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**Inside:
 Boomers**
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Kidz Zone Expo
 at the Friedberg JCC
 in Oceanside
 Pullout

VOL. 28 NO. 9

FEBRUARY 28 - MARCH 6, 2019

\$1.00



Mike Conn/Herald Gazette

Reaching the top

RXR Realty, joined by Glen Cove city officials, celebrated the topping off of the Beacon at Garvies Point on Friday. Now that the vertical construction of the building is complete, work will begin on its interior. Story, more photos, Page 4.

Group urges 'yes' vote on school bond

By **MIKE CONN**
 mconn@iherald.com

On March 12, Glen Cove City School District residents will vote on an \$84.6 million bond that would fund improvements at all six district schools. If it is approved, every building will be repaired or renovated, and new additions will be built at four of the schools.

Passage of the bond would result in a tax increase of roughly \$36 a year for the average Glen Cove household, starting in 2021. While attendees at Board of Education and City Council meetings have offered differing opin-

ions on the measure, a group of volunteers calling themselves Vote Yes March 12 are voicing their support and encouraging others to do the same.

The group is made up primarily of Glen Cove parents whose children attend city schools. Formed in January, shortly after the bond proposal was adopted by the school board, Vote Yes March 12 is focused on persuading voters just how vital its members believe the bond will be to the future of the district.

Maria Venuto, who served on the Board of Education from 2016 to 2018, including a year as

CONTINUED ON PAGE 3

Suozzi and Curran introduce workforce development task force

By **MIKE CONN**
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"We're here today to talk about the future of Long Island," U.S. Rep. Tom Suozzi, a Democrat from Glen Cove, said at the Composite Prototyping Center in Plainview on Feb. 21. Standing alongside Nassau County Executive Laura Curran, Suffolk County Executive Steve Bellone and Kevin Law, president and CEO of the Long

Island Association, Suozzi introduced plans for the Long Island Apprenticeship and Workforce Development Task Force.

Its objective, he said, is to centralize all of Long Island's job-training resources and make them accessible on a website. The information will be gathered at Suozzi's, Curran's and Bellone's offices.

The task force's goal is to make it easier for employers to reach out to potential hires and

for job seekers to find apprenticeships. Those looking for work will also benefit from a list of training programs that will help them land jobs.

"We already have many job training and apprentice programs [on Long Island]," Curran said, alluding to entities such as BOCES, Nassau and Suffolk community colleges and various workforce development

CONTINUED ON PAGE 17



Courtesy Maria Venuto

VOTE YES MARCH 12 are urging voters to approve the \$84.6 million bond to renovate and improve all six Glen Cove schools.

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Christina Daly/Herald

GLEN COVE CITY Hall.

Former G.C. mayor enters bid to reclaim his seat

By ALYSSA SEIDMAN
aseidman@liherald.com

Former Glen Cove Mayor Reginald Spinello, who served on the City Council for five years, will seek a third mayoral term this November after losing reelection to current Mayor Tim Tenke in 2017. Spinello was edged out of office by three votes.

The announcement came from the Nassau County Republican Committee on Feb. 19, which slated Spinello, the five Republican incumbents and challenger, Ken Pilla, for the seven-member council.

“Losing the election came as a shock to me and many of the residents,” Spinello told the Herald Gazette, “and since the day I lost people are in touch with me, asking me to return. There’s a lot of unfinished business in Glen Cove.”

As mayor, Spinello, an Independent, is credited for completing the sale of the Garvies Point waterfront and Village Square development projects and said he would want to see both come to fruition if re-elected. He also hopes to continue Glen Cove’s economic growth and financial stability that, he said, he created as mayor. “Glen Cove was on the right track, but now there’s just nothing going on,” he said. “The ball has been dropped, and the city needs to get back on its feet.”

Spinello’s platform, which he’s “still working out,” comprises 10 to 12 items that would bring improvements to the city, including an assortment of unspecified programs, and the development of a long-term revitalization plan for the downtown area.

Spinello is running on the Republican, Conservative and Independence party lines. Councilman Joseph Capobianco, a Republican, said he looks forward to running a “vigorous campaign” alongside Spinello and Pilla. “I don’t know [Ken] personally, but he seems very qualified and I welcome him aboard our slate,” Capobianco said.

Pilla is the current chairman of the city’s Recreation Commission, and a life-long resident of Glen Cove. For nearly 40 years he worked as a director of operations for McDonald’s, and now works as a project coordinator for Piece Management Inc., in New Hyde Park. He was first appointed to



Courtesy City of Glen Cove

FORMER GLEN COVE Mayor Reginald Spinello will again challenge current Mayor Tim Tenke in a bid for the highest seat on the City Council.

serve on the commission by then-mayor Spinello in 2014.

“I believe in the direction the city was heading in under Reggie, and I think that right now I have the time to put in to get involved and use my skills and knowledge to help the city move forward,” Pilla said.

As for goals he’d like to accomplish as a councilman, Pilla said he would defer to Spinello’s platform, but would want to see the city’s youth programming expanded. As a father of two, Pilla coached his daughters in softball and soccer, and was the president of the city’s junior soccer program for 10 years.

“The young adults who are moving in to Garvies are going to want to raise their families here, but what’s going on for their kids?” Pilla said. “I’d like for there to be something that would involve the youth with everything that’s happening here.”

Tenke, a Democrat, said he was not surprised by the committee’s announcement, nor Spinello’s bid for reelection, but said, “It doesn’t change my focus to continue to serve the residents of Glen Cove.”

Tenke added that he was confident in the city’s Democratic slate. “We’ll prevail in November, and continue to undo the ill-advised practices of the former administration,” he said.

Where artists can express themselves freely

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

As night fell over the Glenwood Life Center, a brilliant, warm light shone through its high-reaching windows. In it, dancers moved across the hardwood floors of the center's tela, their footfalls adding percussive notes to the strumming of two guitarists who took refuge near a grand piano. The musicians played off one another in harmonious bliss despite having only met that evening, and just a few feet away artists scratched at sketchbooks capturing the dancer's flowing movements.

This unfettered forum of artistic expression is the creation of veteran dancer Nicole Loizides, of Glen Cove, who after 25 years of performing has brought her passions home with "Art on the Spot." "What I love to say to our community is that if you don't work on your home, you have nothing to stand on," she said. "So what I've done after years of touring the globe is bring my expertise and love and passion home to build a home for others to stand on."

Loizides, originally from Huntington Station, first landed on the North Shore after a whirlwind career as a professional dancer. She is classically trained in the Balanchine style of ballet, and after high school went on to dance with Ballet Hispanico New York and MOMIX dance companies. She was an assistant choreographer at the 2014 Sochi Winter Olympics, and a staging director for the 44th United Arab Emirates National Day.

Moving here, though, changed her life. "From 25 years of being on the road and living out of a bag, it really helped me plant roots, and enabled me to meet friends as an adult." In the North Shore's numerous bars and restaurants, Loizides met other artists who desired a place to create and express themselves freely. "Art on the Spot" is a self-described artists café that brings together creators of all mediums, from music and dance to photogra-

phy and song. It is sponsored by Moving On, Loizides' dance company, and will hold sessions at the Glenwood Life Center based on participants' interests in the hope of moving to other spaces in the community.

"The Spot," as Loizides likes to call it, held its first session earlier this month. She reached out to local artists who had also toured the world and trained with major names in the industry with the goal of creating a space where people could just be themselves. "At first it was stagnant, but when we recognized the art that was happening with each one of us, we learned we didn't have to work with one another, we simply had to be with one another," she said.

Twelve participants from near and far gathered at the center at "The Spot's" session on Feb. 22 to engage in one other's art. Two dancers — one from Brooklyn, one from West Babylon — constructed a brief routine using hula-hoops. Two musicians, from Sea Cliff and Glen Cove, riffed on each other's rhythms to create unheard melodies. Two artists — one from Sea Cliff, one from Queens — sketched similar impressions of the dancers.

Loizides said the sole rule of "The Spot" is respect. "In life there are certain guidelines and things you have to get done, and checkmarks that have to be made, but there aren't any here," she said. "It's for finding where you groove in your own art."

Joe Iadanza, of Sea Cliff, said, "Most of the music I get to play is pretty scripted, so it's nice to come

out and just play without having to think too much. As musicians we can get in our own heads a little bit, so it's nice to be out and playing but also reacting to what's going on here."

Sea Cliff resident Eric Dixon drew figure drawings of the dancers during "Art on the Spot" using charcoal, graphite and eraser. As a trained artist, Dixon said he appreciated having an open forum to work in. "It's really nice to have live talent and live music [in] a place for like-minded people to just explore the arts without any sort

Next sessions for 'The Spot':

Dates:

Friday, March 8, at 7 p.m.
Friday, March 22, at 7 p.m.

Address:

Glenwood Life Center, 71 Grove St.,
Glenwood Landing

Information:

Limited catering and water provided. BYOB, as well as your medium, instrument, camera, costuming or open mind. A \$10 admission will be collected at the door. RSVP via Facebook @weremovingon.



Alyssa Seidman/Herald Gazette

GLEN COVE RESIDENT Nicole Loizides donned LED-lighted wings and danced across the Glenwood Life Center for an "Art on the Spot" session.

of commercial pressure," he said.

Loizides added that any artwork created at "The Spot" would be put on display in the center's gallery, becoming another venue for local artists to show their work. "What we do want is to build a following locally for the community to say 'the people are here,'" she said, "and this is just the beginning of that."

For more information about "Art on the Spot" or Moving On, visit @weremovingon on Facebook and Instagram or <https://www.movingon.dance/>.

Parents urge 'yes' vote on March 12 bond

CONTINUED FROM FRONT PAGE

vice president, created the group. Its chief mission, she said, is to make sure voters understand the measure. Venuto was inspired in part by the failure 10 years ago of a similar bond, elements of which return in this year's proposal. Now it is needed even more, she said, especially when it comes to the schools' failure to comply with the Americans with Disabilities Act, which she believes "has become really critical."

And, while every provision of the bond is important, Venuto said, there is one that must take priority. "We have to deal with the safety things because of the climate of gun violence in schools," she said. "That makes it very essential." If the bond were to pass, every district classroom would receive new, more secure doors and windows.

Lia DiPaolo Leone, the mother of a

fourth-grader at Connolly Elementary School and a kindergartner at Gribbin Elementary, said she also believed security was of the utmost importance. "I hope that our students have a safer and more healthy place to be on a daily basis," she said. "The learning environment needs to match the level of education that they're getting through their hard-working teachers."

Leone, who grew up in the Glen Cove district and graduated from Glen Cove High School in 1994, is an elementary reading specialist in the Hicksville School District, which passed a similar bond in 2017. She was a strong supporter of that measure, and said it was vital that Glen Cove's pass, too. "[The schools] look exactly the same as they did when I was there," she said.

According to Rosemarie Chicvak, a mother of fourth- and fifth-graders at Landing Elementary School, the fact that

the schools have not changed much over the past two decades is only the tip of the iceberg. "We need the infrastructure of the schools to be fixed," she said. "We have 100-year-old schools that have Band-Aids on them . . . We're looking for a roof. We're looking for ceilings that aren't falling down."

Christopher Moll, who has a daughter in sixth grade at Finley Middle School, said that district buildings' deteriorating infrastructure was a significant factor in his decision to support the bond. "The biggest thing for me is that the bond isn't trying to make some huge, glamorous buildings," he said. "We're just looking to make sure they're safe and that they're up to code."

Moll, the director of Jazz Hands Children's Theatre in Glen Cove, has used the stage in Finley's Wunsch auditorium for four years, and has noted that the lighting is unsafe. "The electrical in that building

is so bad that we have to put someone on stage with a fire extinguisher," he said.

