

GLEN COVE
HERALD
Gazette



Cirque du Soleil goes extreme
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Special Section:
Summer Fitness



There's a new sheriff in town
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Elisa Dragotto/Herald Gazette

A hero honored

Liam Dall, 15, presented U.S. Navy veteran Rocky Imerti, with the Knot Board award in honor of his service at the Heroes Among Us charity dinner on May 3. More photos, Page 9.

'Drug dealer' doc's case in jury's hands

By **ERIK HAWKINS**
 ehawkins@liherald.com

After a month-long trial, a jury is expected this week to decide the fate of Michael Belfiore, a Merrick physician accused of writing hundreds of opioid prescriptions for profit and causing the deaths of two South Shore men.

Records indicate that Belfiore also prescribed fentanyl to Glen Cove restaurateur Mario Marra — the owner and chef at the popular eatery Marra's — on March 7, 2009, eight days before he died of an overdose. His wife, Claudia Marra, who had witnessed his years-long struggle with an addiction to painkillers, guessed that Belfiore wrote Mario the prescription for 10 fentanyl patches “probably just to shut him up.”

Medical records in Marra's case were subpoenaed, but charges relating to his death were not filed against Belfiore.

“I would like to see [Belfiore] go to jail,” Claudia Marra said last year. She hired a lawyer after her husband's death, with the intention of taking Belfiore to court. However, she said, she was advised that she would need

He allowed an alcoholic with a serious addiction problem to leave his office with a month's supply of high-dose, legal heroin.

BRADLEY KING
 Assistant U.S. attorney

a doctor as an expert witness to testify against him, and that it would be difficult to pit “doctor against doctor” in court. Also, she said, she was afraid her husband would simply be painted as a drug addict. Eventually she dropped the effort.

“I said, ‘You know what, let me take it back, and let me just deal with it,’” Marra said. “I was working full-time as a teacher, and I was raising two boys. I was a mess, and I just wanted to get through the day, so I kind of took that back. I regret it.”

Assistant U.S. Attorney Bradley King delivered a nearly two-hour PowerPoint presentation to jurors in U.S. District Court in

CONTINUED ON PAGE 21

Meet Glen Cove's first female Harbor Patrol officer

By **ZACH GOTTEHRER-COHEN**
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When Anne LaMorte applied for a job with Glen Cove's Harbor Patrol almost a year ago, she was thinking mainly about two things. For one thing, “It was something I was qualified for,” she said, and for another, “I have a passion for the water, so I definitely knew I'd like it.”

Later in the process, after a rigorous vetting process and, finally, an appointment by Mayor Tim Tenke, the 55-year-old LaMorte learned that she would become the first woman ever to be an officer in the Harbor Patrol. She also learned how to interview and sometimes arrest dangerous boaters, how to bring a speeding vessel to a fast stop and how to jump from one vessel

to another at speeds of more than 40 mph.

After 12 years of living in Glen Cove and working for the city's development agencies, LaMorte, a mother of three grown children, decided that it was time to get back to her seafaring roots. “I grew up with boats,” she said. “I'm a scuba diver, and I love to water ski, I

CONTINUED ON PAGE 3

Nedbor-Gross, Murphy, Sekelsky win BOE seats

By ZACH GOTTEHRER-COHEN
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Gail Nedbor-Gross will be returning to her seat, which she has held for 10

and counting, on the Glen Cove School District's Board of Education. Former district employees Rosemarie Sekelsky and Mary Murphy have ousted incumbent trustees Amy Franklin and Maria Venuto.

The district's \$88 million budget also passed by a factor of just under two-to-1.

Nedbor-Gross's win came on the heels of an apparent mudslinging effort by a fellow school board trustee, Robert Field, whose seat was not up in this election. The day before the election, Field posted in the Glen Cove Neighbors Facebook group — without comment or context — a picture that appeared to show Nedbor-Gross moving the campaign signs of one of her opponents and replacing it

with her own.

In the comments on the picture, in between accusations and name calling from many of the group's members, Nedbor-Gross explained that she had permission from the property owner to post her sign there, while her opponent did not.

Some of those assembled at the high school speculated that the tumultuous weather on Election Day, with its torrential post-work day rains, drove down turnout. The storm did leave Connolly School — one of the district's two polling places — in a 10 minute blackout.

At a work session of the City Council on the evening of election day, Mayor Tim Tenke noted that he cast his ballot in the dark. According to district officials, during that time, the electrical ballot readers operated on emergency generators capable of sustaining them for about two hours.

School District Budget Vote

Yes: 863 No: 271

School Board Election

Rosemarie Sekelsky:	765
Mary Murphy:	645
Gail Nedbor-Gross:	545
Amy Franklin:	486
Maria Venuto:	470
Daniel Rios:	273



Photos by Zach Gottehrer-Cohen/Herald Gazette



ASSISTANT SUPERINTENDENT DR. Michael Israel and district staff members rushed the ballots from Connolly School into the high school's main office to be counted.

SUPERINTENDENT MARIA RIANNA tallied up the votes on a whiteboard in the hallway of the Glen Cove High School while candidates and their families watched in silent anticipation.

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Lynbrook
Valley Stream

G.C. beaches (almost) ready for summer

By ZACH GOTTEHRER-COHEN
zgottehrer@liherald.com

City officials expect that Glen Cove's Pryibil and Crescent beaches, beleaguered by winter storms and sewage runoff, should be open for public use by the start of summer, with some caveats.

The public segment of Crescent Beach, through which a thin stream of polluted water has run unremediated for nearly a decade, will soon be reopened for sunbathing. Swimming and fishing will remain prohibited until the state's Department of Environmental Conservation pinpoints the source of the pollution.

To that end, the DEC, Nassau County and code enforcement officials for the city are in the middle of a weeks-long investigation of the pipes, which appear to be depositing sewage into freshwater marshlands that feed the Sound-bound stream.

Fiber-optic cameras, which technicians run up the pipes to locate the properties where they originate, have been "discovering new things every day," said Delia DeRiggi-Whitton, of Glen Cove, the county legislator who helped secure funding for the cameras. She said she would not go into further detail until the DEC completed its study, but added that property owners have been cooperative when approached about problems on their land identified by the cameras.



Zach Gottehrer-Cohen/Herald Gazette

THIS BULLDOZER WAS used to spread 1,500 tons of sand across Pryibil Beach, to replace the sand that was washed away during four winter storms earlier this year.

"It's my hope," said Mayor Tim Tenke, "that over the coming weeks we can pinpoint and rectify the issue so that we can reopen Crescent Beach for swimming in July or August."

In anticipation of the reopening of Crescent Beach, the city has repaved and repainted the faded lines in its parking lot, which until recently had been weather-worn and plagued with potholes.

East Beach Road, one of the roads that leads to Pryibil Beach, has been closed due to severe potholes since January, and, as of press time, was being re-paved for

the summer season.

While this fix is expected to last during the warmer months, the pothole and erosion problems on East Beach Road have persisted over the years, in large part because of frequent flooding from the swampy marshlands west of the street, and a wintertime "freeze-and-thaw effect," according to Manny Grella, the Department of Public Works' general foreman.

A permanent solution, to abate the flood risk, would be to raise the road, a process that Darcy Belyea, director of the

Department of Parks and Recreation, said would require state and local permitting from environmental agencies, and more intensive work. Belyea said she expected the city and the Village of Lattinatown, which share a stake in East Beach Road's fate, to begin that process in the fall.

Even if the road had stayed safely passable, the beach it led to, until the week of May 7, was short about 1,500 tons of sand, thanks to the a quadruple-whammy of nor'easters that lasted into late March.

The sand has since been trucked in and distributed by bulldozers along the beach. Belyea, who is charged each year with re-sanding the city's beaches for the summer, was said by colleagues to be "thrilled" and "over the moon" about the quality of the sand, the top layer of which is extremely fine and soft — the same kind that is used for golf course sand traps.

Pryibil Beach will open on May 26, with the celebration of the second annual Flip-Flop Appreciation Day, at which the city will give out flip-flops to the first 100 people to show up at either Pryibil Beach or Morgan Memorial Park Beach. The fishing pier at Pryibil Beach will remain closed until it can be repaired from the damage sustained over the winter. Engineering on those repairs is underway, but for now, anglers are free to cast out at the west end of Pryibil.

Anne LaMorte has 'a passion for the water'

CONTINUED FROM PAGE 1

love to swim." After she got married and began to raise her children, she said, "everything kind of stopped. Now that my kids are older, I want to get back to that."

She described being on the water as her "happy place. . . . When you're swimming or kayaking," she said, "it's very peaceful."

The tasks that LaMorte and three other new Harbor Patrol appointees are training for, however, aren't exactly conducive to serenity. In addition to high-intensity boat maneuvers, she learned techniques for water rescues and recovering bodies from the water — "I'd much prefer a rescue to a recovery," she said. She was also taught to deal with intoxicated, potentially dangerous boaters.

"Every vessel has a weapon on it," Harbor Patrol Chief John Testa said. "A fishing pole, a knife, a flare gun" — or even, he added, the boat itself. "We try to give our officers the best training possible as law enforcement officers on the water, for their safety and the safety of people enjoying the water."

The training process for officers, and their approach to their sometimes risky duties, is similar to land-based law enforcement, Testa said. But that doesn't intimidate LaMorte. In fact, she recalled, her high school career aptitude test results suggested that she go into either the military or law enforcement. "I think it's probably the structure that I like," she said.



Courtesy City of Glen Cove

ANNE LAMORTE WAS appointed to the Harbor Patrol earlier this year, along with John Pacini, left, Giuseppe Sicuranza, Dave Case.

Even her work as a financial officer at City Hall — which she will continue in addition to her new duties — is structured in a way that makes her comfortable, LaMorte said. "It's like a second family," she said of her office colleagues. With the Harbor Patrol, a part-time, seasonal commitment she's expanding that family. "I'm just branching out to more 'cousins,'" she said.

At a City Council meeting on April 24, when Tenke called for a second on his appointment of LaMorte, Councilwomen Marsha Silverman and Pamela Panzenbeck quickly spoke up. Silverman said



Photos by Zach Gottehrer-Cohen/Herald Gazette

LAMORTE DEMONSTRATED FOR Mayor Tim Tenke (using the radio) how to steer a Harbor Patrol vessel, with patrol Chief John Testa supervising.

she was excited to take part in the historic appointment because it echoed some of the reasons she ran for office in the first place. Silverman, like LaMorte, sought a role in a male-dominated area of public service: Of the 21 seats on the City Council and the planning and zoning boards, just four are currently occupied by

women.

"It really isn't a fair representation of the diversity of our city," Silverman said. "Women make up 51 percent of the population." Of LaMorte's appointment to the Harbor Patrol, she added, "It may be the start of a change, but we still have a long way to go."

Legislation would crack down on violent threats

By **ERIK HAWKINS** and **LAURA LANE**
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Nassau County District Attorney Madeline Singas announced on Monday new state legislation that would criminalize threats of mass violence that current laws do not address.

“School threats have skyrocketed since the Parkland tragedy, causing lockdowns, panic, and have diverted law enforcement resources from their lifesaving work,” Singas said. “We need stronger laws that criminalize phony threats and protect our communities from the horrific violence that has stolen so many lives.”

This is good news for those living in Oyster Bay and East Norwich. The community was shaken in 2015 when it learned that Brian Hulsen, 40, a custodian at the James H. Vernon School, had made a terroristic threat the Friday before Labor Day to a teacher about one of her colleagues, police said. Hulsen allegedly made a reference to Columbine High School in Colorado, the scene of a mass murder on April 20, 1999, and made a gesture with his finger mimicking the shooting of a gun.

The teacher did not report the incident to Principal Nancy Gaiman until the Tuesday after the holiday, and Gaiman did not immediately act on it. What irked parents further was that Hulsen continued to work his shift that day.

The following morning, Gaiman reported the incident to Superintendent Dr. Laura Seinfeld, who called Hulsen and asked him to come to the administration building, where police were waiting.

While Hulsen underwent testing at Nassau University Medical Center, police searched his Bethpage home, and found an AR-15-style semi-automatic rifle, an FN Herstal PS-90 semi-automatic rifle and a Mossberg 500A shotgun, which they seized.

Hulsen was released from the hospital and formally arrested on Thursday, Sept. 10, 2015. At his court date on Sept. 11, he made his \$5,000 bail and was released.

“There was a grace period of a couple of days where he could have done something — four days, in fact,” Paul Macri, a parent, said at a special meeting scheduled by the Oyster Bay Board of Education at the high school that Sept. 15.

Hundreds of people attended, and most were angry. Hulsen was described as a “hothead.” One mother asked that the teacher he threatened be offered paid leave to protect her and the children in her class.

Gaiman retired that year. The district immediately upgraded its security system, and has continued to do so to this day.

The new bill would remedy a deficiency that Singas said was highlighted by the Hulsen court decision, which found that his alleged statements to the faculty member that she “better be absent the day they fire me because I’m going to come in here and Columbine this [expletive]” did not rise to the level of a Making a Terroristic Threat charge.

The charges against Hulsen were dismissed. He later requested the return of the guns seized by police.

The proposed legislation would create two new crimes: making a threat of mass harm (a Class A misdemeanor) and aggravated threat of mass harm (a Class E felony), which would close what Singas described as a loophole in the law and, she said, “hold those who make threats accountable for their words.”

Singas’s office drafted the legislation, which has been introduced in the State Senate by Sen. Todd Kaminsky, and

will be introduced in the Assembly by Assemblywoman Christine Pellegrino.

“Law enforcement needs every available tool to protect our schools and communities from mass shootings and other violence,” Kaminsky said. “The fact that someone in our state could say that he is going to ‘Columbine’ a school, and yet police are nearly powerless to take action, shows that our laws need strengthening.”

