids, the most powerful phytochemicals found in nature. Phytochemicals decrease one's risk of cancer, osteoporosis, cardiovascular disease, and much more!

**Carbohydrate facts:** Excess calories are

fattening, carbohydrates are not.

**'Soft' fat vs 'hard' fat:** Choose your fat wisely. Limit your intake of “hard” fat, such as lard and butter, and use more “soft” fat, such as olive oil and canola oil.

**Hunger help:** Fiber-rich breads, cereals, and pastas curb your hunger. They also help with weight management.

**Whole-grain goodness:** Brown rice, whole-wheat bread, and whole-wheat crackers contain more B vitamins, potassium, and fiber than processed white varieties.

**Restaurant smarts:** When dining out, ask for whole-grain foods. Some Italian restaurants offer whole-wheat pasta or pizza crusts. Ask for brown rice at Asian restaurants.

**Labels tell it all:** A dark-colored bread does not mean it is a whole-wheat bread. Take a look at the ingredients. Look for the words “whole grain” listed first in the ingredients.

**Colorful vegetables:** Dark, colorful vegetables, such as broccoli, peppers, tomatoes, and carrots, are more nutrient dense than pale cucumbers, mushrooms, and celery.

**Early to bed:** Get some rest. Your body recovers and repairs while you are sleeping. Sleep also can affect your weight and mood.

**A perfect start to the day:** Start your day off right with oatmeal, an excellent source of whole grains. Spruce up your oatmeal with some cranberries, apples, and nuts.

**Which cereal to choose:** When choosing cereal, look for those that contain at least 3 grams (g) fiber/serving, no more than 6 g sugar/serving, and no trans fat.

**The fewer, the better:** When it comes to choosing meat, the fewer the legs, the better. Chicken has two legs, thus it is a better option than pork, which has four legs. ■



## Get the skinny on

# Fats

### Not all fats are created equal

For years, fat was a four-letter word. We were urged to banish it from our diets whenever possible. We switched to low-fat foods. But the shift didn't make us healthier, probably because we cut back on healthy fats as well as harmful ones.

You may wonder isn't fat bad for you, but your body needs some fat from food. It's a major source of energy. It helps you absorb some vitamins and minerals. Fat is needed to build cell membranes, the vital exterior of each cell, and the sheaths surrounding nerves. It is essential for blood clotting, muscle movement, and inflammation. For long-term health, some fats are better than others.

While saturated and trans fats are bad for you, monounsaturated fats and polyunsaturated fats can actually be good for you. How as that possible?

“Monounsaturated and polyunsaturated fats are healthy fats because they do not raise the “bad” LDL cholesterol in your body and may actually help raise your “good” HDL cholesterol,” says Dr. Rachel Johnson, Robert L. Bickford Jr. Green and Gold Professor of Nutrition at the University of Vermont. “They also seem to have an anti-inflammatory affect and studies have shown that people who have that diets rich in these types of fats have lower rates of heart disease and diabetes.”

#### Foods containing good fats

Interested in starting a diet that is rich in healthy fats? If so, head to the grocery store and stock up on vegetable oils. This can include everything from olive oil and canola oil to peanut oil and

sesame oil. Monounsaturated fats are found in these oils as well as avocados, olives and various types of nuts, including almonds and peanuts.

Eating fish, of course, is an excellent way to incorporate polyunsaturated fats into your diet. Fatty fish like salmon, mackerel, trout and tuna are excellent options and also are high in Omega-3 fatty acids—known to help with inflammation.

#### Managing intake of good fats

How often should a person consume healthy fats? “Every day,” says Johnson.

“Just be careful about calories. Foods with healthy fats can be high in calories.”

Dr. Judith Wylie-Rosett, professor of epidemiology and population health at the Albert Einstein College of Medicine, concurs. “The problem with good fats is that it is easy to consume too many calories,” she says. “For example, if you have a child that is very active and lean, nuts are a wonderful snack. But if you have someone who is overweight, they may get too many calories going out to eat and munching on nuts at the dinner table.”

The American Heart Association recommends people eat foods with monounsaturated fats and polyunsaturated fats instead of saturated and trans fats. Aim for healthy fats to not exceed 35 percent of your total daily calories, according to the AHA. To control portions, try just a handful of nuts or olives for a snack. ■

Courtesy American Heart Association



# BeBalanced

HORMONE WEIGHT LOSS CENTERS

## Do You Suffer From Any Of The Following Symptoms?

- Weight Gain
  - Depression
  - Fatigue
- Anxiety
  - PMS
  - Thyroid Issues
- Mood Swings
  - Loss Of Libido
  - Inability To Lose Weight



Rebecca lost about 40 lbs.  
 Dave G. lost about 23 lbs.  
*Results may vary.*

If so, call today for your **FREE HORMONE ASSESSMENT and consultation.**

You may be suffering from a hormone imbalance. Our program uses the power of all natural hormone balancing to correct key imbalances that are holding you back.



- **Be Slimmer • Be Happier •**
- **Be Energized • Be Balanced! •**

**Call Today: 516-743-9930**

Visit Us: 690 Stewart Ave., Garden City  
 longisland@bebalancedcenters.com  
 Bebalanced.com/find-a-center/longisland

\$50 OFF

initial program fee

new client special • 1 per client

BE BALANCED HORMONE WEIGHT LOSS CENTERS

516-743-9930

With this coupon. Not valid with other offers or prior purchases. Expires 4-6-18.

# HERALD Market Place

TO PLACE AN AD CALL  
516-569-4000 PRESS 5

963699

## Magic Beyond Imagination!

AMAZE YOUR PARTY GUESTS!

**Robert McEntee**  
631-757-4206



www.MindReaderMagician.com www.SchoolAssemblyMagic.com

## iPaint

iPaintAndContract.com

Interior Painting  
Exterior Painting  
Plaster Repair  
Sheetrock Repair  
Carpentry  
Epoxy Floors

SERVING THE GOLD COAST FOR OVER 60 YEARS  
A+ RATED ON ANGIE'S LIST

Tel: 516.676.8469  
Email: office@ipaintandcontract.com  
Nassau Lic. #H0447000000 • NYC Lic. #1454280-DCA

## Wireman/Cableman

FLAT SCREEN TV'S INSTALLED

- Computer Networking
- CAT5/6 Cabling
- Telephone Jacks
- Camera Systems
- HDTV Antennas
- Cable TV Extensions
- Surround Sound/Stereos
- Commercial/Residential Trouble Shooting

**COMPETITIVE PRICING**

FREE ESTIMATES  
ALL WORK GUARANTEED  
Lic # 54264-RE



516-433-9473 • 631-667-9473  
(WIRE) (WIRE) WWW.DAVEWIREMAN.COM

## black forest

Brian E. Pickering

auto works

20 Cottage Row, Glen Cove 676-8477

## How Much Is Your Home Worth?

### FREE MARKET ANALYSIS

## Destiny

INTERNATIONAL REALTY

GRACE MERRELL SLEZAK B.A., M.A.  
LICENSED BROKER / PRESIDENT  
516-768-1000 • grace.slezak@gmail.com

