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**Tastes of
 St. Patrick's Day**
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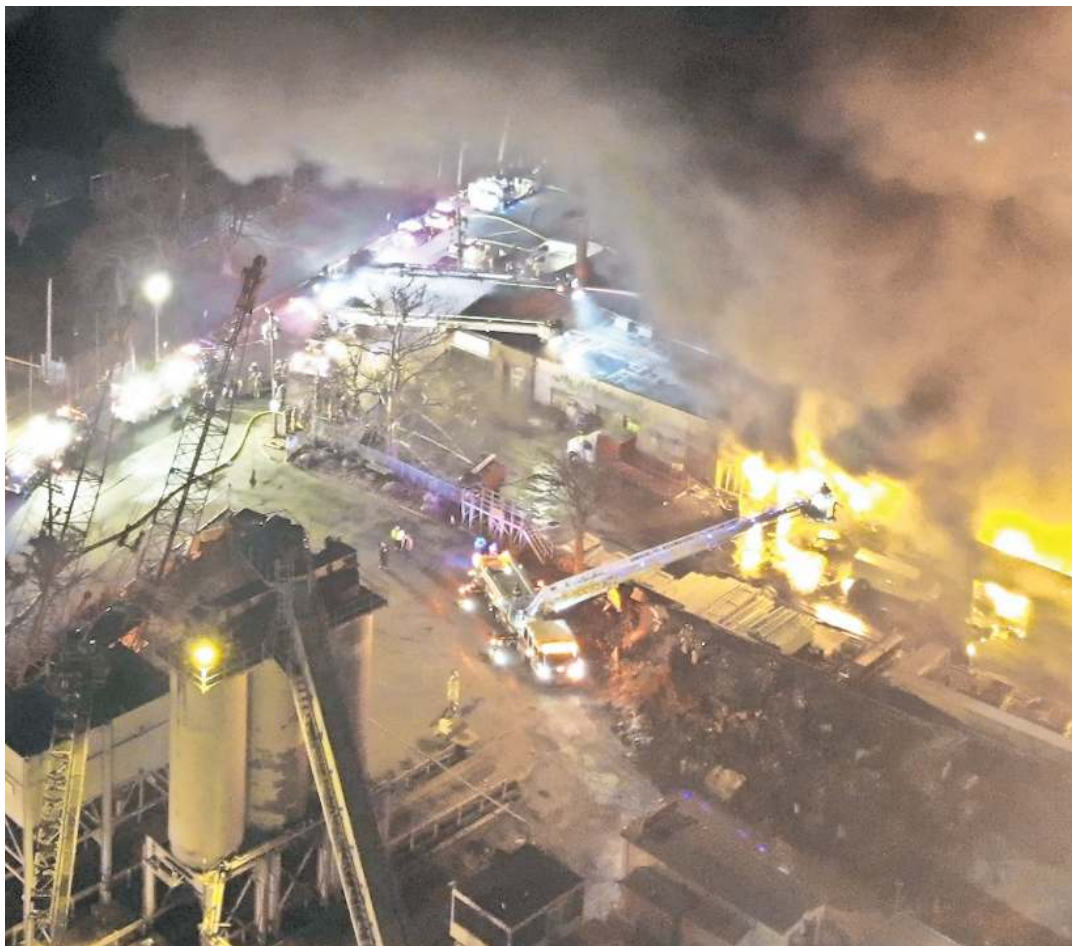


**Inside: Your Health —
 Be heart smart**
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VOL. 28 NO. 11

MARCH 14-20, 2019

\$1.00



Courtesy Jeff Sellars

Raging inferno

A fire Monday night at Cove Plumbing Supply, on Morris Avenue, reportedly sent flames shooting 60 feet into the air and required the assistance of more than 30 fire departments. Story, Page 4.

'No one is above the law'

Manganos found guilty after 6-week-long corruption retrial

By **ANTHONY O'REILLY**
 and **ERIK HAWKINS**
aoreilly@liherald.com

After facing trial for the second time on federal charges that they abused their position for personal benefit, former Nassau County Executive Ed Manganano and his wife, Linda, were found guilty on a number of charges on March 8.