The bill would allow police to arrest those who make threats of mass harm, and to seize weapons from them.

“As a mother and a former teacher, a school shooting is my worst nightmare,” Pellegrino said. “The number of threats against our schools has dramatically increased, and we’re here to say enough is enough. Threats against the lives of students and faculty cause fear and panic throughout the community.” The bill would ensure that anyone who threatens schools is held accountable, she added.

Those convicted of making a threat of mass harm would face up to a year in jail. Defendants convicted of aggravated threat of mass harm, an elevated charge for those who prepare to commit the threatened harm by making a plan, compiling a target list or possessing any weapon or device, would face up to four years in prison.

If passed by both houses of the State Legislature and signed by Gov. Andrew Cuomo, the law would take effect immediately.



MADELINE SINGAS



Photo by Elisa Dragotto

CUSTODIAN BRIAN HULSEN worked at the James H. Vernon School, a school for children in grades three through six, in 2015, when he allegedly made a terroristic threat.

CRIME WATCH

Arrests

- Female, 34 from Glen Cove, arrested in Matthew Heights for third-degree criminal mischief on May 6.
- Male, 41, from Glen Cove, arrested on Sea Cliff Avenue for obstruction of breathing and third-degree menacing on May 7.
- Female, 26, from Glen Cove, arrested in an undisclosed location for seventh-degree criminal possession of a controlled substance on May 7.
- Female, 45, from Glen Cove, arrested on Sea Cliff Avenue for second-degree criminal contempt on May 10.
- Male, 21, from Glen Cove, arrested on Herb Hill Road on a New York State parole warrant on May 12.
- Male, 17, from Glen Cove, arrested on Dosoris Lane for third-degree assault on May 12.

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.



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.

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THE WEEK AHEAD

Nearby things to do this week



Glen Cove 350 picnic celebration

Head to Morgan Memorial Park on Thursday, May 24 at 5:30 p.m. to kick off a weeklong celebration for Glen Cove's 350th anniversary. The festival features school performances, fireworks, food trucks, a beach bonfire and local entertainment. Don't miss out! Germain Street, Glen Cove.

Library Lecture Series

On Tuesday, May 22 at 7 p.m., the Friends of the Library will sponsor a presentation by Ines Powell. In "Edouard Manet: The Gentleman-painter who Invented Modernity," guests will learn about the painter who rebelled against the accepted traditions of art in his time. For much of Manet's career, his subjects and detached approach to painting produced one critical scandal after another. 170 Buckram Rd., Locust Valley, (516) 671-1837.



Plant-based dieting

Interested in learning about vegan, vegetarian, and raw diets? On Tuesday, May 22 at 7 p.m., discover the benefits and basics of eating plant-based diets, food alternatives, and get some simple recipes. Guests will also be able to taste-test samples from local vegan and vegetarian eateries. Gold Coast Library, 50 Railroad Ave., Glen Head, (516) 759-8300.

Fab Faux plays the Fab Four

The Fab Faux is on stage delivering a note-for-note interpretation of The Beatles' repertoire, on Saturday, May 19, 8 p.m., at The Space in Westbury. "Conan" show bandleader Jimmy Vivino, legendary bassist Will Lee, lead-singing drummer/producer Rich Pagano, guitarist Frank Agnello and keyboardist-guitarist Jack Petruzzelli treat the Beatles catalogue with unwavering respect in their thorough recreation of each song. Info: (800) 745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.



Music at the museum

Nassau County Museum of Art welcomes the Glenn Guidone Trio, on Sunday, May 20, at 3 p.m. The ensemble — with Glenn Guidone playing tenor and soprano saxophones and flute, Dave Lobenstein, string bass, and Ed Chiarello on drums — performs jazz standards and jazz compositions from the American

songbook. Repertoire also includes compositions influenced by mainstream jazz artists such as Miles Davis and John Coltrane, along with earlier period melodies from Sydney Bechet and Louis Armstrong. The concert is free with museum admission. Info: (516) 484-9338 or www.nassaumuseum.com.

Ever wondered how to be included in our Neighbors in the News page?

How to share what's important to you in the Herald Gazette



It's not only for organizations, elected leaders or non-profits. Neighbors in the News is a celebration of our neighbors and everyone can participate.

If you have a special moment you would like to share, like a 100th birthday celebration, your child's athletic achievement or a simple outing with your family in our coverage area send us your photo and a short descriptive paragraph.

Email your submission to Senior Editor Laura Lane at llane@liherald.com

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SUNDAY	MAY 20	2PM - 4PM	FRANK FERRARA & STUDENTS

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SUNDAY, MAY 20 - 1:00PM - 6:00PM

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HERALD SCHOOLS

GCHS hosts 'Chess Championships'

Throughout the month of May Glen Cove High School students have been competing against their peers in a Chess Club Open Tournament.

Organized by Chess Club adviser Victor Oliveri, the tournament allows students to compete in timed chess matches with the opportunity to become the chess champion of the school. Two students, one boy and one girl, will earn the coveted title along with a \$100 cash prize and a trophy engraved with their names.

Mr. Oliveri said that playing chess is beneficial for students because it helps to improve a person's attention span, focus and critical thinking skills. He extended his gratitude to all the anonymous donors who made the tournament possible.



SISTERS AND GLEN Cove High School students Bakhtawar Naqvi, left, and Tehreem Naqvi played chess for fun during the open tournament.

Courtesy Glen Cove Schools

Anti-bullying workshops at Finley



Eighth-grade students from Robert M. Finley Middle School attended an anti-bullying campaign at Hofstra University in conjunction with Northwell Health Systems and Hofstra Radio on May 8.

The event was a learning experience for the students as they participated in educational workshops, presentations and group discussions on leadership, being an upstander as opposed to a bystander, recognizing the warning signs of teen dating abuse, cyberbullying, suicide prevention and taking a stand against bullying.

Courtesy Glen Cove Schools

ROBERT M. FINLEY Middle School eighth-graders were educated on a variety of topics, such as cyberbullying.

Former FBI field director heads Suffolk P.D.

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

Geraldine Hart, a 21-year veteran of the FBI, still remembers her first time in Quantico, Va. She visited the bureau's training facility with her fifth-grade class on a trip to Washington. Her eyes widened at the sight of the microscopes in the forensics lab; her heart raced at the bangs and booms that echoed from the firearms testing room; and she watched, transfixed, as agents carried out a ballistics analysis.

"Seeing it all under one roof, how a crime scene gets processed from start to finish, really piqued my interest in law enforcement," Hart said.

The 13-year Sea Cliff resident was recently sworn in as commissioner of the Suffolk County Police Department, the first woman ever appointed to the office in its 58-year history. She moved to the village from Rockville Centre with her husband to raise their two children. Her neighbors, she said, have shown nothing but support and excitement for her.

"We're very proud that a citizen of Sea Cliff has been named to this important and prestigious position," said Mayor Edward Lieberman.

Suffolk County Executive Steve Bellone selected Hart, 50, as one of 100 candidates for the job in February. The County Legislature unanimously confirmed Bellone's appointment on April 24.

Hart was raised in a police family in Northport: Her father was a New York City police officer who retired as a sergeant. Her fascination for the FBI led her to a two decade-long career working high-profile organized-crime cases. After five months of training in Quantico, she was sent to the FBI's New York office to work in white-collar crime. In the early 1990s, she worked with the SCPD's homicide squad to solve the 1989 murders of Robert Kubecka and Donald Barstow, which brought her back to Northport. Working with the squad, she identified a fugitive in the cold case, Anthony Salvatore Casso,

and helped convict him, bringing closure for the victims' families.

As a case agent on an organized-crime squad in Queens focused on the Lucchese family, Hart had a hand in the convictions of two NYPD detectives who had committed homicides on behalf of the family.

In 2014, she was promoted to field director of the FBI's Long Island office, where the emphasis was on counterintelligence, counterterrorism and public corruption. The office's gang task force, with its concentration on MS-13, was a major notch in Hart's belt when Bellone was considering her for commissioner.

Working in a field dominated by men has never been an issue for her, she said. "In the FBI I was never really cognizant of it as much," she said. "I primarily supervised men my entire career, so when this came about, I don't think I appreciated the significance of it."

"She has really taken this whole experience in a very humble way," said Judy Diede, Hart's longtime neighbor. "She's dedicated her career to public service, and it's an incredible thing to watch and see how she's evolved over the years."

Being the face of a large police department is uncharted territory for Hart, who says her career with the FBI was "not very public," for obvious reasons. "This is a completely different situation," she said.

Surprisingly, meeting Suffolk residents has been her favorite part of the job thus far. "I really enjoy the interaction with the community," she said. In doing so, she is able to prioritize what is important to people. "Having those meetings, and letting residents know this is a teamwork situation, is important for me," she said.

Being a mother, Hart said, is also an informative aspect of her work. "Collaboration and multitasking are two things that mothers do every day," she said. "They're a great attribute to bring to a leadership role."

Diede added that Hart's selfless nature is also an advantage. "If I needed anything, I know I could call her and she



Photos by Alyssa Seidman/Herald Gazette

GERALDINE HART SAID she was inspired to join law enforcement after traveling to Washington D.C. with her fifth-grade class when she visited the FBI's training facility.

would drop what she was doing to help me or my family," Diede said. "She's a very true person."

Hart believes any great, ceiling-shattering feat is accomplishable with perseverance. "It's particularly appropriate in law enforcement, and you see that every day with the work the officers and the

detectives do," she said. "They never give up. That whole notion carries over into your career."

She continued, "It's important for young women, or anybody really, to see that if you have a dream and you work hard at it, there's nothing that's going to stop you."



GERALDINE HART ADMITS she is still in the process of moving in, but photos of her children and an assortment of memorabilia behind her desk suggest otherwise.

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JACK KAFFL

Glen Cove Senior Lacrosse

THE LEADER OF the Big Red defensive group, Kaffl helped the team to a pair of important victories last week over New Hyde Park (9-8) and Great Neck North (15-0.) A three-year varsity starter and an All-Conference selection last spring, he totaled 11 groundballs, 13 take-aways and one goal in the two wins as Glen Cove moved to the .500 mark in conference games. His goal against Great Neck North on May 5 was his fourth of the campaign.

NASSAU PLAYOFFS

Thursday, May 17

Baseball: Class AA quarterfinals at higher seed... 4:30 p.m.
Baseball: Class A third round at higher seed 4:30 p.m.
Baseball: Class B semifinals at higher seed 4:30 p.m.
Boys Lacrosse: Class B first round at higher seed..... 4:30 p.m.
Boys Lacrosse: Class C first round at higher seed..... 4:30 p.m.
Girls Lacrosse: Class C quarterfinals at higher seed .. 4:30 p.m.

Friday, May 18

Baseball: Class A fourth round at higher seed 4:30 p.m.

Monday, May 21

Boys Lacrosse: Class A quarterfinals at higher seed TBA
Boys Lacrosse: Class B quarterfinals at higher seed..... TBA
Boys Lacrosse: Class C quarterfinals at higher seed..... TBA
Girls Lacrosse: Class A semifinals at Adelphi 4/6 p.m.
Softball: Class AA finals Game 1 at Mitchel Field 4 p.m.
Softball: Class A finals Game 1 at Mitchel Field 4 p.m.
Softball: Class B finals Game 1 at Mitchel Field 4 p.m.

Tuesday, May 22

Boys Lacrosse: Class A quarterfinals at higher seed TBA
Boys Lacrosse: Class B quarterfinals at higher seed..... TBA
Boys Lacrosse: Class C quarterfinals at higher seed..... TBA
Softball: Class AA finals Game 2 at Mitchel Field 4 p.m.
Softball: Class A finals Game 2 at Mitchel Field 4 p.m.
Softball: Class B finals Game 2 at Mitchel Field 4 p.m.

By J.D. FREDA

sports@liherald.com

The Glen Cove Big Red boys' lacrosse team finished its 2018 campaign 7-8 (4-4 Conference B) and showed some tremendous late-season skill and heart, despite some trials and tribulations throughout the year.

After losing four straight non-league games to begin the year and having its number one playmaker sidelined with an injury, the Big Red trudged on into league play to face Herricks in the Nassau B league-opener. After narrowly losing a razor-thin 8-7 game, they tallied an impressive win over Great Neck South.

"We lost that game early to Herricks by a goal and we had guys just coming back from injury to start the league portion of the season," Glen Cove head coach Steve Tripp said.

Midfielder Davey Moore had been forced out of action with an injury, but had returned in time for league play, and his presence had made a real difference. "He came back and our offense picked up a lot, and quickly," Tripp said.

In the next win against Great Neck South, he and Eric Brown combined for 13 points in a 16-9 victory.

"Brown took up the ball handling duties for Moore when he was out, but when Davey came back, Brown was able to score in bunches," Tripp said.

Moore finished the season passing the 100-point milestone for his career, even with missing a part of the early season.

Unfortunately, the Big Red dropped their next two games to Jericho and Roosevelt, pushing them out of the playoff hunt. With three weeks of the season still left to play, the Big Red did not lay down or ride out the season easily.

"We had a tough matchup with an undefeated New Hyde Park on the road," Tripp said. The Big Red stomped into the Gladiators territory and pulled out a signature 9-8 victory after Mayan Letellier scored with just over four minutes left to pull the game out of reach. "I was thinking back on how the seniors and I last year were discussing how their senior season would be remembered, and for this year's class, this New Hyde Park game, where they fought back and played a great game after being bounced out of the playoffs, is



Donovan Berthoud/Herald

ERIC BROWN FOUND the net seven times last Friday as the Big Red stayed hot last Friday by knocking off visiting Kennedy, 18-8, on senior day.

definitely that moment," Tripp said.