"This has to get done," Moll added, "because these buildings are old, and it's time to update them. You can't make the changes and updates we need just by taxes — we need a bond. No school district makes these types of changes without a bond."

Chicvak emphasized that the bond would affect not only students and parents in the district, but also every property owner in Glen Cove. People who plan to move to the city, she said, could be deterred by the state of the schools.

"When people look at homes, one of the first things they look at is schools," Chicvak said. "Our property values will go down if the schools are falling apart."

The votes will take place March 12, from 7 a.m. to 9 p.m., at Glen Cove High and Connolly Elementary.

First building topped off at Garvies Point

By MIKE CONN

mconn@liherald.com

The construction at Garvies Point reached a major milestone on Feb. 22, as RXR Realty celebrated the topping off of the Beacon at Garvies Point. Symbolically, a building is "topped off" as a representation of the completion of its vertical construction. Once it is topped off, a building will not be built any taller, and the rest of the construction will be focused on its interior.

A ceremony was held outside of the Beacon, as RXR executives and Glen Cove city officials congratulated the 100-plus construction workers on their significant achievement.

Joe Graziose, executive vice president of Residential Development and Construction at RXR, led the ceremony from a podium at the base of the building. A lifelong resident of Glen Cove, he said that the project has been especially important to him.

"Glen Cove is my home," Graziose told the crowd. "Glen Cove is a special place for [me] but also for RXR and the investments that were made in this community."

Following a rendition of the National Anthem sung by Glen Cove High School senior Alondra Schuck, Mayor Tim Tenke took the podium to not only congratulate RXR, but to also announce that was happy that the construction was making such significant strides toward its completion.

"I can honestly tell you that after 20 years of planning and perseverance, I could not be happier than to be standing right here today," he said. Tenke also said he greatly appreciated RXR's dedication to hiring locally, making sure that the workers of Glen Cove are the ones to be credited for the success of the project.

Tenke's speech culminated into a passionate expression of gratitude toward the workers who made the topping off possible. "I want to say 'thank you' to every one of you that are out here," he said. "This is your day."

Joanne Minieri, executive vice president of RXR Realty and COO of Construction and Development, spoke of how encouraged she is by the project's progress in terms of how it will ultimately



Photos by Mike Conn/Herald Gazette



benefit the citizens of Glen Cove.

"The transformation occurring at Garvies Point," she said, "is a clear reflection of the commitment and focus by the City of Glen Cove, the municipal agencies and RXR, and their desire to not only create communities, but to connect each and every one of its residents and neighbors to build a desirable lifestyle."

Then a symbolic block of cement adorned with the American flag and flags displaying the logos of RXR, Garvies Point and RXR construction partner Hunter Roberts was lifted by crane to the top of the Beacon.

The workers then filed into the garage portion of the building to enjoy a locally-catered lunch.

After the ceremony, Tenke spoke about what the developments at Garvies Point mean to the city as a whole.

"It means that an area that was blighted is now being rejuvenated," he said. "We are a waterfront community and this is part of our waterfront. To have this 28 acres of park land to be usable again for our public . . . I think this is going to be a wonderful addition to this area and really become a destination for Glen Cove."

"I feel like a million dollars," Graziose said. "It's amazing, because these are all labors of love at the end of the day and



MAYOR TIM TENKE congratulated the many workers who have devoted so much of their time and efforts to the construction at Garvies Point.

GARVIES POINT WORKERS, were treated to a locally catered lunch afterwards. Top, left.

A SYMBOLIC BLOCK of cement adorned with the American flag and the companies involved in the construction at Garvies Point was lifted by crane onto the top of the Beacon to celebrate the topping off.

there are a lot of men and women that are out here kicking their butt every day to make this happen for us. This is our opportunity to celebrate it for them."

The construction moving forward will be dedicated toward completing the 167

condominium units inside the Beacon, the prices for which begin at \$700,000. According to Graziose, about half of these units have already been sold, and RXR aims to have residents move in by the end of 2019.

CRIME WATCH

Arrests

■ Male, 31, of Glen Cove, was arrested for two counts of second-degree and one count of third-degree aggravated unlicensed operation of a vehicle and other vehicle and traffic law violations on Glen Street on Feb. 23.

■ Male, 19, of Glen Cove, was arrested for operating a motor vehicle without a license and equipment on Glen Cove Avenue on Feb. 23.

■ Male, 24, of Sea Cliff, was arrested for seventh-degree criminal possession of a controlled substance, ability to operate a motor vehicle impaired, ability impaired

by drugs, speeding and other vehicle and traffic law violations on Glen Cove Avenue on Feb. 23.

■ Female, 23, of Glen Cove, was arrested for fourth-degree criminal mischief on Forest Avenue on Feb. 22.

■ Male, 32, of Muttontown, was arrested for aggravated family offense and first-degree criminal contempt on Dickson Street on Feb. 22.

■ Female, 38, of Glen Cove, was arrested for second-degree aggravated unlicensed operation of a vehicle and other vehicle and traffic law violations on Charles St. on Feb. 22.

GLEN COVE
HERALD
Gazette

HOW TO REACH US

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Nearby things to do this week

Irish heritage cooking in Bayville



Chef Barabara Sheridan will give a St. Patrick's Day cooking demonstration. Sample classic Irish dishes such as shepherd's pie, Irish soda bread and Guinness brownies. All recipes will be provided. There is a \$5 fee payable by cash or check to the Bayville Library. The fun gets cooking at 6:30 p.m. on March 5. 34 School St., Bayville. (516) 628-2765.

Bearded dragon learning adventure

Come meet Dinah the friendly bearded dragon in this interactive exotic animal presentation. Learn how bearded dragons adapt to their natural environment and how they live in captivity as the most popular pet reptile in America. Recommended for ages 4 and up, the program begins at 4 p.m. on March 7 at the Locust Valley Library, 170 Buckram Road, Locust Valley. (516) 671-1837.



Improv 4 Teens: Intro to team building



Improv comedy workshops offer a variety of valuable life skills. Doing improv helps develop creative and critical thinking, team communication, public speaking, and self-confidence, which can translate into team building, management, education, and service prowess for adulthood. The workshop starts at 7 p.m. on March 7 at the Glen Cove Library, 4 Glen Cove Ave., Glen Cove. (516) 676-2130.

Musical interlude at the Heckscher

Celebrate "First Friday" at Heckscher Museum of Art, Friday, March 1, 5 to 8:30 p.m. View the museum's exhibitions during free extended hours and enjoy "Viva Americas" Explore the musical evolution of tango through the 20th and 21st centuries with virtuosic flute and guitar duos. Info: (631) 351-3250 or www.heckscher.org.



In the groove with We Three



See the up-and-coming pop/rock sibling trio and America's Got Talent semi-finalists, known as We Three, when they kick off their debut headlining national tour, at The Paramount, on Thursday, March 7, at 8 p.m. This family affair features Joshua, on piano and drums; Manny, on guitar; and Bethany, on bass. Info: (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

St. Mary's Gaels hockey returns to glory

This past season, Saint Mary's High School, in Manhasset, paid a great deal of attention to its hockey team that incorporated finely tuned seniors and a new group of underclassmen prospects who sharpened their skills and put themselves to the test

After finishing last year with a 2-14-2 record, the storied history of a championship powerhouse team was reignited in the inaugural coaching season of Shaun Riley. He has 25 years of experience in coaching and mentoring players at many levels after a successful career in Canadian Junior Hockey and NCAA Division I Hockey. Assisted by the St. Mary's alumni duo of Joe Tracy and Danté Cipriano along with Dylan Hernandez, their leadership and areas of expertise in the sport brought results that were taken steps further by what Riley described as "a remarkable group of talented athletes who went the extra mile."

Riley specifically noted Will Gilberg, a senior member of the team, who took it upon himself to work with the freshmen on honing their skills as well as the St. Mary's administration. Mike Ryan, the school's athletic director, also made a strong commitment to bring the team back. The group spent its practice time between the Northwell Health Ice Center at Eisenhower Park and Cantiague Park Ice Rink, the latter of which hosted the team's home games this season.

Senior Danny Rau, of Westbury, led the team in scoring with 39 points on 18 goals and 21 assists, and the overall goal leader was Junior Shane Ahlers, of West Hempstead, who had 20 goals and 17 assists. Along with Rau and Ahlers, there were three other upperclassmen with 20 or more points this season — senior captain Will Space, of Hicksville, with 36, senior Will Gilberg, of Mineola, with 27 and Junior Alex Lima, of Lloyd Harbor, with 36.

With new freshmen players, seasoned sophomores and the experience of the upperclassmen, the coaching staff had a combination of talent representing all classes to work with this season. First-year player Emma DiRado, of Manhasset, made impressive strides working her way to more play time, along with her classmates Aidan Riley, of Wantagh, with 20 points on 3 goals and 17 assists and Aidan Tenn, of Fresh Meadows, with 4 points on 4 assists. Freshman goalie Maxx Messite, of Oceanside, posted 4 wins on the season and helped solidify the Gaels' goaltending tandem.

At the culmination of the season, with an overall record of 9-8-3, the Gaels played in the 2019 Catholic High School Hockey League B Division Championship game against the Stepinac Crusaders. Junior goalie Ryan Mockler, of Roslyn, played his best game of the season "right at the very best possible time" according to Coach Riley. Mockler blocked 42 of 44 shots during the championship game.

WINNERS TO BE ANNOUNCED
IN NEXT WEEK'S NEWSPAPER



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HERALD SCHOOLS

Several community readers at Gribbin

Community readers were welcomed at Gribbin Elementary School on Feb. 13, as they volunteered to visit and read to the students as part of the school's Pick A Reading Partner celebration. Principal Francine Santoro expressed her gratitude to all those who volunteered their time and shared the love of reading with the school's students.



A GROUP OF volunteers visited Gribbin Elementary School to read to the students.

Courtesy Glen Cove City School District

Vote for school bond referendum soon



Photos courtesy Glen Cove City School District

THE SCIENCE ROOMS at Glen Cove High School will be completely overhauled. With new tables and cabinets to be installed.

ALONG WITH ITS unique improvements, Deasy Elementary School will be ADA compliant.



Registered voters residing in the Glen Cove City School District will have an opportunity to vote on a bond referendum that would fund major repairs and renovations to all six district schools on March 12.

Residents will have an opportunity to vote on a bond referendum that will fund major repairs and renovations to all six Glen Cove CSD schools that cannot be funded through the district's annual school budget. During the community bond forum, residents will learn more about the proposed scope of work. Those in attendance will hear presentations detailing the repairs and renovations proposed in all six district schools, learn more about the anticipated cost and funding needed, and will also have an opportunity to ask questions.

The bond referendum would support construction of additions, alterations and improvements to all six district schools as needed to provide new instructional and support space. Interior reconstruction and space reconfiguration to provide enhanced and/or new instructional space, auditorium, science, music, art, library cafeteria and other spaces will also be discussed.

Improvements would be made to heating, ventilation and air conditioning systems district-wide, fire and security systems, replacement of windows,

roofs, doors, floors and ceilings as needed, and repairs and renovations to be in compliance with state and federal laws and with the Americans With Disabilities Act. Parking lots, driveways, sidewalks, curbs, drainage improvements, as well as recreational and athletic improvements including the construction of new and enhanced playing fields, tennis courts, tracks and bleachers, and the installation of field lighting are also included in the proposed bond.

The estimated cost of the bond is approximately \$84.6 million, including the expenditure of \$425,000 in anticipated grant funds from New York state. The district is estimated to receive approximately 33 percent in New York State Building Aid. It is anticipated that the cost to the average homeowner, with an average home value of \$500,000, over the 15-year life of the bond will be approximately \$36.53 per month, including the anticipated state aid. Funding will be provided through a municipal bond, which has a lower interest rate. Payments will not begin until at least 2021.

