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GLEN COVE
HERALD
Gazette



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 Living Well**
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 the Senior Center**
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Tab Hauser/Herald Gazette

MAYOR TIM TENKE and Michelle Puckett-Formolo, daughter of one of the four 9/11 victims from Glen Cove, laid a wreath at the memorial.

Enshrining the legacy of 9/11

G.C. remembers the day that shook the nation

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

Where flowers bloom, so does hope.

—Lady Bird Johnson

Tony Jimenez remembers what Glen Cove was like on Sept. 11, 2001, after two commercial jetliners struck the twin towers of the World Trade Center. “Every member of EMS [and the Fire Department] showed up at headquarters to see what they could

do,” Jimenez recalled.

At a somber ceremony at Glen Cove’s Heritage Garden honoring those who died in the terrorist attacks 17 years ago — and to recognize those who, like Jimenez, took part in the cleanup effort — Mayor Tim Tenke quoted the former first lady to introduce what he hoped would become a new city tradition: the Daffodil Project, wherein each Sept. 11, residents plant daffodil bulbs in Glen Cove’s Heritage Garden. New York City has a

Daffodil Project, and millions of bright yellow flowers are planted each year.

The memorial ceremony focused on the four Glen Covers who died in the attack: Edward Lehman, Matthew McDermott, John Puckett and Joseph Zuccala. Their names were enshrined on paving stones that line the city’s Heritage Garden — itself a symbol of Glen Cove’s history — “so that generations to come

CONTINUED ON PAGE 21

EPA scientist: Additional tests needed at Crescent Beach

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

The preliminary results of a DNA study of possible sources of the contamination that has kept Crescent Beach closed to swimmers for almost 10 years may not have been as conclusive as was previously reported, according to one of the scientists who conducted the study. Jim Ferretti, an expert on bacterial contaminants, said that wet-weather samples, taken after significant rains, would likely offer more bacterial clues than the existing samples, which were taken in dry weather.

Ferretti, who keeps a stuffed excrement emoji named Smelldon in the Environmental Protection Agency lab that conducted the tests, was careful to note that “these bacteria change from hour to hour,” and added that a little rain could have a big impact. That’s why he was expecting to be

back in Glen Cove in the coming weeks to take additional wet-weather samples.

It’s not impossible, he said, for a wet-weather sample to indicate human sources, even though the dry sample did not.

After another round of testing, Ferretti said, it would be helpful to determine the source animal. “If it’s geese,” he said, the question is, “how do you keep the geese away?” Different species require different interventions.

The single sample that showed extremely high levels of fecal coliform — a bacterium found in the excrement of warm-blooded animals — was taken from a storm drain off Jackson Lane, just west of the North Shore Day Camp tennis courts. According to Ferretti, who led the team at the EPA lab that undertook the study and who was on hand when the samples were collected, the Jackson Lane

CONTINUED ON PAGE 27



Zach Gottehrer-Cohen/Herald Gazette

CRESCENT BEACH HAS been closed due to contaminants for nine years.

Fishermen rescued from high tide on jetty

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

Thanks to a new moon on Sept. 9, the tides in Hempstead Harbor were within inches of its peak height. High tide occurred just before noon that day, which is approximately when Tom Dillon, the launch manager of the Glen Cove Yacht Club, noticed some fishermen out on the jetty at Morgan Park.

"The tide was getting high," Dillon said in a video posted on Facebook, "and the jetty was awash." That's when he saw one of the fishermen — of which there were about two dozen — slip on the rocks and fall into the water. "Somebody tried to pass a fishing rod to him to try to pull him in," Dillon said, but the would-be rescuer lost his balance and fell in too.

Dillon sprung into action. He launched his vessel, he said in the video, and "came as close as I could get without hitting the rocks." After getting the two safely onto the dock at the club, Dillon radioed for the Glen Cove Harbor Patrol.

According to Harbor Patrol Chief John Testa, the call came through around noon. "Our guys were going out through the creek," Testa said, "and they heard a call come over [the radio] from the yacht club."

In an effort to avoid being thrown off balance by the wakes, or slipping and falling, Dillon said that several of the fishermen were sitting down on the jetty. Testa added that some had jumped into the water and swam the nearly quarter-mile toward the shore.

"We do rescues all the time," Testa said, "but not of this magnitude."

Several other rescue agencies had responded to Dillon's call too, including Glen Cove Fire Department and EMS, Nassau County Police and a New York City Fire Department patrol boat that had been exploring the waters around the prison complex on Riker's Island almost 15 miles away.

Testa added that in the five years that he had been the Harbor Patrol chief, the agency hadn't been part of a rescue involving so many agencies.

This isn't the first time jetty flooding has led to rescue efforts. "[Fishermen] probably get stranded out there a couple of times a year," Dillon said, adding that other instances, as far as he could remember, were "not as bad as yesterday was."

According to the Nassau County Police Department, no injuries were reported.

Mitch Schlimer contributed to this story.



Photos courtesy Mitch Schlimer



THE WATER BEGAN to climb up the Morgan Park jetty just before noon on Sunday, creating a dangerous situation for these fishermen.

THE NASSAU COUNTY Police Department, among several other agencies, responded to a call to aid about 24 fishermen who were stuck on the jetty due to the rising tide.

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Glen Cove goes on 'an adventure with a cause'

By ZACH GOTTEHRER-COHEN

zgottehrer@liherald.com

During her descent from the summit of Mount Kilimanjaro, Glen Cove native Donna Brady left something on its slopes. She didn't know what it was, but, she said, in its absence, the 54-year-old was left with a profound sense of freedom.

Her training partner Diane Dobler struggled to describe the change she saw in her friend after her 6-day trek. "We all experience these ups and downs," Dobler said, "and she just seems more level now. More at peace; more content; happy."

Brady decided to embark on the journey on what some might consider, a whim. Some members of Shelter Rock Church in Manhasset — where Brady works as a business administrator — had been discussing possible humanitarian efforts that the church could embark on, and a pastor brought up World Vision, a Christian humanitarian organization. Shelter Rock organizers had done events like marathons or clean water drives with the organization, but they wanted to do something different — climb Kilimanjaro.

The trip was a coming together of worlds for Brady. For almost 10 years, she had sponsored a Kenyan child, now a teenager, through World Vision. In addition, she hadn't really been mountain climbing since she was a teenager in Colorado, where she and her father would go hiking in the Rockies. Between her relationship with the charity, and with mountaineering, when Brady heard about the trip, she said, "I was just like, this is for me."

Near the summit of the dormant Tanzanian volcano — at over 16,400 feet, the tallest peak on the African continent

— Brady said, the landscape is barren, endless scree and gravel and rock, "like you're on the moon." Then, low vegetation, "a sage-green kind of color" begins to checker the ground. As she and her crew of 22 climbers continued down past the cloud line, it became foggy, "like you were somewhere in Ireland." Eventually, they passed the tree line, and by the end of the day, she was immersed in a lush tropical scene, "waterfalls, and birds and monkeys and vines."

After almost a week on the mountain, Brady said, "My body kind of did some weird things." She described it as a reset, adding that other than the three toenails she lost, "It kind of rewound the clock a little bit." She attributed the reset to the more "natural existence" of the mountain, being in tune with the cycles of day and night.

After the trek, Brady went to Kenya to meet the child she had been sponsoring for the past 9 years. She said that it was a bit awkward at first, given the language barrier, but ultimately, a powerful experience. In the same way that the experience was a positive interruption in her life, she looks at child sponsorship as a positive interruption in the lives of those who need it.

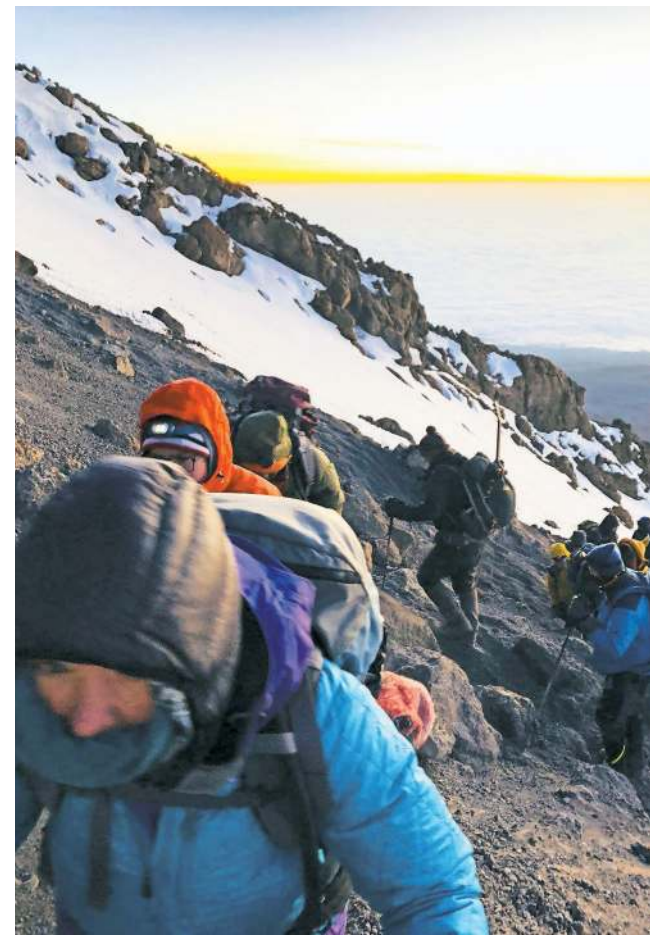
Brady will be telling her story at the First Presbyterian Church of Glen Cove — where she is an unofficial parishioner — on Sunday, Sept. 16 at 10 a.m. as part of the church's worship service. Pastor Kally Elliot said that she was excited for her congregation to hear Brady's story. On one level, she said, she hopes that people who "hear her passion for supporting these kids . . . would also say, 'I have that same passion.'"

"It was an adventure for her," Elliot said, "but it was an adventure with a cause."

It's like you're on the moon.

DONNA BRADY

Resident,
Glen Cove



Courtesy Donna Brady

DURING THE CLIMB, Brady said, the landscape changed from lush forest to desolate scree and back again.

To respect your elders, show them a good time

By ZACH GOTTEHRER-COHEN

zgottehrer@liherald.com

On Saturday, Sept. 8, the City of Glen Cove threw a party to honor the city's senior residents at the 12th annual Senior Appreciation Day.

Party goers milled about outside the Glen Cove Senior Center, perusing the tag sale tables covered in thrift-store clothes, vintage children's toys and kitchen sets. Volunteers staffing informational tables from organizations like the senior center and Adult Day Program were on hand to educate visitors about the services available to Glen Cove seniors and their loved ones.

The Glen Cove Senior Advisory Council also publicly announced that the City of Glen Cove has achieved "Age Friendly" sta-

tus, a designation bestowed by the senior citizen advocacy group AARP in conjunction with the United Nations' World Health Organization. The initiative has been spearheaded by Vincenza Caruso, who volunteers at the senior center, and who made the public announcement.

In terms of fun and games, there was a pickleball court — popular among the senior center members, who have frequent and well attended pickleball outings. Costumed entertainers like Elvis Presley, Marilyn Monroe and Cleopatra mingled with the crowd and provided some unforgettable performances. Tangerine Music, a three piece band, provided some sonic treats for the ears. For the mouth and stomach, there was a free barbecue, cotton candy and other tasty treats.



Roni Chastain/Herald Gazette

RON MENZEL AND Bob Liu played a match of pickleball at Senior Appreciation Day in downtown Glen Cove.



Zach Gottehrer-Cohen/Herald Gazette

RESIDENTS SWUNG TO the music of a crooning Elvis impersonator, joined here by Cleopatra, left, and Marilyn Monroe.

Feds, defense spar as Mangano retrial approaches

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

Former Nassau County Executive Ed Mangano and his wife, Linda, will face trial once more on federal corruption charges in less than a month, after a mistrial was declared in May, when jurors could not reach a unanimous verdict.

The Manganos were originally tried alongside John Venditto, the former Oyster Bay Town supervisor. All were accused of participating in a scheme that used the town to guarantee loans for restaurateur Harendra Singh.

Singh testified during the trial that for years he gave gifts to Ed Mangano in exchange for political "juice" to help Singh's struggling businesses.

Venditto was acquitted of all charges, and was referred to, sparingly, as John Doe in a new indictment against the Manganos when the "Town of Oyster Bay loan scheme" was mentioned.

The indictment also added language stressing that Venditto — or, "John Doe" — voted for various amendments that served as indirect guarantees for Singh's loans "as a result of influence exerted on him by" Mangano.

In new motions to dismiss, filed on Aug. 23, Mangano's attorneys argued, however, that because Venditto was acquitted of the bribery charges, prosecutors should not be able to go after Mangano for allegedly influencing him to commit crimes.



Christina Daly/Herald

FORMER NASSAU COUNTY Executive Ed Mangano, seen outside the federal courthouse in Central Islip, faces a new corruption trial, after jurors were unable to reach a unanimous verdict in May.

Prosecutors disagreed, writing that the defense was misinterpreting case precedents, and that they may have new evidence, or arguments to present in the new trial. Mangano's defense was making "flawed assumptions," prosecutors wrote.

Mangano's attorneys also expressed concern about picking a new jury. They are asking that a stringent questionnaire be used, because of the nature of the charges and the "veritable firestorm of constantly updated media coverage."

Prosecutors, however, said that potential juror biases could just as easily be rooted out in oral examination. Also, they

wrote, written questionnaires cost the government more than \$5,000 in printing at the last trial.

Linda Mangano did not even purchase

a copy of the completed questionnaires, prosecutors said, because "clearly the questionnaires were not necessary to justify their exorbitant cost."

According to Singh's testimony at the last trial he expected political favors in return for allowing Mangano to rent a portion of family-owned Bethpage property for his county executive campaign headquarters. Later, after Mangano won the election, he bought the new county executive a \$3,000 ergonomic chair.

Singh also allegedly provided Linda Mangano with a \$450,000 "no-show" job in exchange for favors from her husband.

Linda is accused of making false statements to investigators in 2015 about the work she did for Singh, including that she handled Singh's invite lists for events at his restaurants, went to one of Singh's restaurants three or four times a week and met with Singh three to four times a week to discuss menu designs.

The Manganos' new trial is set to begin on or around Oct. 11.

CRIME WATCH

Arrests

■ Male, 32, from Glen Cove, arrested on Grove Street for second-degree assault on September 2.

■ Female, 49, from Deer Park, arrested on Elm Avenue for aggravated unlicensed operation and other VTL violations on September 3.

■ Male, 32, from Muttontown, arrested on Dixon Street for two counts of first-degree and two counts of second-degree criminal contempt, second-degree burglary, endangering the welfare of a child and petit larceny on September 3.

■ Female, 45, from Ridgewood, arrested on St. Andrews Lane for third-degree forgery and second-degree larceny on September 4.

■ Male, 20, from Elmont, arrested in an unspecified location for third degree aggravated unlicensed operation, operating an unregistered vehicle and numerous other VTL violations on September 4.

■ Male, 17, from Glen Cove, arrested in an

unspecified location for two counts of seventh-degree criminal possession of a controlled substance and VTL violations on September 7.

■ Male, 21, from Mineola, arrested on Crescent Beach Road for unlawful possession of marijuana on September 7.

■ Male, 34, from Glen Cove, arrested on Shore Road for second-degree criminal contempt on August 27.

■ Female, 46, from Glen Cove, arrested on Pryibil Beach for two counts of third-degree assault and two counts of endangering the welfare of a child on August 27.



■ Male, 21, from Glen Cove, arrested on Elm Avenue for third-degree criminal mischief and unlawful possession of marijuana on August 28.

■ Female, 48, from Glen Cove, arrested on Glen Street for petit larceny and an open MTA warrant on August 29.

■ Female, 42, from Glen Cove, arrested on Cottage Row for DWI on August 30.

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THE WEEK AHEAD

Nearby things to do this week



Glen Cove soccer parade

Glen Cove's Junior Soccer League will march from Finley Middle School to John Maccarone Memorial Stadium on Saturday, Sept. 15 at 10 a.m. Kick off the start of the soccer season with the city's intramural teams. 1 Forest Ave., Glen Cove.