## NESTOR CHOPIN, C.P.A.

ACCOUNTING & TAX SPECIALISTS FOR

- Individuals
- Small Businesses
- Medical & Health Field Practices
- Contractors

Se Habla Español

Year-Round Tax Preparation Services  
516-759-3400  
404 Glen Cove Ave., Suite 202 Sea Cliff  
www.ChopinCPA.com

## WANTED!

### Antiques & Vintage '60s and Earlier

Home Furnishings, Collector Plates, Rugs, Figurines & More

TOP DOLLAR PAID! Free Price Quotes

T & R FURNITURE CO.  
Call Thomas  
516-768-4589 or 718-470-6716

## FRITZ + HOLLANDER

We buy all types of Mid-Century, Art Deco, 50's to the 70's Furniture, Lighting, Art and Record Collections

Serving LI, The 5 Boro's and Westchester

FREE APPRAISALS AND HIGHEST PRICE PAID!  
CALL NOW AND ASK FOR ROB @ 914-673-7489

## Martino Auto Concepts

M.A.C. AUTO COUTURE

Glen Cove, New York

## Chimney King, Ent. Inc.

Chimney Cleaning & Masonry Services  
Done By Firefighters That Care  
chimneykinginc.net

(516) 766-1666

FREE ESTIMATES

- Chimneys Rebuilt, Repaired & Relined
- Stainless Steel Liners Installed

Fully licensed and insured \*H0708010000

## Physical Therapy Rehab At Home

### PATRICIA M. LESLIE, P.T.

PHYSICAL THERAPIST  
HOME CARE  
NASSAU COUNTY

516-671-8976 36 NORTHFIELD ROAD  
516-676-8666 FAX GLEN COVE, NY 11542  
516-996-4783 CELL

"Protecting Our Environment Every Day"

## HELP

CESSPOOL AND SEWER SERVICE

- Fleet of Full Size Vacuum Pump Trucks
- Commercial & Residential Emergencies
- Serving Nassau and Suffolk Counties since 1974!

516-433-5110  
www.HelpCesspool.com  
389 New South Road, Hicksville

Licensed • Insured • Professional



LICENSED INSURED

## Milseria

FREE ESTIMATES

### LANDSCAPE DESIGNS & MASONRY

All Phases of Landscape Design (Planting, Sod)  
All Aspects of Masonry Work (Pavers, Stoops, Patios, Driveways)

Retainer Walls	Japanese Gardens	Stone or Brick	Fences, PVC
Slates, Walls	Low Voltage	BBQ's	Tree Removal
Rock Gardens	Landscape Lighting	Sprinkler Systems	Artificial Grass

"Designing Our Way to Success"

516-884-5071 • 516-825-3004  
All Major CC's Accepted

## T&M GREENCARE

(516)223-4525 • (631)586-3800

### TREE SERVICE

WE BEAT ALL COMPETITORS' RATES

www.tmgreencare.com  
Residential & Commercial

## Madison TAXI

\$5 OFF ANY AIRPORT TRIP

Family Owned & Operated • Serving the North Shore Since 1988

24/7 SERVICE

- LOCAL & LONG DISTANCE
- AIRPORT SERVICES (PICK-UP & DROP-OFF)
- MULTI-LINGUAL DRIVERS

WE GUARANTEE ON TIME ARRIVAL  
516-883-3800  
www.MadisonTaxiNY.com



## DONATE YOUR CAR

### Wheels For Wishes

Benefiting

Make-A-Wish® Suffolk County or Metro New York  
WheelsForWishes.org

\*Free Vehicle/Boat Pickup ANYWHERE  
\*We Accept All Vehicles Running or Not  
\*Fully Tax Deductible

Suffolk County Call: (631) 317-2014  
Metro New York Call: (631) 317-2014

\*Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, visit www.wheelsforwishes.org.

- TREE REMOVAL
- STUMP GRINDING
- PRUNING
- ROOF LINE CLEARING

Lowest Rates

FREE Estimates

Seniors, Veterans, Police & Fireman Discounts

Nassau Lic. H2061360000  
Suffolk Lic. 35679-H  
Owner Operated-Lic./Ins.



## COVE TIRE

car care center

We Service Foreign & Domestic Cars

www.covetire.com

277 GLEN COVE AVENUE  
Sea Cliff, NY  
516-676-2202

Lube, Oil & Filter  
\$5.00 OFF

THE REG. PRICE ALL VEHICLES

NOT VALID WITH ANY OTHER PROMOTIONS OR OFFERS.

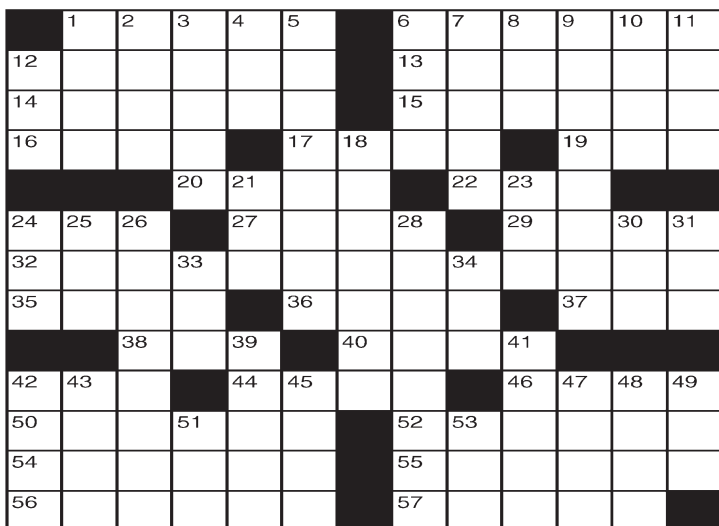
Serving the Community since 1983

# HERALD Crossword Puzzle

## King Crossword

### ACROSS

- 1 Tiny bits  
6 "I, Robot" writer  
12 Catch in a net  
13 Household  
14 Treeless Asian plain  
15 Bach piece  
16 Corn recipe  
17 Experts  
19 Ultramodern  
20 Reverberate  
22 Kiwi's extinct cousin  
24 — Khan  
27 Get better  
29 "Two and a Half Men" role  
32 Arguably, best-known line from Shakespeare  
35 Still  
36 Peacenik  
37 Performance  
38 Blushing  
40 Iodine source  
42 Pitch  
44 Spud's buds  
46 Scored 100 on  
50 Hard to find  
52 Guarantee  
54 Yearly  
55 Tradition, perhaps  
56 Forward a story



### DOWN

- 1 Grooving on  
2 Portent  
3 Reservation residence  
4 Nile slitherer  
5 One often seen with a crook?  
6 Bullets etc.  
7 Quake  
8 Hostel  
9 Hawaiian volcano  
10 Curved molding  
11 Kill a bill  
12 Sixth sense  
18 Virginia city  
21 Comedian  
23 Margaret  
24 Noshed  
25 Head of st.  
26 Straying  
28 Smitten, maybe unrequitedly  
30 Jimmy Kimmel's

- 31 Lepidopterist's prop  
33 Away from WSW  
34 — Aviv  
39 Sticker  
41 Old hat  
42 Despot  
43 Dermatology subject  
45 Holler  
47 Adorable  
48 Cupid's alias  
49 Rep.'s rival  
51 Regret  
53 Sister

© 2018 King Features Synd., Inc.