Glen Cove would go on to win four straight before losing the season finale against first-place Roslyn.

Tripp exclaimed that he is always proud of his senior class, but this class of nine seniors moving on really embodied what it was to be lacrosse players. "This group caught lacrosse fever," Tripp said. "They had a love for the game, and they had the constant will to compete."

Looking forward to next season, Glen Cove has a string of talent moving up including Jack Kaffl's younger brother

Tyler in the midfield, along with Peter Rodriguez and a slew of junior talent that will comprise the upperclassmen in 2019 including Sal Guastella and Mayan Letellier. Jessie Mayreis will also return as a three-year goalie.

As for returning to play in 2019 and what expectations are, Tripp quipped: "I tell them at the start of every year that I want to go undefeated, win New York State, and retire... Whenever we get our first loss, I smile and say 'Guess I'm coming back; there's always next year.'"

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HERALD NEIGHBORS

Fundraiser for local 'Heroes Among Us'

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

Each year, Heroes Among Us holds a charity dinner to raise money for its services. All proceeds raised during the event will benefit veterans across Long Island. The nonprofit organization is dedicated to providing assistance to veterans and their families, so they may live life to the fullest.

Veterans attended the event free of charge, and a select few are recognized each year. Five World War II and Korean War vets were honored with the Knot Board, and the event's guest of honor was Glen Cove resident William Joe Johnson, a Tuskegee Airman, one of the first black aviators to serve in the U.S. military.

For more information about the organization, visit <http://www.heroesamongus24.org/>.



Photos by Elisa Dragotto/Herald Gazette



MICHAEL MADEJSKI, ABOVE, a Captain in the Polish Army with Allied Forces, was escorted to the podium by Genalie Prezeau, 13, a First Class Scout from Troop 6 in Glen Cove.

THE HEROES AMONG Us gala was held in honor of those who've served in the armed forces.

A TEAM OF teen volunteers, bottom left, worked behind the scenes to make the charity dinner gala a success.

VIRGINIA CERVASIO, BOTTOM left, of Glen Cove, founded Heroes Among Us to honor her late son Angelo who served in Operation Southern Watch.

LESLIE COX, FAR left, was honored for his service in the US Navy, PO 3rd Class. He continues his service as a Scout Master for Boy Scouts.



COMMUNITY CALENDAR

Thursday, May 17

Narcan training

Italian American Club, 48 Summit St., Oyster Bay, 7 p.m. Learn how to prevent an opioid overdose and save a life. Join Nassau County Legislator Josh Lafazan and the Long Island Council on Alcoholism and Drug Dependence to receive training and certification in administering the life-saving drug. Register in advance by calling (516) 571-6218.

Papercutting with Marcia Olsen

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 4 to 6:30 p.m. Learn the art of hand cutting paper into decorative design. All supplies included. Registration suggested. (516) 671-4290.

Music jam

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

What to do when dealing with the IRS

Locust Valley Library, 170 Buckram Rd., Locust Valley, 7 p.m. Join us for a presentation by Jennifer Ann Wynne, Wynne Law, P.C. discussing the various collection tools the IRS can use against taxpayers such as tax liens, levies, passport revocation, etc. You will also learn what appeal rights taxpayers have and options to resolve tax debts such as payment plans, compromises, etc. The same issues with NYS will be included in the presentation. All welcome. Registration requested. (516) 671-1837.

Friday, May 18

Hand painted votives

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. Eat pizza with your friends, then make beautiful, hand-painted glass votives in a spring-themed design. Recommended for children in grades 6 through 12. (516) 759-8300.

Saturday, May 19

Great American clean-up day

Glen Cove City Hall, 9 Glen St., Glen Cove, 9 a.m. to 4 p.m. Help clean-up downtown Glen Cove with your friends and neighbors. Rain date: June 2.

Foolproof Planting & Garden Know-How

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. The Seed Library at Glen Cove Library will put its new demo gardens to good use to show you the right way to plant tomatoes and peppers, and teach you about maximizing space in your own garden. Bring your own gloves and we'll provide the rest. (516) 676-2130.

Fruit & Vegetable Container Gardening

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 11 a.m. Horticulturalist Paul Levine offers advice on the best containers and benefits of container gardening for you to enjoy all summer long. (516) 676-2130.

Storytelling at the library

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 1:30 p.m. Each of us has



Alyssa Seidman/Herald Gazette

'The Adventures of Gingerella'

"The Adventures of Gingerella" is a whimsical theatrical production opening at The Glenwood Life Center, 71 Grove St., Glenwood Landing, on Friday, May 18. Written by artist Ginger Balizer-Hendler, of Glen Head, the play is based on her book and painting of the same name. Performance dates: May 18, 19, 25, 26 at 8 p.m. and May 20, and 27 at 6 p.m. Tickets are \$20 for adults, and \$18 for students and seniors, and may be purchased at: <https://pwp.booktix.com/>. Info: (516) 241-7381.

a big life story made up of smaller ones. We invite everyone to come share their stories in this community-building program. Registration required (516) 671-4290.

Neighborhood garage sale

Highfield Road, Marietta Road, and La Marcus Avenue, Glen Cove, 9 a.m. Over 10 homes will participate in the garage sale. Come meet your friends and neighbors while shopping around.

Everything must go

16 Sherman Rd., Glen Cove, 9 a.m. to 3 p.m. Huge three family garage sale, selling women and mens clothes, decorative pieces, shoes, toys, cookware, books and furniture. Rain date: May 20.

Sunday, May 20

Senior citizen prom

North Shore High School, 450 Glen Cove Ave., Glen Head, 3:30 to 5:30 p.m. The North Shore Key Club will host its 11th annual Senior Citizen Prom. Join the fun with a DJ, raffle prizes, buffet and the selection of king and queen. RSVP to club advisor Julia Salat at (516) 603-3847.

Robotics garage sale

Faculty parking lot, North Shore High School, 450 Glen Cove Ave., Glen Head, 9 a.m. to 4 p.m. Come support the NSHS Robotics Team. 10% of the proceeds will be donated to Guardian Angel. The team

will be selling a variety of items donated by North Shore parents. There will also be a 50/50 raffle, a bake sale, and a demo of the team's robot.

Long Island Dog Festival

Planting Fields Arboretum, 1395 Planting Fields Rd., Oyster Bay, 9 a.m. to 4 p.m. The Long Island Kennel Club welcomes



Science Research Symposium

On Wednesday, May 23, Oyster Bay High School students will present their science projects at the 2018 Research Symposium. The event features three keynote speakers who will discuss strides in cancer research, genetically engineered foods, and the effects of ecological light pollution. Oyster Bay High School, 150 E. Main St., Oyster Bay.

families and their fur children to the festival, which celebrates all things canine, from impeccable show dogs and agility training to doggie diving and talent shows. For general information call (516) 378-9081.

Equine Festival

Muttontown Preserve, 1861 Muttontown Rd., Muttontown 12 to 4 p.m. The Muttontown Horseman's Association's will host its annual Equine Festival, which features many of Long Island's prominent equestrians. For more information, call Joanna Sasso at (516) 922-8245.

Monday, May 21

Get fit while you sit

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Barbara Croen and Leslie Arluck's class encourages fitness for those whom physical condition, restricted mobility or age limits their participation in conventional forms of exercise. (516) 676-2130.

Gel air freshener

Gold Coast Library, 50 Railroad Ave., Glen Head, 7 p.m. Make your own air freshener with Andrea Giordano. These cute flowery air fresheners make a great hostess gift! Blend your own personal aroma using essential oils to give you an all-natural scent for your freshener. (516) 759-8300.

Tuesday, May 22

CSHH open meeting

Gold Coast Library, 50 Railroad Ave., Glen Head, 7:30 p.m. The Coalition to Save Hempstead Harbor will review its plans for the Glenwood Landing Restoration Project at the meeting. (516) 801-6792.

Wednesday, May 23

Heritage Garden ribbon cutting

Mill Pond, Glen Cove, 1 p.m. Join the city for the official opening of the Heritage Garden, featuring a brick path with names of past and present Glen Cove families and businesses.

Thursday, May 24

Bee-dazzled

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 6:30 p.m. Attend this talk on honey bees with Kathy Scialzo. Learn about bees and how you can help them thrive and survive. Register at (516) 671-4290.

Saturday, May 26

Beach opening

Prybil Beach, Eastland Dr., Glen Cove, 12 p.m. Glen Cove beaches will be open for business. The city is sponsoring a flip-flop giveaway to the first 100 beach-goers.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS



Courtesy Glen Cove Fire Department

GLEN COVE FIRE Department Grave Marker Committee Gene McGuire, left, Jeffery Jackson, Ron Pascucci, Mike MacMenamie, Joseph Lotito, Pete Prudente, Thomas Underhill, went Holy Rood Cemetery's 9/11 memorial to remember fallen firefighters.

G.C. firefighters honor past members

On April 29, the City of Glen Cove's Volunteer Fire Department Grave Marker Committee — led by Ex-Captain Ron Pascucci — visited Holy Rood Cemetery in Westbury to honor the department's past members. This is the first of many visits to local cemeteries that they plan to go to, such as St. Patrick's, Locust Valley, East Hillside, Port Washington, and Great Neck, where now-deceased members have been laid to rest.

Pascucci started this tradition in the 1990s to honor our firefighters by placing GCFD markers holding an American flag.

With over 330 deceased members, the GCFD Grave Markers go out annually from the end of April up until Memorial Day, when the department honors our military, and deceased firefighters, for whom the department has records dating back to the early 1900s.

While Memorial Day has become the holiday to mark the start of summer, Glen Cove volunteer firefighters spend the month remembering those who have served in the military and the volunteer fire service. In the department's own words, "We never forget."

Mock jury: Luke Skywalker not guilty

In a mock trial held on April 14, the Rising Stars American Diversity Forum found that although Luke Skywalker did destroy the Empire's Death Star, he did not do it wrongfully or without lawful excuse.

For the prosecution, the court heard testimony from Darth Vader, the Emperor and a Storm Trooper. Ultimately, however, the jury found the defense's witnesses, Princess Leia and Han Solo, more compelling. Justice Timothy S. Driscoll of the New York State Supreme Court, helped the Rising Stars understand the legal underpinnings behind this sci-fi trial.

The North Shore Historical Museum's mock trial program, based in Glen Cove, is an exciting and cooperative way for young people to learn about the law and legal system in a historic, local setting. The 90-minute program includes a tour of the building, including jail cell, and scripted mock trials.

Trial range from fairy tale fiction to historic events, and can be prearranged to suit age group and reading level. Participants experience first-hand the difficulties that judges, lawyers and juries face in determining which facts are relevant, and what legal arguments are effective.



Courtesy North Shore Historical Museum

JUDGE TIMOTHY DRISCOLL, front, center, taught the Rising Stars American Diversity Forum about the legal system through a mock trial of Luke Skywalker.

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Pushing back against TPS termination

How local elected leaders are working with activists to address national issue

By **NADYA NATALY, ALYSSA SEIDMAN,**
and **BRIAN STIEGLITZ**

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bstieglitz@liherald.com

Part six of an ongoing series.

When temporary protected status for Haitians was revoked last November, TPS recipients from other countries suspected they might lose their status as well.

"It's been frustrating," Cecelia Martinez, a TPS holder who is originally from El Salvador and now lives in Glen Cove, said in her native Spanish.

By early January, TPS for Salvadorans was canceled. Next on the potential chopping block is TPS for Hondurans, who have extended status through July 5.

Within days of the Salvadoran cancellation, Nassau County Executive Laura Curran and Suffolk Executive Steve Bellone, both Democrats, wrote a letter urging local congressional representatives to act immediately to halt the repeal. The letter stated that the termination would put 14,700 Salvadorans on Long Island and their families at risk of deportation, potentially causing chaos in the housing markets and economies of local communities with large Salvadoran populations.

An organized appeal

Since then, Martinez and numerous other local TPS holders have joined Pro Residencia TPS Long Island, a local chapter of Alianza Nacional Pro TPS, a national immigrant-advocacy organization. "We want legislation for everyone on TPS," Martinez said. "We stand united with Haiti and Honduras. Our goal is permanent residency and nothing less."

Since the group was formed, Martinez said, it has reached out to federal, state



Alyssa Seidman/Herald Gazette

ASSEMBLYMAN CHARLES LAVINE, a Democrat from Glen Cove, reviewed a list of legislative proposals that address the termination of temporary protected status nationally.

and county officials who support initiatives to create a legislative path to permanent residency for TPS holders.

After numerous meetings with lawmakers, Martinez added, one of the group's strongest allies has been State Assemblyman Charles Lavine, a Democrat from Glen Cove. He has been a vocal advocate, she said.

Lavine said he was committed to ensuring that TPS recipients remain protected. He believes the general public is unaware of the dangers the immigrant community faces because of "misguided federal policies." The assemblyman's hope is to shine a light on the issues at hand.

"Ideology trumping reality is a recipe for disaster," Lavine said. "We are on the road to a great economic and human

tragedy."

"We need more support from the people, our neighbors, our friends," Martinez said. "They can vote. We can't. And that makes a difference."

Support for immigrants

U.S. Rep. Nydia Velázquez, a Democrat from New York City, introduced legislation last November to protect individuals under TPS. Martinez said that her organization supports Velázquez's proposal "100 percent."

In a letter to Department of Homeland Security Secretary Kirstjen Nielsen, Velázquez argued that the agency failed to justify terminating TPS, and did not reach decisions in a timely, transparent manner, causing fear and uncertainty within immigrant communities. Eighty

representatives and 17 senators signed Velázquez's letter.

"The Trump administration's capricious and arbitrary rulings affecting these immigrant families have not only been inhumane, but also raise significant legal concerns," Velázquez stated in a news release. "We intend to find out how Secretary Nielsen is justifying these TPS decisions and hold the agency accountable."