Fostering academic development

Certified parenting life coach Marsha Jacoby will use the Montessori method to help parents of young children use creative play to foster academic development. Glen Cove Library, Friday, Sept. 21, 10:30 a.m., 4 Glen Cove Ave., Glen Cove, (516) 676-2130.



Bridal showcase

Visit The Mansion at Oyster Bay on Thursday, Sept. 20 during their September Bridal Showcase, and learn all about holding your dream wedding at the venue. Call (516) 921-5707 to register. 1 South Woods Rd., Woodbury, 6 to 9 p.m.

Sample some wine

Indulge your palate while supporting Last Hope Animal Rescue, at the annual wine tasting event, Friday, Sept. 14, 6:30-10 p.m. All proceeds go to rescuing and providing care for dogs and cats in dire situations. The evening, held at the Museum of American Armor in Old Bethpage, includes a live auction and raffles. Admission is \$55, including wine and dinner. Info: www.lasthopeanimalrescue.org.



True Colors

A full range of color's magic is on display in this exuberant show of over 100 works from the 19th century to the current hot talents.

From Monet and Matisse to Mark Rothko and Frank Stella, and onward to the huge Color Field canvases and pulsing neon sculptures of today, color as a means of expression is the keynote for this exhibition. Nassau County Museum of Art, 1 Museum Drive, Roslyn Harbor. 484-9338 or www.nassaumuseum.org.



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HERALD SCHOOLS

Glen Cove students commemorate 9/11



Courtesy Glen Cove Schools

Students, staff and faculty from the Glen Cove City School District marked the 17th anniversary of the Sept. 11, 2001 terrorist attacks with building and instructional activities on Sept. 7.

Teachers throughout the district contextualized the historical events that took place, remembered those we lost and discussed how we, as a nation, pledged to never forget their sacrifice.

Remembrance pins were distributed to administrators, faculty, staff and board members to commemorate the day. Social studies coordinator Sheena Rachel Jacob expressed her gratitude to seniors Natalie Corella, Fernanda Falcone, Colleen Lynch and Ivone Olivera for having invited educators to wear remembrance pins.

GLEN COVE HIGH School seniors Natalie Corella, left, Ivone Olivera and Fernanda Falcone invited educators to wear remembrance pins to mark the 17th anniversary of 9/11.

GCSD welcomes three new coordinators

The district is pleased to announce three new coordinators for the 2018-19 school year. Justin Lander, Sheena Rachel Jacob and Aldijana Adovic were appointed to the areas of instructional technology, social studies and English, respectively.

Technology

Lander's hire, a newly created position in the district, supports and enhances the district's expanding one-to-one Chromebook initiative. His primary focus and responsibilities lie in instructional technology, including coordinating software purchases and licensing, acquiring and deploying hardware and devices, and creating opportunities for — and providing — ongoing professional development that is meaningful and relevant for all staff in the district. He will also work closely

with the systems administrator and student management system administrator.

Social Studies

As the coordinator of social studies, Jacob looks forward to collaborating with principals and fellow coordinators to help students enhance their skills and increase their achievements. During the upcoming school year, she will focus on a multitude of areas, including incorporating New York State Common Core social studies framework and social studies practices into instruction, curriculum and assessments; collaborating with English language learner and special education personnel to further implement instructional modification for students; and build upon her expertise by attending professional development workshops and integrate newly

acquired strategies, skills and concepts into curriculum development and instruction techniques during preparation and planning.

English

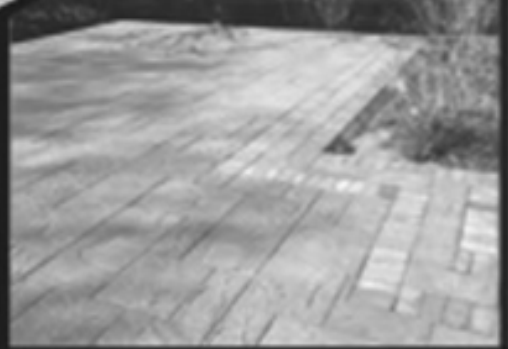
Adovic plans to work closely with the Glen Cove community of school administrators, educators and parents to continuously develop and promote the growth of English language arts curricula, programs and activities. She is excited about the new classroom libraries being constructed throughout the district and is focused on curriculum alignment and individualized learning opportunities to increase student engagement and achievement. Her main objective is to continue the district's culture of collaboration in developing lifelong readers and writers.



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HERALD SPORTS

Glen Cove leans on defense

SPOTLIGHT ATHLETE



CAILEY WELCH

North Shore Senior Soccer

WELCH WAS A catalyst for the Lady Vikings in their memorable run to the Nassau Class A championship last season and will look to lead them to a repeat title as a senior captain. An All-County and Second Team All-State selection in 2017, she has a strong all-around game and features explosive speed and an accurate shot with both feet. She'll be taking her talents and work ethic to Hofstra University.

GAMES TO WATCH

Thursday, Sept. 13

Girls Soccer: G.N. South at Glen Cove4:15 p.m.
Girls Tennis: Glen Cove at Herricks4:15 p.m.
Boys Soccer: Plainedge at Glen Cove4:30 p.m.
Girls Tennis: Locust Valley at North Shore4:30 p.m.

Friday, Sept. 14

Field Hockey: North Shore at Friends Academy ...4:30 p.m.
Girls Soccer: South Side at North Shore4:30 p.m.
Boys Soccer: North Shore at Lawrence4:30 p.m.
Girls Volleyball: G.N. North at North Shore4:30 p.m.
Girls Swimming: G.N. North at North Shore 5 p.m.

Saturday, Sept. 15

Girls Volleyball: Sewanhaka at Glen Cove 10 a.m.
Girls Tennis: Locust Valley at Glen Cove 10 a.m.
Girls Tennis: North Shore at Jericho 10 a.m.
Football: South Side at Glen Cove 2 p.m.
Football: Floral Park at North Shore 2 p.m.
Boys Soccer: Glen Cove at Plainview 7 p.m.

Monday, Sept. 17

Boys Soccer: Roosevelt at Glen Cove4:30 p.m.
Girls Tennis: Glen Cove at North Shore4:30 p.m.
Field Hockey: Oyster Bay at North Shore4:30 p.m.
Girls Soccer: Calhoun at North Shore4:30 p.m.
Boys Soccer: North Shore at Port Washington4:30 p.m.
Girls Volleyball: Kennedy at North Shore4:45 p.m.

BY J.D. FREDA

sports@liherald.com

The Glen Cove girls' soccer team, returning from a 4-9-2 season in 2017, are fully loaded with a senior-laden team with ample experience ready to tackle Nassau Conference AB-5.

The Lady Big Red return a mostly senior defensive crew, a group that has anchored the unit for years past. Maybe Glen Cove head coach Peter Falen's only concern, however, is how, and more importantly, who, this team will rely on for offense after his defensive stalwarts have pushed the ball through midfield and into the opposing half.

"We have about 12-14 seniors returning for us this year, and lost about eight to graduation," Falen said. "Unfortunately, of those eight, we lost our number one, two and three leading scorers. Most of the returners we have are defensive-minded players."

Upon being asked who will be tasked with creating offense and netting goals for the Lady Big Red this season after losing players like Tatiana Guevara and Sienna Nicolich, Falen pointed to a pair of strikers. Senior Micaela Costello and junior Alessia Rodriguez both have key varsity experience from last season. "This year, we will look to them to score the majority of our goals," Falen said.

"Last week we scrimmaged our JV team, and the varsity squad did not score," Falen said. "I told them that if we're having trouble scoring on our own JV team, we're going to run in to issues...We need offense coming from new players."

Of those aforementioned new players, Falen is excited for his first-year varsity center midfielder Tammy Perez to have a breakout season. "She is a very good distributor, and I am looking for her to have a big year," Falen said.

Indeed, Glen Cove will constantly rely upon its defense to anchor its success, especially early on, but a defense with this much experience seems up to the task. Senior centre backs Ariana Greenberg and Lucy Costello play a huge role in stopping the progression of the opponent's advancement towards the Glen Cove penalty box. Falen is very comfortable with these two working side by side, something the two are very familiar with. "They've been play-



Roni Chastain/Herald

SENIOR LIVIE MUZANTE, left, is one of the leaders in the midfield for Glen Cove, which opened the season last Friday with a 2-2 draw with Oyster Bay.

ing together since elementary school, and they're our two big guns in front of Jaynise," Falen said.

Jaynise Espinal, who Falen alluded to, is a four-year varsity goalkeeper that has been one of Glen Cove's constants throughout its last few seasons. "She is one of our best players, she is a very solid goalie, very tough and very vocal," Falen said. "Offensively we may be asking ourselves what we're getting, but we know what we're getting defensively

and especially from (Jaynise)."

Glen Cove will test out its new offensive schemes and let the new leaders in the attacking half work out the kinks against Oyster Bay and Carle Place, two non-league but familiar foes. "We were 0-3 against this lot last year," Falen said. "This is a senior team with a 'last go around' mentality. It's translated into good work ethic in practice thus far, let's see how this team responds in game play."

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HERALD NEIGHBORS



Photos by Roni Chastain/Herald Gazette

ANIMAL HANDLER ANDRE Ricaud, left, invited members of the Glen Cove Senior Center to pet his snake.

Party pets at the senior center

The senior center had some unusual guests on Sept. 5 when Andre Ricaud brought some scaly friends with him to teach members of the Glen Cove Senior Center about his eclectic collection of exotic animals.

Senior center members greeted the visitors with open arms, relishing the chance to pet creatures that most didn't have much experience with. From bearded dragons to a 12-foot long Albino Burmese python that Laurie Huento, a senior center staffer referred to as "the big girl."

As founder of "Party Pets," an educational organization, Ricaud provided a unique opportunity to the seniors, offering a hands-on, up close experience that they couldn't get from a book, or a visit to a zoo.

Some of the Party Pets animals used had been abused, abandoned, unwanted or on death row because people are not properly educated about them. People take them in, not knowing how to properly care for them, or how much responsibility they are.

"They grow to the point where people can't handle them," Huento said, causing owners to ultimately abandon the animals. "Party Pets aims to fill in those gaps and provide fun interactions between animals and people.

Senior Center members were treated to snakes and turtles of various sizes, and even a fluffy chinchilla.



IRMA BERKLEY GENTLY held a small turtle.



THAT'S NOT A bracelet! Valerie Jackson, a senior center volunteer let a small snake coil around her wrist like a fashionable accessory.

COMMUNITY CALENDAR

Thursday, Sept. 13

American Legion meeting

Glen Cove Senior Center, 130 Glen St., Glen Cove, 11 a.m. The post 76 will hold its monthly meeting. (516) 676-1294.

Poetry workshop

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 6:30 p.m. Bring in your work in progress and get feedback from a group of poets and writers. (516) 801-3402.

Book discussion with Ida Weiss

Gold Coast Library, 50 Railroad Ave., Glen Head, 7 p.m. In the darkly comedic novel "Big Guns," by former Congressman Steve Israel, we find the CEO of an arms company facing a dire situation. When efforts to ban handguns in American cities threatens his bottom line, he fights back by introducing federal legislation that would require every American to own a gun. Join the discussion of this satirical book concerning the very real issue of gun control in America. Bring your feedback and comments to the author when he visits the library on Sept. 27 at 7 p.m. (516) 759-8300.

Friday, Sept. 14

Paper shredding

Locust Valley Library, 170 Buckram Rd., Locust Valley, 10 a.m. A Shred Away, Inc. will have a truck parked in the lower parking lot to shred your unwanted documents. Each person is allowed to bring up to three boxes of materials to be shredded. This free service is on a first-come, first-served basis. (516) 671-1837.

Saturday, Sept. 15

Sea Cliff Farmers Market

St. Luke's Church, 253 Glen Ave., Sea Cliff, 9 a.m. to 1 p.m. Enjoy this open-air market offering a selection of locally grown vegetables, fresh baked goods, fresh pressed juices and micro-greens and sprouts. All products are grown or produced on Long Island, mostly right in Nassau County.

Coastal cleanup

Tappen Beach, 494 Prospect Ave., Sea Cliff, 9:30 to 11:30 a.m. Help protect your local wildlife on International Coastal Cleanup Day by beautifying Tappen Beach. Bring gloves.

Babysitting class

Gold Coast Library, 50 Railroad Ave., Glen Head, 11 a.m. Learn practical babysitting safety guidelines and tips. Everyone will receive a certificate of completion and will make their own childcare bag to take home. Recommended for children grades 6 through 12. (516) 759-8300.

Astronomy Nights

Sagamore Hill National Historic Site, 20 Sagamore Hill Rd., Oyster Bay, 7:30 p.m. The event includes an outdoor presentation on celestial activities and stargazing through telescopes. All ages are welcome. Bring flashlights, refreshments, chairs, and a blanket. (516) 922-4788.



Photos Courtesy Metro Creative Connection

Attracting birds to your yard through feeding mastery

North America is filled with an amazing diversity of feeder birds. From tiny hummingbirds to heftier woodpeckers, we all have the chance to experience the joy of feeding birds. But how do we attract these birds? What are the best feeders to set up? The best food to use? Christine Burke will guide us as we learn how to create a backyard refuge for birds. You'll learn the 12 elements of a thoughtful bird feeding station, as well as the right foods to serve to attract specific birds. You will also learn how you can improve your backyard habitat. Saturday Sept. 22, 9 p.m., Wild Birds Unlimited, Syosset Plaza, 625 Jericho Tpke., Syosset. RSVP at (516) 226-1780.

Favorite book display

Gold Coast Library, 50 Railroad Ave., Glen Head, 3 p.m. What are some of your favorite books? Display them on the end of a pencil and put them together for a great project using pencils, crayons, and fun accessories. Recommended for children grades K through 5. (516) 759-8300.

Sunday, Sept. 16

Sunday concert — Frank Sinatra

Gold Coast Library, 50 Railroad Ave., Glen Head, 2 p.m. Jesse Posa as Frank Sinatra will be the best Sunday afternoon you have spent in a very long time. He will sweep you off your feet with his amazing impersonation of "Ol Blue Eyes." (516) 759-8300.

Monday, Sept. 17

Scarecrow votive

Gold Coast Library, 50 Railroad Ave., Glen Head, 6:30 p.m. Celebrate the season with this cute scarecrow that will hold a tea light for a soft autumn glow anywhere in your home. Bring a shoebox to take your project home. There is a \$3 non-refundable fee due at time of registration. (516) 759-8300.

Tuesday, Sept. 18

All About Social Security

Locust Valley Library, 170 Buckram Rd.,

Locust Valley, 1 p.m. Find out about retirement, disability, survivor benefits, Medicare, and using online tools.

Questions will be answered after the presentation. Registration requested. (516) 671-1837.

Great American Read Discussion

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Come to the library and learn about The Great American Read program, and discuss books that have inspired, moved and shaped you.



Prayers for peace

On Sunday Sept. 16, Sikhs of the world will celebrate the U.N. International Day of Peace, where Sikh temples (Gurdwaras) all over the world pray for world peace, and request people of all faiths to do the same. The public is invited to the Sikh temple at 100 Lattingtown Rd. in Glen Cove, starting at 10:45 a.m., to join their congregation in prayer. Vegetarian luncheon to follow.

Librarians Jan Angliss and Elizabeth Hogan will lead this discussion about America's favorite books and the joy of reading. Bring a copy of your favorite book. (516) 676-2130.

Zumba

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7:30 p.m. Join us for Zumba at the library. Class size is limited so please register early. (516) 676-2130.

Wednesday, Sept. 19

Northport Chorale casting call

Northport High School Choir Room, 154 Laurel Hill Rd., Northport, 7 p.m. All voices are welcome to audition. Contact Debi at (631) 704-6144 or visit us on the web at www.northportchorale.org for more information.

Thursday, Sept. 20

Make your own marble paper

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. Do you know how marbles are made up of different colored swirls? Using just shaving foam and watercolor paints, we can make beautiful marble designs on paper to create unique greeting cards, bookmarks and more. Recommended for children grades K through 2. (516) 759-8300.