## 2018 SUPER SUMMER EMPLOYMENT OPPORTUNITIES AT THE PARK AT EAST HILLS!

1. Are you looking for an exciting summer job with competitive pay and an upbeat work environment?
2. Would you like to spend the summer at the finest park facilities with the largest municipal leisure pool on Long Island?
3. Do you want a quick turnaround on your application so you know where you will be working this summer? (subject to agency confirmations and background checks.)

Then our positions are a perfect fit for you! Apply for a position as either a

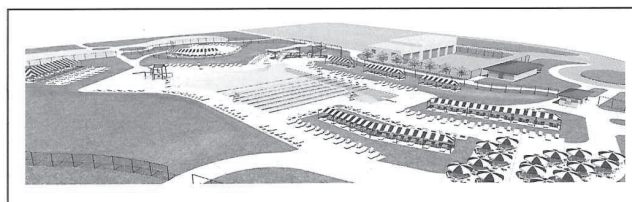
### Park Attendant or Lifeguard REQUIREMENTS:

- Available to work through Labor Day weekend
- At least 16 years of age

### LIFEGUARD ADDITIONAL REQUIREMENTS:

- Lifeguards must be Nassau County Certified
- Rookie/1st year Lifeguard Starting @ \$15.50/hr.

To apply, contact The Park at East Hills at (516) 484-9800, e-mail us at [clastraglio@villageofeasthills.org](mailto:clastraglio@villageofeasthills.org), or simply visit Village Hall on a business day from 9am – 4:30pm. We are located at 209 Harbor Hill Road, East Hills, NY 11576. Ask for Tina Lastraglio to get an application.



The Village of East Hills is an Equal Opportunity Employer

# HERALD Market Place

TO PLACE AN AD CALL  
516-569-4000 PRESS 5

**DUMPSTER SERVICE**

10, 20, 30  
Yard Dumpsters  
516-759-5300  
Licensed/Insured

Removal of Household & Construction Debris  
Complete Demolition of Houses, Garages, Sheds, Patios,  
Driveways & Swimming Pools • Excavation, Cesspools, Dry Wells, Trenching,  
Grading, Clean Fill, Topsoil & Bobcat Service • Garage & Estate Clean Outs

**ISA HOME IMPROVEMENT**

Kitchens, Windows, Decks, Extensions, Garage. Conversions, Dormers. Masonry, Bathrooms, Basements, Mother/Daughters, Carpentry.

FREE Estimates.  
NO JOB TOO SMALL.

516-581-9146

**NOW HIRING!**

Tuition Assistance • Jobs • Training

NEW YORK  
**NATIONAL GUARD**

1-800-GO-GUARD • NATIONALGUARD.com

**DOODYMAN TO THE RESCUE**

Emergency Service Sewer & Drain Back Up

Any Sewer Electrically Cleaned Starting At \$75

Any Tub or Sink Electrically Cleaned Starting At \$55

Sewer & Water Line Replaced and Installed Sewer Camera Inspection

1-800-75-Sewer  
516-354-8336  
Lic#1924

**Clock Repair**

Expert repair services for wall, mantle, Atmos and cuckoo clocks.

House calls are available for grandfather clock repairs.

SANDS POINT SHOP  
516.767.2970  
15 Main Street, Port Washington • SandsPointShop.com

**Saving a Life EVERY 11 MINUTES**

Help at Home  
Help in Shower  
Help On-the-Go

**HELP**  
I've fallen and I can't get up!

Get HELP fast, 24/7, anywhere with **Life Alert**.

For a FREE brochure call:  
**1-800-641-0397**

**TO ADVERTISE ON THIS PAGE**

PLEASE CALL  
516-569-4000 ext. 286

**SALON SOLIS • HELP WANTED**

HAIR STYLIST with a following

MASSAGE THERAPIST AND ESTHETICIAN with followers

ROOM AVAILABLE  
324 Sea Cliff ave, Seacliff  
(516) 669-5092

# HERALD PUBLIC NOTICES

**LEGAL NOTICE**  
TRANSPORTATION DEADLINE-NORTH SHORE SCHOOL DISTRICT RESIDENTS REQUESTING TRANSPORTATION FOR CHILDREN TO PRIVATE OR PAROCHIAL SCHOOLS FOR THE 2018-2019 SCHOOL YEAR MUST SUBMIT THEIR REQUEST IN PERSON AT THE TRANSPORTATION DEPARTMENT BY APRIL 1, 2018 OR SEND IT BY CERTIFIED MAIL POSTMARKED ON OR BEFORE APRIL 1, 2018. FAILURE TO SUBMIT THE TRANSPORTATION REQUEST FORM ON OR BEFORE APRIL 1, 2018 MAY RESULT IN YOUR CHILD BEING INELIGIBLE FOR DISTRICT TRANSPORTATION FOR THE 2018-2019 SCHOOL YEAR. IN THIS CASE, THE COST AND ARRANGEMENT FOR TRANSPORTATION WILL BE PARENTAL RESPONSIBILITY. THE STATE EDUCATION DEPARTMENT AND THE BOARD OF EDUCATION REQUIRE THAT A SEPARATE APPLICATION BE FILED EACH YEAR EVEN IF THE STUDENT IS ALREADY RECEIVING TRANSPORTATION. A KINDERGARTEN PUPIL MUST BE FIVE (5) YEARS OF AGE NO LATER THAN DECEMBER 1, 2018.

In accordance with New York State Education Law, transportation requests received after the above date will not be accepted unless a reasonable explanation is given for the delay or the District can provide the transportation under existing arrangements without additional expense. A belated decision to enroll a student into school is not a reasonable explanation for late submission of a transportation request. Those students who move into the District after the expiration of the deadline can still submit a written request for transportation provided such request is made within thirty (30) days after establishing residence in the district.

If you have not yet received a request form, please contact your child's school, call the Transportation Office at 277-7930, or print the form from the District Website at: www.northshoreschools.org. NORTH SHORE SCHOOLS TRANSPORTATION DEPARTMENT  
PO BOX 412  
340 SHORE ROAD  
GLENWOOD LANDING, NY 11547-0412  
91720

Search for notices online at [www.mypublicnotices.com](http://www.mypublicnotices.com)

**LEGAL NOTICE**  
SUPREME COURT OF THE STATE OF NEW YORK - COUNTY OF NASSAU  
THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS SUCCESSOR TRUSTEE FOR JPMORGAN CHASE BANK, N.A., AS TRUSTEE FOR NOVASTAR MORTGAGE FUNDING

