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**Welcome back to Blood Manor**  
 Page 27



**Breast Cancer Awareness**  
 Pull out

VOL. 27 NO. 40

OCTOBER 4-10, 2018

\$1.00



Courtesy Glen Cove School District

**TWO IMAGES TAKEN** by the Bond Committee during their walk-throughs of school district buildings, top, show a makeshift vent system at Connolly Elementary and a rotting steel beam at Deasy School. The bottom image is an rendering of proposed changes to the Finley Middle School library.

## Bond committee proposes 'essential' school safety fixes

By **ZACH GOTTEHRER-COHEN**  
[zgottehrer@liherald.com](mailto:zgottehrer@liherald.com)

Aamaiyah Vaughan, president of the senior class at Glen Cove High School, hopes to one day be president of the United States. Her path to the White House would be easier, she says, if her school buildings weren't falling apart.

While working on a social studies essay about Supreme Court rulings on state and federal powers on Sept. 25, Vaughan and her classmates

were evacuated from the high school library after a piece of the ceiling dislodged and fell. Vaughan said, and her classmate Sarah Braja echoed, that ceiling tiles in the high school fall "all the time . . . and not just in the library." They noted that in many classrooms, the guts of the building — wires and plumbing — were visible through the holes left by tiles that had fallen or had been removed and not replaced.

"It's just depressing sometimes," Vaughan said. "You

learn to get used to it, especially going to a school like this, where there are several challenges that you have to work past."

The students also told the Herald Gazette that the climate control in the buildings — or lack thereof — often left the floors damp with condensation. "Just today," Vaughan said the day after she was ushered out of the library, "I think three kids fell in the hallway,

CONTINUED ON PAGE 25

## Balancing the budget, piece by piece

By **ZACH GOTTEHRER-COHEN**  
[zgottehrer@liherald.com](mailto:zgottehrer@liherald.com)

A week after Mayor Tim Tenke's proposed budget — which would have pierced the state limit on its tax levy — was met with the ire of council members and the public alike, Tenke presented a revised draft budget to the council at a working session on Tuesday night.

The draft proposal will not be released until Monday, Tenke said, the day before a scheduled hearing on it. As a result, the figures quoted below are limited to those that council members discussed at the meeting.

### New revenue

The new budget relies on increases in various city fees — some of which have not been raised in two decades — to boost total revenue closer to expenses. For example, a "street opening" fee, which utility companies pay when they want to work on their infrastructure underneath the city's roadways, has not been raised in 22 years, Tenke said.

The council also discussed fees for nonresidents who use city beaches. If a fee were introduced at Pryibil Beach, the proposal estimated, an extra \$18,000 in revenue could be generated.

After Councilwoman Pamela Panzenbeck noted that Pryibil Beach — and specifically, the parking lot — was usually filled to capacity during the summer months, Tenke suggested that similar revenues could be generated at Morgan Memorial Park. But because the park is leased to the city with the stipulation that it be used by residents of Glen Cove and a select few neighboring areas, City Attorney Charles

**W**e can do better, because the budget still has inefficiencies.

**MARSHA SILVERMAN**  
 City councilwoman

McQuair said, implementing fees there would require an amendment to the lease agreement.

In order to balance the budget, the city would have to stop subsidizing children who attend its summer camp program. Parks and Recreation Director Darcy Belyea said that the rates for the camp would have to be raised by about \$200 across the board. Coun-

CONTINUED ON PAGE 24

# Congratulations! Back to School Smiles Photo Contest Winners

Presented by Dr. Berger & Associates

## 2018 Grand Prize Winner!



**JOHN**  
Valley Stream

## 2018 Finalists



**JASON**  
Lynbrook



**MAYRA**  
Glen Cove



**LILY**  
Valley Stream



**EMMA**  
Valley Stream



**ISABELLA**  
Valley Stream



**OLIVIA**  
Hewlett



**CAYLEE**  
East Rockaway



**JULIA,  
GRACE &  
MADELINE**  
Oceanside



**CHASE**  
Franklin Square

## 2018 Runners Up



**FIRST RUNNER UP**  
**SHANELLE  
& TRISTAN**  
Elmont



**SECOND RUNNER UP**  
**RYAN**  
Wantagh

Photos appear in order of the most votes, see the full gallery at [LIHerald.com/Contests](http://LIHerald.com/Contests)



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# The G.C. Finance Committee's first report

By ZACH GOTTEHRER-COHEN

zgottehrer@liherald.com

At a Tuesday night working session of the Glen Cove City Council, city officials heard a strongly-worded presentation by the newly-formed Finance Committee about the city's fiscal practices.

The council approved the committee's mission statement in May, but a series of nominees to sit on the committee had been voted down, leaving it only partially filled until three members were approved at a Sept. 25 council meeting. The committee's task is to "evaluate, generate and recommend financing strategies, both short and long term," according to its mission statement, which specifically cites the city's procurement procedures as a subject the committee should tackle.

Committee member Cynthia Lovecchio told the council that their preliminary fact-finding work had found several areas where the city's procurement procedure was lacking, in some instances, severely. She directed the council's attention to a list of areas that the committee had looked at, color-coded into red for "deeply problematic," yellow for "kind of problematic," and green for "acceptable and good."

"As you can see," she said, "there's not a lot of green here."

## Policy guidelines

Lovecchio described the city's written procurement policy as "extremely limited." In her former industry, healthcare — which she called "the anal-retentive headquarters of the world" — there were



Tab Hauser/Herald Gazette

**ON TUESDAY NIGHT**, the Glen Cove City Council heard the first report of a recently filled Finance Committee, which critiqued several of the city's fiscal practices.

"books on books on books of purchasing systems and controls." Not so for the City of Glen Cove. "The entire purchasing policy for a \$60 million operation is 2 pages long," she said. "You can't ask people to follow good business practices if you don't tell them what they are."

## System automation

City Controller Sandra Clarson has been working on linking a partially automated acquisition system with the city's existing manual systems, and has recently purchased software that will help her do so. But a partially automated system, Lovecchio said, is the "worst of both

worlds. . . . In any kind of system, it's the handoffs where you make mistakes."

## Asset management

Lovecchio also recommended that the city keep an inventory of the items in its possession, which it doesn't currently do. A spreadsheet, she said, "showing what you own, where it is, where it is in the life-cycle, or when it's going to need to be replaced," could help the city plan for currently unforeseen expenses down the line and be more realistic about budgeting.

## Employee standards

It was "a little disturbing overall,"

Lovecchio said, that the committee "couldn't find anything" that resembled policies of workplace behavior. "There's nothing that speaks to self-dealing," she said, "there's nothing that speaks to conflict of interest, there's nothing that speaks to theft or misappropriation." Going out of her way to clarify that she wasn't insinuating that these things were happening, she added, "I'm saying you don't have any defenses against it happening."

In response to Lovecchio's suggestion that smaller charges be better tracked — by implementing a unified charge-card system, for example — Councilman Joseph Capobianco noted that the council frequently approves a large number of warrants for small amounts, less than \$100 each. He asked whether employees should be expected to get quotes on purchases "every time they want to spend \$50. There's a cost-benefit analysis," to the extra work involved.

She replied that for smaller expenses, "You don't have to control it, you have to track it," adding that when she was running a \$300 million dollar division of the Northwell Health system, "I could not spend one cent that did not appear on paper somewhere."

One of the key sticking points that frequently popped up in conversations about the Finance Committee before its creation was a concern that it would overload the Controller's office — a department already stretched thin by limited resources and manpower. Mayor Tim Tenke said that any requests for information that the committee had would be filtered through his office.

# Law aids hard of hearing during traffic stops

By ALYSSA SEIDMAN

aseidman@liherald.com

A bill that requires the production of information cards to assist deaf and hard-of-hearing motorists received unanimous support in the Nassau County legislature on Sept. 26. The legislation, which was proposed by Nassau County Legislator Josh Lafazan, was signed into law by Nassau County Executive Laura Curran on Wednesday.

"In a time of adversity or crisis when seconds and minutes matter, we need to make sure an interaction between a deaf or hard of hearing person and law enforcement is handled quickly, effectively and clearly," said Lafazan, of Syosset.

The cards — designed to be attached to a vehicle's sun visor — will allow deaf or hard of hearing drivers to more easily communicate with law enforcement or emergency personnel.

Earlier this year, Lafazan visited Mill Neck Manor School for the Deaf — located in his legislative district — after successfully passing a bill that requires an American Sign Language interpreter at emergency news conferences. While there he was told there was another major issue that deaf people face on a daily basis: communicating with police during traffic stops.

"I have been pulled over and I didn't understand what was being said," said Loretta Murray, the executive director of Mill Neck Services. "I am able to speak clearly so people think I can hear, but I cannot."

Murray explained that she had to ask the officer to write down what was being asked of her on a piece of

paper. The cards, she said, would act as helpful visual tools to aid deaf drivers during these interactions. "With the visor card, we are able to point to things we need to tell the officer."

Lafazan looped in Nassau County Police Commissioner Patrick Ryder to help develop the design for the sun visor cards. He said that the department is "equally committed" to ensuring that no resident faces unnecessary obstacles when they get pulled over.

The laminated cards feature important information and clear, colorful graphics intended to ease interactions between a deaf person and a police officer (see box.) Cards will be provided to every driver in the county designated as deaf or hard of hearing, and can be picked up at the DMV, and at any police precinct, volunteer fire department or community center. The cards will be printed in both English and Spanish and will also be made available on the county website as a downloadable PDF.

"Everyone is entitled to critical information," Lafazan said. He added that the cards would inherently streamline interactions between deaf persons and the police, preventing what was described to him as "tense, scary and uncomfortable" situations.

"This bill, along with training, will help both sides of the door so that people and police are safer," Murray said. "It will guard against miscommunication that in other jurisdictions have led to deaf people being killed during traffic stops."

Murray's hope is to see similar cards developed that would help the deaf interact with fire, EMS and other essential service providers.

## The visor cards will include the following:

- Bold, highlighted text at the top of the card indicating that the individual is deaf or hard of hearing.
- Symbols and pictures that can be used to communicate.
- A list of best methods of communication for the individual, including American Sign Language, writing, hand gestures or an assistive listening device.
- Descriptions of the most common traffic and motor vehicle offenses.
- Clearly marked boxes that indicate whether the individual is being warned, ticketed or arrested.
- Symbols for the individual to indicate to the officer if assistance is required.
- Symbols for the officer to communicate police directives to the individual.
- Suggestions for officers on how to effectively communicate.
- Phone numbers for county resources to assist deaf or hard of hearing drivers.

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## CRIME WATCH

### Arrests

■ Female, 24, of Uniondale, was arrested on Brewster Street for fourth-degree criminal mischief on Sept. 23.

■ Male, 36, of East Meadow, was arrested on School Street for petit larceny on Sept. 24.

■ Male, 59, of West Babylon, was arrested on Brewster Street for second- and third-degree aggravated unlicensed operation of a vehicle, making an improper U-turn and operating a motor vehicle without a license on Sept. 24.

■ Male, 38, of Glen Cove, was arrested on Brewster Street for third-degree criminal possession of a controlled substance, second- and third-degree aggravated unlicensed operation of a vehicle and other VTL violations on Sept. 27.

■ Male, 30, of Glen Cove, was arrested on School Street for second-degree unlaw-

ly dealing with a child on Sept. 27.

■ Male, 34, of Glen Cove, was arrested on Coles Street for third-degree assault and second-degree obstruction of breathing and menacing on Sept. 27.

■ Male, 54, of Glen Cove, was arrested on Kemp Avenue for two counts of third-degree criminal possession of a controlled substance on Sept. 28.

■ Male, 38, of Glen Cove, was arrested on Glen Cove Avenue for second-degree aggravated unlicensed operation of a vehicle on Sept. 29.

■ Male, 27, of Glen Cove, was arrested on McLoughlin Street for seventh-degree criminal possession of a controlled substance and unlawful possession of marijuana on Sept. 29.

■ Male, 27, of Glen Cove, was arrested on Glen Street for urinating in a public place on Sept. 29.

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

## NEWS BRIEF

### Glen Cove restaurant hosts an evening in Napoli

Wine and dine at Glen Cove's La Busola Ristorante on Wednesday, Oct. 10 at 6:30 p.m. for an evening of traditional Neapolitan songs and cuisine. Direct from Modena, Claudio Mattioli and Massimiliano Barbolini will perform a variety of Italian opera songs to delight the

whole family.

The cost is \$65, which includes a three-course dinner and a show. Seating is limited. Call for reservations at (516) 671-2100.

—Alyssa Seidman



## Let us hear from you!

We want to know what you think. Send your letters to 2 Endo Blvd., Garden City, NY 11530 or email [llane@liherald.com](mailto:llane@liherald.com)

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## THE WEEK AHEAD

### Nearby things to do this week

#### Bus trip to the Botanical Gardens

The Gold Coast Library will sponsor this historical, beautiful and educational trip to the Botanical Gardens on Tuesday, Oct. 9, where participants will be able to view the Georgia O'Keeffe exhibit. Afterwards, head to Arthur Avenue for lunch, and end the day with a guided tour of historical St. Paul's Church and Cemetery in Westchester. The bus departs the Glen Head American Legion, 190 Glen Head Rd., at 8 a.m.; approximate return time is 6 p.m. The cost is \$67. Registration is open; seating is limited. Info: (516) 759-8300.



#### L.I.'s Haunted Mansions

On Wednesday, Oct. 10, learn about some of Long Island's manor homes with their labyrinths of secret passageways, hidden chambers, deserted tunnels and the mysterious events that surround them. Author Monica Randall will reveal the secrets concealed in our very own neighborhoods. Cost is \$10; \$5 for members. North Shore Historical Museum, 140 Glen St., Glen Cove, 7 p.m. Info: (516) 801-1191.

#### All about garlic

Garlic, a member of the lily family, is a fall planting that brings great joy when spring arrives. Head to the Glen Cove Library on Saturday, Oct. 13 at 10 a.m. to learn the benefits of garlic, its history and how to plant, grow and cure it. Register now. 4 Glen Cove Ave., Glen Cove. Info: (516) 676-2130.



#### An afternoon of 'Broadway's Beloved Duos'

Join vocalist Marcie Passley for a revue of Broadway's best, when she visits the Landmark on Main Street stage, Wednesday, Oct. 10, at 2 p.m. Take a trip down memory lane with some of the greatest songs ever written for the stage. She'll share tunes from some of Broadway's beloved duos, including Rodgers & Hart, Kander & Ebb, Lerner & Loewe, and many more. Info: (516) 767-6444 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

#### In tune with the San Francisco Symphony

Hear the stirring sounds of the San Francisco Symphony when the acclaimed orchestra visits Tilles Center for the Performing Arts, on Friday, Oct. 5, at 8 p.m. Violinist Leonidas Kavakos joins Conductor Michael Tilson Thomas the orchestra for a dynamic all-Stravinsky program that includes Petrushka (1947 revision), Violin Concerto and Le Sacre du printemps (The Rite of Spring). Info: (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tillescenter.org](http://www.tillescenter.org).



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## Sea Cliff Mini Market

Sponsored by North Shore Kiwanis Club

**Sunday, October 7th**  
**10 am to 5 pm**  
**No Rain Date**

The picturesque Victorian Village of Sea Cliff will hold its 49th annual Mini Market street fair and art festival on Sea Cliff Avenue. It's one of Long Island's largest craft fairs with over 200 exhibitors and food purveyors. Free parking at Tappen Beach on Shore Road. Free shuttle buses will be available from 10 am to 5:30 pm. For directions call: 516-671-0080

**Free Admission**

Support Sea Cliff's "Bring Your Own Bag Law" for our environment.