Saturday, Sept. 22

Empire Defensive Driving course

Gold Coast Library, 50 Railroad Ave., Glen Head, 10 a.m. to 4 p.m. This course is designed for all licensed and insured drivers. The fee is \$38 for drivers up to age 60 and \$33 for drivers ages 60 and up. A non-refundable check payable to Empire Safety Council is due at time of registration. Cash is not accepted. On the day of the class, bring a brown-bag lunch. (516) 759-8300.

Landscaping and Real Estate Value

Locust Valley Library, 170 Buckram Rd., Locust Valley, 1 p.m. Presented by landscape consultant Larry Gordon. Learn how a beautiful landscape increases the real estate value of your home. This program will prepare you for selling your property, and offer landscape pointers, design trends and structural ideas to enhance your home now and achieve greater, long-term financial appreciation. Registration requested. (516) 671-1837.

Monday, Sept. 24

Owl wall clock

Gold Coast Library, 50 Railroad Ave., Glen Head, 4:30 p.m. Kids will enjoy creating a whimsical owl-shaped clock using cardboard, patterned paper and color foam sheets. Each clock comes complete with clock mechanism, hour, minute and second hand plus a battery. Recommended for children grades 3 through 6. (516) 759-8300.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS

GCFD EX-CAPTAIN GILBERT
Tanaka, center, was recognized by members of the Glen Cove City Council, including Councilman Michael Zangari, left, Councilwoman Pamela Panzenbeck, Mayor Tim Tenke, Councilwoman Marsha Silverman, and Councilman Nick DiLeo Jr.



Courtesy OverTheEdgePhotography

GC Fire Department lauds former Captain Tanaka's 50 years of service

Gilbert Tanaka became a firefighter in the City of Glen Cove Volunteer Fire Department in 1968 being the first Asian American to join the Department. Gilbert served in the United States Coast Guard and was awarded the Nassau County Veteran pin in 2015 by the County Executive.

Gilbert rose through the ranks in the GCFD serving as 2nd Lieutenant, 1st Lieutenant, and in 1973, became the captain of Engine & Hose Company No. 4.

Gilbert went on to serve for 27 years as department treasurer, starting in 1987, until finally passing the reins in 2014. Gilbert was honored for his service on Sept. 8, at the Annual Department Inspection. Congressman Tom Suozzi, State Senator Carl Marcellino, Nassau County Legislator Delia DeRiggi-Whitton, Assemblyman Charles Lavine, Mayor Tim Tenke and members of the City Council, congratulated him on his service to the community.



Courtesy Tab Hauser

Glen Cove class of '78 celebrates reunion

Members of the Glen Cove High School class of 1978 got together at the Glen Cove Mansion for their 40-year reunion on Sept. 8. Old classmates reconnected over tasty eats and luscious libations, reminiscing about the good time in good old Glen Cove, and catching up about their successes since graduation.

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Still Partners announces lively lineup for fall

By ZACH GOTTEHRER-COHEN and ALYSSA SEIDMAN

zgottehrer@liherald.com, aseidman@liherald.com

Still Partners owner Dan Roth admits he's fully enjoying the last few days of summer. But he would be lying, he said, if he wasn't ready for fall, blue jeans, flannels, and a crowded bar full of music.

"My favorite part of running the bar is bringing in all the awesome music," Roth said, "And I'm really excited about this fall. We have a lot of people who have played the bar before, and a couple who are new that haven't played there yet."

The Sea Cliff-based gastropub will host a variety of styles and singers this season as part of its fall music series. Every Thursday, Dave Diamond and Friends will perform tribute concerts by playing the tunes of a particular artist. In honor of the late queen of soul, one concert will be dedicated to the memory and music of Aretha Franklin. For New Orleans Night on Oct. 6, Still Partners will welcome The Hoodoo Loungers to play the eminent sounds of the soulful city.

Return players include jazz ensemble Black Tie Brass, Allman Brothers collaborator Scott Sharrard, as well as Glen Cove's own Jason Crosby Band and "The Voice" contestant Troy Ramey.

"I feel like Sea Cliff is a safe place for artists," Ramey said. "There's a lot of artists that I've met, and it just seems like a place where people really care not just



Zach Gottehrer-Cohen/Herald Gazette

BROTHERS AND GLEN Cove natives Jason and Chris Crosby don't get to play together as often as they'd like, but when they do, it's at Still Partners.

about music, but art in general."

The Vermont native moved to the village three years ago, for it reminded him of the art-centric community he grew up in. "My girlfriend and I discovered Sea Cliff because of Mini Mart, and we fell in love with the town," Ramey said. "I said, 'Whatever we do, we have to live here.' And being a part of it now is really exciting for me."

Aside from the die-hard music fans that often populate Partners' concerts, Ramey said he also enjoys seeing friendly faces from the neighborhood, as well as families with kids, when they come in and enjoy a show. He performed at Partners with his band back in June, and remembers the crowd's enthusiasm as they played, and the overall respect they showed the music.

"If I ever play on Friday night in the city, it could be a pretty narrow group of people, and most of them are drinking really, really heavily, and maybe not listening as much as I'd like them to," Ramey said. "It's a small town feel, and it's good to feel that kind of support."

Ramey said he believes this has helped the bar earn a reputation for curating quality lineups. "The best venues really care about the quality of music, and because they appreciate good music, the patrons of Partners can always count on that," he said.

For some, like Glen Cove native Jason Crosby, a multi-instrumentalist currently based out of California, playing Partners means getting back together with old jam-mates. "It's like a reunion," Crosby said, "a celebration."

When he and his band — which includes regular Partners drummer Dave Diamond and Crosby's brother, Chris — get together, it's less like a show, he said, and more like a party, a "hodgepodge," wherein they all play each others' music, but in a way that feels like family. "These are my homies," Crosby said. "We've been playing together for decades."

Roth said that while live music may not be everyone's cup of tea — or in this case, their pint of beer — those anticipated moments before a band starts their set breeds an air of excitement. "The vibe of the place lights up on nights when we have music," he said. "It's just really fun."

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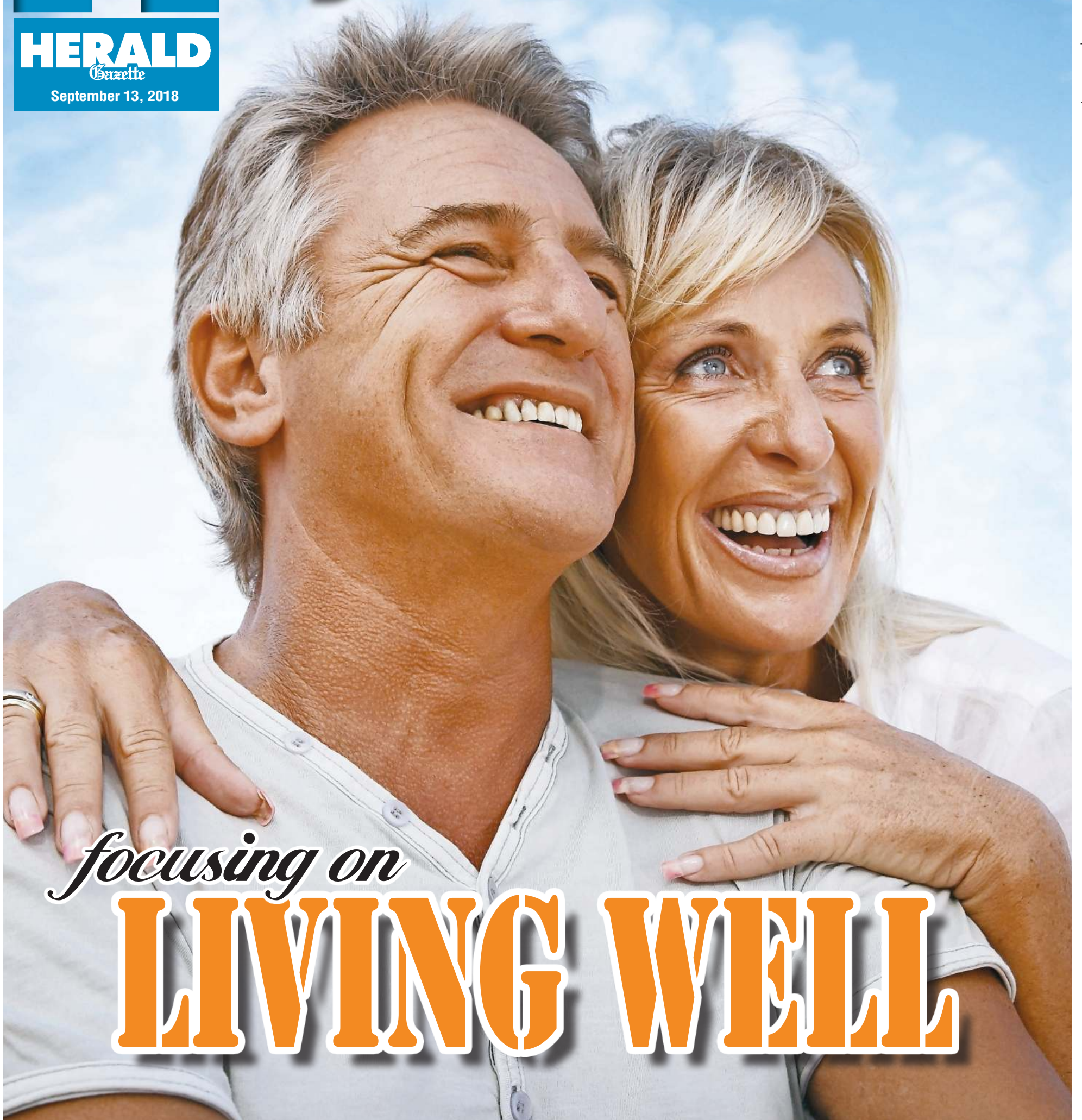
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Most people don't think about dust when they don't see it. It's only when it starts to coat every countertop, every crevice, every surface in your home – even though you just got rid of it a couple of days earlier – that it really gets to you.

Organize that disorder

The unhealthy consequences of living in a cluttered home

By **Debbie Ginsberg**

You can easily find helpful tips on how to organize a home on the Internet. These 'tips' are written for the general public. An organized-challenged person might need more motivation to take the next step towards uncluttering their home.

Today, with booming industries in the fields of organizing and move management, getting help and guidance by a professional in-house, is both affordable and more effective, in helping you achieve your goals.

The gamut of organizing skills vary greatly. Perhaps you are simply too busy to work on uncluttering your small messiness on a day-to-day basis, but you make sure to handle it at some point. Perhaps you have a greater issue in this area, varying from not controlling the clutter to having an emotional relationship with every object in your home, as if every treasure you keep is akin to having a relative with you and therefore, can't part with anything in the same way most people don't 'discard' their family. In between these two extremes there are many issues regarding clutter in the home and the way people handle the disorder in their home.

Holding on to so much stuff impairs the ability to clean a home properly. If there are too many items to move, then proper vacuuming or dusting isn't achieved. As the piles of unneeded and unnecessary 'extras' grow, so does the failure to keep a home healthy. If a home isn't healthy, then most likely the people living in the home are not healthy. As was once pointed out to me, this doesn't mean you necessarily die young or prematurely, it means that you compromise your health and possibly suffer more.

For many years I truly believed that I was exaggerating about the potential health hazards of the dust I was breathing in and wondered how I was harming myself by being exposed to dust. It wasn't until Ilene Corina, Founder of Pulse Center for Patient Safety, queried me on my knowledge of the effect of clutter to one's health that I read the findings.

Scientific research is now proving that

there is a direct correlation of breathing in dust to having issues with our lungs. If people who live in a cluttered home don't share this information with their doctor, they can deny themselves from having a closer examination of their health.

In my further readings on this subject I came across the following blog, "Toxic Dust: The Dangerous Chemical Brew in Every Home," written by Veena Singla. This blog was an eye opener for me. According to Veena Singla, the dust itself can create allergens in our bodies. A description of how this works by the American Lung Association on dust mites will make your skin crawl: Dust mites feed on the dead human skin cells found in dust. Dust mites are not parasites; they don't bite, sting or burrow into our bodies. The harmful allergen they create comes from their fecal pellets and body fragments.

How do we change the very people who need the most help? Perhaps, now that the scientists are proving that clutter causes problems with our lungs, maybe, just maybe, those of you who clutter will be motivated to accept the fact that not only is this affecting your health, but that of your spouse/child(ren) and pet(s).

Most fortunately, there is help for those who reach out and seek it. There is NAPO.net, the National Association of Productivity and Organizing and NASMM.com, the National Association of Senior Move Managers. These Organizations train members to provide skillful expertise to guide and provide hands-on-help, so that each person who desires change and even for those who aren't yet ready to make the change, can learn what it takes to eventually reach the ultimate goal of living in a healthy, uncluttered home. ■

Debbie Ginsberg is a Professional Organizer and Certified Move Manager and has been in business since 2010. She can be reached at 855-226-7426. Her e-book, "Moving Elderly Parents: A Comprehensive Guide to Honoring Your Mother and Father While Helping Them Move" can be found on her website BestJunkRemovalServices.com.

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- ▶ Golfer's Elbow
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Reconsidering longevity

A healthy outlook benefits everyone — at every age

This month is the time to celebrate life and turn over a new leaf. September is Healthy Aging Month, a month dedicated to helping individuals gain a more positive outlook about growing older.

The Healthy Aging Campaign was established over 15 years ago, and since then, everyone has become aware of their physical and mental health, diet, social skills and even financial situations; all factors that contribute to successful aging.

But, at the core, the message here applies to everyone at every age: build a foundation early on with the principles of good health for well being at every age.

Do you ever wake up and think “Wow, I don’t feel as young as I used to?” It’s a sentiment shared by people of every age group. It doesn’t matter if you’re 20 or 60 — feeling fit and aging well can be a reality with the right mindset and proper exercise and nutrition.

Young adults: Up to age 30

Starting a career, getting married, buying a home — these are just a few big life events people in this age category often experience. It also means less time to focus on fitness, and often an increase in unhealthy eating on the go.

Physical activity: Young adults should do what they enjoy most, fitting it in on a regular basis, suggests Tavis Piattoly, a sports dietitian and nutritionist.

“Any form of physical exercise and exertion is beneficial for the cardiovascular system, but adults under 30 usually like sports,” he says. “This is the age where former athletes or very active post-graduates are still looking to play a sport for fun.”

Nutrition: “The metabolic rate of this age group is declining, so they can’t live on fast food for breakfast, lunch and dinner like they did in college,” Piattoly says. “It’s time to clean up the diet and make smarter choices such as reducing sugar intake and avoiding fast food as much as possible. Prevention should be the focus.”

Supplements: A multivitamin and probiotic supplements can also be helpful, according to Piattoly.

Middle age: 30 to 50

In this age bracket, regular checkups with a physician are more important than ever. The stress of having children and growing a career can take a toll. Eating out due to lack of



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

time becomes common and can cause weight gain.

Physical activity: Regular strength training three to five days per week to prevent the progression of muscle loss that begins around age 35, according to Piattoly.

“For cardiovascular-related exercises, it is important to do what you enjoy as you are more likely to stay motivated and consistent,” he says. “Yoga is recommended for those individuals who are looking to balance stress.”

Nutrition: “It’s important to eat smaller more frequent meals throughout the day, such as every three to four hours, and to make sure a source of lean protein is included at every meal and snack,” Piattoly says. “Protein is more thermogenic than fat and carbohydrates, so your body burns more calories when consuming protein.”

Supplements: In addition what is recommended for the young adult group, Piattoly suggests vitamin D and turmeric extract, a great natural anti-inflammatory agent, for 30 to 50-year-olds.

Boomers: 50 plus

People of this age are concerned with their health and risk for disease due to family history or lifestyle factors from their youth. Additionally, progressive loss of muscle mass and weaker bones increases risk for injury.

Physical activity: Regular strength training three to five days per week prevents the progression of muscle loss and maintains good bone strength to prevent falls, Piattoly recommends.