TRUST, SERIES 2006-2 NOVASTAR HOME EQUITY LOAN ASSET-BACKED CERTIFICATES, 2006-2, V. ALFRED P. EVANS, ET AL. NOTICE OF SALE NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated December 21, 2017, and entered in the Office of the Clerk of the County of Nassau, wherein THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS SUCCESSOR TRUSTEE FOR JPMORGAN CHASE BANK, N.A., AS TRUSTEE FOR NOVASTAR MORTGAGE FUNDING TRUST, SERIES 2006-2 NOVASTAR HOME EQUITY LOAN ASSET-BACKED CERTIFICATES, 2006-2 is the Plaintiff and ALFRED P. EVANS, ET AL. are the Defendant(s). I, the undersigned Referee will sell at public auction at the NASSAU SUPREME COURT, 100 SUPREME COURT DRIVE, CALENDAR CONTROL PART, MINEOLA, NY 11501, on March 20, 2018 at 11:30AM, premises known as 1 MATTHEW LANE, GLEN COVE, NY 11542: District 5, Section 21, Block 256, Lot 71: ALL THAT CERTAIN PLOT, PIECE OR PARCEL OF LAND, WITH THE BUILDINGS AND IMPROVEMENTS THEREON ERECTED, SITUATE, LYING AND BEING IN THE CITY OF GLEN COVE, COUNTY OF NASSAU AND STATE OF NEW YORK Premises will be sold subject to provisions of filed Judgment Index # 12251/2014. Keith M. Corbett, Esq. - Referee. RAS Boriskin, LLC 900 Merchants Concourse, Suite 106, Westbury, New York 11590, Attorneys for Plaintiff. 91428

**LEGAL NOTICE**  
CITY OF GLEN COVE BOARD OF ZONING APPEALS NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Board of Zoning Appeals on Thursday March 15, 2018, at 7:30 pm, at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, N.Y., when all interested persons will be given the opportunity to express their views on the following applications:  
CASE #1 -2018  
8 Towle Place Glen Cove  
Applicant proposes a new sunroom and rear deck to an existing one family dwelling on a non-conforming lot. Said lot has a lot width of 61.15 ft. when 65 ft. is the minimum required. This property is located in the R-3A Single Family Residential Zoning District as shown on the Nassau County Land & Tax Map as Section 21, Block 224, Lot 7.

Case #2 -2018  
10 Franklin Avenue, Glen Cove  
Applicant proposes the conversion from a single family residence to a two family residence with insufficient lot area having an existing lot area of 6,570 sq. ft. where 7,500 sq.ft. is the minimum required. Maintain an existing 2nd driveway/curb cut. Maintain existing paved area totaling 2,602 sq. ft. where 1,314 sq. ft. is the maximum permitted. Maintain front yard paved area totaling 1,350 sq. ft. where the maximum allowable is 648 sq. ft. Maintain an existing finished basement resulting in F.A.R. of 3,401 sq. ft. when 2,464 sq. ft. F.A.R. is the maximum permitted. This property is located in the R-4 Residential Zoning District as shown on the Nassau County Land & Tax Map as Section 23, Block 09, Lot 26.  
Dated: BY THE ORDER OF THE BOARD March 5, 2018 ZONING APPEALS OF THE CITY OF GLEN COVE DONNA M. MCNAUGHTON, CHAIRMAN 92870

To Place A Notice Call 516-569-4000 x232  
**LEGAL NOTICE**  
NOTICE TO BIDDERS City of Glen Cove - Glen Cove Public Library - Teen Zone Renovations Notice is hereby given that SEALED PROPOSALS for: City of Glen Cove Glen Cove Public Library Teen Zone Renovations 4 Glen Cove Avenue Glen Cove, NY 11542 GBDS Project No.: GCPL-1731 Contract G / Prime - General Construction Work Will be received until 10:00AM prevailing time on Wednesday, March 28, 2018 at the Office of the Library Director, Attn: Ms. Kathie Flynn, located at 4 Glen Cove Road, Glen Cove, New York 11542. The website where electronic files including the Contract Documents [Construction Drawings, Project Manual with Specifications, Agreement between Owner and Contractor, and the Conditions of the Contract (General, Supplementary and other Conditions)] will be provided by Gallin Beeler Design Studios upon request via email to the following address: [rtexiera@gbds.com](mailto:rtexiera@gbds.com). Bid documents may be obtained electronically beginning at 1:00PM on Monday, March 5, 2018. Bids must be made in the standard proposal form in the manner designated therein and as required by the Specifications that must be enclosed in sealed envelopes bearing the name of the job and name and address of the bidder on the

outside, addressed to: Glen Cove Public Library, clearly marked on the outside: Bid For: Teen Zone Renovations. Each proposal submitted must be accompanied by a certified check or bid bond, made payable to the Glen Cove Public Library, in an amount equal to five percent (5%) of the total amount of the bid, as a commitment by the bidder that, if its bid is accepted, it will enter into a contract to perform the work and will execute such further security as may be required for the faithful performance of the contract. Certification of bonding company is required for this bid, see Instructions for Bidders section. Each bidder shall agree to hold his/her bid price for forty five (45) days after the formal bid opening. A pre-bid meeting and walk thru is scheduled for 9:00AM on Wednesday, March 14, 2018. Potential bidders are asked to gather at the site, at which time they will be escorted to the areas of work. It is the Board of Trustees intention to award the contracts to the lowest qualified bidder who can meet the experience, technical and budget requirements. The Board of Trustees reserves the right to reject any or all bids, waive any informality and to accept such bid which, in the opinion of the Board of Trustees, is in the best interests of the Library. Bids include all costs associated with the project. By submitting a bid, the bidder represents that they are familiar with the site and project conditions. Additionally prior to submitting its bid, Contractor shall make Architect and Owner aware of any problems and/or inconsistencies in the bid documents. Glen Cove Public Library Board of Trustees City of Glen Cove, NY 92871

To place a notice here call us at 516-569-4000 x232 or send an email to: [legalnotices@lherald.com](mailto:legalnotices@lherald.com)  
**LEGAL NOTICE**  
NOTICE OF PUBLIC HEARING: NOICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, March 13, 2018, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss amending Sec. 265-43 (Schedule XI: Parking Prohibited at all Times), of the Code of Ordinances, as it relates to Franklin Avenue. All interested parties will be given an opportunity to be heard.  
Tina Pemberton  
City Clerk  
92905

## THE GREAT BOOK GURU

### Down by the Sea

Dear Great Book Guru,  
With these first days of March, my thoughts begin turning to our lovely village beach. Friends have mentioned enjoying a crime novel with rich nautical overtones set at a New York City beach. Any thoughts? — Slipping into Spring



**ANN DIPIETRO**

Dear Slipping into Spring,  
I'm sure it is "Manhattan Beach," by Jennifer Egan. I loved her earlier "A Visit From the Goon Squad" and this is indeed another winner, but it includes a very, very different approach. In the first chapter, we meet three characters whose lives we will follow for the next 20 years. It's 1934, and Anna Kerrigan and her father Eddie are visiting his business partner/mobster friend Dexter Styles at

his mansion by the sea. The sea will play an ongoing role, perhaps even serving as the book's fourth character. Manhattan Beach is at the southern tip of Brooklyn and the story lines shift between here and Red Hook where the grown-up Anna works in the naval shipyards, eventually as a diver as the nation prepares to enter World War II. From beginning to end, the fates of all three are intertwined with the waters that surround them. Meticulously researching time and place, Egan gives us a fascinating mystery and a spectacular homage to New York's waterways.

Would you like to ask the Great Book Guru for a book suggestion? Contact her at [annndiapiro@gmail.com](mailto:annndiapiro@gmail.com).