For the safety of young children, NO dogs permitted



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# HERALD SCHOOLS

## District does poorly on '17-'18 state tests

By ZACH GOTTEHRER-COHEN

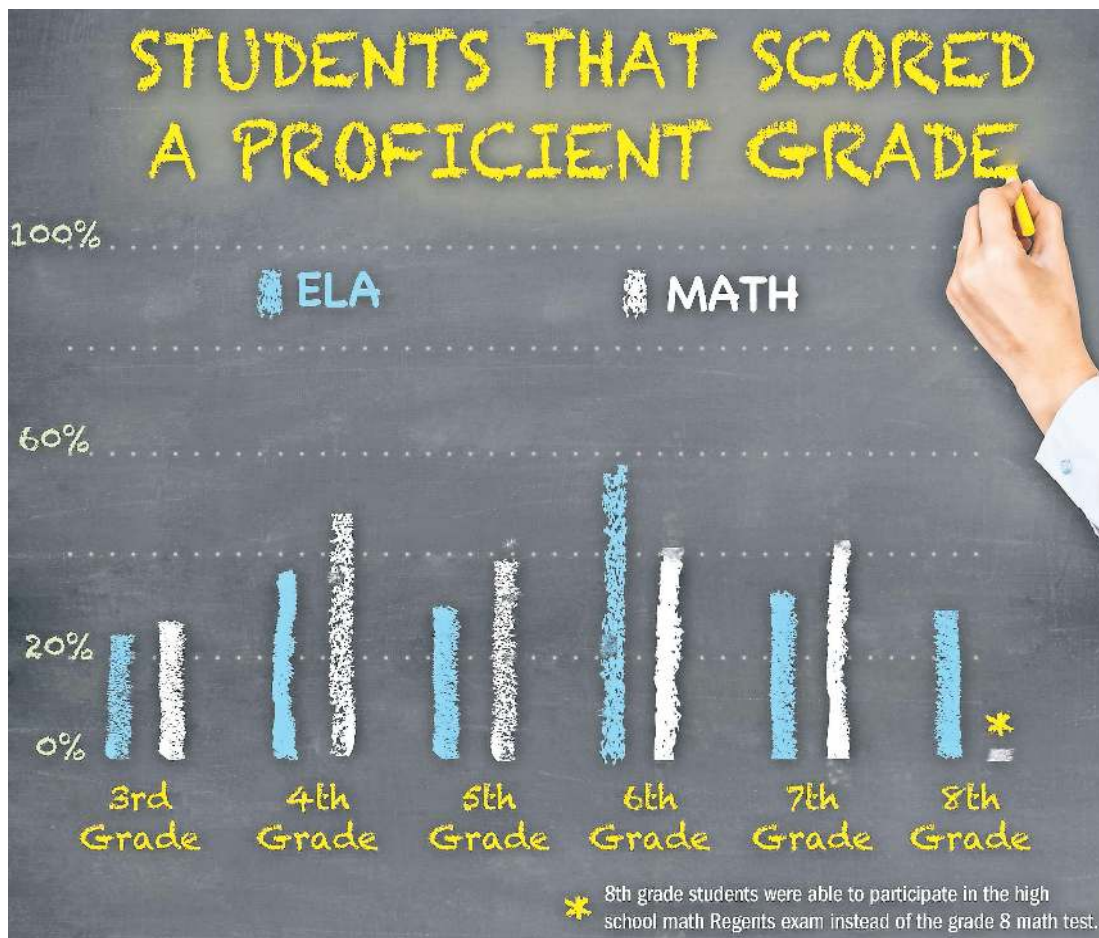
zgottehrer@liherald.com

Fewer third- through eighth graders in the Glen Cove School District demonstrated a proficiency on their statewide English Language Arts and math tests, when compared to students across Nassau County and the state. Although the district's proficiency rates were a slight improvement on last year's numbers, the New York State Education Department cautioned that because of changes in the way students take the test — across two sessions instead of all in one sitting — as well as new performance standards, 2018's results should not be compared to previous years.

For both the math and English tests, Glen Cove's proficiency rate is about 24 percentage points lower than the county, and around 10 points lower than the state. About one third of Glen Cove students performed well enough to be in the top two of four proficiency categories, compared to about 60 percent of students across Nassau County.

When broken down by demographics, the NYSED data show some stark contrasts between students of color and white students. White students attained mathematics proficiency levels at over twice the rate of Black and Hispanic student, although this disparity is not unique to Glen Cove, and exists to roughly the same degree county- and state-wide. In English, the gap is smaller, though not by much.

Of the district's 121 students in grades 3 through 8 with a disability, only 6 — or 5 percent — attained proficiency in math, compared to the 20 percent countywide. In English, only three students with a disability



Graph by Christina Daly/Herald Gazette; Data courtesy NYSED

achieved proficiency, compared to 18 percent across Nassau.

The district is on par with island-wide rates of standardized test boycotts, or "opt outs." In

the 2017-2018 school year, about 50 percent of students opted out of the state tests.

District officials did not get back to us for comment on these figures.

## Free food for healthy students at Landing



Courtesy Glen Cove Schools

**LANDING SCHOOL STUDENTS** Kay'Den Grier, back-left, Josue Amaya, Andon Esteves and Owen Hall enjoyed lunch together at school.

Landing School students recently enjoyed grilled cheese, fresh salad, turkey sandwiches and other delicious meals for lunch — at no cost to their families — thanks to the United States Department of Agriculture Food and Nutrition Service's Community Eligibility Provision.

In fact, this year all district students in grades K-5 are receiving free lunch and breakfast thanks to the Community Eligibility Provision, a non-pricing meal service option for schools and school districts. This provision allows districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.

According to Food Services Manager Kim Co-

persmith, the grant is for a duration of four years. The goal is to be able to offer the program to all district students, and so far, the students love it.

"The food is good and it's easier because we don't have to wait a long time to pay, we just have to put our code in," fifth-grader ZyAaire Mejia said.

Enhancing the district's lunch program was a conversation that began with the nutrition committee and continued with the nutrition and wellness committee. Committee members visited other districts to learn about their programs, ultimately learning about the Community Eligibility Provision and sharing the information to the benefit of the students.



# Buses replace LIRR trains on the Oyster Bay Branch

## October 5–9

Construction work related to the replacement of the Buckram Road Bridge will affect Long Island Rail Road train service on the Oyster Bay Branch from Friday, October 5 through Tuesday, October 9. If you are planning to travel on these days, please make note of the following:

### Traveling by Train

- Buses will replace all trains between Mineola and Oyster Bay from 10:00pm Friday through 2:00am Monday – please plan for additional travel time.
- Buses will continue to replace trains between Locust Valley and Oyster Bay from 2:00am Monday through 2:30am Tuesday.

### Traveling by Car

- Buckram Road and Oyster Bay Road will be closed (except to local residents) from 6:00am Wednesday, October 3 through 6:00am Thursday, October 11 – vehicles will be detoured to Piping Rock Road and Duck Pond Road.

In addition, please expect heavy daytime and nighttime construction noise during the old bridge removal, new bridge installation and raising of track (10:00pm October 5 through 2:30am October 9).

For details, pick up Special Weekend Timetables at stations, visit [mta.info/lirr](https://mta.info/lirr), or check out the LIRR Train Time app.



# HERALD SPORTS

## Glen Cove gets on track

### SPOTLIGHT ATHLETE



### LUCA MARRA

North Shore Senior Football

**MARRA SET THE** tone for the Vikings on Sept. 22 as they won for the second time in three games, defeating Conference III rival Division, 42-0. Marra returned the opening kickoff 75 yards for a touchdown to electrify the home crowd. Marra also added a 24-yard touchdown reception in the win. A week earlier, he was instrumental in a 28-14 victory over Floral Park, hauling in a 57-yard scoring toss from Dan Livoti.

### GAMES TO WATCH

#### Thursday, Oct. 4

Field Hockey: North Shore at East Meadow ..... 4:30 p.m.  
Girls Soccer: North Shore at Calhoun..... 4:30 p.m.  
Boys Soccer: Lawrence at North Shore..... 4:30 p.m.  
Girls Volleyball: Glen Cove at V.S. North..... 4:30 p.m.  
Girls Volleyball: MacArthur at North Shore ..... 4:45 p.m.

#### Friday, Oct. 5

Girls Tennis: Wheatley at Glen Cove..... 4:15 p.m.  
Boys Soccer: Bethpage at Glen Cove..... 4:30 p.m.  
Girls Swimming: C.S. Harbor at North Shore..... 4:30 p.m.  
Girls Tennis: Friends Academy at North Shore..... 4:30 p.m.  
Girls Soccer: Glen Cove at Jericho ..... 5:30 p.m.  
Football: North Shore at Wantagh..... 7 p.m.

#### Saturday, Oct. 6

Boys Soccer: North Shore at V.S. North..... 10 a.m.  
Field Hockey: Clarke at North Shore ..... 2 p.m.  
Football: Glen Cove at V.S. South ..... 2 p.m.

#### Monday, Oct. 8

Field Hockey: North Shore at Oyster Bay..... 1 p.m.

#### Tuesday, Oct. 9

Girls Tennis: Glen Cove at G.N. South..... 4:15 p.m.  
Girls Tennis: North Shore at Wheatley..... 4:30 p.m.  
Girls Soccer: Garden City at North Shore..... 4:45 p.m.  
Boys Soccer: North Shore at Floral Park ..... 4:45 p.m.

BY J.D. FREDA

sports@liherald.com

After starting the season 0-3-2, the Glen Cove girls' soccer team had an important meeting in which all players were held accountable. Coach Peter Falen called this mandatory get-together in the classroom in lieu of an outdoor practice midweek. The result of the meeting was two subsequent wins: a 4-1 victory on the road at Malverne/East Rockaway, and a 4-2 victory over Clarke at home.

"I felt as if this meeting was what we needed at the time...This was an extreme team bonding moment," Falen said. "If we didn't have that meeting, the season just might be over."

Falen referred to the fact that his offense just couldn't find it's footing early on, constantly relegated to playing from behind early on and looking for late-game comebacks.

Falen pointed to the Lady Big Red's Sept. 13 draw against Great Neck South as a prime example.

"They had jumped out to an early lead and kept it until half," Falen said. "We scored twice in the second half, but they pushed one through near the end and we tied."

After Great Neck South's Kristina Garcia scored the first goal of the contest, Glen Cove's young offensive-minded Tammy Perez and Olivia Muzante netted a goal respectively to take the lead before Vivian Vlantis of Great Neck South scored with just about 15 minutes remaining in the game.

Perez, younger sister of former Glen Cove standout and one of the school's all-time leading scorers Delilah, has been a bright spot in the Lady Big Red's recent offensive improvement.

"She has emerged and is making her own name out there," Falen said. "Size-wise she is one of the smallest on the field, but heart-wise one of the biggest. She is very skillful, yes, but sprints for every single ball that comes her way."

Falen has shaken up the offensive gameplan, and the improvement has come along steadily.

"Our best improvement has come on the offensive side," Falen said. "The one big adjustment I made is that, for our first few games, we'd be attacking with only



Sue Grieco/Herald

**GLEN COVE'S ALIYAH** Stone, right, jostled with Malverne/East Rockaway's Samantha Clare during the Big Red's 4-1 victory on Sept. 26.

two girls. The last few games, we've been attacking with five or six players."

This has paid dividends, as Glen Cove is scoring goals at a higher clip and spreading around the ball more fluidly. Perez, Aliyah Stone and Alessia Rodriguez all netted goals in the win over Clarke, while Rodriguez added a goal in the Malverne/East Rockaway game and Perez pushed three across for her first hat trick of the season.

This has made it easier on the team

captain and goalkeeper Jaynise Espinal, who made 16 saves combined in the team's back to back wins.

Falen felt that this was the perfect time for his girls to turn it around. "We just finished the first leg of the season. Now, we start to play teams the second time around and we can watch film, do our homework, and gameplan for them," Falen said. "If we can shut down the other team's leading scorers and play our game, we will compete."

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



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# HERALD NEIGHBORS



Photos by Roni Chastain/Herald Gazette

**THE GOLD COAST** Business Association's Fall Fest in Glen Head was the place to be on Sunday.

## Fall fun at 5th annual Fall Fest



**T**he Gold Coast Business Association held its fifth annual Fall Fest on Sunday, Sept. 30 at The First National Bank of Long Island's Glen Head branch. Over 40 business vendors from across the North Shore set up shop in the bank's parking lot, offering local goods, fresh produce and handcrafted items to members of the community.

The formative Fall Fest was contained to a single parking lot with only 25 vendors. Five years later, Fall Fest now takes up two lots, with over 45 vendors selling their wares to North Shore shoppers.

In addition to the restaurants, gift shops and businesses featured at Fall Fest, there was entertainment, too. The Glenwood Landing Fire Department was on site with firetrucks for children to enjoy and North Shore High School's dance team, Pulse, performed a few routines.

-- Alyssa Seidman

**SUSAN DAVILA INSPECTED** rustic home goods at Fall Fest. Top.

**IRENA DEBIEC NEATLY** arranged corn, carrots and other locally grown produce before buyers came to market. Left.

**JOHN HUNTER CHATTED** with vendor Cathi Turow while observing some of her wares. Far left.

# COMMUNITY CALENDAR

## Thursday, Oct. 4

### Unicorn body scrub

Gold Coast Library, 50 Railroad Ave., Glen Head, 4:30 p.m. Children will create a super fun and colorful unicorn body scrub and take it home in a jar. There will also be a unicorn coloring contest with themed prizes. Recommended for children in grades 3 through 6. Email [acivorelli@goldcoastlibrary.org](mailto:acivorelli@goldcoastlibrary.org) to RSVP. (516) 759-8300.

## Friday, Oct. 5

### A Time for Kids — pumpkin craft

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 10:30 a.m. Enjoy this music and movement program with your little one, and then create a fall pumpkin craft together. Recommended for children ages 18 mo. to 5 years old. (516) 676-2130.

## Saturday, Oct. 6

### Mill Neck Family's Apple Festival

Mill Neck Manor, 40 Frost Mill Rd., Mill Neck, 9 a.m. to 5 p.m. The Mill Neck Family's Apple Festival has had its roots firmly planted in the Long Island community since 1957, and this year, brings back a reminiscent look and feel to its vintage beginnings. With the return of tasty apples, handmade country crafts, Karl Ehmer meat products, Manor House tours, children's activities and more, there's plenty of fun for the entire family this weekend. Save on prepaid parking by registering online at [www.millneck.org/apple](http://www.millneck.org/apple). Parking fee: \$15 day of. Pets and smoking are not allowed on grounds. (516) 922-4100.

### Sea Cliff Farmers Market

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

### Virtual Reality gaming for teens

Gold Coast Library, 50 Railroad Ave., Glen Head, 3 p.m. If you like video games, are interested in virtual reality or just want to have fun with friends on a Saturday afternoon, this program is for you. Immerse yourself into virtual worlds by taking turns using Oculus Rift V.R. headsets and play games like Fruit Ninja and Tilt Brush. Recommended for children in grades 6 through 12. (516) 759-8300.

### Adopt Me Portrait Painting

Oyster Bay-East Norwich Library, 89 E. Main St., Oyster Bay, 3:30 p.m. Participate in a meaningful, service-oriented experience by creating Adopt Me Portraits, which will be donated to animal rescue organizations in Nassau County to help promote adoption. (516) 922-1212.

## Sunday, Oct. 7

### 49th Annual Mini Mart

Sea Cliff Avenue, between Carpenter and Prospect avenues, Sea Cliff, 10 a.m. to 5 p.m. Stroll up and down the village at the annual Mini Mart event. The street fair



Courtesy Metro Creative Connection

## In the Moment: A World Before Cars

Participants will have an opportunity to discover Long Island Museum's impressive collection of horse drawn vehicles. Museum educators will lead an exploration of photographs from the exhibit, and give individuals an opportunity to handle artifacts related to life with carriages such as a muffs, foot warmers and horse reins. The experience aims to spark lively conversation and socialization. "In the Moment" is a collection of programming presented by the Long Island Museum, and is specifically designed for people with memory loss. The presentation is part of The Regency University's lecture series, and will be held on Tuesday, Oct. 9 at The Regency Assisted Living Center, 94 School St., Glen Cove, at 2:30 p.m. RSVP to Amy Fleischer at (516) 674-3007.

offers fun, food, art and community all in one. Guests are encouraged to bring reusable tote bags for shopping; no dogs allowed. Parking is available at Tappen Beach, and admission is free. Sponsored by North Shore Kiwanis.

### Mambo Loco

Locust Valley Library, 170 Buckram Rd., Locust Valley, 2 to 4 p.m. Join us for a program of "old school" Latin jazz music with music ensemble Mambo Loco. All are welcome. Seating on first-come, first-served basis. (516) 671-1837.

## Tuesday, Oct. 9

### Locust Valley Senior Club

Locust Valley Library, 170 Buckram Rd., Locust Valley, 10:30 a.m. All seniors 55 and older are welcome to join. Seniors in towns surrounding Locust Valley are also welcome. (516) 671-1837.

## Wednesday, Oct. 10

### Senior scam prevention

Gold Coast Library, 50 Railroad Ave., Glen Head, 1 p.m. Concerned about all the phone and computer scams you read about and see on the news? Nassau County experts will be on hand to show you what to watch out for and teach you how to stay protected. Sponsored by Sen. Carl Marcellino's office. (516) 759-8300.