“For cardiovascular-related exercises, it is important to do what you enjoy as you are more likely to stay motivated and consistent,” he says. “You can still participate in cardiovascular-related sports like tennis and basketball. For lower-impact sports that are easier on the joints, I like swimming and cycling.”

Nutrition: “Since the immune system is not as strong as it once was for this age group, a diet rich in fruits and vegetables is key, such as five to 10 servings per day,” Piattoly says. “Protein is also a critical nutrient for the preservation of muscle mass. I usually recommend making a smoothie or shake at least once a day, which can include protein powder, fruit and some veggies.”

Supplements: A vitamin D supplement for bone health and, potentially, calcium for osteoporosis, and creatine to reduce the risk of age-related muscle decline are worthwhile considerations.

For all ages

Adopt a healthy routine. The longest living folks tend to have a fondness for daily and weekly routines. Routines that feature healthy diets, exercise and connecting with others are key. However, one study found 75 percent make it a point to laugh or giggle everyday and 60 percent meditate or practice some spiritual activity each day. ■



We often wish we could turn back the hand of time. But when it comes to living a long, satisfying life, it’s simple — the things you do today affect your tomorrows.

Healthy aging starts with a mindset

If 40 is the new 30, then 50 is the new 40, right?

You may be “over 50,” but you don’t have to be “over” having fun and living your best, healthy life! Actually, it’s even more important to get started on healthier habits and ditch the bad ones. Your early to mid-50s are when biochemical changes start to occur, leading to the onset of cancer and other chronic illness. Now is the perfect time to turn over a new leaf, assess your lifestyle and make your health a priority.

It’s hard to change bad habits for healthier ones, much less sustain them. The key is to also switch your mindset: Look at it as a lifestyle change rather than a quick fix. Many changes cost nothing and require only common sense and some self-awareness. Smile more, stand when you can, sleep at least eight hours, take a daily walk, and pursue your passions!

It’s never too late to reinvent yourself, take up a new activity, or pursue a new career. The key is to keep moving and find ways to incorporate exercise and healthier habits into your life.

Healthy aging in midlife and even into your senior years isn’t rocket science. The body is a self-healing, self-regulating system and performs best when it’s on a regular schedule. The foundation for healthy aging begins with routine habits around nutrition, exercise, and prevention.

Learn to manage stress: Manage stress through exercise and other activities like yoga and mindfulness or a creative outlet. Research shows that a life of stress is really hard on the body, especially chronic stress. Patients who have higher levels of baseline stress are more prone to diabetes, cancer, heart disease and obesity.

Get an annual physical: Get a yearly checkup and other preventative screenings including pap smears, colonoscopies, mammograms, and prostate-specific antigen (PSA) test. Preventative screenings save lives by catching cancer and chronic illnesses early.

Get some sleep: Embrace routine, especially when it comes to sleep. Aim for seven to eight hours of regular, uninterrupted sleep. Follow a regular schedule with going to bed, waking up and when you eat your meals. It also regulates hormones like insulin and cortisol, which helps prevent disease.

Focus on better nutrition: Eat a heart-healthy diet, more fruits and vegetables, and lean protein. Avoid or limit starchy, fried and processed foods and too much red meat. Reduce salt and sugar, increase healthy fats such as fish oil and omega-3 fatty acids, and skip anything with GMOs. (Ingredients you can’t pronounce!) It’s definitely the time to kick bad habits like excessive drinking and smoking, too.

Most important — maintain a healthy weight and keep moving: Make regular exercise a habit, or at least find ways to be more active. Several studies have found a profound link between a generally sedentary lifestyle, meaning hours upon hours of sitting, and increased incidence of obesity, diabetes, cardiovascular

Continued on page S-5



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Sanitize this

The pros and cons of antibiotic soaps

By Christopher Crown

In director David Fincher's provocative 1999 film, "Fight Club," we see a dark side to the world of soap-making. Although current home-cleaning companies might not be using character Tyler Durden's methods, there has been a lot of controversy around the world of antibacterial soaps and their potential dangers to human health.

We live in a sanitized world, says Markham Heid, a contributor for Time, and it's possible that this rigorous scrubbing and devotion to killing all bacteria is doing more harm than good. Is it possible that we should heed Durden's advice and "stop being perfect" — that we should "evolve (and) let the chips fall where they may"?

Washing away the hype

Although there is currently a lot of debate on the topic of antibacterial soap, the Centers for Disease Control and Prevention cuts straight through the haze and delivers a powerful message on its hand-washing resource page. Citing six recent scientific studies in peer-reviewed scholarly journals (some of them are even meta-analyses of many other papers), the CDC states that there are no observable benefits of using soaps containing antibacterial ingredients over using traditional soaps.

Martin Blaser, director of the Human Microbiome Program at New York University, adds to this, claiming that although humans

see eliminating any and all microbes as being beneficial, it is actually weakening the human race and strengthening bacterial strains. In his book "Missing Microbes: How the Overuse of Antibiotics Is Fueling Our Modern Plagues," Blaser elaborates on this claim. Antibiotics, which many think of as just coming in pill form from the doctor, are actually any medication or ingredient that is meant to kill microbes — microscopic life-forms living all around us and in us.

So yes, azithromycin from your doctor is an antibiotic, but so are hand sanitizer and your favorite citrusy dish soap. By killing all the bacteria in our lives, Blaser claims, we are weakening our internal microbiome (the host of microorganisms that help our body function) and also are artificially helping the most powerful antibiotic-resistant strains of bacteria. By killing all the weak bacteria with a hand soap that boasts a 99 percent kill rate, you leave the strongest one percent alive to reproduce and multiply. This "antibiotic resistance" is called a "threat to global health security" on the World Health Organization's website.

Environmental impact

Beyond harming human health, antibacterial soaps are also affecting the environment. Joseph Stromberg writes in the journal Smithsonian that the U.S. Geological Survey has found large traces of antibiotics from soaps seeping into lakes, tributaries and oceans, even after wastewater purification.



In a sterilized, scrubbed and sanitized world, many health experts are questioning the benefits of antibacterial soaps.

Stromberg goes on to say that this form of pollution can inhibit photosynthetic function in algae — the base food source for almost all ocean food chains — and therefore biomagnify in larger ocean species because animals higher on the food chain are exposed to dangerous levels by eating animals that have accumulated toxicity.

Closer to home, however, there is a movement to restrengthen the human immune system by eliminating wanton antibiotic use.

Many "hippie parents" are choosing to eliminate antibacterial products and let their children play in the dirt. On NPR recently, Lulu Garcia-Navarro reported that children need germs to strengthen their ability to fight infection.

Although microbes are becoming harder to kill, the best bet seems to be to ditch antibacterial soaps, go back to basics and let our bodies coevolve against the bacteria in our lives. ■

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The Herald is thinking pink as we salute Breast Cancer Awareness Month and the thousands of women and their families throughout the region who have been affected by this devastating disease.

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If 40 is the new 30, then 50 is the new 40, right?

Continued from page S-3
disease and total mortality.

For a lot of us, it can be too overwhelming to make multiple lifestyle changes at once. Focus on one area of your life that you can improve. Exercise may be one of the easiest and best of these options. Think about this trifecta of benefits — heart health, combat weight gain, and boost endorphins.

Focus on these practical tips to get moving and stay motivated for the long haul.

✓ Schedule time to exercise and switch it up. The key to long-term exercise is not only making it a priority but doing activities that are social and fun.

Playing tennis or pickleball with a friend, walking the dog, biking a rail trail, swimming, gardening, dancing and playing team sports count toward the recommended 150 minutes of moderate aerobic activity per week.

✓ Recruit a friend or join a class. You're more likely to exercise when you have a partner or group counting on you, plus it's the chance to make new friends and try something new.

✓ Sign up for a competition. Whether it's a marathon or bike race, training for a competition ups the challenge and reward.

✓ Try the 10-minute motivation rule. Start with 10 minutes and see if you are moti-

vated to keep going. Getting started is often half the battle.

✓ Break it up into smaller chunks. Research shows that 10 minutes of exercise has benefits, so incorporate activity throughout the day. Use a break at work to walk laps or climb stairs, do a set of squats, planks, and pushups during TV commercials, or try a 10-minute exercise video.

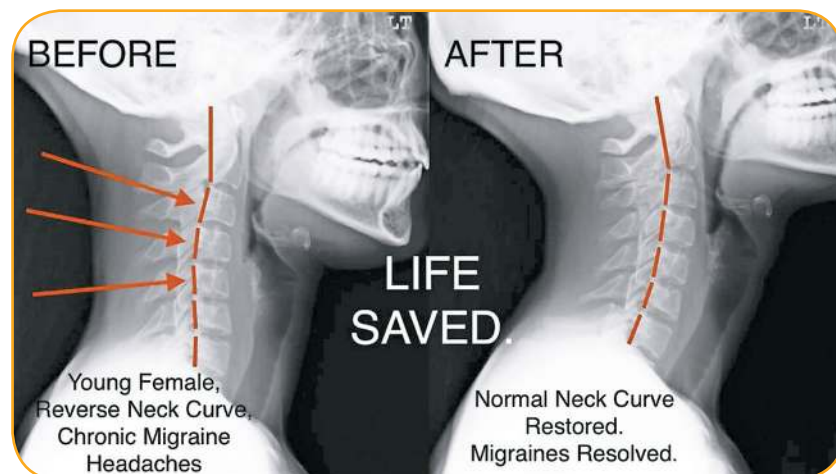
✓ Focus on how you feel. Do you have increased energy, strength, mood or sleep? The scale isn't the only measure of success.

✓ Write it down. Keep a journal of your daily activity and food/drinks. Be mindful of what you eat, and realistic about how many calories you burn. Snacks, sodas, and desserts have hidden calories or are often overlooked. It can reveal patterns of overindulging, emotional eating or chronic fatigue and depression.

✓ Enjoy a rest day (or two). Don't beat yourself up if you slack off for a day or a week. While consistency is important, adequate hydration, sleep and recovery time matter too.

✓ Celebrate small milestones. The scale may have stalled, but maybe you've lost inches, regulated blood sugar, can run a mile, or noticed new muscles. ■

HEALTH MEMO



Experience the Structural difference

While there can be many underlying reasons for muscular tension, the most common causes are what are known as Structural Abnormalities and Structural Shifts. With that in mind, here's a great way to understand the impact of the structure of the spine on the human frame: Think about your spinal structure as the foundation and supports of your house. And think about the muscles and fascia as the drywall. If you spotted a crack in the drywall of your bedroom, filled the crack, and then saw the crack reappear a week later, any reasonable person would be forced to conclude that there had to be an underlying issue that was causing the reappearance of the crack — most likely a problem relating to the foundation and/or support beams.

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Choose the right screening option to detect colorectal cancer

The United States Preventive Task Force (USPTF) advises all persons age 50-75 to have regular colon cancer screening. Colon or rectal-based cancer can be detected at an early stage through regular checkups.

Colorectal cancer is the third most common cancer diagnosed in the United States in both men and women, according to the American Cancer Society. In 2018 alone, there have already been more than 97,000 cases of colon cancer reported as well as an additional 43,000 cases of rectal cancer.

The risk is real as the numbers attest, so people who fit the criteria — especially ones with a family history of the disease — should not have any apprehension about being examined. There are a few options for colorectal cancer screening, including stool-based tests. This diagnostic tool is a less invasive test that checks for signs of cancer. Stool screening options include getting a fecal immunochemical test (FIT) each year (which is recommended by the USPTF).

Other options include visual exams of the



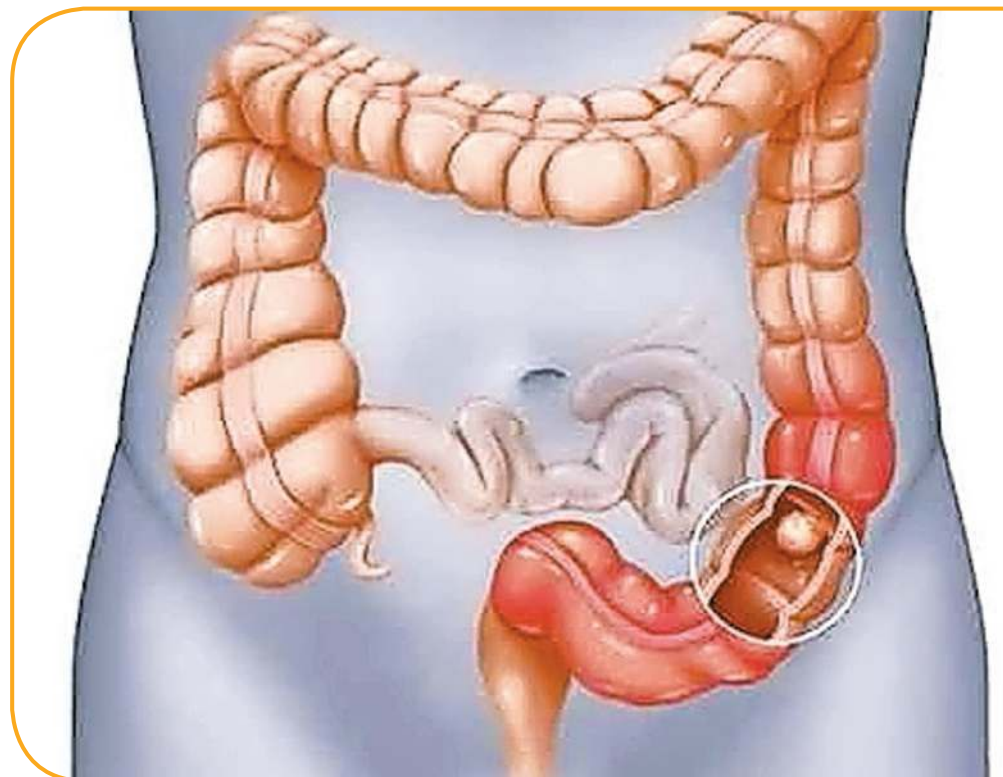
BARBARA KEBER, MD,
chair of family medicine at Glen Cove Hospital and assistant professor at the Zucker School of Medicine at Hofstra/Northwell.

colon and rectum via a scope to look for any abnormalities. These tests include colonoscopies every 10 years, which is the gold standard for screening and the test recommended for those at higher-than-average risk. CT colonography every five years and flexible sigmoidoscopy (FSIG) every five years are other options but not as reliable as the colonoscopy. Because there are multiple options, consult with your doctor to choose what screening method is best for you.

The Centers for Disease Control recommends that people who have had family history of colorectal polyps or colorectal cancer, inflammatory bowel disease such as Crohn's disease or ulcerative colitis or a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome) to be screened sooner than age 45, preferably at age 40.

Glen Cove Hospital offers many of these colorectal screening methods to provide the patients with a comprehensive colorectal cancer screening and treatment program.

Get in touch with your doctor and pick a screening plan that works best for you.



Glen Cove Hospital
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HEALTH MEMO

Nutrition and Cancer: Eating well during and after treatment

Nutrition plays an important role in the lives of those diagnosed with cancer. As people undergo treatment and enter survivorship, they may experience food-related side effects that can make it hard to eat.

The clinical dietitian-nutritionist team at Memorial Sloan Kettering (MSK) helps with such concerns among patients being seen in the hospital or at its various outpatient centers — including MSK in Commack and Rockville Centre.

We asked Michelle Myers, MS, RDN, CDN, a registered dietitian-nutritionist at MSK, to address some of the most common issues that arise during and after cancer treatment.

What to Eat: There's no right diet for everyone. During treatment, focus on getting enough calories and protein while managing side effects. Choose your favorite foods — don't worry too much about what those foods are. Your care team can tailor a plan that works for you.

Nausea: Eat smaller portions of food, but eat more often. Avoid food that's high in fat, too spicy, or overly sweet. Instead, try a bland diet consisting of foods like crackers, toast, pasta, yogurt, and skinless chicken.