Ed Manganano was convicted of federal program bribery, wire fraud and conspiracy to commit wire fraud, and obstruction of justice. His wife was found guilty of conspiracy to obstruct justice, obstruction of justice and making false statements to federal investigators.

The Manganos were first arrested in October 2016, and went to trial last year. Their co-defendant, former Oyster Bay Town Supervisor John Venditto, was acquitted of all charges, while jurors were unable to reach a verdict on the Manganos.

The Manganos and Venditto were all accused of doing favors at taxpayer expense for former restaurateur Harendra Singh, who helped them live a lavish lifestyle in return.

The jury deliberated on the charges for six days, following a six-week retrial in federal court in Central Islip.

Ed Manganano abused his power as a public official by taking bribes and kickbacks . . . and will now be held responsible for these crimes.

RICHARD DONOGHUE
 U.S. attorney,
 Eastern District of N.Y.

Ed Manganano faces a sentence of up to 20 years in prison for the wire fraud and conspiracy to commit wire fraud, up to 10 years for federal program bribery and up to five years for conspiracy to commit federal program bribery. He and his wife both face up to 20 years for each charge of obstruction of justice and five years for each false statement charge.

Richard Donoghue, the U.S. attorney for the Eastern District of New York, led the prosecution. "Ed Manganano abused his power as

CONTINUED ON PAGE 23

Glen Cove school bond fails

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

Some passionate collective displeasure erupted from a small gathering in the front lobby of Glen Cove High School as Superintendent of Schools Dr. Maria Rianna announced that a proposed \$84.6 million bond, intended to fund improvements at the district's six schools, failed in Tuesday's vote.

According to unofficial

results, 1,171 of the 2,725 voters who cast ballots supported the bond, while 1,554 opposed it.

The bond would have financed work at all of the schools — upgrades in security, compliance with the Americans with Disabilities Act, and heating, ventilation and air conditioning — as well as renovations particular to each school, such as improved drainage in Connolly Elementary School's parking lot, playground resurfacing at

Deasy Elementary, elevator and restroom additions at Gribbin Elementary, and partial roof replacements at Landing Elementary. Finley Middle School would have seen improvements in Wunsch Auditorium, and many of Glen Cove High School's classrooms would have been renovated.

If the bond had passed, the average owner of a Glen Cove

CONTINUED ON PAGE 19

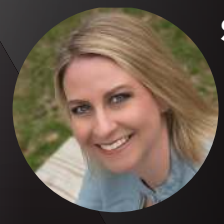
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Meet Patsy, Glen Cove's grand marshal

By MIKE CONN
mconn@iherald.com

If there is one thing people can learn about Patsy Furlong by walking past his Glen Cove home, it's that St. Patrick's Day plays a huge role in his life and that of his wife, Nancy. All of their windows are adorned with dozens upon dozens of shamrock stickers, the largest of which sits at eye-level on their screen door, showing visitors that they are entering a festive Irish household. The shamrocks can be found in the house too, extending all the way through the kitchen and onto the back door.

A home such as this is exactly where one would expect the St. Patrick's Day Parade Grand Marshal to reside, and that is finally the case this year. Furlong will forego his usual role at the leprechaun in Glen Cove's annual parade to take up the mantle of the parade's leader on his 61st birthday, an honor for which he has been destined for years.

Patrick William Furlong was born on St. Patrick's Day in 1958 in the rural County Wexford, Ireland. He would ultimately become the second of seven children to Joseph, a factory worker, and Ellen Furlong, a stay-at-home mother. He describes his early years as "a regular Irish childhood," as he, his four sisters and two brothers attended school, were raised Irish Catholic and, although they were "not well off," as he put it, enjoyed their young lives all the same. After he graduated from high school, Furlong started working as a truck driver, never quite seeing himself leaving his country.

But Furlong believes that everything happens for a reason, a philosophy which was fully realized in 1983. He came to the United States to serve as the best man at his brother Martin's wedding in Westchester. Martin was marrying a woman named Margaret, who had a cousin named Nancy Merrick.