### Parent Workshop: Help your child read

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Teacher Steve Bromberg will teach you how to use new strategies to improve your child's accuracy, fluency

and comprehension. Learn ways to help your children enjoy reading, and discover resources to improve their vocabulary and deepen their understanding of a text. Bring your questions. Recommended for



Courtesy Joseph Gallo

## A night in Napoli

On Wednesday, Oct. 10 enjoy an evening of traditional Neapolitan songs and cuisine at La Bussola Ristorante. Direct from Modena, Italy, Claudio Mattioli and Massimiliano Barbolini will perform a variety of opera songs to delight the whole family. The cost is \$65, which includes a three-course dinner and a show. Seating is limited. For reservations call (516) 671-2100. 6:30 p.m. 40 School St., Glen Cove.

parents of children in grades K through 4. (516) 676-2130.

## Thursday, Oct. 11

### Glen Cove American Legion Meeting

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

### Italian for world travelers

Gold Coast Library, 50 Railroad Ave., Glen Head, 7 p.m. Planning a trip to Italy or just want to learn some basic Italian? Elena Florenzano will have you speaking the language in no time. This is a four-week program. Registering for one session will register you for all sessions. There is a \$15 non-refundable fee due at the time of registration. (516) 759-8300.

### Haunted House wars

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. It's Haunted House vs. Haunted House in this tasty competition. Brainstorm and decorate your very own, one-of-a-kind Haunted House to be judged. Recommended for children in grades 6 and up. (516) 676-2130

## Friday, Oct. 12

### 3D Pen Crafts: Halloween Edition

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. Come to the library to sit back, relax and doodle anything you desire with our 3D pens. If you're in the Halloween spirit, learn how to create 3D spiders, bats and witch hats to make fun holiday decorations or jewelry. Recommended for children in grades 6 through 12. (516) 759-8300.

## Saturday, Oct. 13

### Multi-family garage sale

Shorecrest Homestead, Glen Cove. The residents of Shorecrest will hold a multi-family garage sale for the community.

### DogVinci

Gold Coast Library, 50 Railroad Ave., Glen Head, 3 p.m. Unleash your inner artist with Dagger DogVinci, the painting dog. Learn about Dagger's training to become an assistance dog, and how he became a great artist. Then let Dagger show you how to paint your own masterpiece. Recommended for children in grades K through 5. (516) 759-8300.

## Sunday, Oct. 14

### Blessing of the animals

Our Savior's Lutheran Church, 16 Glenwood Rd., Glen Head, 1 p.m. Believers will be able to bring their four-legged friends to be blessed. The annual Blessing of the Animals gives residents the opportunity to have their pets blessed by Pastors Mark and Kimberly. In addition, fall plants, thrift shop treasures, and refreshments will be available for sale. For more information, call (516) 676-4540.

## HAVING AN EVENT?

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

## NEIGHBORS IN THE NEWS



Courtesy City of Glen Cove

**GLEN COVE CHILDREN** joined city dignitaries in planting a new oak tree at Septemberfest in Morgan Memorial Park.

### A G.C. 'Septemberfest' for the ages

It was a beautiful autumn day at Morgan Memorial Park that brought out hundreds of Glen Cove residents for a special Septemberfest event hosted by the Glen Cove 350 Committee. The afternoon and evening program celebrated the best of Glen Cove — talented dancers from Glen Dance Studio, local musician Jason Flashner, delicious food truck treats, the band RSVP, creative art projects with glow sticks and pumpkin painting.

In honor of the city's milestone anniversary Mayor Tim Tenke was joined by a group of children and city officials to

plant a new Oak tree in the park. The day concluded with a free screening of movie "Willy Wonka and The Chocolate Factory" along with popcorn and cotton candy. "I am grateful to Glen Cove 350 committee," Tenke said, "my staff and local businesses like Stop n' Stop and Primerica Financial who supported our Septemberfest with their generous donations."

"Morgan Memorial Park was the perfect setting for the Septemberfest event," he continued, "and it was exciting to see all of the people having such a great time."

### 50 years later, the Glen Cove High School class of '68 still goofing around

The Glen Cove High School Class of 1968 celebrated their 50th Reunion over the Sept. 21 weekend. A half-century after graduation, the class is still close, and still knows how to have a good time together, including clowning around.

The decades melted away as classmates representing about twenty-five percent of the Class of '68 revived memories of their high school and elementary school years together at a grand party at the Glen Cove Mansion on Saturday night. Additional gatherings took place on Friday evening and Saturday morning, with a farewell brunch on Sunday at the Cedarbrook Club

in Brookville.

Many members of the Class of '68 traveled from the West Coast, the Southwest, Florida and the Carolinas, and even from the Caribbean, to be here. The class was joined on Saturday evening by Sal Travatello, a much-loved teacher and coach during the class of '68's time at Glen Cove High School.

As has been a tradition since planting a memorial tree twenty years ago in front of the high school, at every reunion the class gathered to read the names of classmates who have died, in whose memory they dedicated a flourishing Sunset Maple.



Courtesy City of Glen Cove

**THE GLEN COVE** High School class of 1968 gathered at the Glen Cove Mansion for their 50-year reunion on the Sept. 21 weekend.

  
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# Longtime assemblyman challenged by newcomer

By LAURA LANE

llane@iherald.com

This year's race for the New York Assembly's 13th District is between two attorneys, Democrat, Charles Lavine and Republican, Andrew Monteleone. Lavine, who has served as an assemblyman for over a decade, would like to continue his work for the North Shore. Monteleone won the primary on Sept. 13 and is hoping to win once again in the general election.

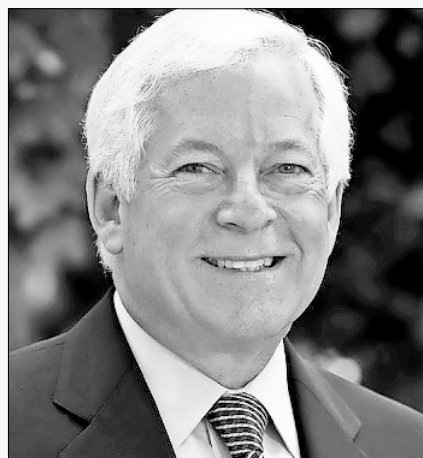
We asked both candidates a few questions to help voters make an educated choice on Election Day, Nov. 6.

**Herald Gazette: Significant portions of your districts have suffered from a reduction in the number of jobs. What can be done at the state level to reverse this trend?**

**CL:** I have fully supported state efforts to stimulate the North Shore, regional and state economy resulting in the addition of over 1 million jobs and a low unemployment rate on North Shore and on Long Island. I support the governor's Regional Development Councils and am very pleased that Long Island and the North Shore have received major monetary grants, including \$10 million dollars to Village of Westbury which I am proud to represent.

**AM:** New York must become a place that welcomes both businesses and the residents that those businesses would bring with them. It requires a massive overhaul of the state tax system. First, there would need to be tax concessions for newly formed businesses. Second, our property and income tax systems need to be overhauled completely. It will be impossible to bring businesses here long term, and in great numbers, without giving employees of those businesses the ability to live here comfortably. Currently, it would be illegal for new businesses to come to New York and deal with the suffocating regulations on business and the insanely high taxes that come with living here. In my opinion, this is the only solution that can begin to reverse this trend.

**Herald Gazette: What can you do at the state level to help facilitate the economic development of the North Shore, and how should development be balanced against**



**Charles Lavine**  
(Incumbent)

**Party:** Democrat

**Age:** 71

**Hometown:** Glen Cove

**Family:** Married, two children, three grandchildren

**Education:** Juris Doctorate

**Career:** Lawyer, retired public school educator, assemblyman since 2004.

**Political Experience:** Chair of the Committee on Election Law and is a member of the committees on Codes, Ethics and Guidance, Health, Insurance and Judiciary. Served 5 years as chair of the Ethics Committee.

**Party Affiliations:** Democrat, Working Families Party, Women's Equality.

**the area's historical character?**

**Charles Lavine:** I have driven millions of dollars of state funding to our communities for public education, road work and protection of historic assets such as Raynham Hall, the North Shore Historic Society, the Holocaust Memorial and Tolerance Center and the Nassau County Fine Arts Museum.

**Andrew Monteleone:** The best way to facilitate economic development in our area is



**Andrew Monteleone**  
(Challenger)

**Party:** Republican

**Age:** 45

**Hometown:** Syosset

**Family:** Married with two sons.

**Education:** Juris Doctorate

**Career:** Former Nassau County prosecutor, founding member of Monteleone & Siegel, PLLC.

**Political Experience:** North Syosset-Woodbury Republican Club.

**Party Affiliations:** Republican and Conservative.

to reduce regulations hindering businesses and to reduce the tax burdens placed on our area by property and school taxes, which serve to deter new business from coming to New York. The area's historical character could be maintained easily by requiring community board approval for the introduction or expansion of businesses in the area. The most important thing to consider in business development is its impact on the environment and suburban nature of our area. We do not want businesses here that would pollute our

aquifers, beaches and parks. We also do not want businesses here that would, by their nature, have a negative impact on crime and congestion.

**Herald Gazette: What changes can you affect in Albany to help the North Shore deal with some of its environmental concerns, contaminated wells and the ecological health of the Sound, for example?**

**CL:** I have consistently protected the environment by arguing for and voting for every environmental protection law, fighting against President Trump's plan to remove environmental protections by serving on panels to protect the Long Island Sound and our aquifer and most recently, providing major grant to the City of Glen Cove to assist in protection of its wells.

**AM:** My main environmental concern would be the reduction of nitrogen pollution due to outdated septic systems and fertilizer applications. I would introduce a bill to study the impact our current system has on not only the Long Island Sound, but our fresh water aquifer system. I would then propose solutions based upon those findings that would incorporate protections from polluting businesses and upgrading our sewer systems.

**Herald Gazette: What is your stance on gun legislation?**

**CL:** I fully support all reasonable legislation to combat gun violence.

**AM:** New York has the strictest gun laws in the nation. I am in favor of the New York law requiring enhanced background checks and the seizure of guns from individuals convicted of certain crimes. I am however, against universal seizure of guns and rifles. Working in the criminal law field for almost 20 years both as a prosecutor and defense attorney, I feel that our gun laws are strong and should now be coupled with an emphasis on mental health reform. A great number of the state's criminal population has severe emotional and mental health problems that, if confronted and dealt with on a medical level, would also greatly reduce the impact of gun violence in our society.

## NEWS BRIEFS

### Next S.C. Village meeting

The Village of Sea Cliff will hold its monthly board meeting on Tuesday, Oct. 9 at 7 p.m. Public hearings on three local laws will be subject to public comment, and a review of a new bill that would reg-

ulate the use of expanded polystyrene single-use food packaging and plastic beverage straws, stirrers and cutlery will also be considered. Village Hall, 300 Sea Cliff Ave., Sea Cliff. (516) 671-0080.

### Soleil Soirée

Join the Coalition to Save Hempstead Harbor for a unique event on Thursday, Oct. 11, from 6 to 9 p.m. inside the chic, rustic and artful Soleil, where you will sip, shop and celebrate all to protect Long Island's precious waterways.

Enjoy live music, local beer

and wine, delicious food and a silent auction. Tickets are \$50 a person and can be purchased at coalitiontosavehempsteadharbor.org. All proceeds from the event will benefit the coalition and Save the Great South Bay. 1464 Old Northern Blvd., Roslyn. Info: (516) 626-4130.

### N.S. Homecoming soon

On Saturday, Oct. 13, the Viking community will come together in celebration for North Shore's 2018 Homecoming festivities. The day begins at 10:30 a.m. with a carnival at the high school. Enjoy

games, fair food and fun before Fan Fest kicks off at the stadium at 1 p.m. Then at 2 p.m., the North Shore Vikings will take on the Hewlett Bulldogs. 450 Glen Cove Ave., Glen Head.



Photos by Alyssa Seidman/Herald Gazette

**SEA CLIFF RESIDENT** Christina Volz knows it's all in the presentation, which she worked to perfect in United Methodist Church's pumpkin patch.

# Time to go pumpkin picking in Sea Cliff

By **ALYSSA SEIDMAN**

aseidman@lherald.com

A towering semi obstructed the view of the field behind Sea Cliff's United Methodist Church. Inside the truck, about 3,000 pumpkins would soon be unloaded by volunteers for the congregation's annual fall pumpkin patch, which officially opened earlier this week.

In its 15th year, the United Methodist pumpkin patch continues as a beloved tradition in Sea Cliff and the greater North Shore community. Every October, the church receives a literal truckload of pumpkins from a Navajo tribe in New Mexico to sell off to throes of autumn enthusiasts. The proceeds collected at the patch are shared between the Navajo Indians, who grew the gourds, and the church.

"A lot of different churches do this, but we feel special to help the Navajos," said patch organizer Christina Volz, of Sea Cliff. "The pumpkin harvest is a big thing for them, and we love getting a really cool selection of pumpkins," she said admiring the various shaped gourds that cluttered at her feet.

After their weeklong journey from the southwest, a team of volunteers from the parish, North Shore High School's Key Club, the Boy Scouts and RADD Crossfit in Glen Cove unloaded the pumpkins at the patch on Friday. Using the assembly line method, volunteers moved the pumpkins one by one out of the truck bed and into a fleet of wheelbarrows. From there, volunteers moved the pumpkins up and down the gridlocked rows, placing them methodically throughout the field, creating a colorful mosaic of orange, white and green.

"It's a great community effort," Volz



**GLEN COVE RESIDENTS** Patti Wolf and Mike Carletti, parishioners of United Methodist found a couple of unique pumpkins.

said. "This has been our best year of help."

Volz assumed patch operations three years ago with fellow resident and parishioner Madhavi Neveroski. She remembers Volz jumping at the chance to continue the tradition, looking at Neveroski for help, and she obliged.

"My favorite part is having fellowship with our parishioners because you really get to know one another when you're working out here," Neveroski said. "The other part is providing our community with a family gathering situation."

Throughout the month, residents flock to the church to pick pumpkins for their porch, take photos in the fall scene, catch up with neighbors and snack on seasonal treats like pumpkin soup from Still Partners and homemade pumpkin bread.

"People get insulted if we ask if they've been here before," Neveroski said with a laugh. "They've been bringing their kids since they were little babies — they really love it."

Volz said the atmosphere at the patch is reminiscent of a forgotten time. "It's kind

## Where to pick your pumpkins:

United Methodist Church  
63 Downing Avenue, Sea Cliff

### Hours of Operation

Monday – Friday, 12 to 6:30 p.m.

Saturdays – 10 a.m. to 6:30 p.m.

Sundays – 12 to 6:30 p.m.

*The Pumpkin Patch will be open for the entire month of October.*

of like something you would see a long time ago," she said. "It's a beautiful thing to have and it brings such joy to our local community."

The church also welcomes young students from local elementary schools, preschools and daycares to visit the patch on field trips. "They come here and they learn about the Navajo Indians, how they grow the pumpkins, what their traditions are," Neveroski said. "It's a culture within our country that a lot of people don't know about, so it's nice to give the children some history lessons."

As they filled up the field with the plethora of pumpkins, Volz and Neveroski watched their children work together to perfect the patch, furthering the family feel of it all. "Our children take so much pride in coming here and telling their friends about it, and the kids are really excited about doing this," Neveroski said. "It's tough work but it's worth it."



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# COMEDY SHOW WEDNESDAY, OCT 17



## Ellen Karis

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AND



## Mike Keegan

2015 Finalist in "The Funniest Comic on the East Coast"

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

Email your submission to Senior Editor Laura Lane at [llane@liherald.com](mailto:llane@liherald.com)



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**Bob Bennett**  
Amity Harbor Sports, Amityville

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October 4, 2018

Saluting survivors and making strides toward finding a cure



# Breast cancer awareness



# The Diabetes Health Fair

Monday, November 12<sup>th</sup>

6pm - 8pm

The Pratt Auditorium



## FREE Diabetes Health Fair

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- ▶ Diabetes information
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- ▶ Exercise/Movement
- ▶ Blood Pressure screening
- ▶ Foot exams
- ▶ Hemoglobin A1C Screening
- ▶ Living with Type 1 Diabetes Lecture

Light Refreshments

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Glen Cove Hospital  
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# In their own words

## How life changed after breast cancer

BY LYN DOBRIN

For 38 years, the Adelphi NY Statewide Breast Cancer Hotline & Support Program has offered Long Islanders — and all New Yorkers — coping with breast cancer a resource for emotional support and valuable information.