Additional information regarding the bond can be found on the district's website at www.glen Cove.k12.ny.us. Residents can cast their votes on March 12 at Glen Cove High School and Connolly Elementary School from 7 a.m. to 9 p.m.

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HERALD SPORTS

Youthful Hofstra looks to blossom

By **ANDREW COEN**

sports@liherald.com

Facing his biggest roster turnover since taking over the Hofstra men's lacrosse program 12 years ago, head coach Seth Tierney hopes his largely inexperienced team can bloom into a postseason contender by late spring.

Hofstra lost 18 players, including seven starters, from last year's 6-8 team that fell in the Colonial Athletic Association semifinals to rival UMass. With 26 newcomers including 14 true freshmen, Tierney has been tasked with a far bigger challenge than normal creating a starting lineup for the Pride's rugged 14-game schedule.

"I have never experienced a turnover like this and the challenge is unbelievably exciting," said Tierney, whose coaching career began as a volunteer assistant at Hofstra in 1995. "Every day is like minor league hockey out there with everyone looking for their shot."

Despite the many new faces, Hofstra won its first two games starting with a come-from-behind 4-3 win at then 13th-ranked Lehigh in which the Pride rallied from a 3-1 deficit in the fourth quarter. Hofstra then found its offense in a 14-10 home win against first-year program Utah on Feb. 16.

Hofstra's returning starters were also its top three scorers from a year ago in junior Ryan Tierney, senior Jimmy Yanes and sophomore Dylan McIntosh. Tierney, the son of Coach Tierney, anchored the attack unit last year with 27 goals and 22 assists. He is joined near the net with McIntosh, who registered 21 goals in his first year of collegiate lacrosse, and freshman Whit Stophak, a U.S. Lacrosse All-American out of Ohio.

Yanes moved from attack to midfield to lead a young unit comprised of freshmen Matt Elder and Sterlyn Ardrey along with sophomore James Philbin. The versatile Yanes tallied 33 goals and 27 assists last year and may get moved back to attack depending how the Pride offense progresses.

"We're going to make changes until we can find the right chemistry out there," Tierney said.

A new-look close defense features some experience in juniors Eric Wenz and Michael Altmann along with sophomore CAA All-Rookie selection Keegan Santos. Wenz, a Wantagh native and St. Anthony's product, is starting for the first time after playing on the man-down defensive unit his first two years of collegiate lacrosse.

"He has done a good job as a leader," said Tierney of Wenz.

Short-stick graduate-student Mark Ellis leads the defensive midfield unit following a strong 2018 season after arriving from Long Island rival Stony Brook. Ellis, a former lacrosse and football star at Garden City High School, is taking on more a leadership role this spring as a co-captain with Ryan Tierney.

"He brings such a positive energy and it's contagious,"



Courtesy Hofstra Athletics Communications

FORMER WANTAGH STANDOUT Robert Casey made 14 saves and picked up a victory in his first collegiate start Feb. 9 as the Pride edged Lehigh, 4-3.

the coach said of Ellis.

Junior goalie Robert Casey beat out three other net-minders to replace departed three-year starter Jack Concannon. Casey, a Wantagh High School graduate, has shined early on in the season with 14 saves against Lehigh and 11 stops versus Utah.

"He had stepped up after two years of the mentorship of Jack Concannon," said Tierney of Casey, who was a two-time All-Nassau County selection at Wantagh. "He is a great locker room guy and just wants to win."

Sophomore Brian Herber is taking the faceoffs this year after the departure of Kyle Gallagher to the Ivy League and the University of Pennsylvania. The Smithtown East product had a strong showing against Utah winning 18-of-26 and will play an integral role this season looking to give the Pride extra offensive possessions.

An adjustment for Hofstra and all of college lacrosse this season has been the implementation of a new 80-second

shot clock. Tierney likes the change since it will prevent stalling and provide more scoring chances on offense.

"It changes the game up a bit," Tierney said. "It is going to have an interesting impact."

Tierney pieced together a challenging non-conference schedule where the Pride will be tested in every game. Hofstra will next host 18th-ranked Georgetown this Saturday at 3 p.m. followed by 10th-ranked Ohio State on March 9 for a noon faceoff. A five-game homestand wraps up against Big East opponents St. John's on March 12 at 7 p.m. and March 16 versus Providence at 1 p.m.

"I want them to be battle tested," Tierney said. "We have an unbelievable opportunity in front of us."

The non-conference schedule precedes Hofstra's traditional grueling CAA slate beginning March 30 at Towson and then a home game versus defending conference champion UMass on April 6 at 1 p.m. Hofstra was picked to finish third in the CAA.

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HERALD NEIGHBORS



Photos by Tab Hauser/Herald Gazette

RUDY, HALES AND TYLER FRANCISCO all played their own unique instruments at the Glen Cove Library.

Celebration of West African music



ALFREDO, LEFT, AND CHRIS MEDINA brought their daughter, Alicia, along to jam along to the African tunes. Top.

DUANE SMITH OF SOUND AND STYLE led participants in creating lively West African music.

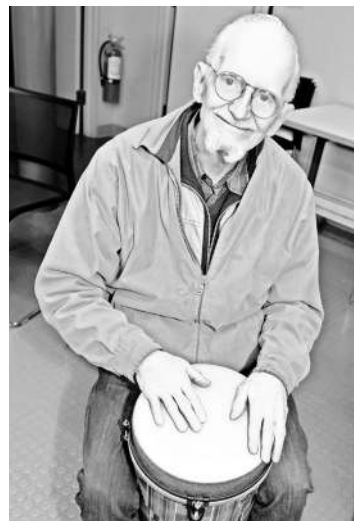
THOSE CELEBRATING WEST AFRICAN MUSIC were given a variety of percussion instruments to play.

CHARLIE BOEHME SHOWED OFF HIS BONGO SKILLS. Right.



The rich musical culture of West Africa was celebrated on Feb. 19 at the Glen Cove Library with lively performances that were enjoyed by everyone. Duane Smith, a veteran music teacher with over 20 years of experience, who heads Sound and Style, led a crowd of participants in playing West African music using a wide variety of instruments.

Engaging attendees in several upbeat tunes tracing the roots of several West African nations, Smith also led a discussion about the elements and importance of West African music. The influence that West African music has had on the world can be felt everywhere, he said, especially in the realm of percussion, as drums are a key focus in that style of music.



COMMUNITY CALENDAR

Thursday, Feb. 28

Arthritis education and exercise class

Glen Cove Hospital, 101 St Andrews Lane, Glen Cove, 10:30 a.m. The hospital is hosting an exercise and education class for people with arthritis in the 1 South dining room. For more information, contact Laura Marrone at (516) 674-7696.

Teen advisory group

Bayville Free Library, 34 School St., Bayville, 7 p.m. Teens in grades 6 through 12 can join the Teen Advisory Group to plan programs, suggest materials and get involved with the community. Pizza will be served and community service hours can be rewarded. (516) 628-2765.

Friday, March 1

Happy birthday, Dr. Suess!

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Children ages 2 to 5 and their caregivers can celebrate the 115th birthday of one of the most beloved storytellers of all time. Read stories, make crafts and have all sorts of Suess-themed fun. (516) 676-2130.

Saturday, March 2

Engineer Lego creations

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 11 a.m. Students in kindergarten and up can make huge Lego structures, design mazes, create games and anything else that comes to mind. (516) 676-2130.

Indoor winter market

Creative Arts Studio, 256 Sea Cliff Ave., Sea Cliff, 12 to 4 p.m. Shop fresh produce, baked goods, pickles, juices, snacks and other locally crafted goodies. Ongoing Saturdays through March.

Wire jewelry workshop

Locust Valley Library, 170 Buckram Road, Locust Valley, 1:30 p.m. Create beautiful hand-crafted beaded wire pendants using supplies provided by the library. Registration is required and there is a \$15 entry fee. Payment can be made at the main desk. (516) 671-1837.

Sunday, March 3

Reed Farrel Coleman book signing

Gold Coast Library, 50 Railroad Ave., Glen Head, 2 p.m. Author Reed Farrel Coleman will discuss his life as a writer, as well as sign copies of his newest book, "Colorblind," the latest addition to the Detective Jesse Stone Series. (516) 759-8300.

Buddy Merriam and Backroads

Locust Valley Library, 170 Buckram Road, Locust Valley, 2 p.m. Join Buddy Merriam and Backroads as they perform traditional bluegrass with the soul of yesteryear with technical skill that is hard to equal. The performance will include Merriam's mandolin compositions along with bluegrass vocals. (516) 671-1837.



Photo courtesy Flickr

American First Ladies presentation

Marilyn Carminio will present a visual history lecture on four of our American First Ladies — Eleanor Roosevelt, Bess Truman, Mamie Eisenhower and Jacqueline Kennedy at the Locust Valley Library on March 5. Since the Constitution does not outline any responsibilities for the role of First Lady, it is sometimes described as the most demanding volunteer job in America. Learn about the personal side of life in the White House, and the unique contributions each First Lady made to the nation at 6:30 p.m. at 170 Buckram Rd., Locust Valley. (516) 671-1837.

Tuesday, March 5

International Women's Day

The Whaling Museum and Education Center, 279 Main St., Cold Spring Harbor, 12 p.m. Celebrate the week of International Women's Day with a pay-as-you-wish visit to the "Heroines at the Helm" exhibit. Be inspired by the courage and resilience of trailblazing whaling wives. Ongoing through March 8. (631) 367-3418.

Brain fitness class

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Victoria Lanza will teach ways to improve memory skills, gain brain strength and learn about positive thinking and nutrition for the brain. (516) 676-2130.

Mardi Gras masks

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 4:30 p.m. Kindergartens and up can create their own one-of-a-kind Mardi Gras mask to wear or hang on then wall using a variety of fun decorations. (516) 676-2130.

Computer basics workshop

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 6:30 p.m. Gain an understanding of Windows file management, including how to create folders, copy and move files, delete data and much more. (516) 676-2130.

Wednesday, March 6

Photography workshop

Glen Cove Senior Center, 130 Glen St., Glen Cove, 1:30 p.m. Island Photography

will teach seniors how to take photographs. Participants will be able to try out their new skills right after the instruction. (516) 759-9610.



Glen Cove school bond public forum

The G.C. City School District will present a community bond forum where district administration will answer questions from residents regarding the upcoming school bond in the Glen Cove High School auditorium before the March 12 vote. The \$84.6 million bond would fund large scale renovations in all six of the district's schools. All Glen Cove residents are welcome to attend the forum on March 5 at 6:30 p.m. 150 Dosoris Lane, Glen Cove. (516) 801-7001.

Tai Chi

Gold Coast Library, 50 Railroad Ave., Glen Head, 2 p.m. Join Linda Cafiero for an afternoon of relaxing yoga that will help participants stay healthy in both body and mind. There is a \$24 non-refundable fee at registration. (516) 759-8300.

Lego Club: Make a monster

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. This month's Lego Club theme is making monsters, and participants will be able to create the most ferocious monster they can imagine. (516) 759-8300.

Thursday, March 7

Fall prevention tips

Bayville Free Library, 34 School St., Bayville, 1 p.m. Falling is the number one reason for why older adults in the United States lose their independence. Injuries that result from falls are more common than strokes and can be just as serious. Join Lori Ginsberg, RN, MA of the Katz Institute for Women's Health as she provides tips on how older individuals can avoid harmful falls. (516) 628-2765.

3D pen crafts: St. Patrick's Day

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. Use the library's 3D pens to craft anything that comes to mind. In this session, participants will learn how to make four-leaf clovers, leprechaun hats and pots of gold to celebrate St. Patrick's Day. (516) 759-8300.