Long Island's congressional representatives have taken bipartisan steps to oppose the cancellation of TPS. Last week, Rep. Peter King, a Republican from Seaford, and Rep. Tom Suozzi, a Democrat from Glen Cove, hosted a forum to discuss the need for comprehensive immigration reform and extend protections for individuals under TPS who are living in Nassau County.

During the forum, held at the Mid-Island Y Jewish Community Center in Plainview, Suozzi noted that elected officials whose constituents aren't directly affected by immigration issues avoid discussing their solutions on a larger scale for fear of alienating their political bases. That is not the case with Suozzi, whose late father was an immigrant. In January, Suozzi spoke on the floor of the House of Representatives in favor of the immigrant journey, and urged his colleagues in Congress to protect it.

"The newcomers from Central America who had once gathered on street corners seeking work today own businesses and homes, and their children go to school with my children," said Suozzi, a former Glen Cove mayor and Nassau County executive who was elected to Congress in 2016. "They've become an integral part of our community, and we can never forget that."

King has written letters to the DHS and supported legislation, such as Velázquez's proposal, favoring keeping TPS recipients in the United States. "There is no pattern, no indication of people on TPS going on welfare or being bad neighbors," he said. "They are part of the community."



"TPS holders are really integral in the fabric of our county, and it seems cruel to uproot and destabilize the lives of these people."

- County Executive Laura Curran,
Democrat from Baldwin



"Everyone who is here on TPS is legally allowed to be in the country. They were invited into the country, they've abided by the law, and some have been here for many years."

- Rep. Peter King,
Republican from Seaford



"These people pay taxes, have jobs. They're our neighbors, and [the cancellation of TPS] is breaking up our communities. We're closing the golden door on them. This is wrong."

- Assemblywoman Michaelle Solages,
Democrat from Elmont

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VIEWFINDER

By SUSAN GRIECO

THE QUESTION:

You just received your first Holy Communion what was the best part of your day?



That I got to receive Jesus in my heart.

BROOKLYN DIAZ
2nd Grade



Well, getting to receive Communion, so now I get to go with my parents on Sunday instead of sitting in the pew. And I'm happy it's over, because I was a little nervous.

LUKE McKEON
2nd Grade



Going to my party with my brother and other family members. My mom rented an air hockey table and we played all day!

SABRINA JONES
2nd Grade



Taking Holy Communion was a happy thing for all of us, and now I'm more holy!

TOMMY BROWN
2nd Grade



Receiving Jesus' body because he is special, and then having a party.

CLAIRE GLASSING
2nd Grade



First receiving Communion and then going to my party where I played with my cousins in the bouncy house.

BRAEDAN HINZE,
2nd Grade

NEWS BRIEF

Glen Cove's 350 year anniversary is here!

The anniversary celebration kicks off on May 23rd with a ribbon cutting ceremony for the new Heritage Garden, a walkway of personalized pavers that will connect Glen Cove's new downtown Piazza with the new Garvies Point waterfront community and leave a long term legacy of the families, businesses and organizations who will now be a part of the city's history.

On May 24th, the city's official 350th Anniversary celebration date, Glen Cove residents are invited to attend a special 'Friends and Family Picnic Celebration' at Morgan Memorial Park, one of the North Shore's picturesque waterfront locations.

The picnic, held from 5:30 to 9:30 p.m. will include fireworks, musical performances and art exhibits by Glen Cove school students, local dance studios. There will also be delicious food from food trucks and more. Those attending are encouraged to arrive early and bring picnic blankets and chairs.

There will also be a reunion of Glen Cove's Mayors including U.S. Congressman Tom Suozzi. At 6:00 p.m., Mayor Tenke will introduce the dignitaries, along with members of Glen Cove's oldest families, including those descended from the Coles, Carpenters and Simpkins, Glen Cove's first families.

The Glen Cove School District K-12 Chorus, along with the Glen Cove Select Chorus, and will perform the Star Spangled Banner and will lead a group sing-along of "Happy Birthday" to the City of Glen Cove

with a tasting of delicious cupcakes for all to enjoy.

At 7:00 p.m., MaryAnn's Dance Studio will perform, followed at 7:15 p.m. by Victoria Crosby, Glen Cove's Poet Laureate and Founder/President of Gold Coast Arts Council. Glen Cove 350 poetry contest winners fifth-grader Chinemere Ogbabe, seventh-grader Dakota Wiesner and ninth-grader Nicole Valensis will also read their poems.

At 7:30 p.m., talented thespians will take part in a special skit honoring the history of Glen Cove, followed by the Glen Dance Studio, performing at 7:45 p.m. Musician Jason Flashner will entertain the audience beginning at 8:15 p.m. A DJ will keep the music rolling throughout the evening, which will culminate in a special fireworks show by Grucci at 9:15 p.m.

The event will feature seven food trucks to cater to a wide variety of taste buds — American classics, Italian and more. Participating vendors include First Class Concessions, Chiddy's Cheese Steaks, Vivo Osteria Restaurant, Andy's Italian Ices NYC & Espresso Bar, the Big Red Food Truck and MacDaddy's Gourmet Mac-n-Cheese.

The picnic will be followed-up on May 25 with a classic Old Timers Day Baseball game at John Maccarone Memorial Stadium, beginning at 7 p.m.; a weekend of Downtown Street Festivals; "Travel Thru Time" historic tours of the city on May 26 and May 27; and the May 28 Glen Cove Memorial Day Parade.



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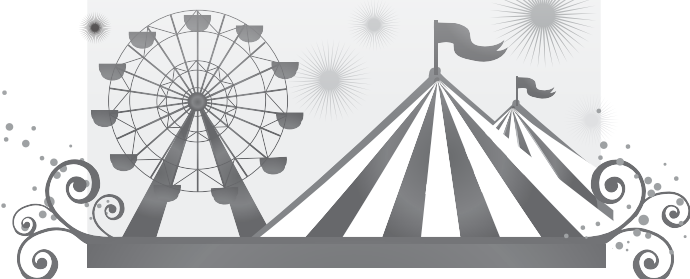
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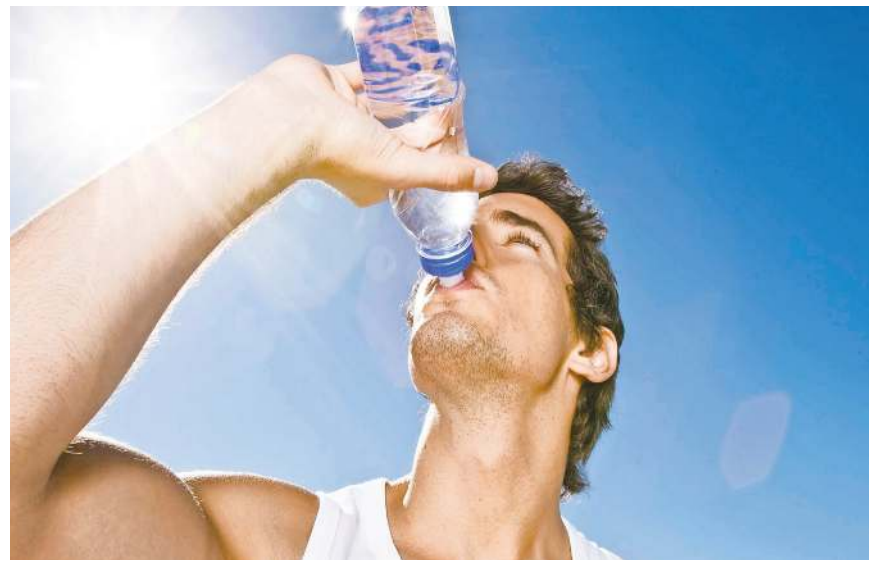
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When you move your workout outside, the weather becomes your No.1 planning tool.

Don't let the heat wear you down

Refresh your routine during
the warm weather months

The summer months for many signify care-free living: with summer holidays, beach days, parties, vacations, and countless social events. It's a fun time of year.

Unfortunately, this lack of routine and easy-going attitude can quickly result in falling out of your health and fitness routine. Thankfully with a few tweaks to your diet and workout plan here and there, you can still have a fun filled summer while keeping fit at the same time.

Summertime is a great time to enjoy outdoor workouts. Just be willing to make some adjustments.

Avoid the hottest part of the day and monitor temperatures so you can also avoid periods of high humidity. Think about slowing down during summer. As temperatures rise, performance often declines a bit. Don't push yourself so hard that your workout is no longer safe. High temperatures may mean you have to adjust your performance expectations.

Think maintenance Not PBs

With scorching weather and packed social calendars sapping energy levels, your summer fitness plan should be approached with a hint of caution. Think maintenance, not personal bests.

As opposed to opting out of exercise altogether, keep your workouts short but high-tempo and limit your workouts to no longer than 60 minutes. This way you'll preserve enough energy to fulfill your work, busy social life and exercise commitments all summer long.

If you need extra help, and your budget permits, hire a personal trainer or get a tailor-made summer exercise program. Both offer excellent motivation and accountability for your workouts.

Portion control

Considering you are now in "sum-

mer body maintenance mode", you no longer require ==quantities of fuel to power you through those grueling pre-summer workouts. Your diet plan should be representative of your exercise routine and calorie requirements.

The simplest and most effective way to stay lean and deflated during those all important poolside parties and beach days is to eat little and often. By eating 4-5 small meals a day, you'll keep your metabolism ramped up throughout the day.

Exercise in the morning

With an abundance of social events already in the agenda, your best chance of sticking to your exercise routine during the summer months is to get up and get moving first thing.

By getting your workout out of the way early you'll avoid the all too common temptations to procrastinate and find excuses not to exercise later. And when the gang gets together for happy hour, you'll be able to indulge if you desire with knowledge that you've earned it.

Hydrate, hydrate, hydrate

Water regulates your body temperature: An important factor during the hotter months. Just two percent body weight dehydration can drastically restrict your body's ability to perform to it's highest level — something you'll need to keep up your exercise, work and social commitments.

If you experience any symptoms of dizziness, muscle cramps, lethargy, and tiredness, you could be experiencing dehydration. To avoid this, make sure to drink an adequate of water before, during and after your workouts. ■

Glen Cove Hospital

Glen Cove Hospital, part of Northwell Health welcomes John Cosgrove, MD!



John Cosgrove, MD FACS was appointed Chair for the Department of Surgery at Northwell Glen Cove Hospital February 1, 2018. Dr. Cosgrove has 29 years' experience in General Surgery. He lives locally with his family and has been a Manhasset resident since 1989.

Dr. Cosgrove has extensive experience in acute care general surgery. He provides care for patients who need emergency surgery for appendicitis, cholecystitis, intestinal obstruction and organ perforation. In addition to his busy inpatient practice, he has developed an excellent reputation for incisional and inguinal hernia repair with minimally invasive incisions. He performs colonoscopy and endoscopy. Additionally, he works in tandem with the talented plastic surgeons at Glen Cove Hospital to perform abdominal wall reconstruction.

His practice is devoted exclusively to Glen Cove Hospital and its associated medical office 10 Medical Plaza.

To schedule an appointment
with Dr. Cosgrove, please
contact us at 516-674-1647



Get moving

Creative ways to incorporate family fitness into your lifestyle

We all know how important an active lifestyle is for long-term health and well being. And now that the warm weather has arrived, there's no reason not to get outdoors and get moving.

While eating a diet that is low in fat and high in whole-grain fiber, vegetables and lean proteins is important to our overall health, exercise remains one of the key factors in maintaining a healthy weight. However, many adults and children simply do not get enough exercise during the day. An active lifestyle is often hampered by the prevalence of digital devices or sedentary jobs that encourage more screen time than fitness time.

Even when school is out and the weather is nice, there are always temptations to stay put. A lot of kids want to stay inside in their air-conditioned rooms and play video games, watch TV, or browse the internet. And let's face it — adults often want to do the same.

Exercising together is not just a great way for families to get healthy, but also a great opportunity to spend time together.

Both adults and children need three types of exercise on a regular basis: aerobic, muscle strengthening, and bone strengthening. Each of these types should be included at least three times per week as part of your family's 60 minutes of daily physical activity.

Try some of these activities this summer. Your family will not only get the exercise they need, but you'll be creating new memories as well!

- ✓ Go swimming: in a lake, pool, river or beach!
- ✓ Stage an A to Z scavenger hunt: find something that starts with every letter.
- ✓ Pick berries from a local farm: blueberries and strawberries are always summer favorites.
- ✓ Go canoeing at a local lake.
- ✓ Go for a walk and then make a collage from nature objects you find along the way.
- ✓ Collect shells at the beach and then make a necklace from them.
- ✓ While at the beach, play some beach volleyball.
- ✓ Take a bike ride on a trail or around the neighborhood.
- ✓ Assemble your family and neighbors and get a game of baseball



Make exercise a family affair. Teach your children to embrace good fitness and nutrition habits while they are young.

- going.
- ✓ Visit a nearby trail for a nice hike.
- ✓ Clean up trash at a local park.
- ✓ Stage your own Summer Olympics with races, hurdles and relays.
- ✓ Play a game of H-O-R-S-E on the basketball court
- ✓ Bowling: If it's truly too warm to be outside, take a break from the heat.
- ✓ Have a hula-hoop competition and see who can keep it up the longest.
- ✓ Jump rope.
- ✓ Play a game of Lawn Twister: Use circular stencils and spray paint to turn your lawn into a game board.
- ✓ Grab a set of wheels: Rollerskate, rollerblade, or skateboard!
- ✓ Sign up for a Charity walk. Exercise and do good for your community/favorite charity.
- ✓ Capture the Flag: play in a large backyard or field with two teams. Each defends their own "flag" (or some specific light object like a

- beach ball or even a stuffed animal) from home base. The object of the game is to capture the other team's flag and successfully return it to home base without getting tagged. If a player wanders into the other team's territory, he risks getting tagged and of therefore being frozen or ousted from the game.
- ✓ Have a push up competition.
- ✓ Have a frozen t-shirt Race: Soak a bunch of t-shirts in water, place them in plastic bags, and then stick them in the freezer overnight. The next day, hold a race to see who can "defrost" and pull on a frozen t-shirt the quickest. This is a great choice to play on a sweltering day — you'll want to keep the chilly t-shirt on even after the race is over! ■



Protecting your skin against damaging rays is always in season.