Furlong and Nancy met at the wedding and were immediately taken with one another, deciding to keep in touch via letters and phone calls after the celebration ended and he returned to Ireland. The ocean-length distance was not enough to deter the two from speaking to one another, as they continued to call and write for years. In 1986, they decided to get engaged, and Furlong moved to New York in 1987. The two were married on July 8 of that year, the hottest day of the summer, something which he said determined that he would spend the remainder of his life in the United States.

"If I had never met my wife, I'd probably never be here," Furlong said.

The two spent the next several years living in Sea Cliff, Nancy's home town. On September 5, 1993, the Furlongs had their first and only child, Emily, who was born developmentally disabled. They then dedicated a great deal of their lives to giving their daughter a high quality of life, something which

Nancy heavily attributes to her husband.

"He's a hard worker, he's a good father," said Nancy. "He goes to every length to make her happy and to keep the family going."

The family ultimately moved to Glen Cove in 1996. While he serves a vital role in his own household, several Glen Cove residents said that they find Furlong to be just as important to the community. As the head of maintenance at All Saints Regional Catholic School, Furlong — or Mr. Patsy, as he is called — has been a favorite among the school's students for over two decades.

"He's been loved by generations of school kids who went there," said Robert Lynch, the publicity chairman for the Glen Cove St. Patrick's Day Parade.

"If I were to go into the supermarket alone, no one would say [anything]," Nancy said. "But if Patsy were with me, the kids would hang from the ceilings yelling, 'Mr. Patsy's here!'"

However, Furlong's presence at All Saints will be coming to an end soon, as the school will be shutting its doors in June. Nonetheless, he said he remains optimistic when looking into the future.

"I'm gonna be all right, I'm not too worried," Furlong said. "I always say, 'If you're prepared to work, you'll find work.'" He said that he will continue to run his personal landscaping business, which he operates on the side of his typical day job.

Even outside of All Saints, Furlong is a beloved member of the community thanks to his ever-present enthusiasm which he puts into the St. Patrick's Day Parade each year. He joined the Glen Cove Hibernians in 1993, immediately becoming a fixture in the city's Irish community. However, it wasn't until 2004 that he cemented the most memorable part of his legacy as the parade's leprechaun.

"I just marched the first couple of years," Furlong explained, "and then I had the idea to get a pot of gold and just start throwing candies to the kids, that's what really got it going. As soon as I turn onto School St., you can hear them yelling, 'The leprechaun's coming!' They're out in the middle of the street jumping around. They go crazy."

Unfortunately, along with the title of Grand Marshal comes Furlong's inability to be the leprechaun this year. While he said that he is still confident that this year's parade will be great, he is slightly saddened by his lack of a green suit and bright red beard.

"I think it's going to be a very good parade," he said, "[although] I know the parade's not going to be the same without the leprechaun."

While the leprechaun's absence is sure to be lamented by many, most are thrilled to see him in his new role. "We'll miss him this year," said Lynch, "but for one year we'd prefer to see him leading the whole parade."

Each year, the parade committee suggests a few different people to consider for Grand Marshal honors, one of



Courtesy Nancy Furlong

FURLONG'S WIFE, NANCY, left, and daughter, Emily, said they are both excited to see him lead the St. Patrick's Day Parade as the Grand Marshal.



Tab Hauser/Herald Gazette

PATSY FURLONG HAS led the St. Patrick's Day Parade in Glen Cove as the leprechaun since 2004.

whom was Furlong this year. Lisa Forgione, the chairwoman of the St. Patrick's Day Parade, said that choosing him to be the Grand Marshal didn't take a second thought.

"As soon as his name was mentioned, everyone was like, 'Oh, perfect!' I don't think we took a real vote, everyone just agreed," said Forgione.

"He really has a heart of gold," she later added.

Furlong said that he is greatly honored by the committee's choice, saying that being the Grand Marshal is "a

once in a lifetime thing." He said that he is greatly looking forward to the parade, which he says is sure to be one of the best days of the year in Glen Cove, as it usually tends to be.

Lineup for the parade will begin on March 12 at 12 p.m., and the parade itself will set off at 1 p.m. from the corner of Forest Avenue and Dosoris Lane. It will then head to School Street before turning onto Glen Street, ultimately ending at St. Patrick's Church for an after-parade party.