Junior Book Club

Locust Valley Library, 170 Buckram Road, Locust Valley, 7 p.m. Join the library's monthly book club for children in fourth- and fifth-grade. There will be book discussions, snacks, drinks and plenty of fun activities. (516) 671-1837.

Friday, March 8

Black Tie Brass at Still Partners

Still Partners, 225 Sea Cliff Ave., Sea Cliff, 8 p.m. Black Tie Brass will bring a horn-driving jazz and funk musical experience to Still Partners. Plenty of talent and soul will be on display for all attendees to enjoy. (516) 200-9229.

Saturday, March 9

Fashion design exploration

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 11 a.m. Learn about famous fashion designers in history, basic elements of fashion design and simple color theory. Children in grades 3 and up can create original artwork to display their ideas. Perfect for any fashion fanatic. Registration is requested. (516) 676-2130.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.



Photos courtesy Kathleen DiResta

ANNA JENNETT SHARED a heartfelt goodbye with Sea Cliff Mayor Edward Lieberman.

Farewell, Walking Hat Lady

Residents put on their best hats on Feb. 16 to bid farewell to Anna Jennett, who has spent the past 50 years walking around the neighborhood in colorful, eye-catching headwear.

Almost 50 people came out to join Jennett on her final walk through Sea Cliff. The trek began at Veterans Memorial Park and proceeded up Sea Cliff Avenue to Still Partners. Along the way the group stopped at The Village Wine Merchant to say a toast to the "Walking Hat Lady," which Jennett has been fondly called.

Jennett and her family moved to Locust Valley from Aiken, S.C., in 1960. When she was

12, she began to "walk for life" to counter her constant ailments. And while she only intended to heal herself on her life journey, the response from her community has been overwhelming.

"They have given me so much confidence, love and support, which I never really got," she said. "My heart and soul is still here, and if I get homesick, Sea Cliff, here I come!"

She returned to Aiken on Feb. 26 to tend to her health.

Compiled by Alyssa Seidman



DURING JENNETT'S FINAL walk around the neighborhood, she stopped at The Village Wine Merchant to raise a glass to her beloved community.

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THE GREAT BOOK GURU

Past is never past

Dear Great Book Guru,
Last Sunday I hosted an Oscar party and what fun we had! There were Oscars for all and a grand prize for the guest who guessed best — a vintage salad spinner. Well, during the awards, someone mentioned a book she had recently read about a British family, sharing secrets, silences, and a summer together; she thought it would make a great film. Sound familiar?

—An Academy Awards Aficionado

Dear Academy Awards Aficionado,

How wonderful that books were on everyone's mind in the midst of this annual Hollywood extravaganza! "The Past," by Tessa Hadley, is a memorable novel set around 2015.

Four middle-aged siblings agree to spend three weeks together in their decrepit family vacation home, perhaps for the last time. The



**ANN
DIPIETRO**

three sisters and their brother bring a history that begins in the 1960s with their parents' marriage and covers the years, including the deaths, and rivalries that followed. As Hadley says, "They knew one another well, all too well, and yet they were continually surprised..."

The novel spans generations as we hear Jill, their mother, long dead, muse on her disappointing marriage. And we hear 50 years later her children wonder where their relationships have gone awry. The beauty of this book lies in its ability to make the ordinary moments of that summer so alive with each of the characters, sharing stories which underlie the beauty and uncertainties of life. A book with quiet but lasting appeal.

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

A mom battling childhood cancers

By **BEVERLY FORTUNE**

Childhood cancer is the biggest cause of death in children ages 1 to 14. It occurs randomly and includes every ethnicity, race and socioeconomic group. Seventeen percent of children with cancer die within five years of diagnosis.

Leukemia accounts for almost one-third of all childhood cancers, and acute myeloid leukemia is among the most difficult cancers to treat.

In 2016, Shelley LoRusso, of Old Brookville, received a call from her pediatrician about her 11-year-old daughter Olivia. He told her to meet him immediately at what was then Winthrop-University Hospital in Mineola, now NYU Winthrop.

Shelley received devastating news. "The doctor told me that Olivia was showing signs of cancer," she recalled. "I told him to check again, that it had to be a mistake. He had tears in his eyes."

Shelley, her husband, Rob, older daughter Gianna and Olivia's twin sister, Sabrina, knew nothing about childhood cancer. Each year, the equivalent of five elementary schools of children are diagnosed with cancer, and in the last 20 years, only four cancer treatments have been developed and approved for children.

After Olivia was diagnosed, Shelley went into "mom mode." Olivia was admitted to Winthrop and then was transferred to New York City for a bone marrow transplant, with Sabrina as the donor. The family was hopeful that the transplant would take, but Olivia relapsed 72 days later. "That's when things started getting crazy," Shelley explained. The LoRussos were told to put Olivia into a hospice, but Shelly would not give up.

The LaRussos learned about a clinical trial in Memphis, so the family moved there. Olivia couldn't tolerate the medication, however, and her lungs kept collapsing, which the doctors did not recognize as a side effect of the medication. "Now, because of Olivia's reaction to the drug, a collapsed lung is listed as a side effect," Shelley said.

Olivia was placed on a ventilator, and the family was told she would not survive. While on the ventilator, Olivia was coherent, and communicated with Shelley by writing on a clipboard. Without the ventilator, the doctors said, Olivia wouldn't survive more than 20 minutes. Olivia was adamant that she wanted it out, though. Once it was removed, all of her stats were perfect. "I thought it was a miracle," Shelley said.

As the week went on, though, her caretakers had to turn up Olivia's oxygen, and her heart rate became erratic.

A social worker told Shelley that she needed to tell Olivia that it was OK to let go. "She was staying alive for me, and I felt like a selfish mom," she explained. "Why was I telling her to stay strong



Courtesy Shelley LoRusso

SHELLEY LORUSSO, PRESIDENT of the Olivia Hope Foundation.

and fight? I regret that so much."

Olivia died three hours later surrounded by her family, on Easter Sunday, at 1:56 a.m. "I kept asking myself how is this possible?" Shelley said. "I watched her take her first breath, and now I watched her take her last."

Olivia dreamed of starting a foundation to help other children with AML. "If I can help somebody else, it will have all been worth it," she told her mother.

In 2017, the Olivia Hope Foundation was formed, with the mission to fundraise and donate 80 percent of proceeds to AML research, with the balance distributed to Long Island families with children diagnosed with any childhood cancer.

While Olivia was in treatment, one of Shelley's friends introduced her to Millie Bobby Brown, who plays Eleven in the hit Netflix television series, "Stranger Things." The girls became friends, talking daily. Millie, 14, sits on the OHF board, and is active in the foundation, which has thus far donated \$50,000 to the Seattle Children's Hospital because of its AML research. The nonprofit Morgan Center in Plainview received \$10,000, and smaller donations were made to individual Long Island families.

"My hope is that every child will get genetic sequencing so they can identify the [AML] mutation and the chemotherapies that work for that mutation," Shelley said. "Olivia didn't have that."

The family has been to Washington, D.C. to lobby Congress for more funding for AML research. "My kids love going to D.C. They feel like they are honoring Olivia and keeping her memory alive," Shelley said. "Olivia was here for a higher purpose, and I believe that through our foundation, we can continue her story."

For more information, go to www.OliviaHope.org

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SENIOR UPDATE

Interview with Umbrella Neighbor Brad Cohen

Can you tell us a little about yourself?

I'm a retired health care administrator and college professor. I grew up in Brooklyn and Queens and ultimately moved to Nassau County.

How'd you come to be an Umbrella Neighbor and why do you do it?

When I retired, I was looking for something to do. I have handy skills from fixing stuff around my own house for 20+ years. I saw an ad, talked with Sam, and signed up.

I've done furniture assembly, electrical fixtures, painting, minor plumbing, cleaning out gutters. I enjoy all of that! I've always been interested in home repairs and renovations.

What's a memorable Umbrella experience you've had?

I went to assemble a backyard furniture set for someone. Half of it had already been done and when I got there all these parts were left over. So I did the other side and I still had all these parts and she said, "You want me to take apart the other side?" She said, "No, no. We'll save the parts and if it falls apart, we'll call you."

I really like doing this. I've gotten to meet a lot of people — essentially my neighbors, people in my community.



I like the idea of helping people that otherwise might not be able to do things on their own. Also, they get a visit from somebody. It's nice to have somebody come into your house, especially if you live alone.

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New tech that makes life easier

Freedom and ease with Fitbits, iPhones and more

By Kristen Castillo

These days, you don't have to be a millennial or a tech junkie to understand how to use some of the latest technology, like smartphones and fitness trackers, because the gear is becoming more user-friendly. Older Americans who embrace technology can enhance their lives by staying informed, shopping, connecting with friends and family, and even tracking their health and fitness progress.

Smart Investment

The over-50 crowd is getting more and more engaged with tech. According to a November AARP study of 1,520 adults over 50, 70 percent of Americans own a smartphone; 90 percent own a laptop or computer; and 40 percent own a tablet.

With functions like taking and storing photos, playing music and games, and tracking everything from your heart rate to your finances, the devices are both practical and fun.

Eighty-nine percent of respondents send and receive emails and texts on their devices; 77 percent use it for traffic information and directions; and 28 percent use it to manage their health care. Seventy-nine percent say they do their banking on their computer, while 35 percent do it on their smartphone. For entertainment, 42 percent play games on their gadgets ("Words with Friends," anyone?), while 34 percent watch videos or shows. Regardless of the device, tech is a personal tool for day-to-day activities and communication.

Personal Connection

Technology allows seniors to stay in touch with family and friends near or far, and some technology is made especially for a senior audience. The GrandPad tablet connects seniors through voice and video calls and instant photo sharing.

Targeted toward people over 75 who may not use cellphones or computers, it has large buttons and an intuitive interface. Family members can preload contacts and pictures and then use the GrandPad companion mobile app and web portal to start chatting, ensuring that no memories are missed.

Nixplay is a digital picture frame that uses Wi-Fi to immediately display media sent from anywhere in the world with friends and loved ones. It's compatible with Amazon Alexa, and it connects to platforms including Facebook, Instagram, Dropbox and Google Photos. Nixplay can function as a family social network to strengthen your relationships.

Wearables

Wearables have been adopted by just 13 percent of the over-50 crowd, according to the AARP study, though new wearables that cater to seniors can actually make a difference in personal safety and health and wellness.

Fitbit users can expect the gadget to track their sleep patterns, heart rate, steps and stairs climbed. They can manually enter data such as when and what they eat or how much water they drink. Staying mobile and active is key for seniors' physical health and well-being, and this device helps wearers be mindful.



Older folks are using technology, like GrandPad tablets, to connect with family through calls and photos sharing.

A safety wearable called run angel, which is worn on the wrist like most wearables, can be used to help caregivers and family members know the whereabouts of their loved one. In an emergency, you can press an alert button that produces a loud alarm and alerts up to three designated people with the time, date, coordinates and map to your location. Trusted family and friends will be with you every step of the way.

Freedom Guardian is an all-in-one medical alert smartwatch that provides around-the-clock monitoring and support, including unlimited emergency calls, speech-to-text messaging, calendar and appointment reminders, weather forecast, GPS and Wi-Fi triangulation. A caregiver can check in via the companion mobile app.

The PC Magazine product review website gave the device an excellent rating but notes a drawback: There's a monthly \$44.95 monitoring fee. Any of these devices make fantastic gifts and go a long way to offer you and your loved ones peace of mind.