Are you sun savvy?

Beat the heat and remember the sunscreen

It's summer. It's sunny outside. People are doing fun things in the sun and you want to too! Spending time outdoors is, after all, part of a healthy, active life.

Just understand that there are tradeoffs to sun exposure. Every second you're in the sun damages your skin and leads to wrinkles and a weathered appearance at best, or worse, melanoma. In fact, nothing ages your skin more than sun exposure.

Time Of Day

UVA and UVB rays are the main skin-damaging components of sunlight. UVB burns you and causes tanning, but also aids your production of Vitamin D. UVA penetrates deeper into your skin and may cause more long-term changes to your skin such as wrinkles and sun spots — and even skin cancer.

UVB rays peak in intensity when the sun is furthest overhead, and are at lower levels in the morning and evening. Meanwhile, because our atmosphere doesn't do a very good job of filtering out UVA rays, the intensity of UVA rays remain relatively even throughout the day.

Environment

The ground around you also matters. Sunlight reflects off the ground, and the more efficiently the surface under you reflects light, the more sunlight is going to hit your skin. Water is extremely reflective, reflecting up to 80 percent of the sun's rays, so you will obviously burn that much faster over water than, for instance, over grass. The same goes for snow. Sand, also, reflects a significant amount of light—increasing the magnitude of damage — so being extra cautious on the beach goes without saying.

Windows don't protect you either. While UVB rays won't penetrate through most glass, UVA rays can, so if you're sitting next to a window in a cafe or driving in your car during the day, you still need to be aware that sunlight is hitting your skin, with nothing but negative consequences.

Sunglasses: Not Just a Fashion Accessory

Your eyes are sensitive to UV rays, and UVA and UVB rays both damage your eyes just like they damage your skin. To avoid cataracts and diminished vision, wear sunglasses that have 100 percent UVA and UVB protection.

The tighter they fit and the more they wrap around the sides of your eyes (and don't let in light above or below them), the better. Sunglasses also help protect the sensitive skin around your eyes and can help prevent wrinkles and crow's feet. ■



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Achieve the highest quality of life through hormone balance

Now 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."



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HEALTH MEMO

Prepping for your summertime exercise routine

Spring is here and with it comes warmer weather, the hardwired need to get outside and exercise to shed that winter weight and get back into shape. But before charging into outdoor activities, it is important to prepare your body for that sudden awakening of tendons and muscles, advises Karen Keenan, PT, OCS, ATC, Outpatient Therapy Rehab Supervisor at Glen Cove Hospital.

This holds especially true for those who spent the winter months sitting on the couch or in front of the computer. Taking it slow after those inactive months is the best approach to prevent injury and to help your body work more efficiently.

It is always recommended to see your physician for a full checkup prior to starting any new exercise regimen.

Any exercise routine should start with walking 10-to-15 minutes every day or every other day for the first week. Increase the duration by five-minute intervals week-to-

week until you are walking 30-to-40 minutes a day. Stretching is also necessary to keep muscles flexible and to help prevent increased soreness. Proper stretching should be performed with a prolonged stretch of 20-to-30 seconds per muscle group after the muscles have warmed up. Bouncing into the muscles should be avoided.

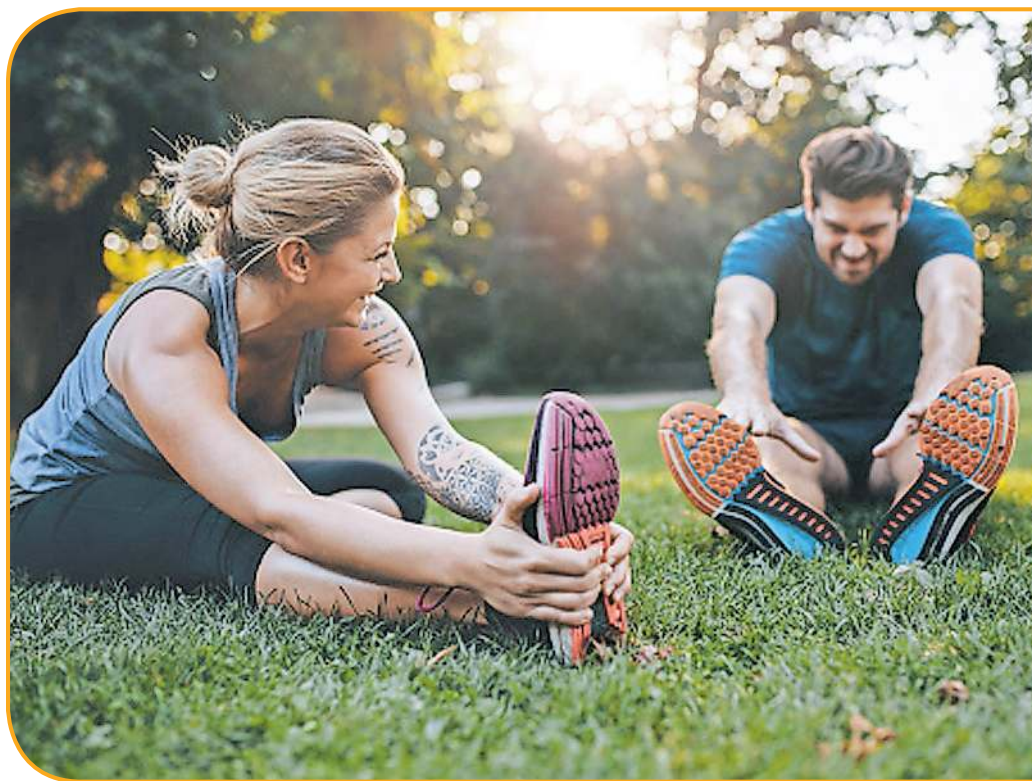
Strengthening exercises should be added gradually to any routine. The type of exercise will depend on the sport. Free weights, ankle weights and resistance bands can all be used for strengthening. Golfers and tennis players should put an emphasis on shoulder and forearm muscles as well as hips and abdominal muscles to enhance stability for proper form. Runners can improve endurance by increasing their time and speed by walking and then jogging. Strengthening the leg muscles is also important with running for agility and balance.

As with any exercise or

sport, muscle soreness or injury can occur. Using ice with elevation can help decrease swelling and pain. If the pain and/or swelling increases, it is important to get evaluated by a doctor.

Staying hydrated throughout your workout, especially as the days get warmer, is imperative. Working out causes the body to sweat, excreting water that is necessary to keep exercising efficiently. If the body becomes dehydrated, symptoms of dizziness, fatigue and muscle cramping may occur. Key points to prevent dehydration are: being well hydrated prior to any exercise routine, drinking water every 15 minutes throughout the workout and exercising in the early morning hours or later in the evening.

Preparing your body for any exercise regimen will reduce the likelihood of injury and help you to enjoy a full summer of sporting activity as well as the beautiful warmer weather.



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Jury to rule on doctor linked to G.C. death

CONTINUED FROM PAGE 1

Central Islip on Monday, reviewing the government's evidence, attacking Belfiore's credibility — and that of his expert witnesses — and urging the jury to find him guilty on all 28 charges.

Belfiore was acting as a “drug dealer,” King said, when he wrote oxycodone prescriptions for John Ubaghs, of Baldwin, and Edward Martin, of East Rockaway, both of whom died of overdoses.

Ubaghs, a U.S. Marine Corps combat veteran and a martial artist, was “functional and fit” when he started receiving prescriptions for 30-milligram oxycodone pills from Belfiore, King said.

By the time of his death on April 13, 2013, Ubaghs was taking 15 pills a day and suffering from acute withdrawals — sweating, vomiting and anxiety — when he ran out, according to King.

On April 12, Ubaghs picked up a prescription for 150 pills from Belfiore, King said, and went to the movies with his girlfriend, who testified earlier in the trial that throughout the date, he was popping pills. The next day, he fell asleep while cooking a grilled cheese sandwich and stopped breathing.

In Ubaghs's autopsy report, the Nassau County medical examiner's office stated that it had “never seen an oxycodone level that high in any living person,” according to King. “He survived Iraq, but he could not survive this defendant's illegitimate medical practice,” the prosecutor said, pointing to Belfiore, who showed little reaction during closing arguments.

Martin was found dead in his bed in March 2013, where, King said, a cut straw with oxycodone residue on it, and a bottle of oxycodone pills with Belfiore's prescribing information on the label, were found “within arm's reach.”



Christina Daly/Herald Gazette

DR. MICHAEL BELFIORE, left, and his attorney, Tom Liotti, told reporters outside the federal courthouse in Central Islip that he was innocent on the second day of his trial in April.

Martin's autopsy report indicated an oxycodone level of 0.46 — enough to kill, King said.

Medical records from Martin's first visit to Belfiore indicate that he showed signs of alcoholism, and on his

second visit, Belfiore wrote that Martin was attending Alcoholics Anonymous. Still, according to King, Belfiore wrote Martin a prescription that day for 128 30-milligram oxycodone pills. “He allowed an alcoholic with a serious addiction problem to leave his office with a month's supply of high-dose, legal heroin,” King said.

He also reminded jurors of Detective James Marinucci's testimony on the first day of the trial. Marinucci, of the Nassau County Police Department's vice squad, saw Belfiore while undercover as “James Burke,” a factory worker with back pain, visiting Belfiore six times in 2013.

During his visits, Marinucci told Belfiore that he had been given oxycodone pills by a friend — another of Belfiore's patients — and at one point told him that he was sharing the pills with his girlfriend and asked Belfiore if he would take her on as a patient.

The fact that Belfiore continued to prescribe for Marinucci, despite the obvious “red flags,” and that he kept inaccurate — King called them “fake” — medical charts about Marinucci's treatment program, should have been enough for the jury to find Belfiore guilty, King said.

King also took aim at Belfiore's defense — including that he relied on misinformation from Purdue Pharma, an oxycodone manufacturer, when prescribing the drug. Pointing to Purdue promotional videos, which the Herald viewed last year, King expressed disbelief that Belfiore would rely on them, and not the growing body of knowledge about the dangers of opioids during the time he was prescribing them.

“He wants to you believe that these infomercials — which, I submit to you, were not very convincing — somehow corrupted his thinking,” King said.

Jurors began deliberations on Tuesday afternoon. Look for more as the story develops at www.liherald.com.

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HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Restroom, for short
- 4 Back talk
- 8 Blunders
- 12 Yale student
- 13 Friends, old style
- 14 Manner of walking
- 15 Gut level
- 17 Sans siblings
- 18 Feline
- 19 Snake or lizard
- 21 Untamed horse
- 24 Apiece
- 25 Second person
- 26 Wheel center
- 28 Basic assumption
- 32 Piquancy
- 34 Afternoon beverage
- 36 Water conduit
- 37 Come in
- 39 Sprite
- 41 Stitch
- 42 Tin Man's need
- 44 Alt-rock band, Barenaked —
- 46 Cheesy paper
- 50 Make marginalia
- 51 Vivacity, musically
- 52 Hun opponent

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56				57				58		
59				60					61	

- 56 Enthusiastic
- 57 Send forth
- 58 Fish eggs
- 59 Optimistic
- 60 Antitoxins
- 61 Agent

DOWN

- 1 Third O.T. bk.
- 2 Boxer Muhammad
- 3 Baron's superior
- 4 Draw
- 5 Melody
- 6 Celebrity
- 7 Drag (Var.)
- 8 Braggart's journey?

- 9 Hindu princess
- 10 Streamlet
- 11 Eyelid woe
- 16 Has the skill set
- 20 Coatrack part
- 21 Memory measure
- 22 Reddish horse
- 23 No longer stylish
- 27 Spelldown
- 29 Guests
- 30 Duel tool
- 31 Nightly telecast
- 33 Earth science

- 35 Every last crumb
- 38 Carnival city
- 40 Tex-Mex treat
- 43 18-Across' ennead
- 45 Follow relentlessly
- 46 Slope transport
- 47 Jason's ship
- 48 Life stories, briefly
- 49 Exemplar of thinness
- 53 Round Table title
- 54 Upper surface
- 55 "Yoo-hoo!"

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STEPPING OUT

Where to go, what to do, who to see

A 'Big Top' for the modern age

The spirit of adventure unfolds in Cirque du Soleil's 'Volta'

The Big Top is back on Long Island. Cirque du Soleil is settling in at Nassau Coliseum on Friday for an extensive stay with "Volta," its energetic spectacle that's been captivating audiences since its North American tour began last year.

Now Long Islanders can get in on the action. The high-tech circus-style show unfolds with a storyline about the freedom to choose and the thrill of blazing your own trail. An homage to the adventurous spirit that fuels the culture of action sports, the production weaves acrobatics into a visually striking show driven by the energetic beat of electro-pop.

According to the creative team, "Volta is a story of transformation. It is about being true to oneself, fulfilling one's true potential, and recognizing one's own power to make it possible. Ultimate freedom comes with self-acceptance, and with the liberation of the judgment of others."