Fire rips through 30-year G.C. business

By ALYSSA SEIDMAN

aseidman@liherald.com

Fire tore through Cove Plumbing Supply Co. on Morris Avenue Monday night, sending over 30 fire departments from across the North Shore and beyond racing to extinguish the fast-moving blaze.

The fire broke out around 10 p.m. The Glen Cove Fire Department was dispatched at 10:03. Chief Robert Marino, addressing the public at a City Council meeting Tuesday night, said it took nine and a half hours for firefighters to secure the flames.

"The police and fire departments did a great job," said Richard Tenen, the owner of Cove Plumbing Supply. "They did the best they could."

John O'Brien Sr., of the East Meadow Fire Department, reported that more than 150 firefighters battled the blaze. First responders spent the early hours of Tuesday morning extinguishing the fire's hot spots. According to Marino, no injuries were reported.

"Propane and acetylene tanks inside the warehouse were exploding during the course of the firefight, sending flames 60 feet into the air, further complicating the attack," O'Brien said.

The exterior of the plumbing supply store, in business for three decades, remains intact, but its interior showroom, where kitchen and bath fixtures,



Alyssa Seidman/Herald Gazette

FIRE RIPPED THROUGH Cove Plumbing Supply Co. in Glen Cove Monday night, causing interior damage to the building on Morris Avenue.

appliances and designs were sold, was destroyed. The blaze caused parts of the ceiling to buckle and blew out most of the store's windows.

Glen Cove Mayor Tim Tenke said he witnessed a portion of concrete wall, on

the western side of the building, collapse around 11 p.m., which fell in close proximity to a natural gas line that runs to the city's Department of Public Works. "If that wall would've hit that, it could've made the fire much worse," he

said.

Marino said that three marine units — from FDNY, Bayville and Port Washington — fought the fire from boats in nearby Glen Cove Creek. "They did a tremendous job with those boats," he said. "They put a lot of water on the fire where we needed it, [and] where it was hard for us to get to." Marino also made mention of the efforts of the Glen Cove Harbor Patrol, the Glen Cove Police and Auxiliary Departments and Glen Cove's Emergency Medical Services.

Tenke said this was one of the largest fires in the city's history. "We're extremely proud of the Glen Cove Fire Department and the rest of the mutual aid, who did an excellent job at containing this fire," he said. "The fact they prevented that fire from spreading to other facilities is a testament to their courage and abilities."

Officials from the Nassau County Fire Marshal's Office are investigating the cause of the fire.

Officials from the county's Hazardous Materials Response Division and the New York State Department of Environmental Conservation were on site Tuesday morning to assess the water runoff from the fire that had pooled in a parking lot near the building. A spokesperson from the DEC told the Herald Gazette Wednesday morning that no chemicals or adhesives had been identified in the runoff.

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CRIME WATCH

Arrests

■ Male, 26, of Glen Cove, was arrested for fourth-degree criminal sale of marijuana, fifth- and seventh-degree criminal possession of a controlled substance, two counts of fourth-degree criminal sale of a controlled substance, two counts of fifth-degree criminal sale of a controlled substance and third-degree aggravated unlicensed operation on March 9.

■ Male, 34, of West Hempstead, was arrested for unlawful possession of marijuana and two open warrants for Glen Cove on Brewster Street on March 7.

■ Male, 19, of Glen Cove, was arrested

for second-degree burglary on Alex Lane on March 5.

■ Male, 23, of Glen Cove, was arrested for aggravated criminal contempt, fourth-degree criminal mischief, second-degree menacing, third-degree assault, second-degree coercion, first-degree criminal contempt and an open warrant for Nassau County on March 3.

■ Male, 43, of Glen Cove, was arrested for second-degree aggravated unlicensed operation, reckless driving, unlawful fleeing from a police officer in a motor vehicle, speeding, numerous other vehicle and traffic law violations and an open warrant for Nassau County on March 3.