## OBITUARIES

### Vito Joseph Zupa, M.D

Vito Joseph Zupa, M.D., of Glen Cove, N.Y., died on March 4, 2018. He was born in Mt. Vernon, N.Y., to George and Filomena Zupa. He was an accomplished and well-respected member of the community. He attended Yale University and graduated Magna Cum Laude and Phi Beta Kappa in 1951. He also graduated from the Yale School of Medicine in 1954. He served his country in the U.S. Army Medical Corps from 1956-1958. He had a long and successful career as a Radiologist at the Glen Cove Community Hospital. Though he had many proud accomplishments throughout his life, he was most proud of his family. He was the beloved husband of Suzanna Zupa for 61 years. Loving father of Chris (Michele) and the late Jeffrey (Angela). Dear brother of the late Carmel deMarinis. Proud grandfather of Ryan, Alexandria, Carina, Griffin and Beckett. Visitation held at Dodge-Thomas Funeral Home, and a funeral service will be held there at 11 a.m. on Thursday, March 8. Vito will be buried at Gate of Heaven Cemetery.

### Irwin Lutt

Irwin Lutt, 86, of Glen Cove, N.Y., died on March 5, 2018. Beloved husband of Roslyn; loving father of Steven (Karen), Donald (Kurt), Dina (Geoffrey) and Howard (Lydia); dear brother of the late Elaine Hallock and Lila McCauley; adored grandfather of six. Irwin was a veteran who proudly served in the Korean War. He was an active member in Congregation Tiferth Israel and Theater #2 in Glen Cove. Irwin was a printer for over 60 years. Funeral services held at the Dodge-Thomas Funeral Home, followed by an interment to at New Montefiore Cemetery.

### Marguerite Michalka

Marguerite Michalka (nee Bosfero), 96, died on Mar 1, 2018. She passed peacefully in her home surrounded by her loving daughters Vanessa Keehner (Brian) and Marygrace Michalka Shaver. She is predeceased by her beloved husband John, her brother, and three sisters. Visiting held at Whitting Funeral Home. Funeral mass held at the Church of St. Rocco, followed by an interment at Holy Rood Cemetery.

### Benjamin Dixon

Benjamin Dixon, 66, of Glen Cove, N.Y., died on Feb. 27, 2018. Beloved father of Davelle and Latonya; dear brother of Helena Rowe and Gerald; proud grandfather of six. Benjamin was a graduate of Glen Cove High School, and proudly served in the U.S. Navy. He loved his family dearly. Arrangements are entrusted to Dodge-Thomas Funeral Home. Services were held at First Church of God in Christ, officiated by Rev. Clarence Johnsen. Interment was private.

### ANSWERS TO TODAY'S PUZZLE

Solution time: 24 mins.

S	E	E	N	K		L	L	E	T	E	R
M	O	T	S	U	C		L	V	U	N	N
E	R	E	S	N	I		E	C	R	C	S
D	E	C	A	V	S	E	Y	E	R	V	T
			L	P	L	E	K		D	E	R
T	C	V		E	L	O	D		N	E	L
E	B	O	T	T	O	N	R	O	B	O	T
N	V	A	V		L	V	E	H	V	G	V
		A	O	M	O	H	C	E			
O	E	N	S	O	R	P	R	O	N	E	P
T	E	N	N	I	M	E	P	P	E	T	S
E	V	A	G	E	M	E	H	S	E	M	E
V	O	M	I	A	S	V	S	T	A	S	I

# No Paper, No Justice

Weigh the advantages of legal advertising.  
For information of rates and coverage  
call 516-569-4000.

## OPINIONS

# Let's stop shooting from the fringes and aim for the middle

Washington saw another remarkable session of apparent bipartisan accommodation last week, as senators from both parties met with President Trump to discuss measures aimed at containing mounting gun violence. The recent horrific high school shooting in Florida seems to have galvanized the



**ALFONSE  
D'AMATO**

meeting, on immigration, when everyone seemed to be on his or her best behavior, nodding in apparent agreement on the need to clean up our incoherent immigration laws. That effort ended in the usual stalemate and recrimination that have become the hallmark of this administration and this Congress. If a repeat of that

nation in ways that other massacres have not.

Maybe this was the inevitable last straw that will bend the nation's leaders to finally act on reasonable gun safety measures. But the display of political amicability at the White House was eerily reminiscent of another recent

fruitless dialogue is to be avoided, things will have to change at both ends of Pennsylvania Avenue.

First, President Trump will have to get his own act together. He can't be all things to all people, saying whatever pops into his head, darting back and forth from pro-gun rights to pro-gun safety. It probably would help, too, to stop lecturing senators on their gun control records and their affinity or aversion to the National Rifle Association. Everyone in the Capitol knows that the NRA is a powerful advocacy group, and that gun owners are a forceful constituency. Senators as different as Bernie Sanders and Mitch McConnell have pro-NRA records because large numbers of gun owners in their largely rural states use their guns responsibly to shoot at target ranges and for hunting animals, not people.

Then there's the nagging, not-so-little challenge of the Constitution's Second Amendment, which gives broad protection to gun ownership in America. Some may think it goes too far in protecting gun rights, just as some find the First Amendment's protection of free speech tough to

take when it leads to flag burning or pro-Nazi rallies we abhor but must tolerate in the name of freedom. But with each successive gun massacre, Americans are coming to a consensus that the right to

**N**o one has a right to shout 'Fire' in a theater — or to shower a theater with bullets.

bear arms — like all other rights — must be balanced against the rights of all to be safe in our schools, churches and public places, on our streets and in our homes.

Just as no one has a right to shout "Fire" in a crowded theater, no one has a right to shower it with bullets, either. And with all due respect to the NRA's leadership, the debate about guns today is *not* about keeping guns or losing other constitutional rights. It's not either the Second Amendment or fight, and NRA leaders do a disservice to the nation when they sound such false alarms.

So there are some reasonable measures that can and should be taken to balance these rights. I say that as long-time defender of the Second Amendment who respected gun owners' rights in the Senate. Here's what Congress can do: It can raise the age for buying guns to 21, similar to age restrictions on alcohol purchases. It can significantly tighten access to

guns for those with mental health problems or criminal records with stronger background checks.

It can close the gun show and private sale loopholes that circumvent such background checks. It can restrict sale of high-capacity ammunition cartridges, bump stocks and other devices that turn rifles into machine guns. And it can reinstate the ban on military-style assault weapons like those used in recent massacres.

To do that, Congress will have to get past the temptation in both parties to retreat to their respective political corners, avoiding hard decisions that can be reached only by meeting in the neglected political center. If gun-rights-leaning members of Congress are terrified of the NRA, and gun-safety-leaning members are terrified by the gun-control lobby, nothing will get done ... again. They must instead heed the growing majority of Americans in the middle who want freedom and safety to be given equal consideration. They must remember, the bull's-eye is in the center, not at the fringes.

*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.*

# It used to be political, but now it's personal

So personal. As I realized last week, every single thing President Trump does or says diminishes something or someone I cherish. If this keeps up, he could really start to get on my nerves.

Once I got past the initial jolt of Trump's election (like stepping on the third rail), I hoped for a moderating, pivoting, possibly centrist Trump. But, sadly and perhaps tragically, we got the upheaval he promised and more. It's the only thing he hasn't lied about.