Audiences follow along with Waz, a game show contestant who has lost touch with himself. "It takes you on a journey that everyone will respond to differently," says Johnny Kim, Cirque's assistant artistic director. "Everyone leaves feeling something unique to them. That's the magic of the show. It brings up a sense of emotion that taps into your soul."

In Cirque du Soleil tradition, the fast-paced spectacle features their signature mix of acrobatics, juggling, contortion and lively visuals, supplemented with their interpretation of "street sports." BMX riding, parkour and



Photos courtesy Michael Kass

In the Shape Diving routine, performers jump through shapes with all sorts of movements, even adding breakdancing and hip-hop-style moves into the mix.

CIRQUE DU SOLEIL

When: Friday, May 17, through Sunday, July 1. Tickets start at \$55.

Where: Nassau Coliseum, Uniondale. (800) 745-3000/877-924-7783 or www.ticketmaster.com or www.cirquedusoleil.com/volta.

bungee jumping amp up the thrill level. Each act highlights the show's themes.

"Volta represents a new style for us," says Kim. "We've added a young, contemporary vibe with electronic music and the addition of street sports. It's an exciting evolution for Cirque du Soleil. The BMX riders at the end, during the finale, really wow audiences."

"We're reinforcing the traditional circus acts, such as shape diving [in which acrobats tumble and jump through shapes, sometimes feet first, sometimes backwards, sometimes bent in half] and hair hanging with the newer elements. We're bringing some of the traditional skills back with a retro feeling that's exciting to see. Some of our audience didn't know these older elements existed, so what's old is new to them. Other elements may have only been seen on a YouTube video, so it really transforms the show to see them live."

The set design, highlighted by a granite quarry landscape and the pulsating music punctuate the energetic spectacle. Electronic composer Anthony Gonzalez, of the acclaimed French electro-pop band M83, bring his modern sound to Cirque du Soleil for the first time. The result is a series of atmospheric musical landscapes that propel the show along.

The highly cinematic music evokes a complex array of emotions and moods that ebb and flow, always in sync with the acrobatic performances on stage. It is a narrative tool in its own right, echoing the different arcs in the storyline.

The two-hour show concludes with a BMX routine highlighted by a full-blown BMX park mounted on stage in front of the audience's eyes. Riders invade the stage to deliver a fast and furious performance of nonstop acrobatics on wheels. The riders go up the jump boxes and perform air tricks before landing and leaping off the ramps again, crisscrossing and spinning their bikes in midair in a spirit of brotherhood.

The ending is a positive acknowledgement of Waz's transformation as he reconnects with his true self "It's really all about a celebration of differences and the uniqueness of others," says Kim.



BMX riders command the stage with fast-paced nonstop acrobatics on wheels.

"Throughout you'll see so many amazing things. The very stylized acrobatic acts are fun and energetic. The hair hanging is just incredible. People are flabbergasted by what they are seeing and with good reason."

"All in all, it's an exciting show that comes together a cast of 48 people who represent 25 different nations. It's an outstanding group of international talent and charisma."

— Karen Bloom
kbloom@liherald.com

IN CONCERT

Aztec Two-Step

Rex Fowler and Neal Shulman, the acclaimed duo known as Aztec Two-Step, bring their rich musical legacy to an innovative salute to Paul Simon. Since they burst on the scene in 1972 with their debut album, the pair has continued to impress audiences and critics with intelligent songwriting, guitar prowess and soaring two-part harmonies. Those harmonies flavor a masterful interpretation of Simon & Garfunkel's catalogue of hits in their multimedia concert, "The Paul Simon Songbook." The storyline of the Songbook show, originally created by the late pioneer of progressive FM radio and author Pete Fornatale, is enhanced and narrated by DJ Tony Truoguardo. Their harmonizing — complemented by classic Simon & Garfunkel vocal arrangements along with Shulman's acoustic guitar — brings about a lively personal retrospective on the music of a generation.



WEEKEND

Out and About

Saturday, May 19, 8 p.m. \$40, \$34, \$30. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. (516) 767-1384 or www.landmarkonmainstreet.org.

DOG SHOW

Best of the Breeds

It's a dog's life when dog lovers meet up with some outstanding canines and their owners at Oyster Bay's Planting Fields Arboretum for Gold Coast Cluster All-Breed Dog Show, three days of dog shows presented by the Ladies Kennel Association of America and the Long Island Kennel Club. In addition to watching more than 800 dogs entered to compete in a variety of dog sports, visitors and their purebred or all-American dogs can get in on the action at AKC's My Dog Can Do That, where participants can try out a fast-paced obstacle course. They can also test their water skills at Dock Diving in the 25,000-gallon tank as part of event. The program



includes specialty shows and a breeders' showcase, with vendors offering related items for purchase.

Friday through Sunday, May 18-20. \$10 per person, \$20 per carload each day. Planting Fields Arboretum, 1395 Planting Fields Rd., Oyster Bay. For information and schedule, call (516) 378-9081 or (631) 928-4312 or visit www.longislanddogshows.com.

ARTS & ENTERTAINMENT

Coming Attractions

Performances/ On Stage

Alice Howe and Freebo

The acclaimed bass player/singer-songwriter Freebo is joined by singer-songwriter Alice Howe, presented by the Folk Music Society of Huntington's Hard Luck Cafe series, Thursday, May 17, 8:30 p.m.; open mic at 7:30 p.m. Sky Room Cafe, Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemaartscentre.org.

Blackberry Smoke

The country rock band in concert, Thursday, May 17, 8 p.m. With special guests Tyler Bryant & the Shakedown. The Space, 250 Post Ave. Westbury. 800-745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.

Music Jam

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

The Oak Ridge Boys

The country-gospel vocal quartet in concert, Thursday, May 17, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or www.livenation.com.

Singin' in the Rain

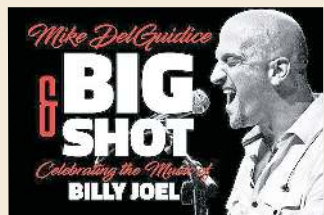
Musical adapted from the 1950s MGM movie musical, Thursday and Friday, May 17-18, 8 p.m.; Saturday, May 19, 3 and 8 p.m.; Sunday, May 20, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Dark Star Orchestra

The Grateful Dead tribute band in concert, Friday, May 18, 8 p.m. The Space, 250 Post Ave. Westbury. 800-745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.

Jacob Boulay Trio

The fusion jazz ensemble in concert, Friday, May 18, 9:30 p.m. Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemaartscentre.org.



Mike DelGuidice and Big Shot

The popular Billy Joel cover band in concert, featuring members of Billy Joel's band, Friday, May 18, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Precious Little

Madeline George's comic play about love, language, memory, culture and commitment, Friday and Saturday, May 18-19, 8 p.m.; Sunday, May 20, 3 p.m. Carriage House Players, Vanderbilt Museum, 180



Hot Rize

The acclaimed bluegrass band shares 40 years of inspired music-making when they visit the Landmark on Main Street stage, on Friday, June 15, at 8 p.m.

Steeped in bluegrass heritag, the band rose to prominence with their fresh, contemporary approach to traditional music since their formation in 1987. Their unique and progressive style of bluegrass, powerful original songs, tight ensemble playing and dynamic stage presence defines their longevity. Original members Tim O'Brien, Pete Wernick, Nick Forster and recent addition Bryan Sutton have continued to evolve, drawing on their diverse inspirations — from Leadbelly and swing to old-time Appalachia — in fresh, exciting ways.

Collaboration is a priority for the bandmates, half who live in Colorado and the others in Nashville, Tenn. — as they work on new music together, shaping new material into songs that are representative of Hot Rize's Identity.

Tickets are \$48, \$43, \$35; available at 767-6444 or www.landmarkonmainstreet.org. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington.

Little Neck Rd., Centerport. 557-1207 or www.vanderbiltmuseum.org.



Tony Bennett

The iconic crooner in concert, Friday and Saturday, May 18-19, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.

Madison Beer

The young pop singer-actress in concert, Saturday, May 19, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Masterworks for Piano: Four Hands

Gerald Robbins and Jack Kohl in concert, in all Schubert program, Saturday, May 19, 7 p.m. Coe Hall, Planting Fields, 1395 Planting Fields Rd., Oyster Bay. 922-8600 or www.plantingfields.org.

Jackson Browne

The classic rocker in concert, Sunday, May 20, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or www.livenation.com.

Kiss the Boys Goodbye

Vocalist Diana Templeton performs nostalgic 1940s-World War II tunes, Sunday, May 20, 2 p.m. Glen Cove Public Library,

4 Glen Cove Ave., Glen Cove. 676-2130 or www.glencovelibrary.org.

Sal "The Voice" Valentinetti

The Long Island-based song stylist in concert, performing the music of Frank Sinatra, Dean Martin and The Rat Pack, Sunday, May 20, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

JayCee Driesen

The popular vocalist in concert, in "The Human Jukebox Show," Wednesday, May 23 2 p.m. Program includes Broadway, pop, jazz, rock, and country hits. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. 767-6444 or www.landmarkonmainstreet.org.

Apocalyptica

The Finnish metal band in concert, with "Plays Metallica by Four Cellos" tour, Thursday, May 24, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or www.livenation.com.

For the Kids

Picture Book Films

See short films based on favorite books, Friday, May 18, 10 a.m. For ages 3-5. Registration required. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Makers Project: Feathers and Friends

Unearth your inner artist during a guided walk through Old Westbury Gardens' beds, Saturday, May 19, 12 p.m. Gather natu-

ral inspiration to form a seasonally inspired take home craft. For ages 6 and up. Free with admission. Old Westbury Gardens, 71 Westbury Rd., Old Westbury. 333-0048 or www.oldwestbury.org.

Elephant and Piggie Day

Meet Elephant and Piggie, Sunday, May 20, 2-4 p.m. Stop by the Mo Willems themed activities bus for special activities. Book Revue, 313 New York Ave., Huntington. (631) 271-1442 or www.bookrevue.com.

Hogwarts Hour

Play Harry Potter-inspired games and make a craft, Thursday, May 24, 4:30 p.m. For grades 3-6. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Museums/Galleries and more...

Between the Lines

A solo exhibition by Barbara Grey. Mixed media works (watercolor, pen, ink, oil pastels) are on view, inspired by the landscapes of New Mexico. Through May 27. B.J. Spoke Gallery, 299 Main Street, Huntington. (631) 549-5106 or www.bjspokegallery.org.

The Age of Tiffany:

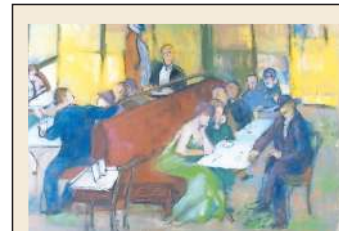
Between Nouveau and Deco

An exhibition that places Tiffany within the context of other decorative art from the Heckscher Museum's permanent collection. Through July 22. Heckscher Museum of Art, Main St. and Prime Ave., Hun-

tington. (631) 351-3250 or www.heckscher.org.

Heavy Metal: Photographs by Jan Staller

An exhibition of Staller's large-scale photographs that transform the industrial environment. Found industrial objects are presented as sculptural artifacts of the post-industrial age. Through July 29. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.



Anything Goes: The Jazz Age

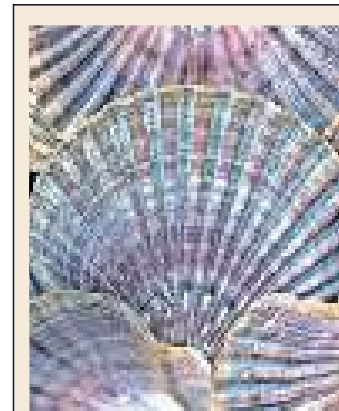
The wild times and brilliant work of a tightly connected group of musicians, artists and writers during the 1920s are the subject of this exhibition. On view are masterpieces of the '20s, including neoclassical paintings by Picasso. Through July 8. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9337 or www.nassaumuseum.org.

Harbor Nights: On the Water Series

Hear amazing survival stories from local fishermen John Aldridge and Anthony Sosinski, authors of the book, "A Speck at Sea," Thursday, May 17, 6:30-8:30 p.m. Captain Tony Sougstad joins them to recount harrowing tales of their close calls at sea. With wine and cheese. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Movie Time

See "All the Money in the World," the crime thriller that follows the kidnapping of 16-year-old John Paul Getty III, Thursday, May 17, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.



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.

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THE GREAT BOOK GURU

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Dear Great Book Guru,
I am decluttering my house in anticipation of the annual Village-wide Garage Sale here in Sea Cliff on Saturday, June 2. I'll be dropping my used books off at the Main Library after May 21, but I would love to have something to read now, perhaps a short novel on a current topic.

-An Avid Declutter



**ANN
DIPIETRO**

until forced to flee under mysterious circumstances. The narrator had immigrated to Boston as a 15-year-old. To her father's dismay, she is drawn to the charismatic Ayale, a parking lot attendant who is the unofficial king of Boston's close knit Ethiopian community. Soon it becomes evident that Ayale is a sinister force but this makes him all the more attractive to the young girl. By the time she realizes the full extent of his plans, she has become totally complicit. This is a coming of age novel, a look into the loneliness of the immigrant, a study of fatherhood, and ultimately a darkly compelling mystery. Highly recommended!