GLEN COVE
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THE WEEK AHEAD

Nearby things to do this week

Now Sowing: Potatoes, peas and greens



Learn about what seeds to sow now to get a jump start on spring and early summer vegetable gardens. Participants can step out to the Demo Garden on March 16 – weather permitting – and do some hands-on planting. Knowledge will begin to sprout at 10 a.m. at the Glen Cove Library, 4 Glen Cove Ave., Glen Cove. (516) 676-2130.

Trading card art class for kids

Local artist Jasmine Contois will be at the Locust Valley Library to instruct children grades 1 through 6 on how to create their own trading cards. Participants will learn skills such as character design, color and composition. Children are encouraged to explore their imagination. The class begins at 4 p.m. on March 20 at 170 Buckram Road, Locust Valley. (516) 671-1837.



STEAM: Puffy paint

Paint is even more fun when it's puffy! Children from kindergarten through second-grade will learn how to make puffy paint in a STEAM-style fashion using shaving cream, flour, glue and food coloring. They will then be able to use this new knowledge to create a unique,

puffed-up painting. The fun starts at 4 p.m. on March 21 at the Gold Coast Library, 50 Railroad Road, Sea Cliff. (516) 759-8300.

Celtic Woman's spirit of Ireland

The inspirational Irish music ensemble returns to Tilles Center with "Ancient Land," their latest inspiring concert experience, on Wednesday, March 20, at 8 p.m. Over the last decade, the act has become a cultural phenomenon. They transcend national and cultural boundaries to celebrate the timeless emotion of Ireland's centuries-old heritage. Info: (800) 745-3000 or www.ticketmaster.com or www.pararmountny.com.



Groovin' with The Rippingtons



The contemporary jazz ensemble, with guitarist-composer Russ Freeman at the helm, visits My Father's Place on Thursday March 21, at 8 p.m. The band, which has been defining and crossing musical boundaries since their founding in 1985, continues to innovate. Info: (516) 413-3535 or www.myfathersplace.com.

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HERALD SCHOOLS



Courtesy Glen Cove City School District

MELISSA HARECHMAK'S FOURTH-GRADE class were among the many students touched by Richard Specht Jr.'s presentation about the importance of kindness and respect.

Landing students learn to cultivate kindness

Students at Landing Elementary took part in an inspirational assembly about kindness, treating others with respect and paying it forward when Richard Specht Jr., the founder of the ReesSpecht Life Foundation, visited their school.

The Cultivate Kindness school program was created to teach children about how being kind to one another can leave a lasting impact. Its creation stems from tragedy. On Oct. 27, 2012, while preparing for Hurricane Sandy, the Specht family lost their son Rich Edward-Ehmer Specht – known as “Rees” – in a backyard pond from drowning. Through the kindness of many within the community, especially Kelly Landscaping which covered the pond, the Spechts learned how acts of kindness can help oth-

ers see the positive during a hard time. The family wanted to do something positive for the community and decided to pay it forward with random acts of kindness. Specht's daughters came up with a goal of creating 500 random acts of kindness. After the community's reaction to the first round of acts of kindness, they were even more inspired to help others and have surpassed that number.

Specht, a former middle school science teacher, made his message fun and engaging. Students were able to see how kindness can spread and come back like a boomerang. He also showed the students a science demonstration on how negative feelings and behavior can affect others. Specht poured different liquids into glass beakers

to form a dark liquid, representing negative feelings, then turned changed those negative feelings back to clear liquid, which represented positive feelings, by adding another substance. The students were amazed by this science experiment and were inspired to treat others with kindness. Students were encouraged to help others and talk to someone who may be sitting alone

Specht also wrote a children's book, “A Little Rees Specht Cultivates Kindness,” about a boy, Rees, who spreads kindness to other kids just like a seed. With each act of kindness, the seed grew and grew to make the world beautiful again. He also wrote a second book about bullying and an animation series to go with the books that will be

coming out soon.

The Landing PTA generously purchased a few books for the teachers to share with their students. Specht wanted each classroom teacher to have a copy so they could share the story of kindness each year. He planted the first seed of kindness by donating books to each classroom teacher. Before the assembly, teachers read and shared the story with the children. Classroom teachers and students wrote thank you cards and letters showing their appreciation.

After the assembly, students helped the custodial staff clean up the chairs to prepare for lunch. Students were left with a card to help spread Rees's story and spread kindness within Landing and the Glen Cove community.