The more than 100 highly trained volunteers offer emotional support, information and referrals, all free. Social work staff provides professional services.

In addition to the hotline, locally the program offers support groups, individual and family counseling, plus educational forums and workshops.

Hotline staffers are readily available to respond to everyone who has concerns about breast cancer. "You are not alone" is their motto.

Many local survivors volunteer with the hotline. They offer their personal insights in their ongoing effort to support others; sharing their message that it is possible to move on — and even thrive — as you find your own way on this unanticipated journey.

The volunteers are women (and one man) who have had breast cancer. They turned their encounter with the disease into an opportunity to help others.

Here three hotline volunteers share how their lives changed after they were diagnosed with and treated for breast cancer.



**Diana Muenzen, Bellmore**

Diana Muenzen was an RN at South Nassau Communities Hospital when she was diagnosed with breast cancer in 2010. After a lumpectomy

she received 30 radiation treatments — all in the hospital where she was still working. During her lunch break she would have her radiation and then run back to work.

"You do what you have to do," says Muenzen, who found a deep well of strength that she didn't know she had. This strength helped her three years later when her husband Neil was diagnosed with lymphoma. She thought, "I got through my cancer and I'll do my best to help him." Sadly, Neil succumbed to his cancer after what she describes as "two years of hell."

Muenzen says she has become a "nuisance" to family and friends, urging them to get mammograms. She stresses that if you find your cancer early, chances of survival are greatly increased.

Last year Muenzen decided to undergo training to become a volunteer with the Adelphi Breast Cancer Hotline. "I was helped through my recovery by many people at South Nassau and decided it was time to give back," says.



**Janet Fine, Long Beach**

Janet Fine was diagnosed with breast cancer twice; the first time was 11 years ago in 2011 and then two years later the cancer returned. She describes being in denial the first time around, sort of pretending that it hadn't happened and trying to get her life back to "normal."

"I didn't think I needed help," she says.

When the cancer returned Fine reevaluated what she had been doing and decided to join a support group at the Adelphi Breast Cancer Program. She found great value in talking to other women in similar situations and also felt she was able to help the other group members with her experiences.

"Once I got the help, I realized what it had done for me and wanted to reach

out and provide assistance others. I wanted to help others the way I had been helped," she says. She trained and became a hotline volunteer in 2012.

She says she is very grateful and appreciates the opportunity to support others with breast cancer. "I can't tell them they are going to survive but perhaps I can offer hope."



**Alice Soler, Malverne**

Alice Soler says that being diagnosed with breast cancer at age 49 made her aware that life is finite and that waiting to do the things she wanted was not a path she wished to continue to follow. She decided to retire from her work as a teacher when she was 55.

"I'm not sure I would have retired," Soler says, "if I hadn't been diagnosed with breast cancer."

Another change in her household was the addition of a dog, a Yorkshire terrier named Peanut. Peanut became her confidant.

"She gave me peace," says Soler. "You don't have to hold back when talking to a dog."

Soler has been committed to volunteer work, every other week for many years, even getting Peanut involved — at an extended care facility through Therapy Dog International. Peanut would visit with patients undergoing short and long-term therapy. "The patients loved her and I would disappear into the woodwork," says Soler.

Then in the afternoon Soler would head to Adelphi to answer calls from people concerned about breast cancer, where she's been volunteering since 2001. While Peanut is no longer comforting patients, Soler remains active with the hotline.

# Screening guidelines

## Making sense of it all



The debate goes on. The current thinking on mammogram screening caused quite a stir when it first became public in October 2015. It's still the subject of discussion among patients and the medical community.

In a departure from past recommendations on breast cancer screening, new expert advice says that most women should not start mammograms before age 50, and it's best for the tests to come every two years. These new recommendations come from the U.S. Preventive Services Task Force. This is the most influential group that provides preventive care guidelines for doctors. The new guidelines are the first that this group has issued on breast cancer screening since 2002.

Women ages 40 to 49 are the ones most affected by this new advice. Some women in this age group already get mammograms. Based on the new recommendations, these women would stop these yearly tests until age 50.

For more than five years, the American Cancer Society and the National Cancer Institute have endorsed a mammogram every one to two years for women ages 40 to 49. They have the same advice for women 50 and older. Since the American College of Physicians issued a different guideline two years ago, saying that mammograms should be optional for women ages 40 to 49, women are advised to talk to their doctors about the pros and cons of screening.

### Limited benefit for women in their 40s

The U.S. Preventive Services Task Force has concluded that screening women in their 40s offers limited benefits and may do more harm than good. This opinion is based on a thorough review of the latest research.

Many women have an emotional reaction to breast cancer, made all the more understandable because they have family or friends whose lives were up-ended by breast cancer.

On October 20, 2015, the American Cancer Society released a new breast cancer screening guideline for women at average risk. Here are some answers to questions that might be asked about it.

### How does this guideline differ from previous ACS guidelines?

The biggest change in the current guideline is that we now recommend that women at average risk for breast cancer start annual screening with mammograms at age 45, instead of age 40 (which was the starting age in our previous guideline). Women ages 40 to 44 can choose to begin getting mammograms yearly if they want to.

In addition, the guideline says that women should transition to screening every 2 years starting at age 55, but can also choose to continue screening annually.

The ACS no longer recommends a clini-



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# Making sense of it all

Continued from page 3

cal breast exam (CBE) as a screening method for women in the U.S. Breast self-exam is also no longer recommended as an option for women of any age.

## Why did ACS change its guideline to say routine screening should start at 45 instead of 40?

The evidence shows that the risk of cancer is lower for women ages 40 to 44 and the risk of harm from screenings (biopsies for false-positive findings, overdiagnosis) is somewhat higher. Because of this, a direct recommendation to begin screening at age 40 was no longer warranted.

However, because the evidence shows some benefit from screening with mammography for women between 40 and 44, the guideline committee concluded that women in this age group should have the opportunity to begin screening based on their preferences and their consideration of the tradeoffs. That balance of benefits to risks becomes more favorable at age 45, so annual screening is recommended starting at this age.

Every life lost to cancer is important. But the fact is, even though mammography reduces deaths from breast cancer, it does not eliminate them, even in the age groups where it is agreed that women should be screened. The challenge of screening is maximizing the

lifesaving benefits while minimizing its harms. These evidence-based guidelines represent the best current thinking on that balance.

## What exactly should a woman do at age 40? Should she get screened or not? How should she decide?

The risk of breast cancer is lower in women between the ages of 40 to 44. Still, some women will choose to accept the greater chance of a false-positive finding and the harms that could come from that (biopsy pain and anxiety, for instance) as a reasonable tradeoff for potentially finding cancer. The decision about whether to begin screening before age 45 is one that a woman should make with her health care provider.

## Why can women choose to start screening every 2 years at age 55?

Although breast cancer is more common in older women after menopause, breast cancer grows more slowly in most women, and is easier to detect early because the breasts are less dense. Since most women are post-menopausal by age 55, and because the evidence did not reveal a statistical advantage to annual screening in post-menopausal women, the guidelines committee concluded that women should move to screening every 2 years starting at age 55. Still, the guideline says women may choose

**American Cancer Society**  
**Recommendations for the Early Detection of Breast Cancer**  
 Guideline for women at *average risk* for breast cancer

- Ages 40 – 44**  
 Women should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Ages 45 – 54**  
 Women should get mammograms every year.
- Age 55 and older**  
 Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

to continue screening every year after age 55 based on their preferences.

## Why is a clinical breast exam (CBE) no longer recommended?

Clinical breast examination (CBE) is a physical exam done by a health professional. During the beginning of the mammography era, the combination of CBE and mammography was associated with a lower risk of dying from breast cancer, and CBE was shown to offer an independent contribution to breast cancer detection.

Since then, as mammography has improved and women's awareness and response to breast symptoms has increased, the few studies that exist suggest that CBE contributes very little to early breast cancer detection in settings where mammography screening is available and awareness is high.

In addition, there was moderate evidence that doing CBE along with mam-

mography increases the rate of false positives. Based on this information, the current guideline does not recommend CBE for US women at any age.

There are settings in the US where access to mammography remains a challenge, and the American Cancer Society will continue to work to ensure that all women have access to mammography screening. We recognize that some health care providers will continue to offer their patients CBE, and there may be instances when a patient decides with their health care provider to have the exam — and that's OK.

The important message of the guideline is that CBE should not be considered an acceptable alternative to mammography screening, no matter the challenges of access to mammography.

*Courtesy American Cancer Society*



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**Call 516.513.1275 to schedule your private consultation!**

**aworldofpink.com | aworldofpinkstore.com | worldofpinkfoundation.org**

## HEALTH MEMO

## Glen Cove's Marquis is now Emerge Rehabilitation and Nursing Center

**M**arquis Rehabilitation gets fresh new renovation and rebranding this month.

Marquis has undergone a major renovation and rebranding, and will be known as Emerge Rehabilitation and Nursing Center beginning in October 2018.

The newly renovated facility, which has undergone over \$2.5 million in renovations, has updated its appearance, and amenities. These include an on-site, full-service bakery for residents to utilize, a state-of-the-art physical therapy gym for residents to remain physically fit, and upgraded, spacious patient care rooms.

The grand opening of the facility will bring Emerge administrators, doctors, care staff, and residents, along with local officials and the surrounding community, to a new and improved facility.

**Emerge Rehabilitation and Nursing Center**

**2 Medical Plaza, Glen Cove**

**516-840-9900**



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## HEALTH MEMO

## Changing lives, one survivor at a time by A World of Pink

**A**ccording to the most recent statistics available from the New York State Health Department, there were over 32,000 female breast cancer survivors living on Long Island in 2015.

Over the past six years, Christine Guarino, president and lead mastectomy fitter at A World Of Pink, has seen more than 5,000 breast cancer survivors walk through her doors.

A World Of Pink is a medical device company that serves women living with the aftereffects of breast cancer. The facility manufactures and provides breast forms, specialty bras and lymphedema sleeves.

Guarino has seen women in all stages of recovery, including those unaware of the services available to them who walk in with maxi-pads or socks stuffed in their bras to make them more symmetrical. Because of this, Guarino has made it her mission to restore women's confidence and balance while spreading aftercare awareness.

As of October 9, A World of Pink will be opening its doors to patients at its new location in Melville. The new facility has multiple fitting rooms and fitters for prostheses, lymphedema sleeves and bras. The store will also sell skin-care items for cancer patients



**Founder, Christine A. Guarino, RDH, CMF, CFM**

and offer educational seminars.

With the new centralized location, Guarino is expanding her prostheses and bra lines in order to offer patients a larger selection of options when it comes to breast aftercare. In addition to A World of Pink, Guarino also founded a 501(c)(3) foundation to assist patients. Last year the foundation provided \$20,000 in product to survivors.

Her favorite fundraiser is the annual survivor gala and fashion show featuring surgeons and their patients. This

year's event is scheduled for Monday, October 29, and features celebrities including former Victoria's Secret model/co-founder of Wander Beauty, Lindsay Ellingson, New York Jets wide receiver Quincy Enunwa, sportscaster Bruce Beck, artist Charles Fazzino, and other celebrities.

For event information, sponsorship opportunities, event tickets, call 516-513-1275, visit [aworldofpink.com](http://aworldofpink.com) or our foundation website [worldofpinkfoundation.org](http://worldofpinkfoundation.org)



A World Of Pink

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## HEALTH MEMO

## What Is Telemedicine and how can it help people with cancer?

**C**hristian Otto, MD, is the Director of Teleoncology at Memorial Sloan Kettering (MSK) and was most recently a senior scientist at NASA. We asked him about his eclectic career path — and how he envisions teleoncology improving patient care throughout MSK, including several of its suburban locations.

### What is telemedicine?

Telemedicine is the use of electronic communications to provide care to patients without an in-person visit. It's used for evaluation, diagnosis, treatment, and follow-up visits via secure real-time connections or email. Teleoncology is the technology applied to cancer care.

### How does telemedicine make life easier for patients?

It improves their experience and ability to recuperate by limiting their travel. One pilot program we've just started is adding video-conferencing units to the infusion chairs at MSK Westchester so that when patients come in for chemo, they can also have a private counseling session. This could work for other services as well, like nutrition or social work.

This capacity optimizes the patients' time for their greatest convenience while they continue to receive our quality subspecialty care. Our ultimate goal is to



**Dr. Christian Otto is the Director of Teleoncology at Memorial Sloan Kettering.**

bring telemedicine visits right into the patient's home.

### What are some other benefits of telemedicine?

You're able to monitor patients and intervene quickly, so you can prevent them from getting sicker to the point where they need to be admitted to the hospital. Home monitoring also provides an opportunity to help patients better manage their symptoms.

We're now seeing survival benefits from patient monitoring. A study that was presented at the annual meeting of the American Society of Clinical Oncology showed that compared with a group of

patients receiving in-person care, patients who received tele-home monitoring of cancer symptoms had a five-month increase in survival, an improved quality of life, and fewer visits to the Urgent Care Center.

### How is telemedicine used at MSK?

Our genetic counselors offer tele-consultations in addition to the counseling televisits at MSK Basking Ridge. Follow-up visits are also very conducive to telemedicine. You could even have family members on the other side of the country participating in their loved one's sessions. In addition, we plan to offer tele-consultations with neurosurgeons for people

with brain tumors at MSK Commack.

### What sparked your interest in telemedicine?

As an emergency medicine and family doctor, primary care is the bedrock of my background, but I'd also become interested in remote medicine. I spent time in Antarctica working with the National Science Foundation, which led me to work at NASA on a program looking at intracranial pressure in astronauts. We used telemedicine to collect data from crew members.

### How do you address a person's concerns about telemedicine?

I can understand the reluctance. Cancer treatment can be intensive and make people feel unwell. It's incumbent on us to educate our colleagues, develop successful programs, and promote the success of those programs. That said, I've been struck by how interested the patients are. They will say, "I don't have to travel?" "I don't have to ask my daughter to take time off work?" I think patients quickly see the benefits.

Learn more about Memorial Sloan Kettering's outpatient cancer centers in Commack, Rockville Centre, and Hauppauge at [www.mskcc.org/longisland](http://www.mskcc.org/longisland).



**Memorial Sloan Kettering Cancer Center**

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## HEALTH MEMO

## Stop the germ swab!

As kids go back to school, they are not only swapping stories of what they did over summer vacation but also sharing germs. Paul Rollins, MD, Family Medicine resident at Glen Cove Hospital, offers some proven steps to take to prevent the germ swab:

Cover your nose and/or mouth when you sneeze — ideally with your crook of your elbow. If you use your hands, wash them with either soap and water or hand sanitizer immediately. Wash your hands often — after entering a new room, handling doorknobs, before you eat and prior to touching someone else.

**If you are sick, please stay home and rest.**

Regularly sanitize key areas of your home, including any food prep areas and common shared spaces.

**Get the annual flu vaccine.**

Flu season is nearly here. Influenza symptoms can include: fever, chills, body aches, headache and fatigue, among other signs. A physical exam with a nose or throat swab can diagnose the flu.

About 310,000 people were hospitalized with the flu during the 2015-2016 season, according to the U.S. Centers for Disease Control and Prevention.

One of the most important ways to avoid getting and spreading the virus is to get your flu shot. Almost everyone over the age of six months can receive this vac-



cine. This shot is the only proven method to prevent flu and, though it is not always 100 percent effective, if you do get the flu, it will be a milder version. Consult with your physician about the flu shot and any other vaccines.

Glen Cove Hospital  
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## Standing together

## United to find a cure

As the only organization attacking breast cancer on every front, the American Cancer Society joins Herald Community Newspapers this October to clearly demonstrate the impact ACS is making so that the public is motivated to join in our efforts to educate and fundraise toward a world without breast cancer.

**Know This**

The American Cancer Society estimates that in 2018 about 266,120 women are expected to be diagnosed with invasive breast cancer and about 40,920 will die from the disease.

Breast cancer death rates among women declined 39 percent from 1989 to 2015, largely due to improvements in early detection and treatment.

Despite that progress, there's much more to be done. Breast cancer is still the second leading cause of cancer death in women, second only to lung cancer.

Although there is no guaranteed

way to prevent breast cancer, ACS recommends steps you can take to help reduce your risk or find the disease at an early stage to increase the chances of treating it successfully.

Take steps every day to stay well from breast cancer by achieving and maintaining a healthy weight, eating a healthy diet, getting regular exercise, and limiting alcohol intake.

If you're a woman 40 and older, talk to your health care provider about the breast cancer screening plan that's best for you. Schedule your appointment today.