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

Dear Avid Declutter,
Congratulations on your determination and I do have a good book for you: "The Parking Lot Attendant," Nafkote Tamirat. This debut novel opens in a utopian community where our unnamed narrator is living with her father. Neither father nor daughter is welcome and quickly the story line switches back to Boston where they had been living

Irene A. Bliss

Irene A. Bliss, of Glen Head, died on May 5, 2018. Beloved wife of the late Joseph H.; devoted mother of Nancy Riebling; cherished grandmother of Daniel; loving sister of Helen Kytoski, Jean Novesky, Wanda Krupa, Alexander; Henry and Joseph Szymanski. A funeral mass was held at St. Hyacinth. Interment at Holy Rood Cemetery. Arrangements entrusted to McLaughlin Kramer Megiel Funeral Home.

survived by many loving nieces and nephews. Vincenzo was a Family Man who loved his family more than anything. He was a skilled and talented carpenter; and it was his passion. He enjoyed soccer and played it competitively. Vincenzo was also a member of the San Calogero Club of Brooklyn. Visitation held at Dodge-Thomas Funeral Home. A funeral mass was held at the Church of St. Rocco. Vincenzo is interred at Locust Valley Cemetery. In lieu of flowers, donations may be made to the Leukemia & Lymphoma Society.

Vincenzo Pipitone

Vincenzo Pipitone, 69, of Glen Cove, died on May 10, 2018. Beloved husband of Geraldine; loving father of Benedetto (Vitina) and Maria; proud grandfather of Domenica, Valencia, Joseph, Domenic and Victoria; dear brother of Baldassare, Caterina, and the late Maria Concetta;

Obituary Notices

Obituary notices can be submitted with or without photographs. The name of the individual or funeral establishment submitting the obituary should be included. There is no charge for obituaries.

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Zach Gottehrer-Cohen/Herald Gazette

DOZENS OF MOMS gathered at the Moms Helping Moms event, where they showed off their diaper donations to those moms who need the help.

Moms gather for a mutual celebration of motherhood

By **ZACH GOTTEHRER-COHEN**

zgottehrer@liherald.com

The rules of etiquette dictate that when attending a house party, it is customary to bring a small gift for the host. But the dozens of women who showed up to the “Moms Helping Moms” party at the home of Karen Buschfres last Friday

arrived carrying bags of diapers, although her youngest is a long since potty-trained seventh-grader.

When the annual get together began 12 years ago, the guests’ gifts were more traditional; bottles of wine, flowers in a vase, other small home décor. But Buschfres wasn’t comfortable receiving gifts for

what was supposed to be a mutual celebration of motherhood. “This isn’t a party for me,” she said. “This is a party for all of us [moms].”

Now, the group celebrates motherhood by bringing diapers, and other such baby-goods, to be donated to organizations like Guardian Angel Family Crisis Center and Madonna Heights that help mothers in need.

The cost of admission to the event was a Snuggies package worth of altruism, and for that price, moms got a much deserved, and according to several, much needed evening of decompression, which included hors d’oeuvres, wine, and most importantly, the welcome absence of husbands and children.

The conversation ranged from light and lively — the most effective way to scoop the fruit out of the sangria pitcher — to serious conversations about school board elections and other local political matters.

“People come out because you get fed, emotionally,” said Dorothy Bennett, an attendee of several years. “We’re really just celebrating all the things that women do all year-round, that we really don’t do for ourselves.”

What’s been interesting for Bennett has been how the conversation has changed over the years. “We used to talk about our babies,” she said. But as the celebrants get older, she added, “now were talking about taking care of our parents.”

The Friday evening before Mother’s Day works best for a get-together of moms, Buschfres said, because Mother’s Day itself, and Mother’s Day eve, is often as much work for them as the rest of the year. When they were trying to get the event organized, she said, many of the moms said that Saturday night wouldn’t work, because, “they had to cook for their in-laws on Saturday” for their family’s Mother’s Day gatherings on Sunday.

Buschfres said she had tried to figure out ways to open up the event to more people, like friends and co-workers who might not have children, for example.

“For some people,” she said, “Mother’s Day can be really hard.” Maybe next year, she would call the event a “Women’s Day celebration,” she mused.

Barbara Costello, the founder of Guardian Angel, one of the beneficiaries of the Moms Helping Moms event, called her organization, “a pay-it-forward” program. “We’re all taking care of each other in the community,” she said. Most of the donations that wind up at Guardian Angel are hand-me-down clothes and toys. “What I always tell people in terms of donations; One family’s ‘cleaning out’ is another family’s receiving.”

That duality is important to the event, not only in terms of helping less fortunate mothers, but also in being able to support each other. “It’s this continual place of support,” Bennett said, “that recognizes that our lives are multilayered, and great, but sometimes hard.

“It’s about taking that time out to say, ‘Yeah, this is just for us,’” she continued. “I think that’s a really hard thing for women and mothers to do.”



LET US KNOW

News Brief items including awards, honors, promotions and other tidbits about local residents are welcome. Photographs may be emailed as well.

Deadline for submissions is noon Thursday, week prior to publication. Send to llane@liherald.com

HERALD PUBLIC NOTICES

LEGAL NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, May 22, 2018, at 7:30 p.m. in the Council Chamber at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss amending water rates. All interested parties will be given an opportunity to be heard. Tina Pemberton City Clerk 95846

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LEGAL NOTICE OF DEPARTMENT OF HOMELAND SECURITY FEDERAL EMERGENCY MANAGEMENT AGENCY Proposed Flood Hazard Determinations for the City of Glen Cove, Nassau County, New York, and Case No. 18-02-0451P. The Department of Homeland Security’s Federal Emergency Management Agency (FEMA) solicits technical information or comments on proposed flood hazard determinations for the Flood Insurance Rate Map (FIRM), and where applicable, the Flood Insurance Study (FIS) report

for your community. These flood hazard determinations may include the addition or modification of Base Flood Elevations, base flood depths, Special Flood Hazard Area boundaries or zone designations, or the regulatory floodway. The FIRM and, if applicable, the FIS report have been revised to reflect these flood hazard determinations through issuance of a Letter of Map Revision (LOMR), in accordance with Title 44, Part 65 of the Code of Federal Regulations. These determinations are the basis for the floodplain management measures that

your community is required to adopt or show evidence of having in effect to qualify or remain qualified for participation in the National Flood Insurance Program. For more information on the proposed flood hazard determinations and information on the statutory 90-day period provided for appeals, please visit FEMA’s website at www.fema.gov/plan/prevent/fhm/bfe, or call the FEMA Map Information eXchange (FMIX) toll free at 1-877-FEMA (1-877-336-2627). MAP 95470

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OPINIONS

On Iran, let past be prologue

In the fall of 1938, a defiant British member of Parliament named Winston Churchill rose to deliver a speech denouncing the Munich Agreement recently negotiated by Europe's leaders to appease Adolf Hitler by ceding part of Czechoslovakia to Nazi Germany, in a futile attempt to avert World War II.

Churchill was vilified by his opponents as a warmonger who would deny "peace in our time" and drag Europe into needless conflict. One year later, Germany invaded Poland and World War II began in Europe, just as Churchill had predicted. Shortly thereafter, a desperate England would turn to Churchill to help lead it against the



**ALFONSE
D'AMATO**

Nazi onslaught. The rest, as they say, is history.

And history really does seem to repeat itself. In 1986, nearly a half-century after the Munich debacle, President Ronald Reagan traveled to Reykjavik, Iceland, to meet with Russian President Mikael Gorbachev. Reagan was under enormous pressure from U.S. allies, and some critics at home, to abandon his adamant opposition

to the Soviet Union and instead forge a historic nuclear weapons reduction agreement with Gorbachev. But Reagan held firm to his conviction that the USSR was an irredeemable blot against human freedom, and rejected a nuclear deal he believed would have left the world even more vulnerable to Soviet aggression. Reagan, like Churchill before him, was denounced as a danger to world peace by the appeasers of his time. Yet within three years, Reagan's steadfastness would be vindicated by the fall of the Berlin Wall and the collapse of the Soviet empire.

Fast-forward to our own time — nearly three decades after the Berlin wall came down — and the world has again been faced with threats from belligerent dictatorial regimes, this time in Iran and North Korea, that could drag the world into nuclear holocaust. And again, the natural instinct of the international community has been to appease and reward these rogue regimes with hollow nuclear agreements that only left the world in greater danger.

President Trump's decision to withdraw the U.S. from the Iranian nuclear deal has been vociferously opposed by timid European allies and modern-day appeasers in our own country. Their insis-

tence on peace at all costs has blinded them to the belligerence and aggression of the Iranian regime, and the predictable danger that Iran will eventually continue to pursue its nuclear ambitions in concert with its spreading of conventional warfare and terror in the Middle East.

Iran today is heavily involved in a proxy war in Syria that further threatens stability in the region and poses an existential threat to Israel, the one steadfast ally the U.S. has in the Middle East. Unlike European nations, which stand at a safer distance from disastrous conflict, Israel must face constant barrages of Iranian rockets based in Syria, and the ever-present danger of incursions of Iranian-backed forces into Syria and Lebanon.

So yes, Trump's firm position that Iran must irrevocably give up both its nuclear ambitions and its support for terror is the right one. With maximum sanctions pressure on the Iranian regime, there is a far better chance that the ayatollahs will finally get the message that their aggression doesn't pay.

Iran today is a nation in deep conflict with itself. Its economy is in shambles, and young Iranians are especially disillu-

sioned by a theocracy that strangles both their aspirations for a better life and their personal freedom. For every fanatic who chants "Death to America," there are many other ordinary Iranians who silently and desperately hope for fundamental change in their country.

Is there some risk in Trump's position? Of course, as there is with any bold break from staid diplomatic norms. But the consistent message the Trump administration has sent both North Korea and Iran has real promise. When Trump assailed North Korea's Kim Jong-un for his nuclear ambitions, and promised "fire and fury" if Kim continued to threaten his neighbors, it appeared that Kim finally got the message that the U.S. was dead serious about countering North Korea's danger to the world. Now there may finally be a real chance to reach a lasting peace deal on the Korean peninsula.

The same could be true with Iran. Standing on the shoulders of leaders like Churchill and Reagan, holding firm against those demanding "peace now," Trump may be laying the foundation not just for a shaky peace with Iran in our own time, but peace for the long term.

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.

Under the volcano in Hawaii and Washington

Kilauea is blowing her top.

These last weeks we have witnessed, from afar, a pyrotechnic extravaganza on the Big Island of Hawaii. The Kilauea volcano is bubbling, bursting its seams and overflowing with magma and lava. The fiery flow is swallowing houses, consuming cars and burning up the landscape. Residents are fleeing the idyllic neighborhoods built on shaky ground.



**RANDI
KREISS**

The good part, for me, is the metaphor of the unstoppable force of nature, completely beyond our control. People living in the shadow of Kilauea had to get up and out, a flight that they knew was their destiny from the day they moved into their homes.

It is humbling to observe a power so far beyond our reach as human beings. And it is a reminder of our fallibility and limitations. There is a certain relief in knowing that all we can do is observe and get out of the way.

Over the course of these same weeks,

we have witnessed eruptions at the White House. Here our job is clear, and requires action. Our President excoriated his chief of homeland security in front of the entire cabinet. He blustered and fumed about keeping out immigrants and building walls on our border. He proffered praise to murderous world leaders.

He crudely juggled world peace, making friends with North Korea and blowing up an agreement with Iran. His calling card: conflict, lies, avarice and unpredictability.

While plumes of gas and ash spread across the Big Island, toxic information leaked out some 4,800 miles away. We learned of huge payments from major public companies, like AT&T and Novartis, to President Trump's personal lawyer, Michael Cohen. Big money, hundreds of thousands of dollars, paid to the president's fixer for "insight" into how Trump works and thinks, according to The New York Times. AT&T's CEO issued a statement to employees on Friday stating that making a financial arrangement with Cohen was "a big mistake." Was it still a mistake before they got caught? Who else is paying for "insight"?

The big difference between the erup-

tion in Hawaii and the eruption in D.C. is that we can address the mayhem in Washington. We can support the Mueller investigation and insist on seeing it through to its conclusion, organize young voters and use all the power of free speech and a free

press to get Trump and his cohorts out of power. In the grand scheme of time written in volcanic ash, it's a tiny task, but this is our moment, and we do have to answer the call.

The summit caldera on Kilauea contains a lava lake known as Halemaumau that is said to be the home of the Hawaiian volcano goddess, Pele. As residents, even those who watched their homes consumed by lava, can attest, we are only bystanders and borrowers of the land. Many spoke of Pele with reverence, seemingly resigned to her violent and destructive eruptions.

The havoc in our political lives is so much smaller and, relatively speaking, so much easier to remediate. Pele and her unpredictable outbursts are the perfect symbol for the great struggles over which we have no control at all: life and death, disease, and good or bad fortune. We can only bear witness. The fire and fury of Kilauea remind us that here and now, in

The difference between the eruptions 4,800 miles apart? We can address the mayhem in D.C.

the time we get to live on this Earth, there is work to do. The fumes coming from the Trump White House can be extinguished. The policies aimed at polarizing our citizenry, degrading the Earth and enriching the president and his family can be stopped.

Trump is not a force of nature. He is a flawed man who has acquired power that is disproportionate to his meager ability to lead the nation.

Pele will roar and steam and destroy long after we are all gone. The periodic explosions let the steam out of the pressure cooker simmering below. Better this slow burn than the catastrophic eruptions that destroyed entire islands like Krakatoa in 1883. Our job as residents of the Earth is to live and work our way around Pele, because she is here to stay.

We can be more proactive on the political front. We can send a moving van to 1600 Pennsylvania Ave. What better way to use our earthly rental space than to do what needs to be done: write, vote, speak and march. Thinking of our moment in the sun, it feels increasingly important to get Trump back into the private sector and find leaders who will cherish and protect not only all of America's people, but our land as well.

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HERALD EDITORIAL

Declare Nassau a sanctuary county

The promise inscribed on the Statue of Liberty — “send these, the homeless, tempest-tossed, to me” — is the promise of hope that America makes to those who come to our shores seeking refuge from violence, poverty and natural disasters. True to that promise, in 1990, Congress created Temporary Protected Status, which has allowed roughly 437,000 refugees from 10 countries to live and work here legally, until their home countries are prepared to take them back.