**RANDI  
KREISS**

women's genitals, of course it felt personal. I mean, who does that? He admitted reprehensible behavior and he still got elected. How do we explain this to our daughters and granddaughters, and what is the confusing message to the men in our lives?

When he appointed various know-nothings to key agencies and cabinet posts, when he selected unskilled, uneducated and inexperienced people and put them in leadership positions, those decisions disrespected the citizens of this

country. It's personal when the State Department can't effectively represent our interests in the world. It's personal when Vladimir Putin and Kim Jong-un feel emboldened by our leader's incompetence. It will be very personal if missiles start heading our way because of miscommunication.

When the president opens new land to mining and logging and brags about trashing environmental rules and regulations, it's personal. We grew up singing, "This land is your land, this land is my land." We are the keepers of the earth, and only if we preserve it and grow its resources will it be there for our children.

Our president lives in a narcissistic bubble, and his immediate gratification is his only concern. He will let the rivers run with pollution and the seas dry up if that gives him traction with powerful industries.

When Trump's sons posted photos of their hunting trophies, including the tails of dead elephants, it felt like sacrilege to me. When his daughter and son-in-law were insinuated into the West Wing, that felt insulting, too. An absurd construct: That the delicate business of international affairs, negotiation and brinkmanship could be carried out by untrained family members who still held ties to their per-

sonal businesses and who demonstrated little talent for their assignments. Does the reputation of this country truly mean so little to the president?

When he opened his heart and mind to what he saw as some "good" folks in the white nationalist movement, I thought of the Catholics and Jews and blacks and Hispanics who have suffered at the hands of such hate groups. The president's nod to such divisive forces feels threatening to every citizen in a minority community.

When he lied every day in nearly every speech, I began to feel afraid. What if a national or international catastrophe hit us? How would I ever trust his advice? Who among us could follow him into war?

When he tried to ban Muslims from entering the U.S. by issuing travel restrictions, that felt personal, too. How does any non-Muslim American interact with Muslim friends and colleagues without a cringing sense of embarrassment?

When he abandoned the Dreamers, a particularly mean-spirited and cynical move, it hurt. Don't we all know immigrants who have come to this country as children and made good, and now feel as American as any of us, because they are? Trump's treatment of immigrants, the

way he speaks about Latinos and Africans and Middle Easterners, stands in opposition to all the innate goodness and generosity of this nation.

When he trashes the Obamas at every opportunity with false accusations and outright lies, I feel resentment that a man who conducted himself with honor throughout his presidency would be called out by the new man in office.

And, no small thing, when Trump butchers the English language on a daily basis, the English teacher in me weeps. In some ways he is functionally illiterate.

When he doesn't bother with security briefings or other routines that might help him function better in office, he reminds us what willful ignorance is and how woefully unprepared he is to lead us.

Many Americans have felt outraged and insulted by the president's language and behavior and policy and staffing choices. We've felt slings and arrows coming our way, launched not by outrageous fortune, but by Trump.

The actual quotation, from "Hamlet," reads: "Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune, Or to take arms against a sea of troubles/and by opposing, end them?"

We cannot and will not abide "arms," but we can oppose. We can resist. And we will.

*Copyright 2018 Randi Kreiss. Randi can be reached at randik3@aol.com.*

Established 1991  
Incorporating  
Gold Coast Gazette

**LAURA LANE**  
Senior Editor

**ZACH GOTTEHRER-COHEN**  
Assistant Editor

**ANGELA FEELEY  
FRAN BUSHMAN**  
Advertising Account Executives

**OFFICE**  
2 Endo Boulevard  
Garden City, NY 11530

Phone: (516) 569-4000  
Fax: (516) 569-4942  
Web: glencove.liherald.com  
E-mail: glencove-editor@liherald.com

Twitter: @NSHeraldGazette

Copyright © 2018  
Richner Communications, Inc.

## HERALD

COMMUNITY NEWSPAPERS

Robert Richner  
Edith Richner  
Publishers, 1964-1987

**CLIFFORD RICHNER  
STUART RICHNER**  
Publishers

**MICHAEL BOLOGNA**  
Vice President - Operations

**ROBERT KERN**  
General Manager

**SCOTT BRINTON**  
Executive Editor

**JIM HARMON  
SANDRA MARDENFELD**  
Copy Editors

**CHRISTINA DALY**  
Photo Editor

**TONY BELLISSIMO**  
Sports Editor

**KAREN BLOOM**  
Calendar Editor

**RHONDA GLICKMAN**  
Vice President - Sales

**SCOTT EVANS**  
Sales Manager

**ELLEN REYNOLDS**  
Classified Manager

**LORI BERGER**  
Digital Sales Manager

**JEFFREY NEGRIN**  
Creative Director

**BYRON STEWART**  
Production Supervisor

**CRAIG CARDONE**  
Art Director

**JACKIE COMITINO  
YOLANDA RIOS**  
Production Artists

**DIANNE RAMDASS**  
Circulation Director

**HERALD COMMUNITY NEWSPAPERS**  
Baldwin Herald  
Belmore Herald Life  
East Meadow Herald  
Franklin Square/Elmont Herald  
Freeport Leader  
Long Beach Herald  
Lynbrook/East Rockaway Herald  
Malverne/West Hempstead Herald  
Merrick Herald Life  
Nassau Herald  
Oceanside/Island Park Herald  
Oyster Bay Guardian  
Rockaway Journal  
Rockville Centre Herald  
Sea Cliff/Glen Head Herald Gazette  
South Shore Record  
Valley Stream Herald  
Wantagh Herald Citizen  
Seaford Herald Citizen

**MEMBER:**  
Local Media Association  
New York Press Association  
Published by  
**Richner Communications, Inc.**  
2 Endo Blvd. Garden City, NY 11530  
(516) 569-4000

# HERALD EDITORIAL

## After Parkland, the youth are leading change

**W**hy do we have to lead the change?" That was the question Marjory Stoneman Douglas High School senior Ryan Deitsch asked Sen. Marco Rubio at a town hall forum hosted by CNN on Feb. 21, in the wake of the school shooting in which 17 people died.

Deitsch, who hid in a closet with 19 other students during the attack in Parkland, Fla., told Rubio that he had been taking part in active shooter drills ever since he was in elementary school.

Deitsch and fellow student Emma Gonzalez — whose face has become synonymous with a youth movement that may finally wake up federal lawmakers — were among the survivors who took center stage at the forum, thrust into the national spotlight demanding stricter gun control and reform, particularly a ban on assault-style weapons.

Gonzalez — with her shaved head and unwavering defiance in the face of powerful politicians and National Rifle Association spokeswoman Dana Loesch — gave a fiery speech at a rally after the shooting. Her Twitter account now has more than a million followers. Perhaps now elected officials who have toed the line for the NRA for far too long will realize that the calls for reform from Gonzalez and other young people who are, or soon will be, eligible to vote can no longer be dismissed.

As author Tim Kreider wrote in a recent op-ed in *The New York Times*, "The students of Parkland are like veterans coming home from the bloody front of the NRA's de facto war on children.