If you or someone you love is concerned about developing breast cancer, has been recently diagnosed, are going through treatment, or are trying to stay well after treatment, the

American Cancer Society can help you find the answers you need.

Contact ACS any time day or night at (800) 227-2345 or via live chat on [www.cancer.org](http://www.cancer.org).



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# Making Strides

## Annual event inspires and raises awareness

Long Islanders will once again put their best foot forward in the fight against breast cancer at Jones Beach. This year's edition of the American Cancer Society's Making Strides Against Breast Cancer takes place Sunday, Oct. 21, (and on Oct. 28 at Suffolk County Community College's Eastern Campus), uniting communities, honoring those touched by the disease and raising awareness and funds for a world without breast cancer.

The event at Jones Beach is the most attended in the United States with over 65,000 volunteer participants, helping to raise nearly \$3 million dollars, according to the American Cancer Society. The non-competitive, inspirational walk provides hope to ensure no one faces breast cancer alone.

Dollars raised help the American Cancer Society fund innovative breast cancer research; provide education and guidance to help people reduce their risk; and offer comprehensive patient support to those who need it most.

In 2017, ACS staff helped guide more than 40,000 cancer patients through every step of their journey as

they moved through the health care system, including helping with insurance problems, referring them to ACS and other local services, assisting caregivers and addressing obstacles to care.

"Because of the determination of Making Strides supporters, the American Cancer Society is there for people in every community affected by breast cancer, whether they're currently dealing with a diagnosis, may face one in the future, or will avoid it altogether because of education and risk reduction," said Patti Lestrangle Mack, communications director for the American Cancer Society.

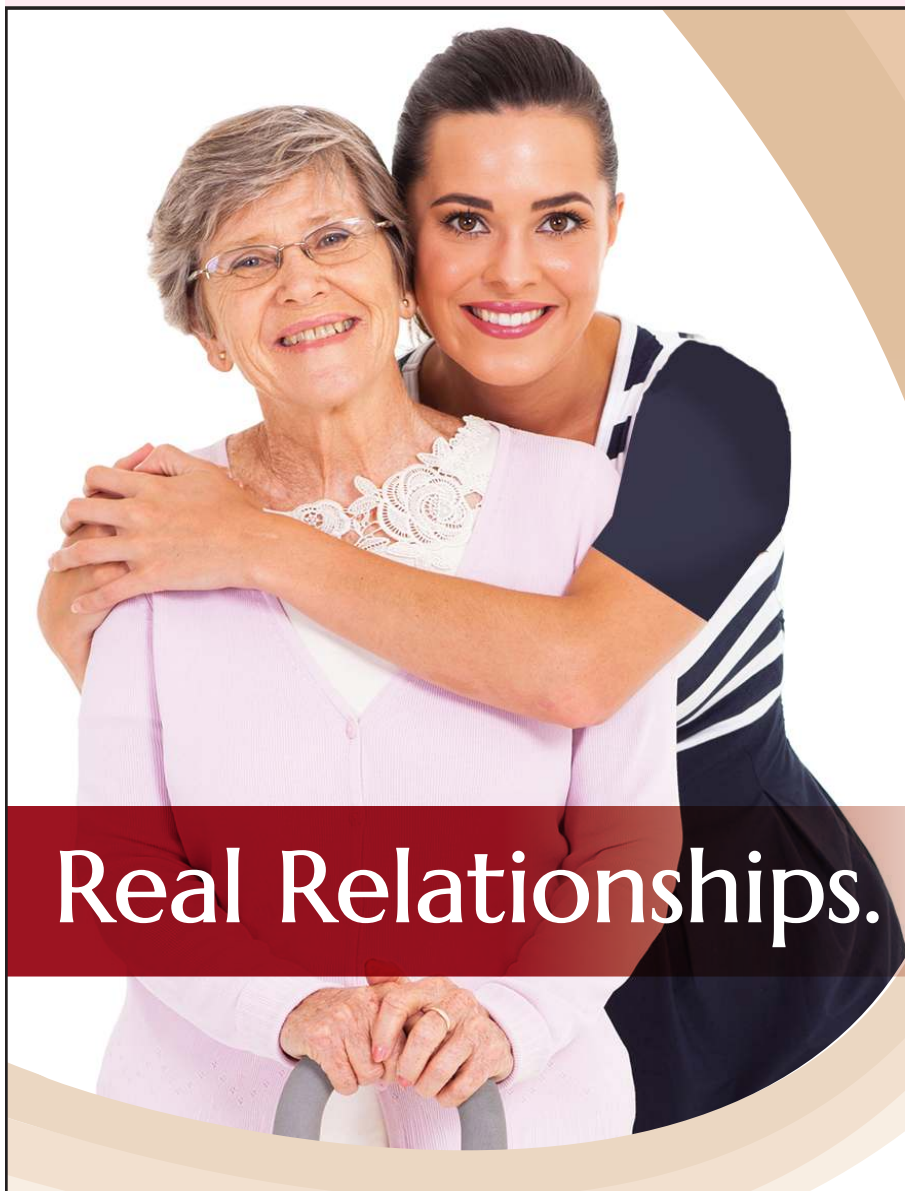
"At the event, communities embrace a bittersweet mix of purpose—celebrating survivorship and paying meaningful tributes to loved ones lost. From research to education, prevention to diagnosis and treatment to recovery, we provide support to everyone impacted by breast cancer."

*To learn more about Making Strides Against Breast Cancer and how you can become involved, visit [www.makingstrideswalk.org/longisland](http://www.makingstrideswalk.org/longisland) and [www.makingstrideswalk.org/EasternLongIsland](http://www.makingstrideswalk.org/EasternLongIsland). To contact via email, go to [LongislandNYstrides@caner.org](mailto:LongislandNYstrides@caner.org) or by phone at (631) 300-3212.*



Courtesy Heidi Felix

**WANTAGH RESIDENTS ARE** joined by other local communities at last year's event. From left, Victoria Walsh, Miss Wantagh Samantha Walsh, Rita Nolan and Aileen Campbell stood by the start line at Field 5.



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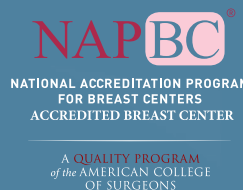
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# Council considers cost cuts, new revenues

October 4, 2018 — GLEN COVE HERALD GAZETTE

CONTINUED FROM FRONT PAGE

cilman Kevin Maccarone asked whether the increased price would reduce attendance, negating the anticipated extra revenue. No one offered an answer.

McQuair noted that the city could expect roughly \$100,000 in extra revenue this year — and up to \$200,000 in years to come — thanks to changes in contractual agreements with telecommunications providers, who rent city property for their cell towers. At a City Council meeting on Sept. 25, the council approved a resolution to work with Bench Strength Partners, a consultancy firm that helps municipalities negotiate such agreements. McQuair said that the additional revenue was not related to the firm's efforts.

## Cutting costs

The meeting grew heated when McQuair defended his office against a plan to replace his position with a full-time "corporate counsel." The proposal hearkened back to a Jan. 1 meeting at which Tenke and Councilwoman Marsha Silverman, the council's two Democrats, voted against reappointing McQuair, whose Republican allies on the council characterized the move as an attempted partisan ousting.

On Tuesday, McQuair, who does his work for the city at his firm's office in Sea Cliff, argued that his position was, in fact, full-time. Tenke countered that there were occasions when he had sought McQuair's advice, but he was not immediately avail-



Christina Daly/Herald Gazette

**AT A TUESDAY-NIGHT** meeting in City Hall, council members discussed a budget proposal that was cut down from a previous draft budget, which would have pierced the state tax cap.

able. In response to the mayor's assertion that such missed connections would be avoided by having a city attorney who worked at City Hall, McQuair noted the lack of office space, and said that Tenke had rarely asked for assistance. Deputy Mayor Maureen Basdavanos noted that while the mayor doesn't usually reach out personally, she often makes requests on his behalf.

Given the lack of detailed information about the draft budget, it is difficult to know whether the change would save the city money, although several council members sought clarity on the question. Councilman Joe Capobianco asked City Controller Sandra Clarson to run projections on both

options to get a more complete picture of the financial impact of such a change.

The city pays McQuair's firm — McQuair and Associates — a monthly retainer of \$3,583 for his services. In addition, he receives a \$1,000 monthly salary, and an additional \$195 per hour for work he does for the city outside the scope of the retainer agreement, which includes litigation, preparation for bonds, and code enforcement prosecution.

Silverman criticized McQuair's stewardship of the city's legal matters. "I believe there are over-expenditures in the legal department," she told the Herald Gazette after the meeting, "because we're using so

much outside counsel and we don't have the proper in-house representation."

Also excluded from the list of expenses was CPG Consulting, a firm run by Chris P. Grella, a retired Glen Cove police officer. In 2017, the city paid the firm a little over \$47,000 to "assist the city's code enforcement division with investigative support for its housing litigation and prosecution." In addition to that work, Grella, who left the force in 2012, continues to draw a \$103,000 pension from the city. Capobianco noted that the litigation Grella helped with was a source of income for the city.

Kristina Hauser, the deputy county attorney, who works with Grella on illegal housing prosecutions, said that she has worked about 30 such cases this year, and that "the prosecutions are certainly down from prior years."

Even though the new draft budget did not exceed the state tax levy cap, Silverman said that the presentation was not the bare-bones spending plan, devoid of all costs beyond keeping the city running and keeping its contractual obligations, she and other council members had asked for. "We can do better," Silverman said, "because the budget still has inefficiencies."

The proposal was cut just enough to bring the projected tax levy increase under the city's 1.8 percent limit, she said, adding that she would like to see more of an emphasis on building a surplus, or on dramatically reducing wasteful spending.

## WHAT UNITES US, IGNITES US

**Making Strides Against  
Breast Cancer of Long Island  
Jones Beach, Field 5  
Sunday, Oct. 21, 2018**

By joining Making Strides Against Breast Cancer, you're saving lives. The money you raise funds breast cancer research and helps patients get the things they need now. Like free rides to chemo, free places to stay near treatment, and a live 24/7 cancer helpline for answers and support. So join us at the Making Strides event near you.

**United, we can make a bigger impact on breast cancer.**

**MakingStridesWalk.org/LongIsland  
1-800-227-2345**

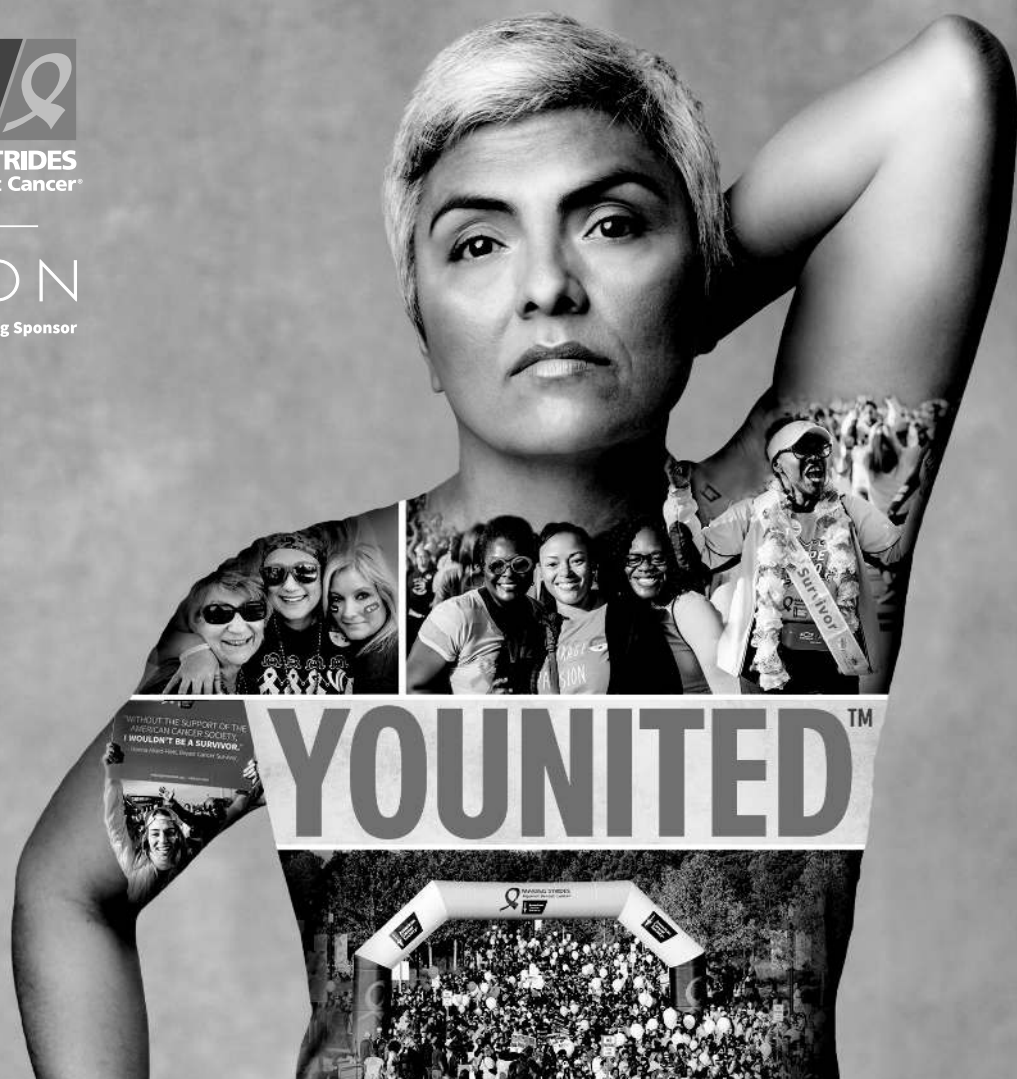
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Commemorate 25 years of Making Strides Against Breast Cancer with a 25 month subscription and Herald Community Newspapers will donate \$25 back to Making Strides Against Breast Cancer! Only \$50 for 56 weeks of the Herald delivered to your mailbox! [www.LIHerald.com/subscribe](http://www.LIHerald.com/subscribe), Use promo code: MSABC18



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995290



# District mulls \$91 million in upgrades

CONTINUED FROM FRONT PAGE

slipping on the humidity.” Braja added that she had recently fallen down the stairs because of it.

“The safety of our students is always our highest priority,” the Glen Cove Board of Education wrote in a statement. “All facilities are regularly maintained to ensure that safety is never compromised.”

The incident in the library occurred the day before the school board heard a report from members of the Bond Committee, who presented a list of suggested building improvements. They ranged from window and door replacements to ceiling and floor renovations, security upgrades, improvements in district buildings’ heating and cooling and the construction of two-story additions to several buildings that would include extra classrooms, elevators and multi-use instructional spaces.

In addition to the problems noted by Vaughan and Braja, parents on the Bond Committee raised additional safety concerns. Committee member Amy Gallo, a teacher at Gribbin School, who focused at the meeting on issues at Deasy Elementary School, said that one of the building’s fire escapes was “rotted” and unusable, and many of the windows were too small to be used for a rescue if one was ever needed. In certain areas of the school, Gallo noted, “You can’t even hear the fire alarm system.” She added, “A lot of these things that we’re mentioning are about safety, things that are really essential.”

The Bond Committee — which was formed in January — consists of a parent and teacher from each school building; an architectural consultant, Michael Mark of Mark Design Studios; two school board members, Monica Alexandris-Miller and Alex Juarez; and a number of district employees whose roles intersect with the committee’s mission. It is exploring potential capital improvements that the district could fund by floating a bond.

After almost a year’s worth of meetings and walk-throughs of district facilities, the committee presented the board with \$91.3 million worth of building improvement suggestions, which, after accounting for a projected \$22.8 million in state aid, would cost about \$68.5 million. Mark said that additional grants could be used to offset construction costs, but he did not estimate by how much. The proposal included a hypothetical structure of four rounds of borrowing between \$20 million and \$25 million per year.

Before making its suggestions, the committee had removed over \$42 million worth of proposals from a more extensive priorities list that included a new track and artificial-turf field at Finley Middle School and an entirely new building for Deasy.