Local pottery artist visits GCHS ceramics students

Ceramics II students at Glen Cove High School were treated to a visit by local pottery artist Patricia Bridges of Bridges Pottery in Port Washington on Feb. 26.

Bridges demonstrated wheel throwing techniques and shared her beautiful work with the students, some of which was from a collection she was commissioned to create for the 2018 U.S. Open in Shinnecock Hills Golf Club in Southampton.

Pottery has been a lifelong passion for Bridges, and she enjoys coming to high schools because that is where she realized her love for ceramics. Some students were able to work on the wheel as she gave them tips and advice.

Art teacher Vicki Gordon said she organized the visit to provide students with an authentic experience of meeting someone who has made their passion into their profession. The students thoroughly enjoyed seeing Bridges create pieces right before their eyes.



Courtesy Glen Cove City School District

LOCAL POTTERY ARTIST Patricia Bridges demonstrated techniques and shared some of her work with ceramics students at Glen Cove High School on Feb. 26.

Dinner dance raises funds for local groups

The Ladies Ancient Order of Hibernians, a non-profit organization, sponsored its yearly St. Patrick's Day Dinner Dance at St. Patrick's Church on March 2. Drawing a huge crowd at \$55 per person, the event served as a significant fundraising opportunity for local and neighboring communities. A few of the beneficiaries include St. Vincent DePaul, St. Christopher's Local Outreach, Diabetes Research Institute, the Coalition for Life, L.A.O.H. Scholarship Fund, and Mama's House.

-Mike Conn



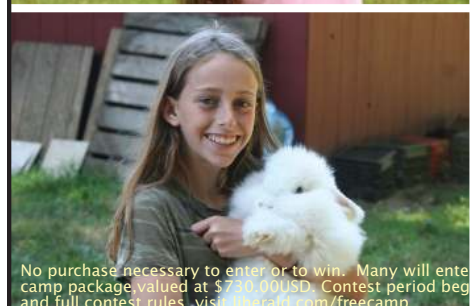
Photos by Elisa Dragotto/Herald Gazette



GUESTS WERE TREATED to a traditional Irish dinner of corned beef and cabbage at the St. Patrick's Dinner dance.

THE GABE HICKEY Band made up of Gabe Hickey, left, Mike Ormsby and Pat Jordan provided the music at the St. Patrick's Dinner dance.

MAUREN ERRITY RUSH manned the Super Raffle table, which provided a portion of the funds raised by the Ladies Ancient Order of Hibernians. Far left.



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- Christine H., East Meadow, 42

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HERALD SPORTS

Youthful Hofstra swings for strides

By **ANDREW COEN**

sports@liherald.com

Hofstra softball charted a new era in February with a new leader who inherited one of the youngest rosters in the nation.

Larissa Anderson departed after four years as Hofstra head coach to take over at SEC power Missouri shortly after leading the program to its 13th NCAA Tournament appearance in 26 years. The Pride tapped National Fastpitch Coaches Association Hall of Famer Jay Miller to take the reins of a team that returns just two starters and features 12 newcomers.

"The history that this program has had over the past 25 years is very impressive," said Miller, who won over 1,000 games as head coach at Missouri and Mississippi State. "It's exciting, but is also challenging because of how few players returned."

Junior shortstop Kristin Hallam anchors the Hofstra infield after playing an integral role on last year's Pride team that went 41-14 and captured the Colonial Athletic Association title. Hallam tied for the team-lead with 63 hits last year and was hitting .438 through the Pride's first 13 games this season.

"She is finally starting to play like she is capable of," Miller said of Hallam, who recorded a team-high 63 hits last year. "She is starting to come alive."

Senior Courtney Scarpato provides versatility and experience as the Pride's other returning starter. The Pennsylvania native started at center field last year and early this season has also been slotted in the infield at second base. She also is one of Hofstra's four pitchers and picked up her second career win in the Pride's 10-8 extra innings win against Georgia State on March 3 in Atlanta pitching four innings in relief.