They've seen their friends, teachers and coaches gunned down in the halls."

As their message continues to resonate across the country, school districts across Nassau County should support students' right to free speech and protest when they join teenagers nationwide in walking out of classes on March 14 to call for stricter gun-control legislation. Students should be able to exercise their First Amendment rights without fear of an unexcused absence or other punishment.

A recent Quinnipiac University poll that found that American voters support stricter gun laws by a margin of 66 to 31 percent, the highest level of support ever measured by Quinnipiac. Sixty-seven percent support a nationwide ban on the sale of assault weapons, and 40 percent of voters say that stricter gun control would do more to reduce gun violence in schools, while 34 percent say that metal detectors would do more and 20 percent say that armed teachers — a ridiculous solution proposed by President Trump after the massacre — are the answer.

Some elected officials from New York are already paying attention, and have supported stricter gun control laws. On Saturday, State Sen. Todd Kaminsky unveiled legislation that would prohibit teachers from carrying guns in schools, saying that "calls to arm our teachers are merely a distraction from urgently needed, common-sense gun safety measures, increased funding for mental health services, and funding for hardening technology for our schools."

On Sunday, U.S. Sen. Charles Schumer

unveiled a comprehensive gun safety proposal, and urged Republicans in Congress to pass tough legislation that would close existing loopholes in the background check system, allow for protective orders to temporarily disarm individuals who have shown credible signs of being a threat to themselves or to others, and bring a formal debate on assault weapons to the Senate floor.

After the massacre at Sandy Hook Elementary School in Newtown, Conn., in 2012, New York state lawmakers passed companion pieces of gun-control legislation in the Senate and the Assembly aimed at stemming the flow of illegal guns through the state and reducing the number of gun deaths — roughly six per 100,000 people, according to the FBI. The measure, aptly titled the New York Secure Ammunition and Firearms Enforcement Act of 2013, was touted at the time as the toughest gun law in the United States.

In the wake of the Parkland shooting, Trump last month signaled that he was open to a ban on bump stocks, which convert semiautomatic guns into automatic weapons like those used last year in the massacre of concertgoers in Las Vegas, though gun control advocates said that the move was minor.

It's time to end the empty rhetoric. Our young people — our sons and daughters — have become the potential targets of the criminally insane. They no longer need our "thoughts and prayers." They need — no, they are demanding — action, now, not later.

## LETTERS

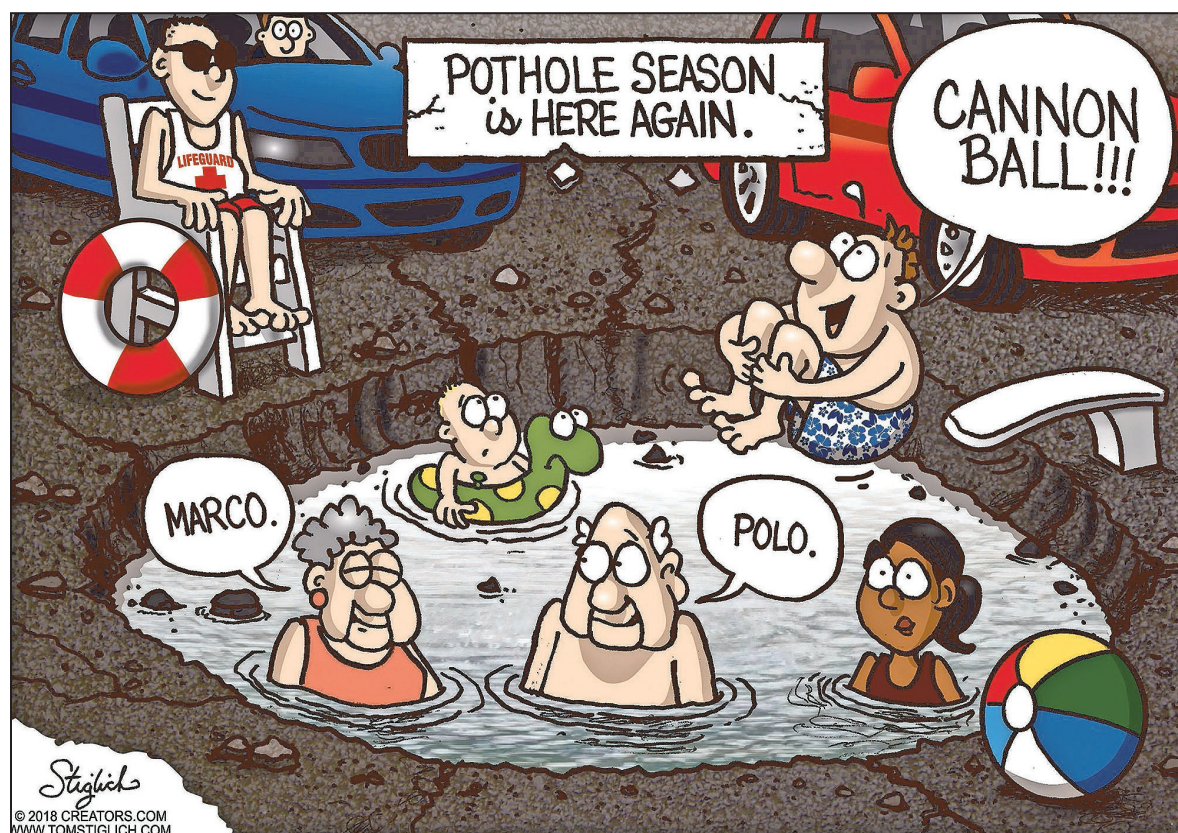
### So many Americans agree on guns

To the Editor:

Sensible gun-control laws aren't complicated. For example, take universal background checks. We have a Second Amendment, but we also have a Fourth Amendment, guaranteeing our right to privacy. Yet we give up that right voluntarily for many perfectly legal reasons: to buy life insurance, board a plane, accept a job, get a mortgage or bank account, enroll in school and obtain a driver's license. Should we not be willing to do the same to carry a firearm?

According to the most recent Quinnipiac poll, 97 percent of Americans, including gun owners, say "yes."

People are "law-abiding" and "mentally sound" until they aren't.



## OPINIONS

## Puckle gun, AR-15, what's the difference?

**Y**ou knew CNN's town hall to debate gun control — on Feb. 21, only a week after the mass shooting at Marjory Stoneman Douglas High School in Parkland, Fla. — would devolve into absurdity when National Rifle Association spokeswoman Dana Loesch took the stage.

Loesch isn't known for arguing reasonably — though, in her defense, she tried at times.

Despite her best attempts at logical debate, however, she couldn't help herself. She just had to offer a ludicrous (and factually incorrect) argument to tick off the audience, which was full of Stoneman Douglas students and teachers seeking stricter gun controls. The one-hour, 46-minute

forum was titled "Stand Up: The Students of Stoneman Douglas Demand Action."

At one point, Linda Biegel Schulman, the mother of Scott Biegel, the teacher (originally from Deer Park) who died in a hail of bullets while shielding students, asked a poignant question of Loesch:

"Dana," she began, "the Second Amendment was ratified in 1791. The Declaration of Independence was written in 1776, which gave my son the unalienable right to life, liberty and the

pursuit of happiness. So I ask you, why are my son's unalienable rights not protected as fiercely as the right to bear arms?"