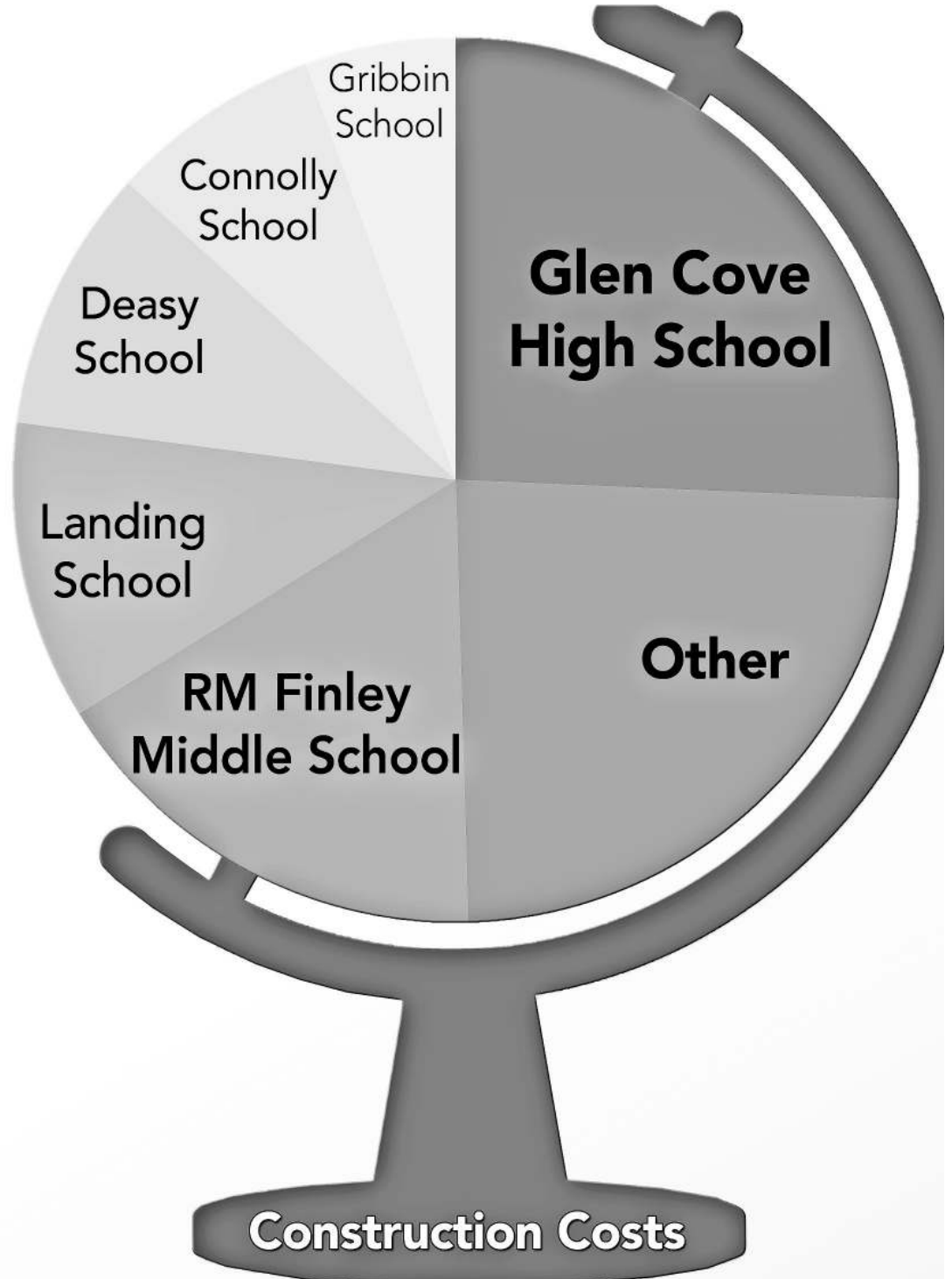
“The Board is committed to moving forward with a plan, in the form of a bond referendum,” the school board said in a statement, “that is multifaceted which will address current facility needs, and support innovative and challenging instructional programs and services for all students.”

Individual trustees declined to speak with the Herald Gazette. Alexandris-Miller did not comment on her experience with the building walk-throughs, saying that the board wants to “speak with one voice.”

“Keeping in mind their commitment to the community to be fiscally responsible,” the statement continued, “the Board will make a determination regarding an appropriate scope of work and explore all financial options to minimize the cost to the community. During this review process, the Board will go back to the Bond Committee if needed for additional information or clarification.”

After the committee’s presentation, school board President Gail Nedbor-Gross thanked members for their efforts in putting it together, adding, “It’s an awful lot for us to digest.”

Briefly describing the next steps for the committee and the school board, Superintendent Dr. Maria Rianna said that the board would announce its progress on Oct. 10, after it did “its due diligence.” She added that board members are “representative of different constituents,” and said that they would make a fiscally responsible decision.



Glen Cove High School	<b>\$22,698,822</b>
RM Finley Middle School	<b>\$14,676,887</b>
Landing School	<b>\$9,658,839</b>
Deasy School	<b>\$8,525,576</b>
Connolly School	<b>\$6,865,304</b>
Gribbin School	<b>\$4,869,204</b>

### Other costs (not including escalation)

Soft Costs*	\$12,847,868
Contingency	\$7,137,704
Outdoor Learning Center	\$1,109,840

Graphic by Christina Daly/Herald Gazette; Data courtesy Glen Cove School District  
 \* **SOFT COSTS** entail non-construction expenses, including architectural, engineering, financing, and legal fees, and other pre- and post-construction expenses.

# THE GREAT BOOK GURU

## A voting vortex

**D**ear Great Book Guru,  
Every year people gather at Clifton Park to search the skies for constellations, planets, and shooting stars accompanied by the magnificent music of the Milky Ways — Heidi Hunt and Joe Hughes. *Starry Starry Night* will be on Sunday, Oct. 14 at 6:30 p.m. This Sea Cliff Civic Association event is a favorite of mine, but I will have time early on to read a good book. Anything worthwhile to recommend?



**ANN  
DIPIETRO**

Civil War in 1865 to 2018, she sees a chilling turn in state governments' approach to voting laws. With photo ID requirements, poll closures, legal intimidation, faulty ballots, confusing directives, and lies about voter fraud, huge segments of the black and Hispanic populations are being prevented from voting. It was the Civil Rights Movement that finally forced Congress and the White House under LBJ to pass fair voting rights, which prevailed from 1965 until 2013 when the stark reality of changing demographics demanded these new voters of color be courted or . . . not counted. The choice was easy, and 31 states quickly passed laws that today prevent millions from exercising their right to vote. A must read!

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

—Sea Cliff Star Gazer

Dear Sea Cliff Star Gazer,

I just read a very important and disturbing bestseller, "One Person-No Vote," by Carol Anderson. In this short (220 pages) book, Anderson tells the story of how voter suppression is destroying our democracy. Tracing the history of voting from the end of the

## OBITUARIES

### Barbara A. Ermmarino

Barbara A. Ermmarino, of Glen Cove, N.Y., died on Sept. 24, 2018. Beloved wife of the late James V.; devoted mother of Nancy (Eddie) (late Richard) McCarthy and Linda (Ernie) Muller; cherished grandmother of Alicia (David), James, Ernie, Krystal, late Kelly; great-grandmother of Jaymie; also survived by her loving nieces, nephews and cousins. Mass at the Church of St Rocco. Interment at East Hillside Cemetery, Glen Head, N.Y.

### Kenneth P. Simmons

Dr. Kenneth P. Simmons, 70, formerly of Glen Cove, N.Y. on Sept. 24, 2018. Vice president of Mumby and Simmons Dental Consultants, P.C. Simmons earned a Bachelor of Science degree in Pharmaceutical Sciences in 1972 from Howard University College of Pharmacy in Washington D.C. Simmons was a board registered pharmacist having practiced for many years in the Metropolitan Washington D.C., where he worked to increase access to medication services for underserved populations. Upon continuing his education, Simmons earned a Doctorate of Dental Surgery degree in 1981 from the University Of Maryland Baltimore College Of Dental Surgery. While in dental school, Simmons helped to co-found the Freeman-King Scholarship Program, which was later adopted by the National Dental Association as a template for affiliated dental schools throughout the country. Upon graduation, he joined the Lutheran Rosemont private practice in Baltimore city. In 1992, Simmons embarked on a

new career path in Correctional Dental Management and Consultative Services. As a consequence, Mumby and Simmons Dental Consultants was formed to provide management and service delivery solutions to the correctional health care community. When he died, he was serving as Statewide Dental Director for the Maryland Department of Public Safety and Correctional Services. Simmons has also provided consultation services to the Pennsylvania, Delaware, Arizona and Florida Division of Corrections. In addition, he had been responsible for management of the dental programs of the Philadelphia Prison System as well as the Camden County Correctional Facility in New Jersey. He is survived by his wife, Rebecca; his daughter, Mariah; his brother, Robert (Mary); his nephew, Robert Jr. and aunt Evelyn Simmons. Visitation was held at Dodge-Thomas Funeral Home, with Catholic prayers. Interment at Holy Rood Cemetery.

### Mary M. Davis

Mary M. Davis, 80, of Glen Cove, N.Y., died on Sept. 21, 2018. Wife of the late Roosevelt; mother of Tyrone and the late Sylvester (Anna); grandmother of Darnell, Tanya, Samantha, Christina and Tyrone Jr.; sister of Ruby Thomas, Ethel Stewart, Willie Lee Greer, Willie E. Greer, Laura Smith, Robert James Greer, the late Mattie Powers and Dallas Greer; Mary was a dedicated church missionary. She loved to cook for her family and friends. Reposed at Dodge-Thomas Funeral Home. Service and burial Nassau Knolls Cemetery.



# VIEWFINDER

By SUSAN GRIECO

### THE QUESTION:

With Columbus Day fast approaching, what is your favorite Italian dish?



I love chicken parmesan. My homecooked chicken parm is my grandchildren's favorite dish. In fact, I just made it for a birthday this past week.

**HELEN RUBIN**  
Clerk



Lasagna, the old fashioned way, boiling the pasta and hanging it off the side of the pot to dry. It takes a while to make, so it's definitely a holiday meal.

**BIANCA ROBERTO**  
Clerk



My homemade meatballs. My family won't eat restaurant meatballs, only mine. I think the secret is adding milk and bread, so they're fluffier than most.

**JANET WAHRENBURG**  
Library Aide



Lasagna with lots of cheese and my homemade sauce which simmers for 3 1/2 hours. I have to make it for my family whenever they come to visit.

**BETTY HOLUP**  
Supervisor



I love all Italian food, but my favorite is lasagna. My mom would always cook it for me when I was little, so now I make it for special occasions.

**BARBARA  
YANANTUONO**  
Retired



Zuppa di pesce, which is a seafood stew. I've made it in the past, but it's so much work, I prefer to order it when I dine out.

**JUDI PUMA**  
Manager

# HERALD Crossword Puzzle

## King Crossword

### ACROSS

- 1 Sandwich shop
- 5 Glazier's sheet
- 9 Wapiti
- 12 Culture medium
- 13 Winged
- 14 Evening hour, in a way
- 15 Folded entree
- 16 Thy
- 17 Every iota
- 18 Paradise
- 19 "Monty Python" intro
- 20 Grooving on
- 21 Biddy
- 23 Always, in verse
- 25 Watermelon-shaped
- 28 Dodges
- 32 Stash excessively
- 33 Privately funded film
- 34 Confesses
- 36 Not quite
- 37 Conger, e.g.
- 38 Mex. neighbor
- 39 Big fish story?
- 42 Anvil location
- 44 Wading bird
- 48 Vessel from way off
- 49 Data
- 50 Prescribed

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

- amount
- bill
- 27 PC linking system
- 51 Exist
- 6 Oodles
- 29 Bachelor's last words
- 52 Celebrity
- 7 Seasickness symptom
- 30 Insult (Sl.)
- 53 One of HOMES
- 8 Blunder
- 31 Prepared
- 54 Ph. bk. data
- 9 Author Hunter
- 35 Ample
- 55 " — Breckinridge"
- 10 Catchy tune
- 36 Dawn
- 56 Monstrous loch?
- 11 Narc's measure
- 39 Senor Peron
- 20 Heavy metal band
- 40 Frizzy 'do
- 22 Provide
- 41 Troubles
- 24 Satan's doings
- 43 Somewhere out there
- 25 Discoverer's cry
- 45 Drill
- 26 Package adornment
- 46 Mrs. Osiris
- 47 Spots
- 49 Doctrine

# STEPPING OUT

Where to go, what to do, who to see

Peeking inside the crypt

## HAUNTING SEASON HAS ARRIVED. SO BEWARE OF WHAT LURKS NEARBY

There are always plenty of concerts and sporting events at NYCB Live's Nassau Coliseum, but come October some other happenings are going on at the arena.

Some terrifying creatures, known as

the "League of the Undead," are skulking around there this month. They've settled into Blood Manor, which takes up residence at the Coliseum shortly, ready to haunt Long Islanders through Nov. 3.

The creepy phantasmagoria that is Blood Manor, known to horrify those who dare enter its doors in lower Manhattan's Hudson Square neighborhood, is back on Long Island for its second season here. Zombies, chainsaw wielding murderers, bloody ghosts, perhaps a mental patient or two, or a werewolf, even a clown, inhabit "Crypts of the Coliseum." They're waiting to terrorize all who dare cross their path.

Double in size of the original Blood Manor, visitors will find themselves enveloped by an overwhelming sensory experience as they navigate 10,000 square feet of dimly lit corridors, chambers and hidden places.

Each room has a different theme, all filled with gore. In one room, you might find rotting flesh oozing out of a refrigerator. In another — the old morgue — a rotting corpse on a table awaits passersby, with other corpses popping up at any given moment.

"The effect is one of shock and awe," according to those involved with the project. "You turn every corner and there are creatures everywhere."

The macabre beings — 40 to 50 of them — are in constant motion, ratcheting up the fear factor, building to a terrifying 3D conclusion.

"Blood Manor has a great following," says Nick Vaerewyck, NYCB Live's vice president of programming. "Many people

go down to their haunting every year. We were blown away by the all-immersive experience when we first visited."

It's a formula that takes the classic haunted house experience into the 21st century, ratcheting up the scares with high-tech UV lights, animatronics, and gore-filled state-of-the-art props.

"We felt really good about the response last year," Vaerewyck says. "People were eager to come through a second and third time. This year we've added some elements that will make the experience even better."

All in the action happens nearly completely in the dark. Visitors can't even feel their way around since there's no sense of depth, with constant bombardment by the strobe lighting.

For this season the Blood Manor team changed the layout and added more details. That means one thing: more frights.

"Four rooms have been completely redesigned," Vaerewyck says. "And the characters are more seasoned and ready for much more visitor interaction. It's going to be a totally different feel."

So watch out! And just when you think you've witnessed all the frights, there's that explosive conclusion that leads everyone into a disturbingly absurd

### BLOOD MANOR'S CRYPTS OF THE COLISEUM

**When:** Oct. 5 through Nov. 3, times vary. Not recommend for children under 14. \$30-\$50 for R.I.P. Express Entry Pass for all dates except Halloween weekend (Oct. 26-31), \$35-\$55; available at [www.ticketweb.com](http://www.ticketweb.com), [www.nycblive.com](http://www.nycblive.com), or (800) 745-3000.

**Where:** Nassau Coliseum, Hempstead Turnpike, Uniondale.



Creepy ghouls come out to play, bringing Blood Manor guests into a nightmarish spectacle.

nightmare, enhanced by 3D glasses.

"The floor is popping, the colors are popping, it's such a cool experience," Vaerewyck says.

In essence, for those who enjoy a good scare, there's something for everyone.

And adding to the — frightful — fun this year, stop by the Fear Garden and carnival, on the plaza. Visitors can partake of food, beverages, and entertainment, along with a Ferris Wheel, Riptide ride and carnival games, and some special (creepy) guests may even show up.

"We've enhanced the city experience here," says Vaerewyck. "Since we have more room, we're able to do things on a grander scale."

"It's never the same and always evolving. People will be blown away by how much fun they're going to have. Scream, laugh at your friends, Blood Manor is all about bringing people together and having a good time."

— Karen Bloom  
kbloom@liherald.com



### COMIC SHOWCASE

## Manhattan Comedy Night

Laugh the night away with some of the top comics on the NYC comedy circuit. The laughs will keep coming with four veterans of stand-up, hosted by comedian Sandy Marks. The lineup includes comedian-writer-actress Sherry Davey. The single mother of two daughters aged 20 and 14, she finds them to be an unending source of new material. She appears regularly at Gotham Comedy Club; Broadway Comedy Club; The Comic Strip; and Stand Up New York. Corey Kahaney is probably best known as a grand finalist on NBC's "Last Comic Standing." She recently appeared "The Late Show with Stephen Colbert," was a hit on the 2016 season of "America's Got Talent" and has performed a record seven times on "The

## WEEKEND

### Out and About

Late, Late Show with Craig Ferguson." Marks has a knack for spinning facts and stats into fast-paced, stream-of-consciousness-style humor that doesn't just inspire ebullient mirth but also hits home some rather startling truths about humanity. And Dan Naturman's charming combination of self-deprecation and outright grouchiness has had audiences howling from coast to coast, as well as landing him on NBC's "Last Comic Standing" and the late night shows.