Constipation: Gradually increase fiber intake. Foods that are high in fiber include fruits and vegeta-



Michelle Myers,
MS, RDN, CDN
is a dietitian-nutritionist at
Memorial Sloan Kettering

bles, as well as whole grains, such as some cereals, pasta, and brown rice. Stay hydrated to keep the stool soft and prevent gas and bloating.

Diarrhea: Drink at least 64 ounces of fluids per day. This can include water, fruit juice, or tea. Beverages that contain electrolytes help replace sodium and potassium, which may be lost with diarrhea. Avoid very hot or cold foods, foods high in sugar or fat, and spicy foods, which are all hard on the digestive system.

Loss of Appetite: Don't force yourself to finish what's on the plate. Make eating a pleasant experience.

That could mean putting on music, setting the room to a more comfortable temperature, or including loved ones at the table. Experiment with different food temperatures and textures and using smaller dishes so the amount to eat doesn't seem overwhelming.

After Treatment Ends: Maintain a well-balanced diet. Vegetables, fruits, whole grains, and beans should take up at least 2/3 of your plate. Choose lean, unprocessed proteins for the other third.



**Memorial Sloan Kettering
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Learn more about Memorial Sloan Kettering's outpatient cancer centers on Long Island at www.mskcc.org/longisland.

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Make every bite count Eat your way to longevity

Eat right for life and make every bite count. Choose from the many superfoods that will help your body fight off the damage caused by aging. Just work them into your daily and weekly meal plans and you'll be getting extra vitamins, antioxidants and other substances that will help your body fight age-related illnesses and be anti aging resources for you. It's never too late to start.

Avocados

Sure, they're high in fat, but avocados contain healthful monounsaturated fat, which has been linked to a reduced risk of cancer, heart disease, and diabetes. They're loaded with fiber (11 to 17 grams per fruit) and are a good source of lutein, an antioxidant linked to eye and skin health.

Walnuts

We all know that we need to eat more omega-3s and that fish are a great source, but reports of possible mercury contamination of fish may scare some folks off. That's where walnuts come in. It turns out that walnuts are a great (and mercury-free) source of omega-3 essential fatty acids. Eat a handful or two a day for all your omega-3 needs.

Green Vegetables

Of course, most of us need to eat more vegetables — but here's the thing, we all really need to do it. If everyone gets five or more servings of fruits and vegetables every day, we'd see a huge decrease in heart disease, cancer, high blood pressure and more. So find some way to

eat one more veggie or fruit this week, then add another next week until you get to nine servings. Focus on leafy or deeply colored vegetables for the most benefit.

Beans

Beans are a great source of healthy protein and antioxidants. Really, beans are a wonder food — high in protein as well as fiber, generally in a low-calorie package. Beans can replace meats as a protein source in many meals when the goal is to reduce caloric and fat intake. Beans can be used to thicken sauces or make foods more hearty, helping to stretch them further.

Beans are a necessary part of any healthy vegetarian diet. If you don't want to go all the way to vegetarianism, then just start by substituting a few meals a week with bean-based entrees.

Water

Water is good for you. This seems pretty basic. There is some disagreement among medical experts about whether drinking tone of water is really a good idea, but while they sort that out stay focused on water. Your goal should be to make water your primary drink.

This way, you'll be drinking a no calorie, no chemical drink all day long instead of the many, many high-calorie, high chemical alternatives. ■

Glen Cove Hospital

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VIEWFINDER

By SUSAN GRIECO

THE QUESTION:

With the kids back in school, and a few more days left of summer, is there something you would still like to do?



Every year I say I want to go whale watching out of Breezy Point and I never do. Maybe this will be my year!

ELLEN FOLEY
Retired



Get to the beach! I haven't been all summer, and this is the best time of year to go... All the rookies have gone home!

LISA LOWE
Business Owner



I'd still like to get to the beach more often, especially when the weather starts to get a little cooler and have a few more barbecues.

BETTY IACONETTI
Retailer



I'd still like to take some nice long walks on the Long Beach boardwalk.

ANNIE SUNSHINE
Kitchen Designer



I'd like to get in one more barbecue with friends and family. Good food and good company is what it's all about.

STU SCHRAGER
Account Executive



With the kids back in school, it's time for me to relax at the beach and read a good book... alone!

CATHERINE CASELLA
Ultrasound Technician

The joy of Jewish weddings

By ALYSSA SEIDMAN

aseidman@liherald.com

Recently, I had the distinct pleasure of experiencing a proper Jewish wedding. Growing up Roman Catholic, you don't get to attend many of those. My mother's decision to marry outside of the faith granted me a dual-upbringing for which I'm forever grateful.

The short 48 hours I spent in Philly over Labor Day Weekend were potent and pleasing, as I watched my cousin Sarah and her "ex-fiancé" Jeff — he coined the term — pen their latest chapter in life.

I had been looking forward to the wedding, and a change of scenery, since my first true summer of adulthood well warranted a weekend getaway. What I had failed to realize was that the trip would also be a further confirmation that I, and subsequently my family, are getting older, but the heartened pomp and circumstance that surrounded the Kurz-Koller matrimony made me unafraid of the future. It made me unafraid to feel and experience life through a new lens.

I believe it was mostly due in part to the Jewish traditions that were woven into the wedding, and while I was unfamiliar with some of the customs, they had somehow magically inspired a sacred community among guests, most of whom were strangers to one another. But by the time the weekend was over I found myself hugging some of those strangers, holding them close as we said goodbye.

The invitation instructed guests to meet the married couple under the "chuppah" — a canopy that symbolizes the home they've begun to build and share. But Alyssa, how could they be married if they haven't exchanged rings or vows or any of those other standby sacraments? Good question! The morning of the wedding, Sarah and Jeff signed a "ketubah," a legal Jewish marriage contract that details the commitments and obligations a couple makes to each other as husband and wife.

Before the ceremony the men and women were separated into two rooms, giving each group a chance to share words of advice and admiration for the bride and groom. This is a Hasidic custom known as a "tish." The lady tish took place in a cur-tained-off area that would eventually serve as the space for cocktail hour.

In one corner of the room, a decorated white armoire displayed photos of the lovebirds through different phases in their lives. I had recognized a few of Sarah from my grandmother's former home in Rose-dale. I hadn't seen them in years.

Sarah had asked her closest friends and

relatives to speak on her behalf. They shared anecdotes detailing her adventurous youth, her selfless nature, and the seamless way in which she brings people together, which made everyone better for it. Her med school friends seemed to materialize song sheets from their flowy floral gowns, and distributed them among the generations of women. We sang "In My Life," "I'm Yours," and "Stand By Me," with sweet soprano voices that filled the air with hopeful song.

Seidman Says



ALYSSA SEIDMAN

Suddenly, a boisterous baritone chorus, sung in Hebrew, rumbled from the stairwell outside of our tish. As the curtain drew, a flood of men surged into the crowd, bringing the groom to his fated bride. They danced with measured chaos and clapped along to the music, which was provided by a three-piece band of merry Jewish men, supposedly the same group that had played my aunt's wedding decades before.

We filed into chairs in front of the chuppah and watched the professional: the rabbi, the couple's siblings, and then Jeff and his parents followed by Sarah and hers. The canopy — the same one under which Jeff's parents were wed — was supported upon poles held by friends of the happy couple.

During the "hakafot" Sarah and Jeff circled each other three times, then circled once together, creating a symbol of give and take, as well as compromise. After exchanging rings and vows, seven friends presented seven blessings to the budding family. This is known as "sheva brachot," and consecrated for the Koller's a lifetime of partnership, intimacy, laughter, growth, health and community.

After triumphantly breaking the glass, a custom better known to me, Jeff kissed his bride. And before disappearing for their "yichud" — a moment where the bride and groom share their first moments as husband and wife — Sarah and Jeff not only acknowledged their resounding love for one another, but also for every single person that shared in their special day. They made note of the ever-present community of colleagues and cousins, family and friends, who helped create the everlasting memory with unfettered support and unconditional love.

And as I danced, shuffled, and laughed my way through the most intense "hora" in recorded history, I thought of those strangers, now my forever family, and the love that had grown between Sarah and Jeff, which they had transplanted in each of us, unknowingly, through the timeless traditions of the Jewish faith. That weekend gave me so much more than another cousin to count; it gave me irrevocable and unabashed joy.

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In the wake of terrorism, courage and community

CONTINUED FROM FRONT PAGE

will not forget them," Tenke said.

Before the ceremony, roses had been placed on the stones bearing the names, and they remained there, undisturbed, even as an honor guard — including members of the Glen Cove police and fire departments, EMS and harbor patrol — marched carefully over them to the city's 9/11 memorial, on the other side of the firehouse.

There, Tenke, with the assistance of Puckett's daughter, Michelle Puckett-Formolo, laid a wreath in honor of all those who died in the World Trade Center attacks.

Looking back

Several Glen Covers, including Jimenez and Beth Nugent — then a Nassau County police officer, now retired — volunteered to work at ground zero. "The last person to be brought out alive was on the 12th," Nugent said, adding, "but there was hope for many more."

Nugent talked about the "silence whistle," blown whenever a search party thought they might have heard a survivor amid the debris. "On my side [of the pile of debris]" she added, "we didn't find any one."

After a few days, Jimenez said, the effort at ground zero turned from rescue to recovery. He recalled the red bags used to transport body parts to an EMS station at a separate site for possible identifica-



Tab Hauser/Herald Gazette

AN HONOR GUARD comprising police, firefighters and EMS responders presented the colors at the 9/11 memorial ceremony.

tion and, ultimately, reunification with loved ones.

Nassau County Legislator Delia DiRiggi-Whitton recalled speaking with Jimenez at the time about the fumes and dust at ground zero, and expressing her concerns about potential health problems. Those concerns, it turned out, were

well founded. Since 2001, almost 10,000 people have been diagnosed with 9/11-related illnesses, and more than 2,000 have died of them. Neither Jimenez nor Nugent spoke in detail, but both said that, 17 years later, they were dealing with health problems related to the cleanup.

At the memorial, DiRiggi-Whitton,

recounted a recent conversation with Jimenez. "I said, 'Darn it, Tony, I wish we knew that those chemicals were so bad and that it was so dangerous for you to go in.'"

"He looked at me," she continued, "and said, 'It wouldn't have mattered. I was going in.'"

Dr. Berger & Associates Presents...

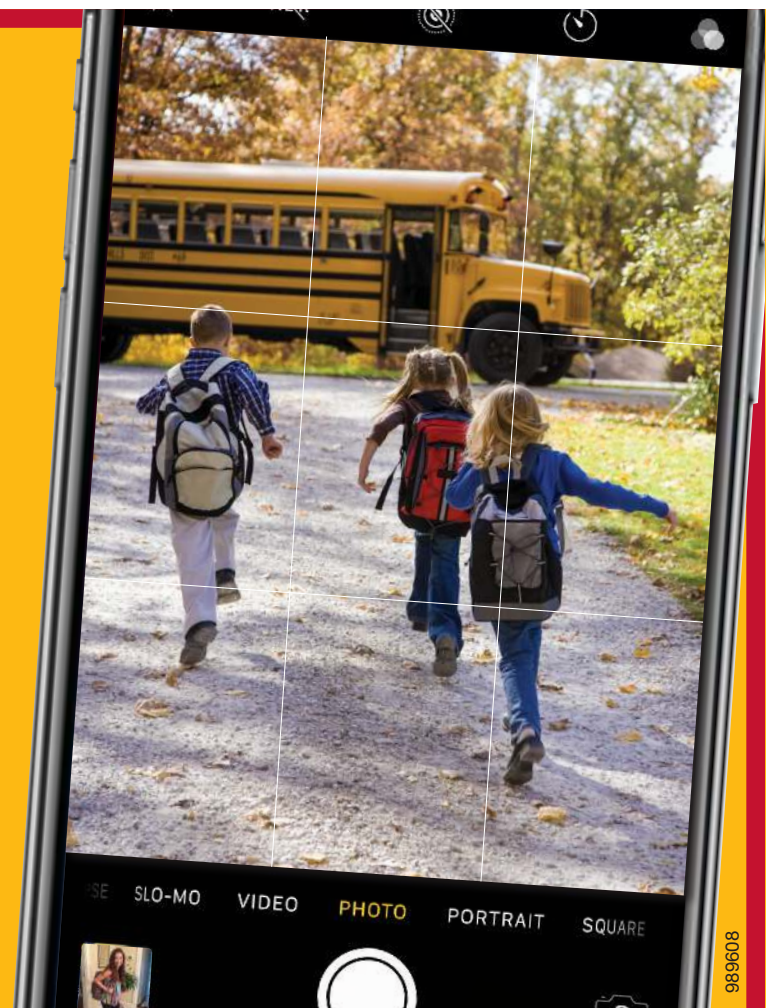
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A temporary cavity forms the instant a bullet pierces the flesh, expands to a size larger than the diameter of the bullet for a few milliseconds, then collapses into the permanent cavity.

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Kinetic energy is determined by the **weight** of the bullet, its **velocity** expressed in feet per second and **gravitational acceleration**.

TYPES OF TISSUE DAMAGE

■ **Laceration and crushing:** Damage done by low-velocity bullets (less than 1,000 ft./sec.) where tissue is pushed and displaced by the bullet.

■ **Cavitation:** The sustained forward acceleration of the bullet creates a temporary cavity.

■ **Sonic pressure waves:** They tend to compress the medium and travel ahead of the bullet. They last a few milliseconds and do not cause much damage at low velocity.

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EXIT WOUND

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9mm
1,189 ft./sec.



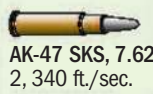
.22 long rifle
37-gram
1,272 ft./sec.



.22 long rifle
40-gram
1,142 ft./sec.



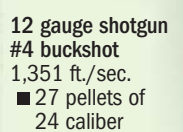
AK-47, 5.45 mm
3,066 ft./sec.



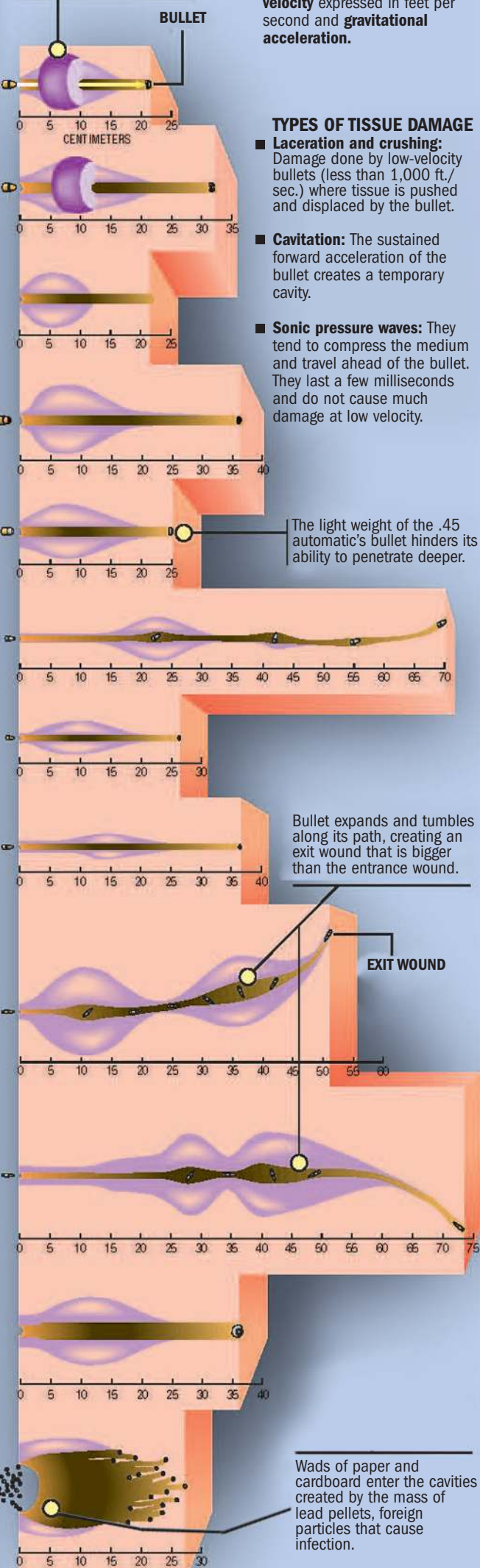
AK-47 SKS, 7.62 mm
2,340 ft./sec.