In most cases, those countries are simply not ready. Even where the initial impetus for TPS has long passed, other woes, like economic downturns, political upheavals or gang violence, make it inhumane to send people back.

But that hasn't stopped the Trump administration. Although candidate Donald Trump campaigned against *illegal* immigration in 2016, as president, he has taken aim at people who immigrated here *legally*, like TPS and DACA — Deferred Action for Childhood Arrivals — recipients.

The expiration of each country's TPS designation will do little more than turn a large swath of documented immigrants into undocumented immigrants, who will have to abandon their mortgages, take off-the-books jobs, and in other ways be limited to an underground economy. They will be barred from contributing to their communities as they have done for 17 years — as taxpayers, parents and neighbors.

There's nothing local officials can do about the way the federal government is handling TPS. But if they don't do something, the county will face a range of

problems: zombie houses created by the deportations of homeowners, which could attract criminals; the removal of over \$700 million from the local economy; the erosion of communication between immigrant communities and law enforcement.

We urge officials, especially County Executive Laura Curran, Police Commissioner Patrick Ryder and County Sheriff Vera Flood, to take steps to act as a buffer against this federal intrusion into our communities by declaring Nassau County a sanctuary county.

“Sanctuary” has become a buzzword,

We urge local officials to protect local immigrants from uncalled-for federal intrusion.

and the term has been demonized by its opponents. But in reality, it's simply an acknowledgement that sometimes the federal government's interests don't align with local interests, and in those cases, local authorities shouldn't have to subvert their own priorities simply because the feds demand it.

Forcing TPS recipients underground could do great damage to public safety. We've heard from Nassau County District Attorney Madeline Singas's office and from police officials that without the trust of immigrants, law enforcement loses a valuable tool for fighting domestic abusers and violent gangs like MS-13. These gangs prey on and recruit vulnerable youth in the immigrant community, and if otherwise concerned par-

ents are too worried about being deported to talk to police, that will make it that much harder for the authorities to deport the criminals who pose a real threat to our county.

It's the job of local law enforcement to protect us from such threats, and if that means publicly reassuring undocumented people — or in the case of TPS recipients, soon-to-be de-documented people — that they needn't worry about showing up in an Immigration and Customs Enforcement database, then that's what the police should do.

If the county were to take these steps, it would fall to Curran to sell the move politically. She has repeatedly stated that she does not believe that declaring the county a sanctuary is the right approach. However, we suspect that she's trying to distance herself from a vicious and racist campaign mailer sent out by her opponent last fall that accused her of being soft on gangs. If we're right, it means that good policy has been usurped by dog-whistle politics. The decisions of elected leaders must be dictated by their consciences, not the lowbrow tactics of their opponents.

We urge Curran to be courageous. She should work to persuade the public that sanctuary is a public safety measure, and that ICE's aggressive actions are aiding and abetting MS-13 by keeping local informants too afraid to speak up. If she can set an example to the county by embracing our neighbors of 17 years as just that — our neighbors, worthy of our protection — we can focus on eradicating the criminals that plague their neighborhoods.

LETTERS

Gas station would ruin area

To the Editor:

I represent the voice and views of hundreds of my fellow neighbors from the villages of Old Brookville, Upper Brookville, Brookville and Matinecock when I write against the gas station that is being considered in our area. Our concerns are esthetic, environmental, legal and practical.

We reside in the most prestigious and beautiful areas of the country and most certainly the state. Stated simply and plainly, area residents do not want the village commercialized by Bolla. You have a well-presented, well-designed product for commercial applications such as Glen Cove Road and Northern Blvd; RT 106 and Northern Blvd.; and Glen Cove Road and the Northern State Pkwy. Those intersections are unarguably “business locations.” By

contrast, the contemplated Cedar Swamp Road and Northern Blvd location is sited in the heart of a well-established exclusively residential, naturalistic community. There is an old fashioned, small-scale gas station already there. We do not desire or need a second, larger-scale gas station.

We do not want lights, signs or flags. We do not want rodents, other vermin and soil and water contamination. Nor do we want business activity — particularly 24-hour business activity — and all that comes with it, the sale of beer and other alcoholic beverages, and 70 foot long oil tanker trucks loudly impeding traffic and jeopardizing the safety of our children and parents.

We are not seeking to expend legal fees to combat Bolla like the Village of Mineola was obligated to do, although we are fully prepared to do so, financially and otherwise. We certainly will not agree to a variance to expand this sub-size, .43-acre lot further into our very back-

yards.

This location is neither appropriate for the community or economically justified for Bolla for the reasons outlined above, and I can assure you that Bolla will count this property as a loss-leader should it opt to press forward despite the countervailing evidence.

By way of example and illustration, Starbucks acknowledged the communities' keen and ongoing concerns over peace, tranquility and quality of life and opted to move on to pursue a new location at Route 106 in East Norwich. Its decision was respectful to the community and financially sound, which has prompted the villages' citizens to look forward to Starbucks grand opening with even greater enthusiasm.

Old Brookville is a quaint and beautiful village and our treasured refuge. Mr. Becker, the property owner, is concerned solely and blindly with making money. He resides in Westchester and Florida and not in the village. He cares not

OPINIONS

Reflections on a reunion

After a college class a very long while ago, I sat in the late morning drinking Guinness in an old pub on Grafton Street, in Dublin, with author Alec Reid, a close friend of Samuel Beckett, the Irish playwright and novelist. In Ireland then, barmen took a brief afternoon lunch break, and brought down a gate between the customers and the publicans, during which no one would be served. The bartender loudly proclaims this sacred pause: “It’s Time, gentlemen. Time!”



JOHN C. O'CONNELL

I knew that Reid was a thirsty man, and I — thrilled to be talking Beckett and his writing for hours with a man who knew him better than most — was concerned that without

renewed libation, the lessons would soon end. Having had experience with this siesta, I rushed up to get another two pints. As I was on my way back to our table with the refills, the room filled with the booming call: “It’s Time, gentlemen. It’s Time.” Down came the rickety gate. And as only a Beckett-lover would appreciate, Reid looked at me with a twinkle of

amazement as I set the dark porter down and said, “Thank you, John. You got these after Time, but not too late.”

Time: the unmerciful ruler of life, the essence of relativity, the measurement between events small and large, or, simply, the bread upon which the butter of our days is spread.

Last month, I went to the reunion of my high school class. Fifty years. The experience has got me thinking about time, as if someone plugged an amplifier into a grandfather clock.

We all get our secret sack of time at conception. Time and Life, as existentially married as mustard and hot dogs. We think we’ll just never get to that 4-foot mark on the wall, graduation day can’t get here soon enough, the day we get our driver’s license, can’t wait to meet that special someone, and, all of a sudden, retirement and 50-year reunions. What was so slow to happen is so fast to become a memory.

Time defies definition, but is hidden beneath other words: memories, regrets, joys, losses, mistakes, accomplishments, celebrations, anniversaries, funerals, baptisms, wedding days, battles and births.

“How much time do I have?” the student taking the test asks the teacher.

“How much time do I have?” the reporter asks the editor about the deadline. “How much time do I have?” the patient near the end asks the doctor. Time is history. Time is now. Time hasn’t happened yet.

At the high school reunion, it was at once awkward and joyous to meet people whom I knew, spent four years of hours with, and now didn’t know any more. Actually, I knew younger versions of them. Their eyes proclaimed that who they were, they remain. But their eyes told, too, vaguely, a little of the intervening sadnesses, the aches and pains, the changes they’ve seen along the 50-year-long roads we traveled.

We each thought we knew back then something about the now that would happen. Some of us saw more clearly than others. I had a plan then. It didn’t happen. Other things happened instead. Dublin happened. New Jersey and Pittsburgh and New York happened. Work happened. Happily, my honey happened. Traveling happened. Terrible lows and flying highs happened. Days, weeks, months and years of other things happened. People came, and mostly left. Family stayed, and loved. I’m with the best people now. A grand outcome.

The reunion dinner was too short to get into my classmates’ days since we traded homework and worried and laughed together. I learned that the courses of their lives ran about as roughly as mine, and that they’ve reached about as happy a place as I have.

The reunion reminded me what was. But, more important, it showed me the present faces of what the past became. Phil and Joe, Sean, Jim and Mike. They looked great. I was glad for all of us. I wondered about the missing ones.

I think we all became who we always were.

Happiness doesn’t always come at the time we choose. Each moment is invisible and weightless, so there’s no way of knowing what’s in the sack we were given in our life’s beginning. So I’ve learned, slowly, that we can’t wait for better things to come, like the characters in Beckett’s “Waiting for Godot.”

We cannot master time, but we can always act now. We can go get what our souls need. We can go let the people we love know. We can go thank the deserving, help the needy, inspire the hopeless, join others who are doing good. No matter how old we are, we can go get the important stuff of life. Even if we get it after Time, it will not be too late.

John O’Connell retired as the Herald’s executive editor in 2016.

In answer to a universal question, well-chosen words to live by: After Time, but not too late.

LETTERS

at all about the issues addressed here and elsewhere, and candidly has displayed a profound indifference and even sustained business ignorance over such important business-impacting/profit-affecting factors.

Once he locks Bolla into the \$25,000 monthly lease he most certainly will be laughing all the way to the bank, as they say, regardless of Bolla’s plummeting profits and outraged neighbors.

Bolla has been blessed with much justifiable success. We kindly ask that the company consider seriously and closely the views expressed here and elsewhere in relation to this contemplated, ill-conceived, business transaction.

Further adverse attention from the community, elected officials and the media is avoidable and certainly justified by the facts and financial figures.

CATHERINE GUGLIUCCI
Old Brookville

Protecting our drinking water

To the Editor:

New York state is making great progress with recent historic investments in water protection. We have a long way to go to ensure clean, safe water for all New Yorkers from its source all the way to the tap, however.

Recently, Citizens Campaign for the

Environment brought together a diverse group of water experts to discuss emerging threats to our water resources and explore options to protect clean water from the Great Lakes to Long Island’s sole-source aquifer, now and in the years ahead. We now look forward to discussions with policymakers across the state that this report will facilitate.

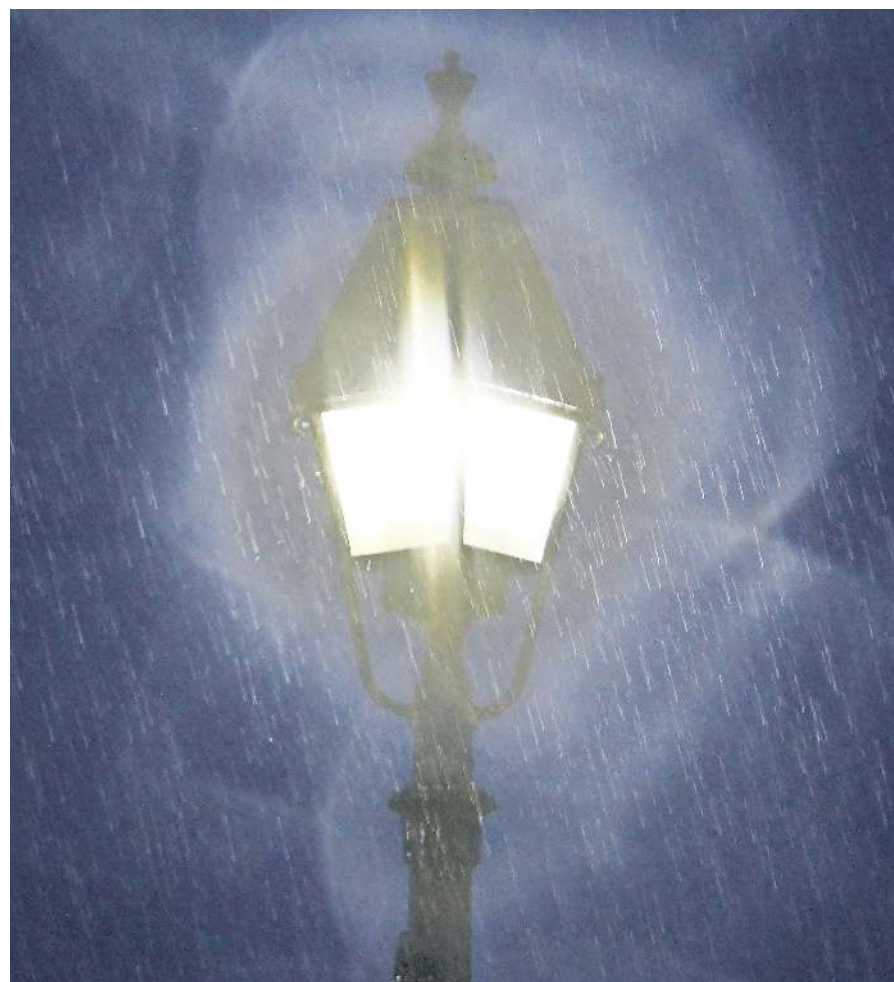
Solutions are primarily focused on issues related to wastewater infrastructure, drinking-water infrastructure and source-water protection. The report, titled “Protecting Our Water from Source to Tap: A Vision for Water Protection in New York State,” examines new, innovative ideas as well as ways to bolster existing programs that address policy and funding gaps in water protection.

While the report recognizes that protecting New York’s water will require significant funding — more than \$80 billion over the next 20 years — it also recognizes the need to ensure that when investments are made, clean water is kept affordable for all New Yorkers.

The report was led by Citizens Campaign for the Environment, with financial support from the Charles Stewart Mott Foundation and Park Foundation. To check out the report online, go to bit.ly/2r9Wh7v.

ADRIENNE ESPOSITO
Executive director,
Citizens Campaign for the Environment

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