Saturday, Oct. 6, 8 p.m. \$25. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. (516) 767-6444 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

### ON STAGE

## Uncle Louie Variety Show

The lively comedy duo shares humorous moments from their Italian upbringing, through characters and sketches based on their childhood years. When Lou Greco



and Carlo Russo met in high school, they bonded over their chatty Italian families, who spoke broken English passionately and unapologetically. Greco was born in the U.S. but his parents were born in Italy. Born in Sicily, Russo also grew up hearing his parents speak Italian. The laughs began six years ago, when Greco started posting jokes on Facebook. He called it the "broken English word of the day." The jokes soon became skits, and the skits became videos, which drew massive audiences on social media. Now, the Syracuse natives are bringing back memories of growing up Italian with audiences on their first comedy tour. Sketches, songs and lots of comedy captivate their audiences.

Sunday, Oct. 7, 5 p.m. \$50, \$35. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tillescenter.org](http://www.tillescenter.org).

# ARTS & ENTERTAINMENT

## Coming Attractions

### Performances/ On Stage



#### Man of La Mancha

The classic musical based on Cervantes' "Don Quixote," Thursday and Friday, Oct. 4-5, 8 p.m.; Saturday, Oct. 6, 3 and 8 p.m.; Sunday, Oct. 7, 2 and 7 p.m.; Wednesday, Oct. 10, 8 p.m. 30, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or [www.engemantheater.com](http://www.engemantheater.com).

#### Michal Franti and Spearhead

The soul-reggae rockers in concert, Thursday, Oct. 4, 7 p.m. With special guests Victoria Canal and Dustin Thomas. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Dave & Friends

The band performs a tribute to the Grateful Dead, Thursday, Oct. 4, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or [www.stillpartners.com](http://www.stillpartners.com).

#### Beginnings and Shining Star

The Chicago/Earth Wind & Fire tribute bands in concert, Friday, Oct. 5, 8 p.m. The Space, 250 Post Ave. Westbury. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.thespaceatwestbury.com](http://www.thespaceatwestbury.com).

#### Icons of Vinyl

The tribute band in concert, with Eagles, Eric Clapton and Tom Petty hits, Friday, Oct. 5, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).



#### George Lopez

The multi-talented comedian on tour, Friday, Oct. 5, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Sailin' Shoes

The Little Feat tribute band in concert, Friday, Oct. 5 8:30 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or [www.stillpartners.com](http://www.stillpartners.com).

#### Tusk

The Fleetwood Mac tribute band in concert, Friday, Oct. 5, 8 p.m. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. 767-6444 or



### Poco

The classic country rockers visit the Landmark on Main Street stage, on Sunday, Oct. 14, at 7 p.m.

For more than 50 years, the distinctive harmonies and stellar musicianship of Poco have helped define the sound of country rock. Still led by band co-founder and multi-instrumentalist Rusty Young, who wrote and sang their biggest hits, the band remains vibrant and fresh.

Tickets are \$58, \$48, \$38; available at (516) 767-1384 or [www.landmarkonmainstreet.org](http://www.landmarkonmainstreet.org).

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

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

#### Diana Ross

The diva headlines Tilles Center's annual gala, Saturday, Oct. 6, 8:30 p.m. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tillescenter.org](http://www.tillescenter.org).

#### Dire Straits Legacy

Former Dire Straits bandmates in concert, Saturday, Oct. 6, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Hoodoo Loungers

The Mardi Gras-style band in concert, Saturday, Oct. 6, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or [www.stillpartners.com](http://www.stillpartners.com).

#### Patty Larkin

The singer-songwriter in concert, presented by the Folk Music Society of Huntington, Saturday, Oct. 6, 8:30 p.m. (open mic at 7:30 p.m. Congregational Church of Huntington, 30 Washington Dr., Huntington. (631) 425-2925 or [www.fmsh.org](http://www.fmsh.org).

#### Randy Rainbow

The comic actor/internet sensation on tour, Saturday, Oct. 6, 8 p.m. With special guest Rosie O'Donnell. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Dick Fox's Golden Boys

Doo wop icons in concert, starring Frankie Avalon, Fabian, and Bobby Rydell, Sunday, Oct. 7, 7 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Jimmy Webb

The singer-songwriter-composer in con-

cert, Sunday, Oct. 7, 3 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or [www.myfathersplace.com](http://www.myfathersplace.com).

#### Melissa Etheridge

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

#### A Boogie Wit Da Hoodie

The rapper in concert, Monday, Oct. 8, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com) or [www.paramountny.com](http://www.paramountny.com).

#### Australian Pink Floyd's Time 2018

The popular tribute band in concert, Tuesday, Oct. 9, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Slash

The Guns "N Roses frontman in concert, featuring Myles Kennedy & The Conspirators, Tuesday, Oct. 9, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or [www.ticketmaster.com](http://www.ticketmaster.com).

#### Who's Live Anyway?

Improv show with cast members of the CW's long-running TV series, Wednesday, Oct. 10, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or [www.livenation.com](http://www.livenation.com).

#### Les Dudek

The legendary southern rocker in concert, Thursday, Oct. 11, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or [www.myfathersplace.com](http://www.myfathersplace.com).

### For the Kids

#### Build-A-Boat Workshop

Create a wooden vessel of your own design

with a variety of materials Sunday, Oct. 7, 11 a.m.-2 p.m. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or [www.cshwhalingmuseum.org](http://www.cshwhalingmuseum.org).



#### The Little Mermaid Jr.

Journey "under the sea" with Ariel and her aquatic friends in the charming musical, adapted from Disney's 2008 Broadway production, Saturday, Oct. 6, 11 a.m.; Sunday, Oct. 7, 10:30 a.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or [www.engemantheater.com](http://www.engemantheater.com).

#### Pizza and Paperbacks

A book discussion for second-graders and up, Wednesday, Oct. 3, 3 p.m.; also Friday, Oct. 12, noon (for children entering Kindergarten in 2019) and 3 p.m. (Kindergarten and Grade 1). Registration required. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or [www.seaclifflibrary.org](http://www.seaclifflibrary.org).

#### Slime Science

Explore the chemistry of slim, Thursday, Oct. 11, 4:30 p.m. Make different types of slime using varied materials. For grades 2-5. Registration required. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or [www.glencoverlibrary.org](http://www.glencoverlibrary.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](http://www.nassaumuseum.org).

#### The Harlem Hellfighters

A groundbreaking exhibit about the World War I African-American Army unit, consisting of 33 men from the Glen Cove area. North Shore Historical Museum, 140 Glen St., Glen Cove. 801-1191 or [www.nsh-mgc.org](http://www.nsh-mgc.org).

#### Long Island Biennial

A juried exhibition of 52 works by artists representing Nassau and Suffolk coun-

ties. 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](http://www.heckscher.org).

#### Seashells...Nature's Inspired Design

An exhibit of seashells from around the world, in celebration of Garvies' 50th anniversary. Garvies Point Museum and Preserve, 50 Barry Drive, Glen Cove. 571-8010 or [www.garviespointmuseum.com](http://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](http://www.heckscher.org).

#### At the Movies

See "The Rider," the drama about a Lakota rodeo cowboy who undergoes an identity crisis after suffering a career-ending injury, Thursday, Oct. 4, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

#### Friday Flick

See "A Quiet Place," the post-apocalyptic horror thriller, Friday, Oct. 5, 2 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or [www.glencoverlibrary.org](http://www.glencoverlibrary.org).

#### Movie Showing

See "My Man Godfrey," the 1936 American screwball comedy, Friday, Oct. 5, 2 p.m.: also "Beast," a psychological thriller about a troubled woman living in an isolated community who finds herself pulled between the control of her oppressive family and the allure of a secretive outsider, Tuesday, Oct. 9, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or [www.goldcoastlibrary.org](http://www.goldcoastlibrary.org).

#### Sketching in the Galleries

All ages can express their creativity and sketch in the museum's gallery space, Sunday, Oct. 7, 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](http://www.heckscher.org).

#### Film Screening

See the documentary "Rothko: An Abstract Humanist," a rare examination of the life and work of Mark Rothko, Tuesday through Sunday, Oct. 9-14, 12 p.m. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9338 or [www.nassaumuseum.org](http://www.nassaumuseum.org).

### Having an event?

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





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Alyssa Seidman/Herald Gazette

**BUSTOS ADDED A** few finishing touches to Dana Strajanejkova's up-do at her salon.

# Creating a place to 'work and be happy'

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

*Part three in a series.*

Guided by a gut feeling she couldn't describe, Graciela Bustos decided to drive further down Sea Cliff Avenue to see what she would find. Instead of making the right or left on Glen Cove Avenue, she said of her first visit to the village 10 years ago, "Something told me to go straight."

She ogled at the rows of Victorian villas on either side of the street, the sprawling green parks, and the shell-strewn beaches that reminded her of Mar de Ajó, the coastal city in Argentina where she grew up.

"Just going down those three blocks, I felt like I was back in my country," said Bustos. "It was so magical."

This magnetic pull eventually led Bustos to open her own business on Sea Cliff Avenue six years ago. Since 2012 Bustos, 45, has owned and operated Salon Solis, a full-service salon and spa. Despite its wide range of services — from haircuts, styling and makeup to massages, reiki and waxing — Salon Solis is considered "boutique," and for good reason.

"There's no coloring station, no blow-drying station, so you wouldn't think it gets the clientele that it does," said Sea Cliff resident Nicole Miller, the salon's makeup artist. "But Graciela has grown the business so much, and it really focuses on the quality of the boutique salon."

Surprisingly, Bustos never intended to get into the beauty industry. "It had been a dream all my life to find a passion and to do it, but I didn't have an idea of what I wanted to do," she said.

In Argentina, she had a series of office jobs, but she never felt truly fulfilled. It took a suggestion from a friend in New York to convince her to move away from everything she knew and

learn a new language. Her response: "Why not?"

Bustos came to New York in 2000 as a single parent, and worked in delis and cleaned houses to support her son, Emmanuelle. But she felt an urge to do more. Another friend suggested that she enroll in beauty school, an unusual concept to Bustos, since she had never been concerned with her appearance.

She put herself through beauty school by cleaning houses, babysitting and driving people to various locations. She worked in the salon circuit for years before getting hired as an assistant at J Martin salon in Williston Park, but she soon realized there was little room to grow.

"When you work for somebody else, you are very limited," she said. Her ex-husband, whom she had met at J Martin, said, "The only thing that will make you happy is if you have your own place."

In the search for a storefront, Bustos remembered the little village she had stumbled on some years earlier, and took her business to the same square block that had filled her with nostalgia. She

opened Salon Solis across the street from another hair salon. People called her crazy, but she just told them, "Now you have choices."

Bustos admits that even before she moved to the U.S., she was reluctant to learn English. But once she got here, she took classes to improve her speaking skills, and learned how to communicate with her clients in a way that didn't require language.

"I learned to listen," she said. "In order to understand my clients, and understand what they want, I have to connect with them in another way."

"Graciela worked very hard to get to where she is today, and she looks for that in her employees," Miller said. "She wants a very calming environment for her clients, and she makes sure her employees create that environment when we service them."

This doesn't necessarily mean there's a shortage of fun in the salon, however. Miller recalls training under Bustos when she first joined the team. She was practicing conditioning techniques on Bustos's hair when she lost her grip on the hose and "gave her a full-on shower," Miller recounted. "We just cracked up."

Having worked in a slew of salons, Bustos grew to hate the gossip that often circles among clients and stylists, which is why she endeavors to create a positive business environment. "I need one place where I can work and be happy," she said. "That's been my focus always."



## HERALD PUBLIC NOTICES

**LEGAL NOTICE**  
NOTICE OF SALE  
SUPREME COURT: NASSAU COUNTY. HUDSON CITY SAVINGS BANK, Plt. vs. KENNETH J. CALDWELL, et al, Defts. Index #011887/14. Pursuant to judgment of foreclosure and sale entered Jan. 23, 2018, I will sell at publication auction on Tuesday, Oct. 30, 2018 at 11:30 a.m. in the Calendar Control Park (CCP) Courtroom of the Supreme Court, 100 Supreme Court Dr., Mineola, NY prem. k/a 3 Barbara Lane, Glen Cove, NY a/k/a Section 30, Block 42, Lot 568. Said property located in the City of Glen

Cove, County of Nassau and State of New York, known and designated as Lot Numbered 568, Block 42 on a certain map entitled, "Map of Harbor View situate City of Glen Cove, Nassau County, N.Y., Joseph E. Dioguardi, Licensed Land Surveyor, Glen Head, Nassau County, N.Y. dated November 13, 1967, revised February 21, 1968" and filed in the Nassau County Clerk's Office on August 1st, 1969 as Map Number 8240 and as amended by a certain map entitled, "Map of Amending Lots 559, 560, 565 and 566 in Block 42, on Map of Harbor View, filed

August 1, 1969, File No. 8240, situated at City of Glen Cove, Nassau County, New York, Joseph E. Dioguardi, Licensed Land Surveyor, Glen Head, N.Y., June 29, 1972 and filed in the Office of the Clerk of the County of Nassau on August 28, 1972, as Map Number 8419". Approx. amt. of judgment is \$1,198,956.56 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale. RITA SOLOMON, Referee. COHN & ROTH, Attys. For Plt., 100 East old Country Rd., Mineola, NY. #95694 101375

**LEGAL NOTICE**  
NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, October 9, 2018, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss the Proposed 2019 Budget. All interested parties will be given an opportunity to be heard.  
Tina Pemberton  
City Clerk  
101637

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**LEGAL NOTICE**  
PLEASE TAKE NOTICE THAT the Glen Cove City Council adopted the following Resolution at the City Council Meeting of September 25, 2018:  
BE IT RESOLVED, that the Glen Cove Fee Schedule is hereby amended, as follows, effective October 1, 2018:  
Water Rates

Size of Meter (Inches)	Allowance (Gallons)	Current	Proposed
5/8	9,000	\$21.24	\$24.43
æ	12,000	\$28.32	\$32.57
1	21,000	\$49.56	\$56.99
1 Ω	30,000	\$70.80	\$81.42
2	45,000	\$106.20	\$122.13
3	90,000	\$225.68	\$259.53
4	135,000	\$358.43	\$412.19
6	255,000	\$712.43	\$819.29

Residential meters read and excess water billed quarterly in arrears:

	Current	Proposed
First 45,000 gallons	\$2.36 per 1,000 gallons	\$2.71 per 1,000 gallons
Next 45,000 gallons	\$2.66 per 1,000 gallons	\$3.06 per 1,000 gallons
Over 90,000 gallons	\$2.95 per 1,000 gallons	\$3.39 per 1,000 gallons

Commercial meters read and excess water billed monthly in arrears:

	Current	Proposed
0 - 15,000 gallons	\$2.60 per 1,000 gallons	\$2.99 per 1,000 gallons
15,001 - 30,000 gallons	\$2.95 per 1,000 gallons	\$3.39 per 1,000 gallons
30,000 - 122,000 gallons	\$3.25 per 1,000 gallons	\$3.74 per 1,000 gallons
122,000 + gallons	\$2.86 per 1,000 gallons	\$3.29 per 1,000 gallons

Tina Pemberton  
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# HERALD EDITORIAL

## Making strides against breast cancer on L.I.

**T**here is perhaps no disease that strikes greater fear in the hearts of women than breast cancer. It is the second-leading cause of cancer deaths, behind lung cancer, and the second-most-common form of cancer among women, behind skin cancer.

October is Breast Cancer Awareness Month, a time to honor the many who have died while remembering that early detection is key to preventing deaths. October is an excellent time to have a mammogram or make an appointment to get one.

Breast cancer occurs when cells grow beyond their normal bounds. The cancer can then metastasize — that is, spread through the blood or lymph systems to other parts of the body.

The average age of diagnosis for breast cancer is 62, though experts recommend that women begin having annual mammograms at age 45, and as early as 40 for women with histories of breast cancer in their families.