Health Tech

Medical expenses increase as we age, but technology can actually help us save money on medicine. FamilyWize is a prescription savings program that offers free digital tools including a mobile app to help seniors find the lowest drug prices and manage their prescriptions. With the app Medicine Cabinet tool, users get alerts when a lower price becomes available. The drug price lookup tool allows users to search for the lowest price within their ZIP code for any FDA-approved medication.

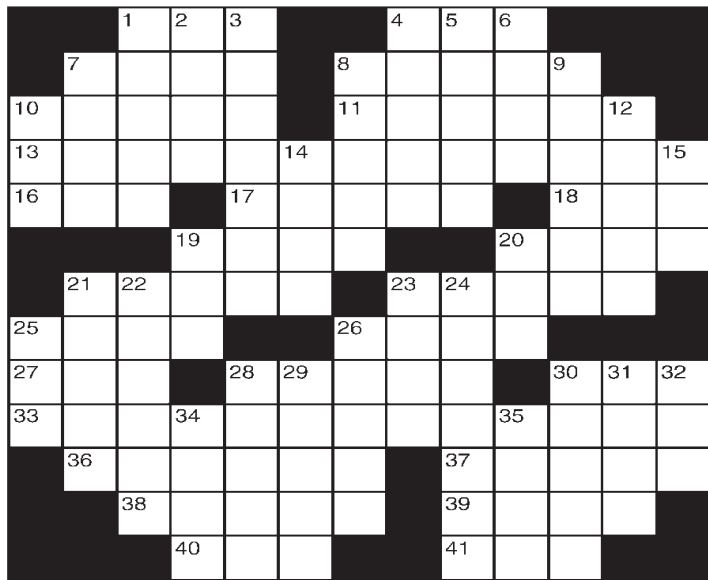
A new generation of hearing aids is here. According to the What Mobile website, the new Signia Styletto allows users to adjust the volume and other audio settings via a mobile app. Its portable charging dock allows up to four days of continuous use before needing to power up, and it has fully rechargeable built-in lithium-ion batteries. With innovative function and design, seniors will be proud to wear this device. ■

HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Sleuth, slangily
- 4 Pod dweller
- 7 Crafty
- 8 Equilibrium
- 10 Overuse the mirror
- 11 Motor
- 13 Fee for work done
- 16 Officeholders
- 17 Break a Commandment
- 18 Sphere
- 19 Diminish
- 20 Small blister
- 21 Milky stones
- 23 Young turkey
- 25 Profess
- 26 Science workshops
- 27 Pooch
- 28 Paris river
- 30 Cleopatra's slayer
- 33 Navy, with "The"
- 36 Seriously loyal
- 37 Madagascar critter
- 38 Surrounds
- 39 Thing
- 40 CSA boss
- 41 Affirmative action?



DOWN

- 1 Layers
- 2 Ht.
- 3 Sneeringly doubtful
- 4 — de Leon
- 5 Square dance quorum
- 6 Europe's neighbor
- 7 Small song-bird
- 8 Annoyance
- 9 Sign up
- 10 Greek letter
- 12 Heron's kin
- 14 Swindles
- 15 Recede
- 19 "This means —!"
- 20 Urban transport
- 21 Egg-shaped
- 22 Pirate costume feature
- 23 Sheet of glass
- 24 Ohio college
- 25 Billboards
- 26 Rosters
- 28 Sleep soundly?
- 29 Chopin piece
- 30 Picked a target
- 31 Pond gunk
- 32 Apiece
- 34 Satan's forte
- 35 Kill a bill

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Roni Chastain/Herald Gazette

MICHAEL REN, WHO was visiting from Beijing, China, took several photographs of the exhibit, which he said he found very interesting.

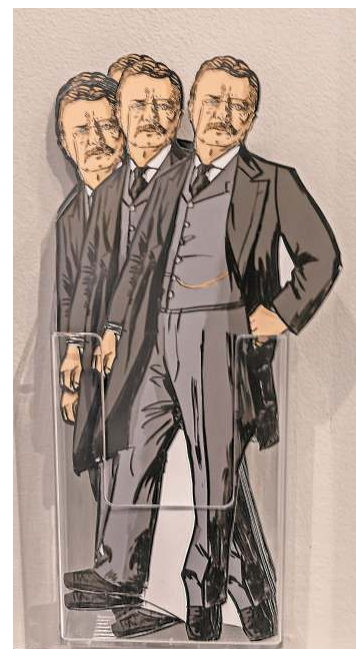
A Roosevelt exhibit for all types of learners

By **LAURA LANE**
llane@lherald.com

The exhibit commemorates the 100th year of the 26th president's death on Jan. 5, 1919. But it also celebrates his life. Originally slated to open on Jan. 6, the exhibit was delayed due to the government shutdown. It's filled with historic documents, photographs, many never-before-seen artifacts and even film footage of Roosevelt being, well, Roosevelt.

The world was rapidly changing during Theodore Roosevelt's lifetime, and he enthusiastically embraced it. He was the first president to leave the U.S. He was also the first president to drive a car, ride in a submarine and fly in an airplane.

A new exhibit, "Theodore Roosevelt, A Man for the Modern World," will open on Sunday at the Old Orchard Museum at Sagamore Hill Historic Site in Oyster Bay Cove. Refreshments will be served, including a glass of raspberry shrub, the punch served in 1902 at a reception hosted by Roosevelt at Sagamore Hill for people living on Long Island. That day he shook 52 hands per minute. Upon leaving, people were given a souvenir — an engraved glass from Bloomingdales. One of the glasses is included in the exhibit.



CHILDREN CAN TAKE home a small cutout of Roosevelt, which includes additional information about the former president.

The exhibit begins with the film. Its purpose is to grab the visitor's attention, said Susan Sarna, the museum's curator, who added that the goal is to educate, but also entertain.

"We have a lot of film footage of him on the grounds of Sagamore Hill so visitors can see what it was like when T.R. was here and they can take the same steps he took," Sarna said.

The footage, on loan from the Library of Congress, shows an amiable Roosevelt climbing into a plane it.

CONTINUED ON PAGE 19

WE ARE BACK



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- April 14 - Palm Sunday
- April 18 - Maudy Thursday - Foot Washing - 6:30pm - 8:30pm
- April 19 - Good Friday Service
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1023383

STEPPING OUT

Where to go, what to do, who to see

Enjoy sweet treats that are out of this world Chocolate Expo takes flight at the Cradle of Aviation

Under a sea of biplanes, fighter jets, hot air balloons and other air and spacecraft, visitors to the eighth edition of the Chocolate Expo on March 3 will get to taste, celebrate and indulge in fine, gourmet chocolates at the Cradle of Aviation Museum in Garden City.

The Chocolate Expo is America's largest chocolate festival, according to event presenter Baum Image Group, featuring local and regional vendors who share their wares. "The Chocolate Expo is the perfect place to go to spend the day," says founder Marvin Baum. "You can see and explore all kinds of foods and fun while celebrating Long Island's aviation history."

Through its larger-than-life exhibits, the museum preserves Long Island's rich aerospace heritage, and inspires future generations through science and technology. The defunct Grumman Corporation, based in Bethpage, actually produced many of the major building components for NASA's Apollo lunar module. This July marks the 50th anniversary of the Apollo 11 lunar landing in 1969 — the first manned mission to successfully land on the moon.

In celebration of the milestone mission, Maryland-based food artist Nancy Baker, who appeared on Food Network's "Halloween Wars," will recreate the famous scene of Neil Armstrong planting the American flag on the moon's surface, using an appealing combination of chocolates, cookies and colored sugars.

"Part of my job as a food artist is to create this 'wow moment,' and creating an experience that [people] can't get anywhere else," Baker says. "How often do you see an astronaut made out of vanilla wafers?"

The base of Baker's creation spans five feet wide and five feet tall. Her sculpture of Armstrong stands at four-and-a-half feet tall. To sculpt the scene she purchased 30, 12-ounce-packages of cookies, a pound of colored sugars and three pounds of modeling chocolate. At completion the



Nancy Baker sculpts a giraffe made completely out of cookies. She will recreate the Apollo 11 moon landing out of sweet treats at this year's Chocolate Expo.

three-dimensional structure will weigh 60 pounds. Baker will add finishing touches to her sweet-smelling structure during the Expo, as a way to involve guests in her gastronomic feat.

"Everyone has a connection with food, and when I buy cookies I use types that people are used to seeing," Baker explains. "And when they see it turned into this multisensory art experience, that's what's exciting to me."

This year's event will feature old favorites as well as new vendors. Chocolate lovers can choose from bevy of bites, including gourmet chocolates, baked goods, specialty foods, and gelato, wines, cheeses, spirits, hard ciders, craft sodas, and much more. Participating chocolatiers include Chocolate Moonshine, Chocolates

U, Emalyn Sweets, Raw Chocolate Love, Twizzle's Tasty Treats, Teacher's Recipe Fudge, the Cocoa Exchange and the Pretzel Princess, among others.

Guests will be greeted in the lobby with waterfalls of flowing chocolate fountains, courtesy of Aurora Gourmet. Feast on unusual items like chocolate-covered bacon, chocolate-flavored pumpkin seeds, chocolate wine, chocolate soda and even chocolate-scented skin care products.

Sip fine wines — and maybe buy a bottle — from Adirondack Winery, Fire Island Winery and Warwick Valley Winery, and drink ciders by Doc's Hard Ciders or spirits from Lake George Distillery and Black Dirt Distillery.

There will also be fun for the family throughout the day, highlighted by those



Courtesy Dean Murray

Visitors can sample sumptuous chocolate truffles that are dressed to impress.

popular authentically costumed Star Wars characters from the 501st Legion. More than 20 inhabitants of the Star Wars universe will descend on the museum site to meet up with visitors between 11 a.m. and 2 p.m. Kids can visit with their favorite storybook princesses, too. In addition, face painting, balloon twisting and wire sculpting will take place in the Junior Jet Club, and the movie "Space Junk" will be shown in the JetBlue Airways Planetarium at 12, 3, and 5 p.m.

Visitors are also encouraged to participate in the event's food drive in partnership with Long Island Cares' Harry Chapin Food Bank. Guests can bring non-perishable food items for donation, and can purchase tote bags to support the food bank. Donation bins will also be located in the main doorway of the museum.

"You won't find an event like this in any other fairway of the world," Baum adds. "By combining food and entertainment, we're challenging participants to see things in new ways."

Admission to all air and space exhibits is included in the Chocolate Expo's ticket price. Tickets can be purchased online at www.TheChocolateExpo.com (\$15/adult and \$10/child) or at the door (\$20/adult and \$15/child). For more information visit www.TheChocolateExpo.com.

— Alyssa Seidman
aseidman@iherald.com

IN CONCERT Dervish

The Irish folk icons celebrate the upcoming release of their latest album, "The Great Irish Songbook," when they visit Long Island. For more than 25 years the six-member troupe has impressed audiences around the globe, refining their legacy as one of the most renowned and imaginative interpreters of Irish folk music. The ensemble's six members are steeped in the musical traditions of counties Sligo and Leitrim in Ireland's Northwest. Shane Mitchell (accordion), Liam Kelly (flute/whistle), Brian McDonagh (mandola/mandolin) and Michael Holmes (bouzouki) are original to the group's earliest days in 1989. Singer Cathy Jordan, who also is a bodhran (drum) player, joined in 1991, and Tom Morrow (fiddle) became part of the group in 1998. They'll be performing highlights from "The Great Irish Songbook," along with other tunes that showcase their technical prowess and soulful



WEEKEND

Out and About

Irish sensibility.
Friday, March 1, 8 p.m. \$40 and \$35. Adelphi University Performing Arts Center, 1 South Ave., Garden City. (516) 877-4000 or aupac.adelphi.edu.