12 gauge
Foster slug 17.6 mm
1,513 ft./sec.



12 gauge shotgun
#4 buckshot
1,351 ft./sec.
■ 27 pellets of
24 caliber



In the 'golden hour of survival'

L.I. trauma surgeons talk about the reality of treating gunshot wounds

By **ERIK HAWKINS** and **MELISSA KOENIG**

ehawkins@liherald.com

Part eight in an ongoing series.

It takes a roomful of cool heads and years of expertise to treat a gunshot wound. Even then, adrenaline runs high among emergency department staff, and the patient is never guaranteed to live — no matter where the bullet wound is on the body.

"Any gunshot wound can be fatal," according to Dr. Narinder (Paul) Grewal. "Any bullet can potentially kill you."

Grewal is an Arizona native, who now lives in Long Beach, and has been a critical care surgeon at South Nassau Communities Hospital in Oceanside for five years. Years ago, he was also a Navy Reserve surgeon, though he was quick to point out that his experience was strictly "civilian."

Still, he said he has treated more gunshot wounds over the years than he cared to count.

The number of variables that contribute to the likelihood of survival after a person is shot is staggering, according to Grewal.

"You have to know the trajectory, blood loss, vascular trauma, the kind of missile injury, the force and vector," he said. "And, depending on the type of ballistic you use, the [bullet] could change direction on the inside."

A single round to the chest can be safely treated, but can also be fatal, Grewal said, depending on how quickly the patient gets help.

Emergency room insiders sometimes call that critical window "the golden hour of survival," according to Joyce David, associate chairwoman of the department of emergency medicine at Long Island Jewish Valley Stream.

"So if you get to a hospital quick enough, and you get treated quick enough, your chances of survival increase," she said. "It all depends on where the injury is."

When a bullet lodges near the heart, treatment can be difficult. Trauma surgeons will open up the chest to determine if the heart is injured first; then, there may be a clot caused by the bullet, or even the muscle itself.

"If there's a bleeding vessel, we're clamping that off to stop that," she said. "And it's one thing to have survival, because your heart is going to continue to pump," David added. "But you're going to have neurologic recovery after that."

Grewal said that the healing process after surviving a gunshot wound usually

takes a year, but it all depends on the amount of inflammation and scarring — internal or external.

Sometimes, doctors may not even remove the bullet if it's small enough, or lodged in a fleshy area, such as the buttocks.

"You could do more damage trying to get it out," Grewal said, adding that bullets are generally sterile because of the force and heat involved in them landing in someone's body.

Victims and their doctors do need to watch out for bullet migration within the body, which can happen over time, he added.

David said that she treats gunshot wounds every month or so, and that the adrenaline that comes with trying to save a patient who has been shot doesn't change with experience.

"There's not much that fazes us at this point," she said. However, "we have to learn to take the emotion

and the shock value out of it so that we can treat the patient."

While treating a gunshot victim, the emergency staff operates as a "well-oiled machine," she continued, and the process — when successful — can be gratifying.

She still remembers the first time she saw an emergency room team treat a gunshot wound.

"I was probably an intern, or maybe a student, and, I guess, when you're that young, it's impressive," David said. "You see an entire team gathering around to treat the patient and increase their chances of survival, so at a young age, that was very impactful. You see what happens to a person as the result of one gunshot."

The gunshot victim that Grewal remembers the most was a man who had suffered two gunshot wounds to the abdomen — a treatable condition under normal circumstances, except for the fact that he had been shot four times in the past.

"We were trying to save him, but he had so much scar tissue that the standard maneuvers to stop bleeding were unsuccessful," Grewal said. "Most people haven't been shot multiple times. We couldn't get to where we needed to [with him] ... and he died."

David said that losing a patient makes an impression on the team every time.

"Unfortunately, the worst cases are the ones where people don't make it," she said. "Because you're losing a life, and a family is completely changed. I think any violent event is usually very traumatic — stabblings just as much as gunshot wounds. Those are the most difficult, I think, to deal with."



A good wife?

Dear Great Book Guru,
This week a group of friends and I saw a fascinating movie, "The Wife" starring Glenn Close. When the credits began to roll, we realized that the movie was based on a recent novel. My book group plans on reading and comparing it to the film. Any thoughts on this plan?

-Movie Maven



ANN DIPIETRO

that Joan plans to end the marriage when they return home. The novel then shifts back to the couple's first meeting in the 1950's when Joan was a freshman at Smith College and Joe, was a young instructor who was married to Carol and the father of an infant daughter. Joe and Joan leave Smith in disgrace, moving to Greenwich Village where he begins his writing career with a hugely popular, autobiographical novel. Wolitzer shifts back and forth over 45 years, from their courtship and marriage and then back to the present. What we learn about them and the world we all share is shockingly familiar, especially with recent revelations of women's struggles in multiple arenas. Highly recommended!

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

Dear Movie Maven,

I think this is a great idea. After seeing the film, I read the book, "The Wife," by Meg Wolitzer, and thoroughly enjoyed both the differences, the similarities and the overall theme. The book is narrated by Joan Castleman, the wife in question. It opens as she and her husband, a world renowned author, are headed to Helsinki where he will receive yet another prestigious literary award. We learn in the opening paragraphs



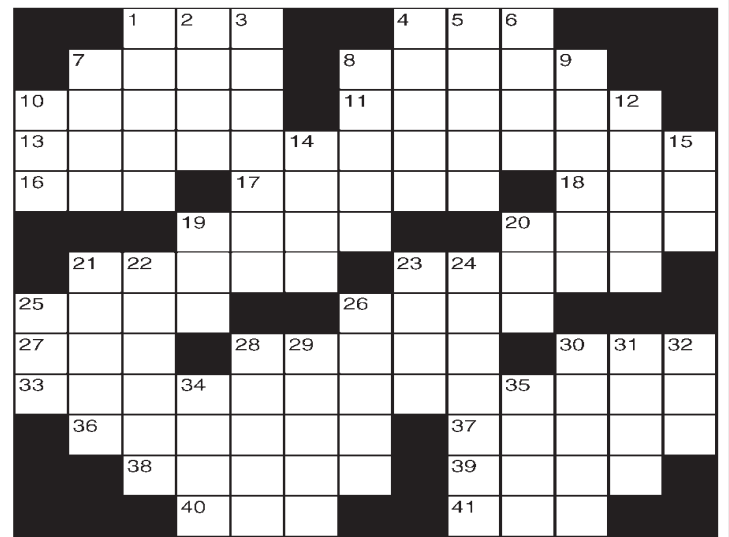
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King Crossword

ACROSS

- 1 — -relief
- 4 "Conan" network
- 7 Easter flower
- 8 Baby's ailment
- 10 Traffic cone
- 11 Moon mission name
- 13 Shakespeare's best-known query
- 16 "I'll take that as —"
- 17 Carolers' tunes
- 18 Vast expanse
- 19 Coloring agents
- 20 For fear that
- 21 Corporations
- 23 Paperhanger's need
- 25 Scrawny
- 26 Dull sound of impact
- 27 Performance
- 28 Show smug satisfaction
- 30 Pi follower
- 33 TLC make-over series
- 36 Abrade
- 37 Film
- 38 Shocking weapon
- 39 State
- 40 High deg.



41 Aviv lead-in

DOWN

- 1 "The Hobbit" hero
- 2 Lotion additive
- 3 Thesaurus entry
- 4 "Fiddler on the Roof" star
- 5 Rorschach pictures
- 6 Riverbed deposit
- 7 Rhone city
- 8 Christmas candy
- 9 Storage area
- 10 Bake sale org.
- 12 Not just plump
- 14 Shad delicacies
- 15 Chow down
- 19 Parched
- 20 "Acid"
- 21 Botanist for whom a reddish-purple flower is named
- 22 Unbroken
- 23 Excellent, in hip-hop parlance
- 24 Self-service diner
- 25 Pussy foot?
- 26 Carrier
- 28 Grind the teeth
- 29 Ran easily
- 30 Make merry
- 31 Barber's concern
- 32 Raw rock
- 34 Snare
- 35 Worked on a loom

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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



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STEPPING OUT

Where to go, what to do, who to see

A writer's journey

Filmmaker turned author Michael J. Arbouet introduces debut novel

It's just another day in Hollywood when you hear about the latest novel being adapted for a film. However, it's not every day that you hear about a screenplay becoming a novel.

For Hempstead native Michael J. Arbouet, it seemed like the obvious choice. An independent filmmaker and producer ("Send No Flowers," "Serial"), Arbouet had an award-winning script at the ready but had yet to shoot the film; after all, he knew its budget would be astronomical due to its fantastical nature.

"I didn't want to give up on it, and I realized that all of the dialogue from the film was in the script— I just had to fill in the holes to make it a novel!" he says, reflecting on the evolution of his career. He shares the result of his efforts on Saturday, Sept. 15, when he visits Rockville Centre's popular bookstore Turn of the Corkscrew for a Meet the Author session.

Arbouet made sure to write a few pages every night after arriving at his decision to pen a novel; thus, his work "Gods" took on its new form. His motivation did not end with his yearning for creative fulfillment; with his older daughter about to begin high school at his alma mater, Kellenberg Memorial High School, he surmised that sales from his novel would help fund her tuition.

"The biggest challenge of getting this together was marketing," he explains. "Amazon has a lot of really good programs and workshops that take the guesswork out of self-publishing a book. You don't need a lot of money. I created a GoFundMe page because I thought that if I could raise \$3,500, that would be enough to get an editor, copyright it, etc. It has worked out really well and it was just enough to do what I needed."

An 'urban fantasy,' "Gods" is described



Indie film director and producer Michael J. Arbouet can now add author to his resume.

as Indiana Jones meets Harry Potter.

"I thought, 'What would happen if we could explain all of the mysteries that are in the world?'" says Arbouet of his idea for the plot. "I did some research and found that no one knows how the pyramids were built or how those statues got on Easter Island. That meant I could fill-in-the-blanks and not be disputed!"

The story asks readers to imagine that dragons, fairies, gods and monsters weren't myths, and that their fighting was leading them to destroying one another. "What if they had to go somewhere else because they were going to come to a pass where they would demolish each other?" questions Arbouet. "I had them decide to go underground because they reached a stalemate and that's how it has been for thousands of years — until a massive earthquake opens up a crevice the size

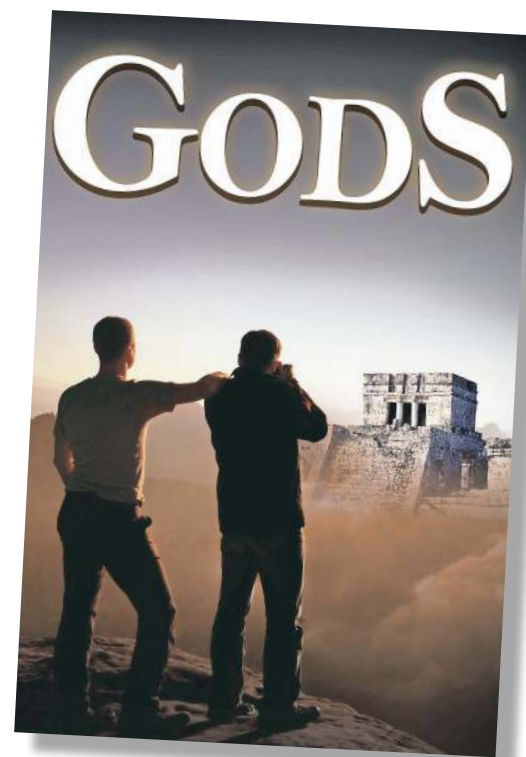
of the Grand Canyon. I said, 'What if someone got down there and discovered a whole other world?'"

It's a high-concept story, but Arbouet, who studied film at LIU Post, is up to the challenge.

"Writing a screenplay is very visual so you don't have to go into detail, the audience is going to see it," he says. "When you're writing a novel you have to pretend you're blind because the reader has no idea what is happening and you literally have to explain everything. I would get frustrated because I would write something, give it to someone to read, and they would have so many questions. It made me sit down and think!"

Arbouet came to the conclusion that he had to center on subjects about which people can relate. "I found that to be hard, but then it got easier as I went along."

Inspiration for the novel's tone came in the form of "The Martian" author Andy Weir. "He was a computer guy and scientist," says Arbouet. "He wrote what he knew about, self-published it, and it went viral because of the engineers and techies reading it. It ended up being this



The thought-provoking apocalyptic adventure mystery is based off of Michael J. Arbouet's screenplay. It questions what would be the results of a disastrous earthquake that not only shook the world to its foundation and beyond, but also opened up a pathway to another, hidden world inside the Earth, also disrupted by the event.

really funny, interesting book. When you're reading it you feel the isolation and hope, and the fear of not being able to survive."

According to Arbouet, watching the film is a markedly different experience. "First you see Matt Damon, the actor, before you even see the character being portrayed," he says. Arbouet aimed to remember this as he moved forward with "Gods." "The movie only showed a quarter of what the book does. With "Gods" I wanted to show more than what was possible in my screenplay."

Arbouet hopes that the story of Gods' Devil's Fork earthquake and its results can one day be made into a film. For now, he is already at work on a sequel while he looks forward to sharing his work with readers at the book's launch this weekend.

"I hope people enjoy it and that some of the things they wonder about will be answered. "Gods" will make them think and want to find out what happens in the next one," he says, enthusiastically awaiting his book's debut.

— Iris Wiener
kbloom@liherald.com

MICHAEL J. ARBOUET

When: Saturday, Sept. 15, 3-4:30 p.m.

Where: Turn of the Corkscrew Books and Wine, 110 N. Park Ave., Rockville Centre. (516) 764-6000 or visit www.turnofthecorkscrew.com.

FAMILY FUN Rosie Revere, Engineer

Rosie Revere and her friends take to the stage in a musical adaptation of Andrea Beaty's popular books. The stories of "Rosie Revere, Engineer," "Iggy Peck, Architect" and "Ada Twist" unfold in TheatreworksUSA's lively production, geared for grades K-4. See what happens in Ms. Greer's classroom with her three inquisitive out-of-the-box thinkers. Rosie Revere has big dreams, Iggy Peck has a relentless passion for architecture, and Ada Twist's curiosity can drive her teacher crazy. Follow along with Ms. Greer's class on a field trip to a remote island.



WEEKEND Out and About

When the small footbridge connecting the island to the mainland collapses (and their teacher faints), Iggy, Ada and Rosie Revere must come together to solve a big-time crisis using their wits, engineering prowess, and problem-solving skills. Saturday, Sept. 15, 2 p.m. \$25, \$15. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

SEASONAL DELIGHTS AOH Feis & Festival

The Nassau County Board of the Ancient Order of Hibernians welcomes the fall season with its annual AOH Feis & Festival. Experience all things Irish at this lively celebration of Irish dance, music, piping, drumming, language and athletics, presented by the Nassau County Board of the Ancient Order of Hibernians. The 18th century tradition lives on in Nassau County, where the AOH's eight strong



divisions join to organize competitions of dance and piping and present awards to the best. There are competitions in Irish singing as well, along with Gaelic games for children, and much more, including performances by popular Irish bands. Enjoy a day chock full of activities, including with an Irish marketplace. Bring a picnic lunch and settle in for the day, ready to experience the age-old traditions of this fascinating event.

Sunday, Sept. 16, 9 a.m.-6 p.m.; Roman Catholic Mass is celebrated at 11 a.m. \$10. Children under 16 free. Nickerson Beach, Lido Boulevard, Lido Beach. For more information, visit www.nassauaohfeis.com or call (646) 481-3347.

Performances/ On Stage



Man of La Mancha

The classic musical based on Cervantes's "Don Quixote," Thursday and Friday, Sept. 13-14, 8 p.m.; Saturday, Sept. 15, 3 and 8 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Celtic Thunder X Tour

The Irish vocal group in concert, celebrating 10 years, Thursday, Sept. 13, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd, Westbury. (800) 745-3000 or www.ticketmaster.com.