Though the symptoms can be different for everyone, some of the most common include:

- A lump, knot or thickening under the breast or in the underarm area.
- Swelling, redness or darkening of the breast.
- Change in a breast's size or shape.
- An itchy, scaly sore or rash on the nipple.
- A pulling-in or retraction of the nipple or other parts of the breast.

The American Cancer Society estimates that about 41,000 American women will die of breast cancer in 2018. Roughly 1 in 8

### Walk set for Oct. 21

Long Islanders are battling breast cancer by taking part in events to raise awareness about early detection and to raise funds for research. Tens of thousands of people will participate in the American Cancer Society's Making Strides of Long Island Walk on Oct. 21 at Jones Beach, and there will be many other events across the South Shore this month. For more on the walk, go to [bit.ly/2Nr001v](http://bit.ly/2Nr001v).

women will be diagnosed with the illness in their lifetime.

Men can develop breast cancer as well, though their risk is far smaller; about 1 in 1,000. Less than 1 percent of all breast cancer cases occur in men, but according to the Susan G. Komen Foundation, there will be about 2,550 new cases among men in the U.S. this year, and roughly 480 deaths.

Despite the numbers of women diagnosed with breast cancer, the foundation also has reasons to be optimistic. Thanks to technological advancements and early detection, more lives are being saved. Breast cancer mortality rates in the U.S. increased slowly each year from 1975 through most of the 1980s, but from 1989 to 2015, mortality dropped by 39 percent, which saved more than 320,000 lives.

Many local hospitals are also dedicating more hours to providing mammograms to help diagnose the disease. In addition,

advancements are being made in the science of diagnosis. In July 2017, Mercy Medical Center, in Rockville Centre, became the first hospital in the state to install a molecular breast imaging system, called the LumaGEM MBI. With near 100 percent accuracy, the machine detects breast cancer in women who have dense breast tissue and those who have a higher risk for the disease. About 50 percent of women have dense breast tissue, which makes finding cancer through mammography alone more difficult, according to the Komen Foundation.

Elected officials have joined the fight, too. In June 2016, Gov. Andrew Cuomo signed a law called Get Screened, No Excuses, which gives public employees four hours of paid leave per year for breast cancer screening and eliminates such obstacles as copayments and annual deductibles. The law also requires 210 hospitals and clinics to offer extended hours for screenings to help women who have difficulty scheduling mammograms during the typical 9-to-5 workday.

Reminders of breast cancer are found in many places in October. Pink is usually prominent on NFL players' uniforms as part of the league's Crucial Catch initiative, in the hope that Americans glued to their TVs and phones during football games will also think about the millions of lives that breast cancer and other forms of the disease have affected.

When October ends and the pink-tinged days are over, though, the fight against the disease must carry on. When the pink apparel is put away for another year, it's important to remember the importance of getting tested to ensure that the number of fatalities continues to decline.

## LETTERS

### Mayor shouldn't threaten layoffs

To the Editor:

In "Budget woes will mean a 'painful' 2019" which appeared in the Sept. 27-Oct. 3 issue, Mayor Tim Tenke once again demonstrated financial illiteracy and is holding Glen Cove civil servants hostage with his 2019 budget. In explaining the need to breach the state tax-levy cap of 1.8 percent to make the increase a whopping 4.12 percent, Tenke blamed the proposed increase on "the failure of former Mayor Reginald Spinello to raise taxes sufficiently, and his reliance on one-off revenues from property sales and transfers from the water fund in order to balance the budget." Tenke further threatened to dismiss 20 of the city's hard-working fulltime employees if his budget increase was not passed. The City Council laudably did not fall for this attempt at financial terrorism on the mayor's part.





## OPINIONS

# An attorney's scribblings became a national anthem

I had no idea. The “Star-Spangled Banner” was first written as poetry and then, soon after, set to music — an English drinking song, to be precise. Yes, the tune behind our national anthem, before Francis Scott Key applied his poem “The Defence of Fort McHenry” to it in 1814, was popular in English pubs.

It's a quirky historical fact that I never would have imagined, especially given the seeming majesty of the song. I learned of its origin during a three-day business trip last week to Baltimore, where I finally visited Fort McHenry, on the Patapsco River, which I had longed to see since I learned the story behind “The Star-Spangled Banner” as a child. Key put his poem's first three verses to paper while he was detained by the British four miles downriver from the fort, after the redcoats had pounded the hell out of it with cannon fire but failed to take control of it.

I had three hours to spare Thursday morning, so I squeezed in a visit to the hastily constructed fort (much of it was — and still is — made of big dirt mounds). The history of the outpost, at the head of Baltimore Harbor, was fascinating. Every American should visit this national shrine

at least once, if only to gain a little perspective before joining in all the hoopla over America's anthem.

Standing on the fort's massive red-brick ramparts, gazing southeast down the Patapsco, I imagined for a moment the fear, if not terror, that American soldiers must have felt as they stared at 19 mighty British warships lined up, ready to attack Baltimore. The British outnumbered the Americans five to one. At the time, the United States didn't have a navy to speak of.

It was September 1814, two years into the War of 1812, which erupted because the British navy kept plundering American cargo ships, impressing (kidnapping) their crews and confiscating (stealing) their goods. The war was exactly what the British had wanted — a reason to invade what the empire still considered the colonies, but which was now a sovereign nation struggling to secure its place on the world stage.

The battle for Baltimore Harbor was a decisive victory for America — and among the most important of the war. Only three weeks earlier, the British had burned the nation's capital, including the President's House (not yet called the White House). Before Baltimore, the U.S. was in a very precarious place.

Fort McHenry withstood a full frontal assault by the British that lasted 27 hours.

In all, the British launched 1,500 cannonballs and rockets at the fort. They fell at a pace of one per minute. Yet McHenry stood. Eventually, the British gave up and moved on.

Key, who opposed the war because he preferred diplomacy to battle, witnessed the melee by chance. He was a prominent attorney representing a prominent American doctor, William Beanes, who had been arrested by the British, despite having tended to enemy combatants wounded in battle. Why? Beanes had resisted when the British plundered his Maryland home.

Key made his way to the HMS Tonnant, flagship of the British fleet, to negotiate Beanes's release, explaining that the doctor had aided British soldiers, whose officers wrote letters testifying to Beanes's kindness, according to Smithsonian magazine. Thus Key was able to secure the doctor's release — but only after, Key was told, the fleet blew Fort McHenry to smithereens.

So Key sat watching from the Tonnant as the fort was attacked, powerless to aid in its defense. Thick clouds of cannon smoke hung over the Patapsco. When the air finally cleared and Key first glimpsed the battered but unbroken fort, with the American flag flying high, he was so inspired that he started scribbling poetry. Thanks to Key, the battle for Baltimore Harbor will

surely still be spoken about hundreds of years from now as the critical moment when the U.S. defended its very existence against the planet's most formidable foe.

When Key finished his poem, he brought it to a publisher in Baltimore, who had the brilliant idea to set it to music. Many Americans were illiterate then. If it was to become a hit, so to speak, it had to be a song that people could sing, set to familiar music. Enter the English drinking song, “To Anacreon in Heaven.”

Within weeks of its publication, “The Star-Spangled Banner,” describing the end of the battle for Fort McHenry, had spread up and down the Eastern Seaboard, stoking patriotic fervor and emboldening fearful Americans. Suddenly, it seemed, the U.S. might win the war. Most everyone wanted a flag. Key's poem had gone viral.

America prevailed four months later, in January 1815.

“The Star-Spangled Banner” did not officially become the national anthem until 1931, so declared by President Herbert Hoover after a lobbying campaign by the Veterans of Foreign Wars.

The next time you hear it, take a moment to reflect on its meaning. It's about unity behind a single flag. Whether you kneel or stand while it's played, it makes no difference.

*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**

**I**f Francis Scott Key's poem was to become known, it had to be set to music people could sing.

## LETTERS

Ironically, Tenke has served on the City Council for the past 13 years, and voted in favor of utilizing revenue from the Garvies Point RXR development to maintain little or no tax increases for residents of Glen Cove. As he very well knows, it was the Spinello administration that brought massive investment and business into Glen Cove with tax abatement projects not only at Garvies Point, but also for the Villas and the downtown Piazza.

As far as water rate increases are concerned, here too Tenke can be accused of dereliction of duty. A letter to the editor in last week's issue stated that “he had numerous opportunities during his tenure to be a responsible

steward but chose not to rise to the challenge.”

Tenke has even left \$700,000 lying on the table in his prospective budget while threatening layoffs, a fact noted by Councilman Kevin Maccarone.

Interestingly, the current yearly salary for the Glen Cove mayor is over \$70,000. Spinello donated 5 percent of his salary to Glen Cove youth activities and 5 percent to senior programs. Let's see Tenke be in the forefront of “belt tightening” in Glen Cove and do the same, before threatening our hard-working employees with dismissal.

**KENNETH GUTWEIN**  
*Glen Cove*

## CORRECTIONS

In the story “Budget woes will mean a ‘painful’ 2019” in last week's issue, we failed to take into account state-mandated changes in reporting payments in lieu of taxes when calculating the total tax levy increase under former Mayor Reginald Spinello.

In the story “Amid new well problems, city OKs rate hikes” in the same issue, we

incorrectly reported that Councilwoman Marsha Silverman voted against a 15 percent water rate hike because she felt the increase “wasn't robust enough.” She said she would prefer an appropriate rate hike be calculated in conjunction with ongoing budget discussions.

We regret the errors.

## FRAMEWORK courtesy Robert Gregoris



Amid the crowd on Bengali beach — the Algarve, Portugal

## OPINIONS

# Trump gives the U.N. a needed wake-up call

President Trump's speech at the U.N. last week brought into clear focus some issues that have been simmering for years. Previous presidents have hinted at this discord, but they too often did it with hollowed-out diplomatic verbiage, leaving hard truths unsaid. Mr. Trump instead followed in the footsteps of Ronald Reagan, who famously called out the Soviet Union's "evil empire" and, in Berlin, challenged, "Mr. Gorbachev, tear down this wall." It was a wake-up call the U.N. needed to hear.



**ALFONSE  
D'AMATO**

For years now the United Nations has been an aimless, bloated caricature of what it was supposed to be. It was formed

in the aftermath of World War II to help prevent another worldwide conflagration, and to foster better relations among disparate countries and peoples. Instead, it morphed into an apologist for autocratic regimes that repress their own people and spew anti-democratic threats against their neighbors. And in the process, the U.N. built up a cumbersome bureaucracy that regularly veers far off course.

My great Senate colleague Patrick Moynihan gave perhaps the finest defense

of the fundamental values of freedom in answer to one of the U.N.'s most egregious actions. As America's U.N. ambassador in 1976, Moynihan rose to forcefully denounce a virulently anti-Israel resolution that equated "Zionism to racism." He promised that "the U.S. does not acknowledge, it will never abide by, it will never acquiesce in this infamous act." That forceful speech laid down the abiding principle that the U.S. would not be bound to U.N. actions that distorted the organization's original mission and made a mockery of fairness and common sense.

Failing to heed that warning, over the decades the U.N. stumbled into one outrageous action after another. It looked the other way in the face of communist aggression, made excuses for dictators, and twisted logic to fit a relentlessly leftist agenda. It once even secretly elected Libyan strongman Muammar el-Qaddafi to head its Commission on Human Rights.

More recently, a U.N.-inspired offshoot, the International Criminal Court, declared that it would investigate U.S. military forces deployed to Afghanistan for alleged "war crimes and crimes against humanity." Imagine this travesty of justice: American soldiers fighting against Islamist terrorists whose leaders

masterminded the Sept. 11 attacks, somehow equated with war criminals" Talk about torturing the truth!

That's why Trump was absolutely right to call out the U.N. for its hypocrisy and wrong-headedness. He laid out a clear-eyed vision that places responsibility for the world's problems where it belongs, chastising Iran's leaders for a brutal, corrupt regime that inflicts repression at home and aggression on its neighbors, and raising the heat on the spectacularly failed socialist state of Venezuela, which has managed to squander vast oil riches and impoverish its people.

The president also again rightly reminded our allies that they must take on a fairer share of the financial and military burden of defending freedom. For too long, the U.S. has been the bank and the backbone of not only Europe's, but also the world's defense. Other rich nations — especially those belonging to NATO — have regularly shirked their responsibilities and left it to the U.S. to make up for their shortfalls. That has to change, and at Trump's insistence, it finally might.

Likewise on the matter of international commerce. The president firmly signaled that free trade must be "fair trade" too. The days must end when other

nations can run up endless trade deficits with the U.S., dumping below-cost products here while they steal American technology and close American companies. Yes, China, Trump was talking to you: It's time your state-run economy worked for the mutual benefit of your largest trading partners, and not just for the benefit of the Chinese oligarchy.

I hope the world leaders who listened to the president at the U.N. recognize that his tough, realistic approach to foreign policy challenges has borne fruit, and can bear more. Last year, when he chided North Korea's leader, Kim Jung-un, as "little Rocket Man," diplomats cringed. But a year later, North Korea and the U.S. are in substantive and promising negotiations to save the Korean peninsula and the world from nuclear holocaust.

Now the Trump administration is applying the same pressure to Iran's outlaw regime. By scuttling the deeply flawed nuclear deal made by President Obama and reimposing tough economic sanctions against Tehran's ayatollahs, Trump is sending a clear signal: Change your ways, give up your dangerous nuclear ambitions, stop menacing your neighbors and stop repressing your own citizens. It's a message the U.N. should be sending, too.

*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.*

# What you do in high school doesn't stay in high school

If you think what you do in high school doesn't matter, perhaps the Brett Kavanaugh hearings will change your mind. That is my message to our children and grandchildren.

When my husband and I attended Lawrence High School, from 1961 to 1964, drinking was a big activity. A group of our friends regularly went to a bar in



**RANDI  
KREISS**

Lawrence and drank themselves silly every weekend night, and sometimes during the week as well. The owner was not rigorous about checking IDs.

We were all underage. My husband still has his "Lawrence H.S. Drinking Team" sweatshirt, one of

several that he and some of the guys had made. It was something we joked about through the years because their drinking seemed innocuous; nothing bad ever happened. I realize now that they were just lucky.

The drinkers I knew, mostly boys, went on to solid careers and successful

personal lives. Their early drinking seems not to have affected them adversely.

Of course, these examples are anecdotal; they happen to be a group who drank a lot as teenagers and then grew up and beyond their abuse of alcohol. I am not aware that any of the boys was violent or sexually aggressive when under the influence in those days. None of them ever got caught drinking and driving, which they surely did.

I share this story because I am struck by what has *not* changed: the tacit approval of heavy drinking-until-drunk that is part of the Judge Brett Kavanaugh story. We have to get past this notion that alcohol abuse is a rite of passage in college.

By the time you read this, Kavanaugh's fate may have been decided. What strikes me about the process is the tendency of the principles involved to write off his heavy drinking in high school and college as "what everyone did." And with that comes a kind of excuse, that if he was inappropriate, it was because of

the beer, not because of any moral failing. The girls were drinking, too, and so their accounts of events 30 years ago are necessarily flawed and subject to skepticism. They sacrificed their own credibility by getting too drunk to remember.

People who drink heavily may do things they would not do otherwise. And they may fall victim to others while impaired. Isn't it possible to drink if one wants to, but not get drunk, not cede responsibility for one's own safety? Self-control in drinking, as in other behaviors, should be part of living a healthy life as a teenager.

Kavanaugh apparently did drink in high school and college and law school, and he sometimes drank to excess. What is less clear is what happened when he was drunk. Christine Blasey Ford, who accused him of assaulting her when they were both under the influence, seemed genuine. Still, her statements about his alleged sexual offenses back then are fraught with problems because of the compromised condition of the teenage witnesses involved.

**I would not  
confirm Judge  
Kavanaugh  
because he has  
lied about his  
heavy drinking.**

As of now, I would not confirm Kavanaugh because there is substantial evidence that he was a heavy drinker, and he has lied about that. A liar has no place on the Supreme Court. Whether or not sexual crimes took place, and with whom and how often, we can never know. But it is sufficient for me that he has been untruthful about his drinking behavior.

Lessons abound in this historical moment. Like my high school buddies, you can drink a lot when you're under age, and you may get by and get through it with out any lasting effects. But you may also be the unlucky kid who gets into a drunken driver's car and winds up going through the windshield. Or you may find yourself the victim of a sexual assault . . . or the perpetrator.

When you drink until drunk, you make yourself vulnerable to other people's bad intentions. You relinquish the ability to defend yourself.

If Kavanaugh had been as sober as a judge as a student, he might not have landed in this mess. What you do in high school apparently doesn't stay in high school, especially in the era of social media.

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