ON STAGE

Sandy Hackett's Rat Pack

The Rat Pack is back with that 1960s style swagger. A nostalgic trip down memory lane, Sandy Hackett's personal connection to Frank Sinatra, Dean Martin, Sammy Davis, Jr. and Joey Bishop (through his father, the legendary comedian Buddy Hackett) brings authenticity to this lively tribute. Having their own connection to these iconic legends enables the producers to tell this story like no one else can. This dynamic theatrical production based on the Rat Pack's musical and comedic legacy, captures their relationship, respect, love and timeless laughter. The show in-



cludes new arrangements of classic songs and original, never-before-heard songs written by the late multi-platinum award winning songwriter, Ron Miller, along with recorded voiceovers made exclusively for this show by Buddy Hackett. Saturday, March 2, 7:30 and 9:30 p.m. \$79 (7:30 p.m.) and \$69 (9:30 p.m.). Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

ARTS & ENTERTAINMENT

Coming Attractions

Performances/ On Stage



Buddy: The Buddy Holly Story

The musical biography of the early rock 'n' roller, Thursday and Friday, Feb. 28-March 1, 8 p.m.; Saturday, March 2, 3 and 8 p.m.; Sunday, March 3, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engeman-theater.com.

Kate Usher and the Study Souls

The alternative soul-pop-rock band in concert, Thursday, Feb. 28, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

Procol Harum

The iconic rocker in concert, Thursday, Feb. 28, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

Nellie McKay

The singer-songwriter in concert, Friday, March 1, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Alice Howe and Freebo

The acclaimed singer-songwriters in concert, presented by the Folk Music Society of Huntington, Saturday, March 2, 8:30 p.m.; open mic at 7:30 p.m. Congregational Church of Huntington, 30 Washington Dr., off Route 25A, Centerport. (631) 425-2925 or www.fmsh.org.

Billy J. Kramer

The British Invasion pop singer in concert, Friday, March 2, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.



Cheap Trick

The rock band in concert, Saturday, March 2, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

Thorogood Jenkins

The blues-rocker in concert, Saturday, March 2, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

Wonderous Stories

The tribute band in concert, performing "The Concert for Bangladesh Re-visited,"



The Subdudes

The sounds of the bayou make their way to Landmark on Main Street, on Friday, March 8, at 8 p.m. The Subdudes are joined by BeauSoleil for a powerful evening of foot stomping tunes. Over the course of 25 years and 10 albums, The Subdudes have quietly become one of America's national music treasures. The New Orleans-formed group is a living encapsulation of American music, a vibrant cauldron of sounds that stirs together meaty grooves and jazzy dynamics, soulful R&B swagger, easy vocal harmonies, cheeky rock 'n' roll attitude and folksy social consciousness — not to mention some of the sharpest musicianship and ensemble playing you'll ever hear from any five musicians.

Adding to this potent evening of music making, BeauSoleil avec Michael Doucet is acclaimed for bringing even the most staid audience to its feet. Bandleader Michael Doucet captivates audiences with his spirited fiddle playing and soulful vocals.

Tickets are \$58, \$53 and \$48; available at 767-6444 or www.landmarkonmainstreet.org. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington.

Saturday, March 2, 8 p.m. The Space, 250 Post Ave. Westbury. (800) 745-3000 or www.ticketmaster.com.

Czech National Symphony Orchestra

The orchestra in concert, with mezzo-soprano Isabel Leonard, Sunday, March 3, 3 p.m. Program celebrates 100 Years of Leonard Bernstein, including selections from "West Side Story" "Candide," Mass for Cello and Orchestra and Hail for Flute and Orchestra. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Celtic Tenors

The classical crossover trio in concert, Thursday, March 7, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

Sailn Shoes

The Little Feat tribute band in concert, Thursday, March 7, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

We Three

The sibling pop band in concert, Thursday, March 7, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

For the Kids

American Girl Live

A new musical, featuring iconic American Girl character, Thursday, Feb. 28, 7 p.m.;

Friday, March 1, 1 and 5 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Erth's Prehistoric Aquarium Adventure

An immersive experience that explores unknown ocean depths where prehistoric marine reptiles lived eons ago, Saturday, March 2, 2 p.m. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Seussical the Musical

A musical extravaganza narrated by the Cat in the Hat, Saturday, March 2, 11 a.m.; Sunday, March 3, 10:30 a.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Studio Saturday

Drop into Nassau County Museum of Art's Manes Center for hands-on activities inspired by the current exhibition, Saturday, March 2, 12-3 p.m. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

The Little Mermen

The Disney cover band in concert, Sunday, March 3, 3 p.m. Costumes are encouraged. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. 767-1384 or www.landmarkonmainstreet.org.

Pizza and Paperbacks

A book discussion for second-graders and up, Wednesday, March 6, 3 p.m.; also

Friday, March 8, 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.

Museums/Galleries and more...



Film Screening

See "Drawn From Nature," the PBS American Masters' series film that tells the dramatic life story of naturalist John James Audubon, the adventurer and self-taught artist who saw more of the North American continent than virtually anyone of his time (1785-1851), Thursday through Sunday, Feb. 28-March 3, 12 p.m. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9338 or 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.nshmgc.org.

Heckscher Collects: Recent Acquisitions

An exhibition of two dozen 20th century and contemporary works that have been acquired by the museum over the past five years. With a selection of prints produced by more traditional and diverse experimental processes; experimental photography by Bill Armstrong, Ellen Carey, and Joe Constantino; New York City street scenes by N. Jay Jaffee; and images of Cuba by Bastienne Schmidt; along with abstract and representational paintings. Through May 12. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Rivera and Beyond: Latin American Art

An exhibit of 20th century and contemporary artists from across Central and South America, from the collection of Joan and Milton Bagley. Masterworks by Fernando Botero, Elena Climent, Ana Mercedes Hoyos, Wifredo Lam, Julio Larraz, Roberto Matta, Carlos Mérida, Diego Rivera, and others are on view. Through March 31. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Theodore Roosevelt: A Man for the Modern World

An exhibition that celebrates the presidency and legacy of Theodore Roosevelt, who is often considered the first modern president. On view are a collection of historic documents, photographs, and many never before seen artifacts that celebrate TR's major achievements and underscore his legacy. Highlighted objects include family sporting equipment and the

license plate from the Roosevelts' automobile, shown alongside presidential gifts such as a book inscribed by Booker T. Washington and a coal scuttle given after the resolution of the Anthracite Coal Strike of 1902. Some familiar artifacts from the Roosevelt home are also on display. Sagamore Hill National Historic Site, 20 Sagamore Hill Rd, Oyster Bay. 922-4788 or nps.gov/sagamorehill.



Wild Kingdom: Hunt Slonem and a Hundred Years of Animal Art

An exhibition that showcases artists whose paintings, drawings, and sculpture have immortalized the wild kingdom. On view are works by Pablo Picasso, Marc Chagall, John James Audubon and Jeff Koons among others. With an installation by artist-designer Hunt Slonem who creates a dream-like sanctuary for parrots, rabbits and butterflies; his signature motifs. Through March 3. Nassau County Museum of Art, 1 Museum Drive, Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Movie Matinee

See "Some Like it Hot," the classic 1959 romantic comedy, starring, Jack Lemmon, Marilyn Monroe and Tony Curtis, Friday, Feb. 22, 2 p.m.; also "The Old Man and the Gun," the biopic based on based on Forrest Tucker's audacious escape from San Quentin at age 70, Tuesday, Feb. 26, 2 p.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Sketching in the Galleries

All ages can express their creativity and sketch in the museum's gallery space, Sunday, Feb. 24, 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.

At the Movies

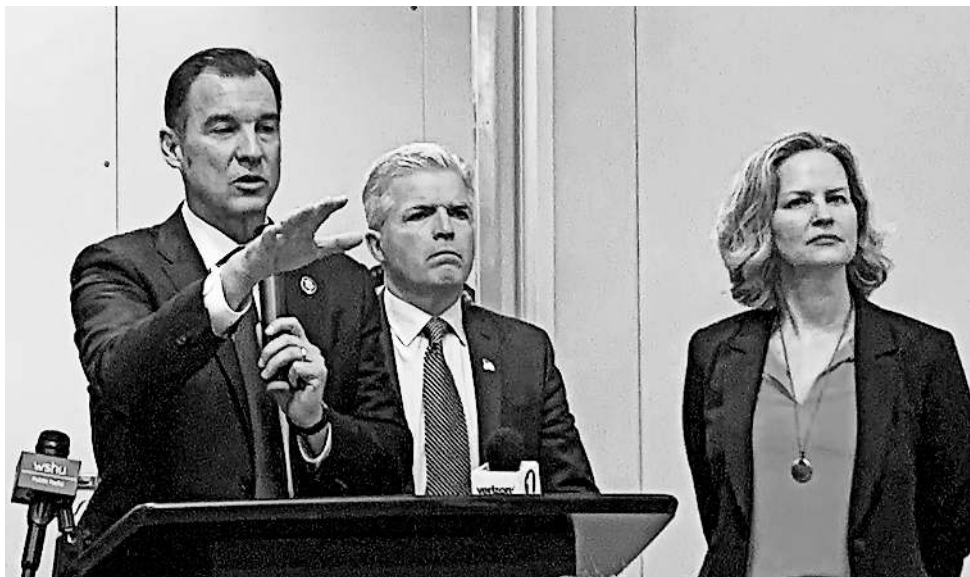
See "First Man," the biopic that tells of the first manned mission to the moon, Thursday, Feb. 28, 2 and 6:30 p.m.; also "A Star is Born," the modern reboot of the musical romance, Thursday, March 7, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Afternoon Movie

See "A Simple Favor," the film noir that centers around a mommy vlogger who seeks to uncover the truth behind her best friend's sudden disappearance from their small town, Friday, March 1, 2 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130 or www.glencoverlibrary.org.

Having an event?

Submissions can be emailed to kbloom@liherald.com.



Mike Conn/Herald Gazette

U.S. REP. TOM Suozzi, left, Suffolk County Executive Steve Bellone and Nassau County Executive Laura Curran introduced a program to streamline job training and apprenticeship resources on Long Island.

Workforce development website to launch soon

CONTINUED FROM FRONT PAGE

boards. “We want to bring all of this together and create one-stop shopping for all of it. The mission is to concentrate what we already have and see how we can build it and streamline it.”

Suozzi said that the training programs are ideal for people who can’t afford or don’t want to go to college, options he said he fully supports. “There is too much of a stigma associated with not going to college and going through these training programs,” he said, noting that 60 percent of Americans never go to college and only 30 percent of workers on Long Island have college degrees.

Employers are not necessarily looking for people with degrees, Suozzi said. Rather, they are searching for particular sets of skills that workers can develop through job-training programs. These, he added, are pivotal, especially on Long Island, because of the area’s high cost of living.

The task force will spend the next three months working with area workforce development and job-training programs to bring all of those services together. The aim is to compile all of the information necessary to get the program running by Memorial Day, according to Suozzi. Once a plan is created, a website with all of the necessary information for workers will be launched. When the site is active, the task force will share the information about the services through media outlets and the

offices of Curran and Bellone.

Much of the current funding for Long Island’s training providers and workforce development boards comes from the U.S. Department of Labor, in the form of grants from the Workforce Innovation and Opportunity Act, enacted by President Obama in 2014. John Sarcone, the director of the Town of Oyster Bay’s local workforce development board, said he was looking forward to working with the task force, citing the possibility of new ideas for using WIOA funding to further the board’s ability to help residents find jobs.

“If this task force that’s being developed by [Suozzi] has any suggestions that are helpful in the delivery of those funds, it’s great for us,” Sarcone said. “There can be initiatives that we may not know for municipalities like Glen Cove, Oyster Bay and North Hempstead.”