"No innocent lives should be lost," Loesch replied in part. Good, Dana. You were right about that.

"When the Second Amendment was ratified, they were talking about muskets," Biegel Schulman shot back. "We're not talking about muskets. We're talking about assault rifles. We're talking about weapons of mass destruction that kill people."

Cue the silliness. "On that issue, at the time, there were fully automatic weapons that were available — the Belton gun and Puckle gun," Loesch said. "In fact, the Continental Congress reviewed a purchase of one of those firearms."

And there you had it. Typical NRA obfuscation. Neither the Belton nor the Puckle gun was fully automatic. The automatic weapon wasn't invented until 1892. And, by the way, the Belton gun was never actually a thing. It was an idea proposed in 1777 to the Continental Congress by gun designer John Belton. Gen. George Washington ordered 100 of the guns, but the weapon never reached the manufacturing stage because Belton's prices were too high for the borderline-bankrupt Congress. So we'll never know whether it would have worked or not.

The Belton gun, at best, could have

fired 16 rounds over, perhaps, a few minutes. Here's how Belton described the loading and firing of his conceptual gun in a letter to the Continental Congress. You will note that he never guaranteed it would shoot more than five rounds at a time:

*"Sir, Please to inform the Honourable Congress, that as I have heretofore asserted to them, that I can discharge sixteen, or twenty balls from one piece, one charging, by once pulling trigger, or at two or three different times, by little more than cocking & priming the same lock two or three different times. And as I mean ever to fulfill all & every one of my Assertions, I propose . . . to make the following exhibition to make five different discharges from one pulling trigger."*

The Puckle gun, which required a crew of two to three to operate, was real. But the weapon, invented by English attorney and writer James Puckle in 1718, fired just nine rounds per minute. That was three times the number of rounds that a musketeer could get off in the same timeframe, but the Puckle gun was hardly an AR-15 — the semi-automatic assault rifle used in Parkland.

The AR-15 fires 90 to 180 rounds per minute, depending on the gunman's ability to reload magazines. With a bump stock, the weapon dispenses nine rounds per second.

Biegel Schulman was right: Our founders would never have envisioned

the mind-numbing killing power of an AR-15 — which is an assault weapon. It was designed in the late 1950s as a weapon of war, not for civilian use.

Nor would the founders have imagined a time when one of our own citizens would randomly take up arms against a school full of children and teachers. Would they have written the Second Amendment as they did — seemingly loosely, even nebulously — if they had known that each year, insane gunmen would commit ungodly massacres with legally purchased firearms?

Or maybe the NRA is misinterpreting the Second Amendment and has convinced Republican lawmakers, with its millions of dollars in bribes (I'm sorry, campaign donations), that the amendment was intended to give citizens unfettered access to firearms, when, in fact, it never was.

The amendment reads, "A well regulated militia being necessary to the security of a free State, the right of the People to keep and bear arms shall not be infringed." The founders were concerned with the maintenance of a well-regulated military force. That is, they were worried about public safety.

The absence of clear-minded gun regulation is, to my mind, a clear and present danger to public safety.

*Scott Brinton is the Herald Community Newspapers' executive editor and an adjunct professor at the Hofstra University Herbert School of Communication. Comments about this column? SBrinton@liherald.com.*



**SCOTT BRINTON**

## LETTERS

This argues for a ban on killing machines such as the AR-15, as well as attachments that fully automate weapons, so a weapon that shoots 100 rounds per minute cannot get into the hands of a potentially criminal or mentally unsound individual. Sixty-seven percent of Americans agree with this idea, and 83 percent support mandatory waiting periods.

Congress's failure to enact reasonable gun controls isn't a failure of imagination. It's a failure of will.

**DARYL ALTMAN**  
*Lynbrook*

## Congress must act to protect 'Dreamers'

To the Editor:

Time is running out for Congress to pass legislation protecting the so-called Dreamers in our community. President Trump callously discontinued the Deferred Action for Childhood Arrivals,

or DACA, program last fall, and the March 5 deadline for Congress to pass a permanent fix has come and gone. We can't wait any longer.

Dreamers were brought to the United States as children, and many of them know no other home. They represent the best that our country has to offer, and they must be allowed to live, learn, work and contribute to our communities and our economy.

It's time for Congress to act. Dreamers are not pawns to be used as a bargaining chip to advance an extreme anti-immigrant agenda, and they shouldn't have to wait any longer for the stability and security they deserve. I urge legislators to immediately pass the Dream Act. That's what will make our nation great.

**JOSEPH M. VARON**  
*West Hempstead*

## FRAMEWORK by Christina Daly



A child's dream, or a dentist's? — Wantagh



## GLEN COVE MARKET REPORT

### February 14th – February 28th

#### NEW TO MARKET

ADDRESS	TOWN	LIST PRICE	STYLE	BEDS	BATHS
82U Glen Keith Road	Glen Cove	\$179,000	Co-Op	1	1
30 Pearsall Ave	Glen Cove	\$335,000	Co-Op	2	2
53 Willits Rd	Glen Cove	\$525,000	Ranch	3	2
30 Nassau Ave	Glen Cove	\$525,000	Colonial	2	2
50 Robinson Ave	Glen Cove	\$565,000	Split	3	3
15 Sunset Ave	Glen Cove	\$569,000	Exp Cape	4	3
10 Buckeye Rd	Glen Cove	\$579,950	Exp Cape	3	2
56 Dosoris Ln	Glen Cove	\$629,000	Colonial	4	3
2 Woodland Rd	Glen Cove	\$698,000	Hi Ranch	3	2
1 Viola Dr	Glen Cove	\$839,000	Split	4	3
102 Highland Rd	Glen Cove	\$1,250,000	Colonial	4	3

#### UNDER CONTRACT

ADDRESS	TOWN	LIST PRICE	STYLE	BEDS	BATHS
4 Kelly St	Glen Cove	\$528,000	Ranch	3	2
122 Sea Cliff Ave	Glen Cove	\$538,000	Colonial	3	2
15 Whitney Cir	Glen Cove	\$950,000	Ranch	3	4

#### CLOSED

ADDRESS	TOWN	LIST PRICE	STYLE	BEDS	BATHS
30 Pearsall Ave	Glen Cove	\$195,000	Co-Op	1	1
13 Sunset Ave	Glen Cove	\$299,000	Colonial	4	1
3 Ridge Dr	Glen Cove	\$549,000	Cape	3	2
27 Rellim Dr	Glen Cove	\$569,000	Ranch	3	1
8 Brookdale Rd	Glen Cove	\$595,000	Split	3	3
30 Henry Dr	Glen Cove	\$585,000	Split	4	2
14 Gruber Dr	Glen Cove	\$675,000	Colonial	5	4

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

#### GLEN HEAD/ OLD BROOKVILLE OFFICE

516.674.2000

240 Glen Head Rd., Glen Head, NY

#### SEA CLIFF OFFICE

516.759.6822

266 Sea Cliff Avenue, Sea Cliff, NY

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

YOUR WAY **FORWARD**

Each Office is Individually Owned And Operated.