Keller Williams

The singer-songwriter in concert, Thursday, Sept. 13, 8 p.m. The Space, 250 Post Ave. Westbury. (800) 745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.

Rick Springfield

The singer-songwriter in concert, with special guest The Mylars, Thursday, Sept. 13, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Blue Roots

The R&B band in concert, Friday, Sept. 13, 8:30 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

MC50

The rockers in concert, with Kick Out the Jams 50th Anniversary Tour, Friday, Sept. 14, 9 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Yen

Anna Jordan's drama about disaffected, British Teens, Friday and Saturday, Sept. 14-15, 8 p.m. Sunday, Sept. 16, 3 p.m. Carriage House Players, Vanderbilt Museum, 180 Little Neck Road, Centerport. 557-1207 or www.vanderbiltmuseum.org.

Chip Chipperson

The shock comic on tour, Saturday, Sept. 15, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Counterclockwise Ensemble

The contemporary chamber quintet in concert, Sunday, Sept. 16, 6 p.m. Huntington. (631) 423-7611 or www.cinemaartscentre.org.

Dick Fox's Doo-Wop Extravaganza

Classic doo-wop groups perform, Sunday, Sept. 16, 3 p.m. Lineup includes The Duprees, The Platters' Sonny Turner, ay



Melissa Etheridge

Melissa Etheridge visits Tilles Center for a special evening celebrating the 25th anniversary of her Grammy-winning album "Yes I Am!" on Sunday, Oct. 7, at 7:30 p.m.

Known for her confessional lyrics and raspy, smoky vocals, Etheridge has remained one of America's favorite female singer-songwriters for more than two decades. After storming onto the American rock scene in 1988 with the release of her critically acclaimed self-titled debut album, Melissa's popularity grew around such memorable originals as "Bring Me Some Water," "No Souvenirs" and "Ain't It Heavy".

"Yes I Am!," her fourth album, features the songs "I'm the Only One" and "Come to My Window." Tickets are \$110, \$80, \$60, \$40; available at (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

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

Siegel's Tokens, the Happenings, the Capris, Joey Dee. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

Jessa Posa

The vocalist in concert, in a tribute to Frank Sinatra, Sunday, Sept. 16, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Jill Sobule

The singer-songwriter in concert, with Christine Sweeney, Sunday, Sept. 16, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.



Michael Feinsstein's The Crooners

The vocalist in concert, Sunday, Sept. 16, 7 p.m. A salute to Bing Crosby, Dean Martin Frank Sinatra, and other legendary entertainers. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Midge Ure

The Scottish multi-instrumentalist in concert, Monday, Sept. 17, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old

Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Sarah McLachlan

The singer-songwriter in concert, Wednesday, Sept. 19, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Badfinger "Straight Up"

Bandfinger's Joey Molland in concert, performing the complete album and other hits, Thursday, Sept. 20, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.



Million Dollar Quartet

The jukebox musical that dramatizes the 1956 recording session among early rock and roll/country stars, Thursday, Sept. 20, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.ticketmaster.com.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, Sept. 20, 7 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

For the Kids

Kidsfest

Old Westbury Gardens hosts a nature-themed festival, Sunday, Sept. 16., 12-14 p.m. With varied interactive activities, including concert by Secret Agent 23 Skidoo, 2:30 p.m. Old Westbury Gardens, 71 Westbury Road, Old Westbury. 333-0048 or www.oldwestbury.org.

Pizza and Paperbacks

A book discussion for second-graders and up, Wednesday, Sept. 19, 3 p.m. Registration required. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Museums/Galleries and more...



True Colors

A full range of color's magic is on display in this exuberant show of over 100 works from the 19th century to the current hot talents. From Monet and Matisse to Mark Rothko and Frank Stella, and onward to the huge Color Field canvases and pulsing neon sculptures of today, color as a means of expression is the keynote for this exhibition. Nassau County Museum of Art, 1 Museum Drive, Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Coast Guard Art

An exhibit depicting the mission of the U.S. Coast Guard, including search and rescue and boat patrols, along with buoy tending and training exercises. Artists on view include James Consor, Karen Loew, and Glen Head residents Susanne Corbelletta and Charles Van Horn, among others. Through Sept. 15. North Shore Historical Museum, 140 Glen St., Glen Cove. 801-1191 or www.northshorehistoricalmuseum.org.

Long Island Biennial

A juried exhibition of 52 works by artists representing Nassau and Suffolk counties. Paintings, sculpture, photography, works on paper, and mixed media encompassing diverse styles, subject matter, and themes are included. Through Nov. 11. Heckscher Museum of Art, Main Street and Prime Avenue, Huntington. (631) 351-3250 or www.heckscher.org.

Seashells...Nature's Inspired Design

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

The Tile Club: Camaraderie and American Plein-Air Painting

An exhibit of tiles, drawings, sculpture, and prints that document the life and times of this lively artistic society. One of

many that emerged following the nation's Centennial in 187, it comprised a select group of artists, writers, and musicians, including Winslow Homer, William Merritt Chase, Augustus Saint-Gaudens, Edwin Austin Abbey, J. Alden Weir, and Stanford White. Meetings were known for spirited conversation and experimentation with painted tiles. Through Nov. 11. Heckscher Museum of Art, Main Street and Prime Avenue, Huntington. (631) 351-3250 or www.heckscher.org.

Wearable Art

A showcase of art and design, in an homage to New York Fashion Week. Through Sept. 15. Main Street Gallery, 213 Main Street, Huntington.

Book Club



At the Movies

See "Book Club," the rom-com about four lifelong friends whose lives are changed forever after reading "Shades of Grey" at their monthly book club, Thursday, Sept. 13, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Brown Bag Lecture

Join museum docent Riva Ettus for an informative talk on the current exhibit, Thursday, Sept. 13, 1 p.m.; followed by exhibit tour, 2 p.m. Nassau County Museum of Art, Manes Center, 1 Museum Drive, Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Old Time Base Ball

See teams from the 1864 league play base ball following the rules and customs of the 19th century in vintage uniforms, Sunday, Sept. 16, 11 a.m. Old Bethpage Village Restoration, Round Swamp Rd., Old Bethpage. 572-8401 or www.obv-nassau.com.

Gallery Talk

Join Nassau County Museum of Art Director Charles A. Riley, Ph.D. for a lively and informative tour of the current exhibit, Sunday, Sept. 16, 3 and 4 p.m. Nassau County Museum of Art, Manes Center, 1 Museum Drive, Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Sketching in the Galleries

All ages can express their creativity and sketch in the museum's gallery space, Sunday, Sept. 16, 11 a.m.-5 p.m. Help yourself to a variety of drawing supplies, grab a seat and create. Free with admission. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.



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Dry samples not enough to ID source

CONTINUED FROM FRONT PAGE

sample “was just trickling out of there . . . There wasn’t even enough flow to dip the [sample] bottle in it.”

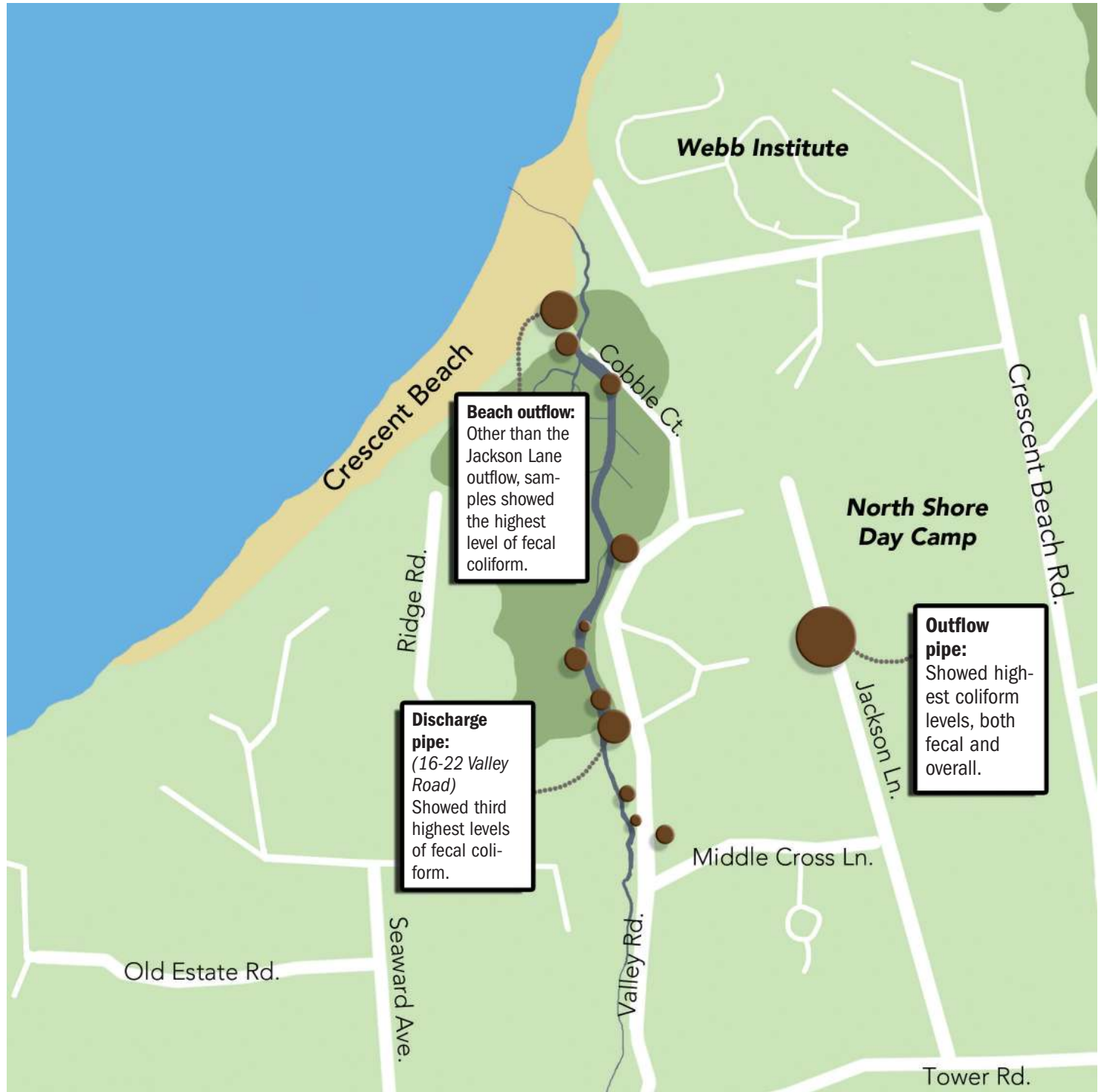
Mayor Tim Tenke said that the day camp used to have several horses, which some locals had speculated were the source of the problem. But Tenke added that as of at least a few years ago, none of the properties in that area still had any horses.

All other samples besides the one from Jackson Lane were taken from a stream just west of Valley Road. They all showed far lower levels of the fecal contaminant. High levels of other coliforms, like E. coli and enterococcus, were detected in some samples, but, Ferretti said, general coliform levels are more important to regulate in drinking water than in bathing water, where fecal coliform plays a central role.

Last week, the Herald Gazette reported that the fecal coliform did not contain either of two human markers, meaning that the culprit was most likely a bird or other mammal. Ferretti said, however, that additional samples, taken after rainy weather, were needed to confirm that conclusion. He added that the lab planned to take more samples in the coming weeks.

Properties in the area had been the subject of previous tests and studies. They included a dye test to check for leaky plumbing — it found none — and fiberoptic camera tests to determine the source of outflow from pipes in the area that officials found suspect. Those tests were inconclusive, suggesting that the plumbing infrastructure of nearby homes wasn’t to blame.

The City of Glen Cove and the Nassau County Department of Public Works are working together to determine whether filters could temporarily solve the contamination problem at Crescent Beach. The county agreed in late July to spend \$200,000 to explore the possibility of installing filters. But, Tenke said, “These filters can only treat so much water per hour. We’re at the stage right now where we’re trying to determine flow rates” to ensure that filters are installed in the optimal locations. To that end, the city will issue a request for proposals for firms to study the issue.



THIS MAP SHOWS the amounts of coliform found at different points along the contaminated stream that runs across Crescent Beach. Christina Daly/Herald Gazette; Data courtesy Environmental Protection Agency

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OPINIONS

On trade and immigration, time to make a deal

The U.S. economy is humming along at a brisk pace, fueled by last year's tax cuts, business growth and strong consumer confidence. Unemployment overall is the lowest in decades, and among minority workers it's the lowest ever. The challenge in Washington is how to sustain this good economic performance over the long haul.

Given the natural ebb and flow of the business cycle, most economists project that the current good times could begin to fade sometime in the next two years, unless D.C. policymakers take steps soon to keep the economy growing. And two of the factors that could most positively impact this situation are



**ALFONSE
D'AMATO**

trade and immigration policy. Unfortunately, in both of these areas, the U.S. is bogged down in impasses that could drag us toward recession.

When it comes to trade, the Trump administration is absolutely right to push for better deals with our trading partners. Europe's high tariffs on U.S. autos negatively impact American carmakers. Canada's

steep duties on U.S. dairy products hurt American farmers. China's below-cost dumping of steel and aluminum and its blatant theft of our technology have severely disadvantaged American businesses and workers. Mexico's low wages, lax labor rules and weak environmental protections give it a patently unfair edge over American competitors.

Pressuring these countries to make fairer trade deals with the U.S. makes perfectly good sense and was long overdue. But we're fast approaching a tipping point, at which staying locked in escalating trade conflicts could nudge our country and our trading partners into the very recession all of us hope to avoid. It's time for President Trump and his trade advisors to close pending deals and prevent dangerous trade wars.

The deal the U.S. recently made with Mexico was a good start, and will help American automakers more fairly compete with auto plants in Mexico. This landmark agreement will level the playing field on wages, labor rules, environmental regulations and "domestic content" requirements to make it more attractive for American automakers to keep their factories in the U.S. It should serve as a model for a quick

deal with Canada to stabilize our mutually beneficial trade relationship.

As soon as this North American trade reform is completed, U.S. trade negotiators should turn their attention to reaching a deal to equalize tariffs with European Union nations. And they should defuse the dangerous possibility of an all-out trade war with China that could see tariffs rise to 25 percent on both sides. If that takes a direct discussion between Trump and Chinese President Xi Jinping, it will be worth it to keep both of our economies from going over a trade cliff.

Along with finalizing these trade deals, Congress and the president should move toward resolving another issue that has the potential to become a real drag on the U.S. economy. American immigration policy has been mired in a decade-long partisan deadlock that must be broken. That's unlikely to happen until after November's midterm elections, but no matter which way those elections go, it's time for action. Whether the GOP hangs on to its majority in Congress or — as is more likely — loses the House of Representatives to Democratic control, the stage should be set for an immigration reform deal.

With the nation at nearly full employ-

ment and with a rapidly aging workforce, we badly need an infusion of ready and willing immigrant workers to help fill the void. Businesses right here in New York complain of severe labor shortages that are crimping their ability to grow. Manufacturers, technology companies, tourist businesses and farmers simply can't find enough qualified workers to fill available jobs. They are forced to deal with a crazy-quilt immigration system that too often leaves them with critical labor shortages. Immigration reform that allows a more reasonable number of workers to legally enter the U.S., combined with stronger border protections to keep illegal immigrants out, is a deal that both sides in the immigration debate should be able to strike.

It will take some real leadership to break the impasse, and a willingness on all sides to reach beyond petty political posturing. But with that needed dose of leadership and an openness to reasonable compromise, an immigration reform deal can be cut. If it's combined with a resolution of ongoing trade differences, it could help keep the U.S. economy growing rather than faltering. That would be a good deal for everyone.

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.

Why Melania Trump wrote the Times op-ed

The only real surprise is that *all* Melania Trump did was write an anonymous op-ed piece for The New York Times calling her husband impulsive, reckless, petty and amoral. What remarkable self-discipline she has demonstrated in the face of repeated public embarrassments.