“The goal is to use the money in the programs we have now to make it easier for employees to say, ‘Hey, I want a good job.’” Suozzi said. “You can just go on a website and find out where you can go to get trained for a job where the employers are looking for that type of trained employee.”

“We need for people to invest in getting a career, not a job,” he added. “They’re going to get skills so they can get a job that pays enough money so they can have a decent life.”



VIEWFINDER

By MAUREEN LENNON

THE QUESTION:

What are your spring cleaning plans?



I have many spring cleaning ideas and goals. I gave recently away 17 bags of clothes to Goodwill. I believe its so important to recycle and reuse.

Jeannette Lopera
Real Estate Agent



We will be cleaning out the shed, giving the toys and bikes the kids grew out of to a thrift store. Spring cleaning sometimes happens in throughout the year.

Alex Demo Schmitt
Furniture finisher and bookkeeper



My church is collecting gently used shoes, which will be used to help people in other countries. I like to extend the life of these items and to help others.

Valerie Beaudry Geasor
Account Executive



I plan to start my spring cleaning by organizing and donating things from the basement. I can't wait to feel the warm weather through the windows, so cleaning the windows.

Kathy Spatz
Retired



Spring cleanup will be starting very soon, since the hedgehog said we will be having an early spring. I will be cleaning out my closets and my car.

Marie Geraldine Christian
Broker



I am looking forward to spring cleaning. I plan to clean out the garage, donate what we don't need or want anymore.

Arlene McCormack Zagas
Financial Operations

NEWS BRIEF

Trivia night at the View Grill

The View Grill will host a pair of team trivia nights on March 1 and March 15. The events will feature a special trivia menu, and admission is \$5 per person. Teams that finish in first-, second- and

third-place will be awarded prizes.

Both trivia nights start at 7:30 p.m. at 11 Lattintown Road, Glen Cove. Call (516) 200-9603 to make reservations.

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Changing world embraced by Roosevelt

CONTINUED FROM PAGE 14

and chopping down a tree near his house in Oyster Bay Cove. The film serves to humanize Roosevelt.

The film and other visuals included in the exhibit are being used, Sarna said, to reach the modern learner. "Kids today need visuals," she said. "They don't want to read the long passages that we usually include with the items in the museum. We have to grab their attention."

Besides the film, there is a small cutout of Roosevelt — Take Along T.R. — for children to bring home. It includes known facts about the former president and a few others that might appeal to a child. They are encouraged to share their adventures with the cutout of Roosevelt on Instagram and through social media. They can also see where their peers are taking their cutouts.

"When you provide an activity like this, you engage children," Sarna explained. "One day I saw a group of children sitting on the floor pretending with their Take Along T.R. They were saying what they thought T.R. would say."

The museum, which was Ted Roosevelt Jr.'s former home, has sometimes been overlooked by visitors eager to tour Sagamore Hill. In the past, if that was someone's intent, there was no reason to travel the quarter-mile to the Old Orchard, because entry into Sagamore Hill, which required a ticket, could be purchased at the nearby visitor's center. But a fire there on Christmas Eve destroyed the building.

Now people have to purchase their tickets at the Old Orchard Museum, which Sarna said has led to its rebirth. "So many visitors say they never knew the museum was here," she said. "Now while they wait to tour the house, they tour the museum, and some come back after they see the house." Sarna said she has already noticed an increase in visitation.

There are plenty of fun facts included



Roni Chastain/Herald Gazette

THE EXHIBIT INCLUDES activities to engage children, including an opportunity to share what they think of the former president and display it for all to see. Left.

PHOTOGRAPHS OF THEODORE Roosevelt are included in the exhibit to show the ways that the president participated in the newest technology, including riding in an airplane, Susan Sarna, the museum's curator of said. Bottom.

in "Theodore Roosevelt, A Man for the Modern World," which people may be hearing for the first time. For example, Roosevelt is listed in the Guinness World Records for shaking 8,510 hands at a New Year's Day celebration at the White House in 1907. He was also the first president to invite an African-American, Booker T. Washington, to the White House for dinner.

"That's why T.R. is on Mt. Rushmore," Sarna said. "He brought us into the 20th century."

Sagamore Hill Historic Site is open Wednesday through Sunday from 9 a.m. to 5 p.m.



Theodore Roosevelt, A Man For the Modern World

Sagamore Hill
Old Orchard Museum, 20 Sagamore Hill Road, Oyster Bay

Opening reception - March 3, from 3 to 5 p.m.

Light refreshments served

Exhibit runs until January 2020

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OPINIONS

Breaking the stigma of depression

I've been working in the field of children's mental health for more than 45 years, most of them with the North Shore Child & Family Guidance Center, the leading children's mental health agency on Long Island, where we turn no one away for inability to pay.

During the early months of each year, we conduct an informal study in an



ANDREW MALEKOFF

attempt to understand who is calling us for help and what needs they're calling us about. In recent years, the trend has been that most of the children and teens we see are experiencing anxiety and depression.

According to studies, more than 1 in 20 American

children and teens have anxiety or depression.

It's normal in stressful situations to experience anxiety, but some young people have anxiety that interferes with everyday functioning at home or in school. As for depression, while everyone can have a bad day or two that eventually passes, with serious depression there is a more intense and prolonged feeling of hopelessness and inability to function in the important areas of one's life, at

school, at home or with peers.

Some of the signs of clinical depression are feelings of sadness, emptiness, hopelessness, anger or frustration. You no longer care about activities that you typically enjoy; you may not be able to fall asleep, or you sleep longer than usual; you're often tired; you experience feelings of worthlessness and guilt; and you can't concentrate or easily make decisions.

Bruce Springsteen, who has opened up about his depression and suicidal thoughts, described it this way in an interview with Esquire: "I once got into some sort of box where I couldn't figure my way out and where the feelings were so overwhelmingly uncomfortable."

Depression in teens is widespread: Research indicates that one of every four adolescents will have an episode of major depression during high school, with the average age of onset 14. Sadly, only 30 percent of depressed teens receive treatment, despite the fact that suicide is the third-leading cause of death for young people ages 15 to 24. In fact, according to suicide.org, teen suicides have risen dramatically in recent years.

Why are 70 percent of depressed teens not receiving professional mental health

care? One reason is that stigma and shame have the effect of marginalizing and isolating those living with depression. The other reason is that families that seek care for depressed loved ones have trouble accessing professional help, with fewer and fewer providers accepting health insurance.

Despite a federal law that requires health insurers to maintain full rosters of providers — the Mental Health Parity and Addiction Equity Act of 2008 — they often fall short. In addition, the government has failed to adequately enforce the law.

In a 2018 research study by the North Shore Child & Family Guidance Center called Project Access, of the 650 people surveyed, almost half said it was more difficult to find help for mental health or substance use problems than for other illnesses, especially when they were in crisis. Almost 40 percent said their insurance company didn't have an adequate number of providers, and two-thirds said their insurance company wasn't helpful when it came to finding care.

There is good news: Anxiety and depression can be treated. Individual and group therapy and, when needed, medication can help. But first you have to be able to find help.

Beyond professional help, how we relate to our loved ones, friends and neighbors living with depression can make a real difference. When we stigmatize someone living with depression, we act as if they have a character flaw or lack of willpower and are undeserving of support. It's only when we begin to view illnesses above the neck the same as illnesses below it, like cancer or diabetes, that we can reach out and connect rather than further marginalizing and isolating. Sometimes a simple, "How're you doing? I see you've been feeling down. Just know that I'm here for you" can make all the difference.

You can't instantaneously cure depression, but genuine support and unconditional love can make all the difference in the world for someone living with a mental illness.

Lady Gaga, another artist who has opened up about mental illness, called suicidal thoughts a "spell." She explained, "We have to have empathy. Be kind, and help each other break the spell and live and thrive."

Andrew Malekoff is the executive director of the North Shore Child & Family Guidance Center, which provides comprehensive mental-health services to children from birth through age 24 and their families. To find out more, visit www.northshorechildguidance.org.

The boys play the game. The girls cheer.

Back in the day, cheerleaders ruled. Making the team was the pinnacle of a girl's high school career. Not that I would know. The cheerleaders were generally good-looking, had all the right moves and were guaranteed instant popularity. Two of Lawrence High School's most winning cheerleaders of the 1960s are good friends



RANDI KREISS

of mine today, but we probably wouldn't have connected in high school. They were on the A Team. I was in the library.

That was a long time ago, but girls still compete for coveted places on their schools' cheerleading squads. And it's still a glamour gig.

Participants say that cheerleading is a sport that requires as much skill and timing and strength as gymnastics. But as we break glass ceilings and insist on a woman's place in the home and everywhere else, cheerleading seems by definition to be a secondary endeavor to whatever sport is being played.

At a time when we are re-educating ourselves about sexism, conscious and

unconscious in our culture, we need to monitor closely, and possibly re-evaluate, the very concept of cheerleading and how it affects a young woman's image of herself. I question, too, how it affects our young boys' attitudes about their female classmates.

I understand that cheerleading is also big business, with conventions and competitions across the country. The rivalries are so intense that some years ago, the mother of a cheerleader in Texas was found guilty of trying to kill a teenager who was her daughter's main competitor. Yikes.

Fear of unbridled, crazed cheerleading moms isn't my concern, however. I think we need to move away from cheerleading because it is too often sexist and demeaning to girls and women.

Last spring, at a high school sports banquet in Kenosha, Wis., a coach gave out several "mock" awards, including a "big boobie" award to a girl with large breasts and a "big booty" award to another teen with a notable rear end. According to a story in The New York Times, many of the parents in attendance were appalled. One father eventually reached out to the American Civil Liberties

Union, which warned the high school that the behavior, as reported, would not be tolerated.

The Times reported that the coaches who were involved had also been making inappropriate remarks to the girls and verbally harassing them during practices. The ACLU said that the school district was in effect enabling sexual harassment, which was a violation of federal nondiscrimination laws.

The ACLU asked the district to re-educate and discipline the cheerleading coaches and to begin mandatory anti-harassment training for district employees. Emma Roth, an ACLU attorney, said that if the district did not immediately enact policies to keep the girls safe, the ACLU would file suit.

"It's so important that we intervene at a young age and girls are taught their worth and are treated equally," Roth said. "When that doesn't happen, they carry this message for the rest of their life."

At another high school in Cleveland, according to The Times, a coach was reprimanded for mocking a female cheerleader for being "fat" and forcing her to wear a uniform that was too tight.

Given today's concerns, cheerleading seems tone deaf to calls for gender equality.

In a larger and more public arena, National Football League cheerleaders have filed numerous lawsuits against their employers for sexual harassment, unfair business practices and discrimination. Need more proof of their relative value to the football industry? The soon-to-be-released Chicago Bears kicker Cody Parkey was signed to a four-year, \$15 million contract last year. The average NFL cheerleader makes about \$10 an hour, according to Money magazine.

At my grandson's school, it starts early. I went to his basketball game a few weeks ago and watched as the eighth-grade boys charged onto the court, all guts and glory. After the second quarter, the cheerleaders came onto the floor to do their routine. The boys played ball and the girls did their cheers. Through the prism of today's sensibilities, the cheerleading seemed tone deaf to the call for gender equality.

There are exceptions, when the athleticism of cheerleading is featured and the criterion for team admission is skill and not looks. There are male cheerleaders on some teams, but I still vote to let school cheerleading go the way of the gym suit. It had its day, but now it's awkward, ill-fitting and out of date.

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HERALD EDITORIAL

County must shed 'most segregated' label

U.S. Chief Justice John Roberts, writing in *Shelby County, Ala. v. Holder* in 2013, opined that the nation had made such strides in overcoming racism since the passage of landmark civil rights legislation in the 1960s that minorities no longer required the same legal protections to ensure equality.