Why do I think it was she? On a personal and visceral level, she has more reason than anyone else to make public the president's sleazy and loathsome behavior.



**RANDI
KREISS**

All said, she has shown great restraint. She didn't set fire to the Lincoln Bedroom or blow up Mar-a-Lago. She didn't

lace his food or short-sheet his bed. If Donald Trump were your husband, wouldn't you be looking for a way to exact revenge for his repeatedly humiliating you in public? One can only imagine the private agonies Melania endures.

No amount of coiffing and stepping out in designer shoes can compensate for emotional abuse by a spouse. People say she knew the deal when she married him. She was a model who met a fabulously rich guy and wanted a glamorous life. Then she

woke up one day to find herself first lady of the United States. Yeah, we were pretty shocked, but imagine *her* reaction. She hasn't looked very happy in her first lady role.

And she has never missed an opportunity to miss an opportunity. When she traveled to comfort flood victims in Houston, she stepped onto the plane in stilettos, an awkward visual. When she flew to our border facilities to check out the kids who were separated from their parents, she wore a jacket with writing on the back that said, "I don't really care, do U?" She has been ill-served by her advisers and the professional speechwriters and handlers whose job it is to help her look good and do good. No one seems to be watching out for her, and that can make a woman really mad.

Who gave her Michelle Obama's speech to plagiarize at the GOP convention? How does that happen? And who suggested the "Be Best" campaign, which isn't even good English, not to mention that the entire "initiative" is clearly a reworking of a longtime Obama initiative for children.

Her husband has been oafish in public, charging ahead of her, bounding out of the limo before her and reaching for her hand only when the cameras are watching. (Of

course the cameras caught her swiping his little hands away.)

When the Times's anonymous op-ed was published, the buzz was that it was Mike Pence setting himself up for a presidential run when the Donald leaves office, one way or another. Some said it was Mike Pompeo or maybe KellyAnn Conway or possibly Jared Kushner. Backstabbing can come in so many forms.

But the second I read the piece, I thought it was Melania, taking sweet revenge on her philandering husband. And I think someone she trusts helped her write it in a clear, plain-spoken way. It is a wonder it took her so long to reveal the fury behind her frozen gaze and fixed expression.

Her husband is a proven liar and cheat. He had sex with Stormy Daniels just months after Melania gave birth to Baron, her first child and his fourth. In public, he has been dismissive of Baron; that alone must infuriate the first lady.

And in recent months we have learned that Trump paid Daniels to keep quiet about their affair, and lied about that, too. When it all became public, the president just pushed forward, trying to draw attention from the sex scandal by tweeting and talking trash.

The last things we want are an all-out trade war with China and severe labor shortages.

Pence? I don't think so. Pompeo? Nope. It had to be the aggrieved missus.

Meantime, Melania was trying to find her place in the world of the Trump White House by speaking out against social media abuse and cyberbullying. The irony could not be more profound.

The "anonymous" op-ed says, "The root of the problem is the president's amorality. Anyone who works with him knows he is not moored to any discernible first principles that guide his decision making." Many people are in a position to make that observation, but I say Melania has real motivation to out her husband and his deranged outbursts.

The piece goes on: "Meetings with him veer off topic and off the rails, he engages in repetitive rants, and his impulsiveness results in half-baked, ill-informed and occasionally reckless decisions that have to be walked back. ... There is literally no telling whether he might change his mind from one minute to the next."

The essay describes the president's leadership style as "impetuous, adversarial, petty and ineffective." Melania should know.

Meanwhile, among all the speculation about who done it, the president is tweeting that the op-ed is "virtually treasonous." He is demanding an investigation.

I don't know about you, but I think that if he finds out it was Melania, he could go all Henry VIII on us.

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HERALD EDITORIAL

Helicopter parenting isn't so bad after all

Over a quarter-century ago, under President George H.W. Bush, the U.S. Department of Education published an untitled, 49-page booklet that offered advice to parents about how to help their children in school. It was revised and republished in 2002 and 2005, under President George W. Bush, as part of the No Child Left Behind Act of 2001.

The booklet represented a significant break from traditional educational orthodoxy. In previous decades, parents were the enforcers. They were supposed to make sure their kids were doing their homework and getting to school on time. That was about it. The business of teaching children to read, write and calculate belonged to the professionals — school principals and teachers. With the 1990s and 2000s came a new philosophy: Parents should play a central role in helping to educate their children, regardless of their own educational backgrounds.

Ever since, parents, caught between new and old educational methods, have struggled to understand what they should and shouldn't do when it comes to helping their kids in school, and even in life. Many grew up in an era when it was believed — falsely — that children had to make it on their own. If they were failing, it was likely owing to a lack of effort or attention. Leave the child to work it out, the thinking went.

A more progressive form of education was created under the two Bush presidents as well as President Clinton — one in which parents were to become key players in their children's education.

Yes, testing was — and still is — overemphasized. At the core of it, though, our education system changed for the better by increasingly involving parents, from pre-school through high school graduation. Now we are seeing many colleges take up the mantle, forming new partnerships with their students' parents and guardians.

These initiatives have led to charges, often by old-school critics, that parents are coddling their kids and creating a generation of young people incapable of making it on their own. A new term came into wide use in the lexicon in the early 2000s — “helicopter parent,” defined as micromanagement of a child's interests and activities, and often a willingness to question teachers' abilities and authority.

From Psychology Today last year: “Helicopter parenting does kids no favors . . . A new study suggests that helicopter parenting can trigger anxiety in certain kids, adding to a small pile of data suggesting that helicopter parenting stunts kids' emotional and cognitive development.”

Whoa!

New research also suggests that helicopter parenting, largely practiced by members of Generation X, might actually have its benefits, as long as it's practiced judiciously, and as long as parents maintain a willingness to listen to their children and those who teach them.

Writing on GoodTherapy.org, Vicki Botnick, a marriage and family therapist, noted in 2016, “In these times, when many of us feel alienated from our government, our neighbors, and sometimes our fami-

lies, it's worthwhile to rethink the benefits of kids being more connected to their parents. After all, parents started parenting this way for a reason. We were reacting against the free-form, unbounded childhoods we experienced, in which many of us faced daily dangers and years of floundering without oversight or steady guidance.”

According to Botnick, children of so-called helicopter parents tend to feel better supported, as well as a greater sense of attachment to their families and communities. In the end, she points out, these children understand that their mothers and fathers are there for them, so they tend to stay more connected to them when they become teenagers and young adults. They are also more likely to play a role in caring for their parents in old age.

So, what's the right balance?

The Education Department booklet, which you can find at bit.ly/2NvL9hz, is a good starting point. It suggests that parents play with their children, read with them and talk with them, not once in a while, but often — every day, if they can.

It also says that parents should never allow their children to flounder to the point of failure. When kids are struggling, they need help. It's a parent's job to ensure that they find it. After all, most children are incapable of even identifying their own weaknesses, let alone mustering the resources to strengthen them.

It's about time that we stop throwing kids into the deep end of the pool to see whether they sink or swim. That philosophy led to too many drownings in the past.

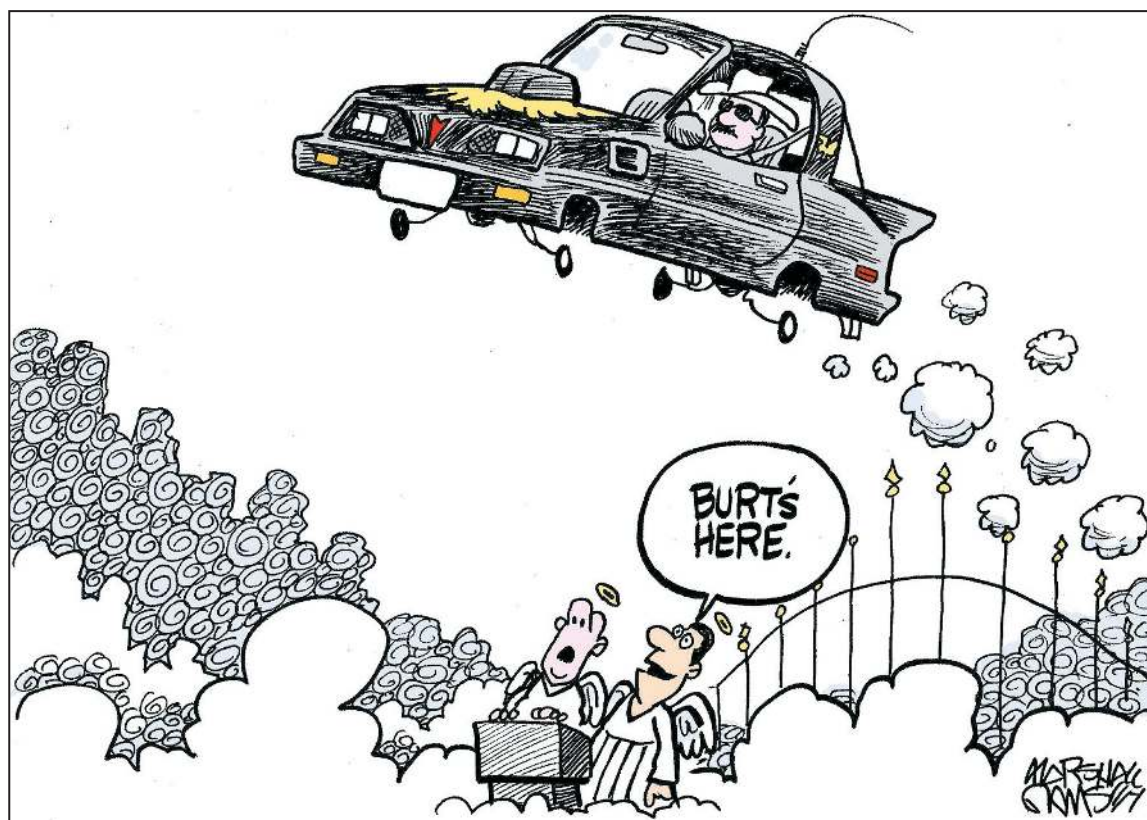
LETTERS

Glen Cove's camel

To the Editor:

There's an old saying, “A camel is a horse built by a committee.” Glen Cove is about to build a camel. This time it's going to be a Finance Committee, which, according to Mayor Tim Tenke, will “help us understand and meet our needs in policy, procedures, infrastructure and support personnel.”

This new camel raises the question, if Mr. Tenke doesn't understand Glen Cove's needs in policy, procedures, infrastructure and support personnel, then why in heaven's name did he ever run for mayor? As a candidate, he assured voters he knew all these things. That's presumably why people voted for him. If, as he now appears to concede, he didn't have an understanding of how to run the city and needed a committee to explain it to him, perhaps he should have thought about that before throwing his hat in the ring



OPINIONS

Walt Whitman, I celebrate thee!

My stomach was churning furiously. The Press Club of Long Island's first-ever poetry reading on Aug. 23 was to begin in a half-hour at the Huntington Station birthplace of the unparalleled poet and journalist Walt Whitman. Would anyone show? I wondered.

If they did, I'd have to read my poetry in public — for the first time since high school 33 years ago. Yikes!

Within minutes, the poets and journalist-poets started to arrive, until the room filled with 15 people — so, yes, I had to read.

The two-story, wood-shingle farmhouse where Whitman was born is

now a State Historic Site, run by the Walt Whitman Birthplace Association. Whitman's father, Walter Whitman Sr., built it and settled his family there sometime between 1816 and 1819.

Walt Whitman was born in 1819. The WWBA is planning a series of celebrations next year in honor of the bicentennial of his birth. The birthplace has an interpretive center, with displays of photos and writings cataloging Whitman's amazing life, along with an expansive room with a semicircle of wooden benches, which hosts poetry readings and lec-

tures. A wall of wide windows looks out on a grassy courtyard and the farmhouse.

Around the time that President Trump was elected, I started writing poetry again, after a more than two-decade hiatus. I run four or five days a week at a nature preserve down the street from my Merrick home. The poems — all nonpolitical — just came to me as I trod along its seashell-coated paths. Poetry was a way for me to take back the beauty and majesty of the English language.

We can all — Democrat, Republican, Independent — agree that the 2016 presidential election was ugly. Debates were not debates. They were bitterly venomous verbal slugfests, the likes of which I had never seen in my lifetime, and as journalist for a quarter-century, I've seen many, many nasty campaigns.

Shortly before I became PCLI's president in June, I came up with the seemingly crazy idea that a journalism association should hold a poetry reading. Such an event, I thought, might restore a modicum of normalcy to our national dialogue.

Mission accomplished. For an article on the poetry reading, published on PCLI.org, I said this: "It was wonderful to hear the English language elevated to such a high level, particularly given all the anger, derision and simplicity of our national discourse these days."

Before the reading, I researched Whitman's life. If I was going to host a reading in his honor, at his home, I thought, I should know more about him. I discovered the Walt Whitman Archive, directed by Kenneth Price, of the University of

Nebraska, and Ed Folsom, of the University of Iowa, both scholars of the "good gray poet." Found at whitmanarchive.org, it is a treasure trove of his works, including many of his newspaper articles, which appeared in publications like the Hempstead Inquirer and the Long-Island Democrat, which are long since defunct.

Here's Whitman describing the frenetic pace of life in an unsigned column for the Democrat:

"We are continually on the move. We may sometimes flatter ourselves in the idea of making a comfortable stop, with time enough to eat our dinner and lounge about a little, but the bell rings, the steam puffs, the horn blows, the waiters run about half mad. Every thing is hurry-scurry for a moment, and whizz! We are off again."

Whitman, I learned, published travelogues on Long Island for New York City newspapers. From "Letters from a Traveling Bachelor," published in the New York Sunday Dispatch from 1849 to 1850:

"At its easternmost part, Long Island opens like the upper and under jaws of some prodigious alligator . . . The bay that

lies in here, and part of which forms the splendid harbor of Greenport, where the Long Island [Rail Road] ends, is called Peconic Bay; and a beautiful and varied water is it, fertile in fish and feathered game."

On Long Island's end point, he wrote: *Montauk Point! how few Americans there are who have not heard of thee — although there are equally few who have seen thee with their bodily eyes, or trodden on thy green-sward. Most people possess an idea . . . that Montauk Point is a low stretch of land, poking its barren nose out toward the east, and hailing the sea-wearied mariner; as he approacheth our republican shores, with a sort of dry and sterile countenance. Not so is the fact. To its very extremest verge, Montauk is fertile and verdant."*

We are fortunate that Whitman lived and worked here on Long Island. To learn more about his birthplace, go to waltwhitman.org.

The reading was a fundraiser for the Committee to Protect Journalists, in honor of the five Capital Gazette staffers killed in a mass shooting in June. For more on this nonprofit organization, or to donate to it, go to CPJ.org. For more on the reading, including sample poems, check out bit.ly/2My1rqJ.

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



SCOTT BRINTON

LETTERS

just to build another camel.

MICHAEL A. LEVY
Glen Cove

Plans to care for the vulnerable

To the Editor:

Religion. That word carries more baggage than a family with three toddlers on vacation. Yet it was the topic of the First Presbyterian Church of Glen Cove's worship service in Morgan Park on Sept. 2. As the congregants enjoyed the warm sun and sparkling water, they deliberated on how the word religion is often equated with empty rituals and traditions.

While it can include ritual and tradition, religion is simply the practices and actions one takes to further one's relationship with God. In the biblical scriptures (as well as in sacred texts from other faiths) religion, in its purest form, is caring for the most vulnerable. The people of FPC asked, Who are the most vulnerable in our city? What can we do to walk alongside them? The conversation carried into their practice of communion as they shared a common

FRAMEWORK by Tab Hauser



A special moment, serenity on the water. — Glen Cove

loaf of bread and a cup of juice.

In the Presbyterian Church in the United States, the communion table is open to all no matter where they are on their spiritual journeys, and it

symbolizes a meal in which all have enough to eat and drink, so no one leaves hungry or thirsty or vulnerable. The people of FPC hope to make this practice a reality as they contin-

ue to discern who they are being called to care for.

KALLY ELLIOTT
Pastor
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Linda Faraldo, 516.674.2000, c.516.984.9049



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