Roberts was mistaken. Case in point: Nassau County, long regarded as one of the most segregated suburbs in the nation, is still mired in its own version of "separate but equal," a way of life that is neither separate nor equal.

The fact was brought home in depressing detail in a Feb. 12 report, "Black Economic Equity," issued by county Comptroller Jack Schnirman, enumerating the many ways in which minorities — particularly blacks — lag behind whites. In education, health care, housing, employment, access to credit or entrepreneurship, minorities succeed at far lower rates than whites, and blacks continue to come in last.

Some incremental progress was made in the decades since World War II, but studies show that that progress stalled in the 1990s and never reignited. Minorities have to work harder to achieve less than their white counterparts.

Minorities began migrating to Long Island from the South 100 years ago, in search of better jobs and freedom from racial violence. During World War II, Long Island became a hub for wartime manufacturing, and jobs were plentiful. After the war, new housing developments sprang up for returning G.I.s and their

families. In certain cases, covenants prohibited selling to minorities, a kind of real estate apartheid. The result was a Balkanization that left some communities as much as 90 percent white, while neighboring communities were more than 90 percent minority.

Choose any metric, and minorities — especially blacks — are still far behind. Hempstead High School graduates a dismal 39 percent of its students, but at neighboring Garden City, the figure is 98 percent. Only 27 percent of Nassau's 162,000 businesses are minority-owned, and a scant 7.6 percent are black-owned. Median household income in the county is 20 percent higher for whites, and whites outpace minorities in home ownership by more than 75 percent. White men earn \$4 per hour more than black men, and black women are paid just 61 cents for every dollar earned by white men.

According to Schnirman, eliminating these and other deficits would add more than \$20 billion per year to the county's economy. The Urban League of Long Island calculated that closing the wage gap alone would add \$4.5 billion to black income. "In addition to the human benefit, this is tax revenue Nassau County cannot afford to lose," Schnirman wrote.

A solution to these inequities is more pressing than ever. By 2030, Nassau will be a minority-majority county, and by 2050, minorities will comprise two-thirds of its population.

So what's the answer? According to a PolicyLink study of inequity on the Island, education is the opportunity from which all others flow. A Herald report last

year demonstrated that minority children are far less likely than their white classmates to have access to the programs in elementary school that would prepare them for college preparatory or Advanced Placement classes in high school. Because of this, by the time minority children get to high school, many are too far behind to catch up.

In addition to curriculum, school funding also plays a role. Nassau County has more than 50 school districts serving a total population of 200,000 in a 285-square-mile area. Balkanization results in costly duplications of effort. For example, Valley Stream, with an area of just 3 square miles, has three elementary districts with separate administrative staffs and boards of education.

Schools are supported by property tax levies. In districts with few businesses, residential property taxes account for as much as 80 percent of school budgets. It's easy to see how wealthy communities do better than struggling ones.

Finally, political gerrymandering limits opportunities for minority representation in government. A glance at Nassau's legislative map shows boundaries that meander in and out, capturing neighborhoods as they go. The result? Only three minority legislators out of 19. If minorities are inadequately represented, their needs and views are almost certainly inadequately considered.

The inequities highlighted in the Schnirman report are cause for shame, but also for reflection and action. Change cannot begin at a distance, and it cannot just be a conversation.

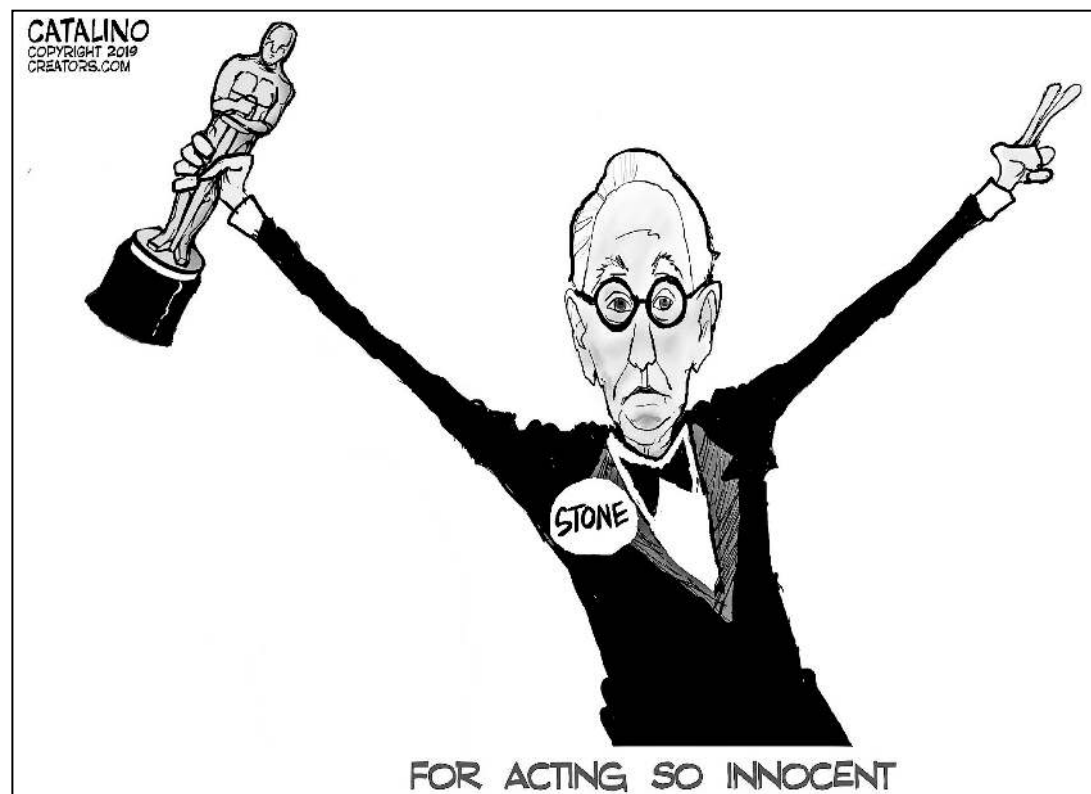
LETTERS

Our mother did not die alone

To the Editor:

It was a cold and rainy evening on Jan. 29 when three women, Barbara Cipriano, Joanna Lordi-Small and Nia Collins, came together in the Stop & Shop parking lot to help a complete stranger. Together they knelt in the rain and cold to hold the stranger's hand, speak to her, get blankets from a car to keep her warm and comforted her. It is nice to know that our mother, Therese Della Vecchia, was not alone in her final moments. It means a lot to all of us that she was with compassionate, kind and caring people at her death.

A special thank you to Det. Van Allen and the police officers at the scene who had a very difficult job to do that evening and treated everyone involved with compassion. Thank you to the EMS team for arriving at the scene quickly and for all of their efforts. To anyone else who might have been there to



OPINIONS

Stop discrediting journalists and diverting blame

It's everywhere, especially on social media: people bashing the media left and right. You'll see them proudly exclaiming "Fake news!" when a story breaks on mainstream media.

As a young journalist who has mapped out a career in the media industry, I find the current climate disheartening. I see people undermining the tireless, hard



**BRIDGET
DOWNES**

work of reputable reporters. We've come a long way since Walter Cronkite was the country's most revered and trusted voice.

Reporters are being discredited without a second thought, and there's no doubt that President Trump's anti-

media rhetoric has played a big role. People are writing off facts as untrue simply because they don't agree with them — Trump makes them comfortable doing so.

He has vilified the "fake news" media, claiming that it's the "enemy of the people." I would argue that the free press is the backbone of democracy.

In a country where politicians are in the pockets of greedy corporations and often prioritize personal gain over the

needs of their constituents, we need journalism to keep our democracy alive, and root out corruption. We learned this when Bob Woodward and Carl Bernstein revealed the illegal activities of President Richard Nixon. We had the lesson reinforced when reporters at The Boston Globe investigated systemic child sex abuse by Catholic priests.

When corruption runs rampant, the press holds people accountable in ways government cannot — or does not.

The "fake news" narrative Trump has relentlessly pushed has led to violence against members of the media. At a Trump rally in El Paso, Texas, on Feb. 11, a BBC cameraman was attacked by a Trump supporter in a Make America Great Again hat, yelling, "[Expletive] the media!" The cameraman was shoved, but otherwise unharmed. Still, this shocked me, and it scared me.

And while it's a journalist's job to research, investigate and assemble a story, I believe readers need to take more responsibility for being well-informed citizens. In my experience, the people who are quick to trash the media are often the same people who are quick to dismiss responsibility and shift blame.

The reality is that we're living in the Digital Age, also known as the Information Age. We have the internet at our fingertips. To properly consume news means to read, watch and listen to a variety of media. There are no excuses for being uninformed.

There are plenty of free, readily available resources that aggregate news in easy-to-digest ways: news briefings emailed to you each morning by TheSkimm, Need2Know, The Daily Beast Cheat Sheet and many others. There are no excuses.

We should also remember to take everything we read and hear with a grain of salt. Broadcast news in particular is guilty of sensationalizing stories to attract more viewers, and to inject opinion into stories, straying from the goal of objective journalism. When tabloids print lies, other publications lose credibility, and with hateful rhetoric spreading like wildfire on the internet, the burden falls on the reader and the watcher to sort through it all.

Question the stories you read. Is the publication biased? Does it have an agenda? Don't blindly trust. Is the author a real person? Is the author even listed? If not, there's a lack of accountability, and

the information could be false. Is there data to support the story? If not, consult a fact-checking website. Be skeptical.

Finally, check your own personal biases. Do your beliefs get in the way of your recognizing the truth? Do your preconceptions affect your judgment?

If you want to be a truly well-rounded consumer of news, gather it from a variety of sources, not just the publications or stations you like. Avoid "confirmation bias." When you expose yourself only to news outlets you agree with, you might not learn anything new. Broaden your outlook. Watch a segment on the network you hate.

Sometimes when we're presented with new information, we reject it as a result of cognitive dissonance. If it doesn't jibe with our views, we disregard it. I would encourage people to move past those impulses and prioritize the truth.

When so many are so quick to dismiss so much news as "fake," it's easy to forget the real contributions journalism has made to our great country, and its larger role. It's time for people to stop viewing the media through Trump's eyes, and start viewing it as the public service that it is — an important element of a vibrant democracy.

Bridget Downes is the assistant editor of the Long Beach Herald. Comments about this column? Bdownes@liherald.com.

The press holds people accountable in ways government cannot — or does not.

LETTERS

help, we thank you also. And we wish to extend a special thank you to the entire Glen Cove community for their outpouring of concern, support and prayers.

FROM THE FAMILY OF
TERRI DELLA VECCHIA
Glen Cove

Section 8 housing isn't a place

To the Editor:

Thank you for spotlighting the need for landlords who will take Section 8 vouchers in "Landlords needed for Section 8" in the Feb. 21 edition. So many people are under the false impression that Section 8 housing is a "place." Perhaps it would be a good idea for a follow-up article describing the criteria for eligibility for a Section 8 voucher and what a recipient is required to do once they do find housing. Some folks think that those who receive Section 8 are not working, are lazy and are simply looking for a way to "milk the system." This is part of the problem and part of the stigma.

My understanding is that in

order to receive a Section 8 voucher, one must prove income, and it must meet a certain level. I would imagine anyone who received a voucher and found housing would do everything possible to remain working and in good standing with the landlord. As was noted in the article, "Only 1 to 2 percent of tenants turn out to be problematic." Ask any landlord what the percentage of "problematic tenants" not receiving housing assistance is! Legal eviction is always an option for any landlord faced with a bad tenant, receiving legal assistance or not.

AMY PETERS
Glen Cove

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Where's the Long Island Nets coverage? — East Meadow



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