Hofstra lost both starting pitchers from last year to other schools when former Clarke High School standout Sarah Cornell transferred to Alabama and Seaford native Sophia Dandolo switched to Syracuse. Looking to fill the void on the mound are freshmen Madison Burns and Mackenzie Suto, who have taken most of the innings so far this season. Junior

Alexis Goeke and Scarpato are additional capable arms out of the bullpen.

"The freshmen are starting to get their feet wet and understand what it takes to compete at this level," Miller said of his young arms. "They are both getting better."

Hofstra received some new offensive punch in their lineup with the addition of freshman slugger Meghan Giordano, who holds the career New York State high school softball home run record with 56. The Westchester County native is already making her mark on the collegiate level with two home runs including a three-run bomb off ace Oklahoma ace pitcher Giselle Juarez, a 2019 USA Softball Collegiate Player of the Year Watch List honoree.

"Meghan has provided a big punch to our offense," Miller said. "She has been one of the biggest sparks in terms of delivering RBIs and coming through in the clutch."

Giordano is among multiple freshmen starters making immediate impact in the Hofstra lineup along with Jaycee Ruberti, Madison McKeivitt, Kasey Collins, Amanda Maffucci and Angelina Ioppolo. Maffucci provides a weapon on the base paths after recording 92 steals during her four-year high school career at Bellmore-Kennedy.

Despite a lack of experience, Hofstra is tacking a grueling schedule that features six opponents who appeared in the NCAA Tournament including two who reached the Super Regionals stage and one Women's College World Series participant. After playing their first 16 games down south, the Pride return to the northeast for the St. John's Invitational this weekend before Hofstra's home opener on March 20 against LIU-Brooklyn at 3 p.m.

Hofstra begins the CAA home schedule on the weekend of March 30-31 for three games against Delaware and will also host national power James Madison for a series starting with an April 6 doubleheader at 1 p.m. The home CAA schedule wraps up with three games against Elon on May 3-4. The Pride, who were picked fourth in the eight-team CAA, can qualify for the conference tournament in May by placing in the top five.



Courtesy Hofstra Athletics Communications

KRISTIN HALLAM STARTED all 55 games for the Pride as a sophomore last season and batted .315 while tying for the team lead in hits with 63.

Patriotism on display for Pride

Hofstra experienced a touching family moment early this season during a game against Kennesaw State in Atlanta on March 1. The brother of red-shirt senior outfielder Lydia Witkowski, First Lt. Charles Witkowski, decided to surprise his

sister on the field before the game after being allowed to end his tour of duty in Afghanistan early. "Lydia was very surprised and her brother worked very hard to set everything up ahead of time," Miller said. "It made for a special time for Lydia and the entire family."

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HERALD NEIGHBORS

GLEN COVE HERALD GAZETTE – March 14, 2019



Photos by Adrienne Daley/Herald Gazette

KOLE HERGENROTHER 3, tried out his scissors.

LINCOLN MINSKY, 4, left, led the other children in “Head, Shoulders, Knees and Toes.” At left.

The Suess lets loose at the G.C. Library



ALLISON YANES, 3, added a pair of googly eyes to her hand puppet. Top.

LIBRARIAN CAROL COWAN shared the silliness of Dr. Seuss with all the children who attended. At left.

Local children were able to celebrate the stories of Dr. Seuss at the Glen Cove Library on March 1, which commemorated the author’s birthday.

The event invited young readers to celebrate Seuss’s contributions to literature by reading many of his beloved books, making crafts that resembled his colorful characters and donning red and white hats just like “The Cat in the Hat.”

—Alyssa Seidman

COMMUNITY CALENDAR

Thursday, March 14

Lego Duplo storytime

Gold Coast Library, 50 Railroad Ave., Glen Head, 10 a.m. Children ages 2 to 4 can join Miss Alex in singing songs, reading stories and building legos for a fun STEAM-themed storytime. This is the first of a four-part series. (516) 759-8300.

Storyland: Winter Snow Animals

Locust Valley Library, 170 Buckram Road, Locust Valley, 4 p.m. Children ages 4 and up can join Miss Lauren as she reads stories about animals' adventures in the winter. They can make their own snow animal using felt, finger paint, tissue paper and more. (516) 671-1837.

Poetry workshop

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 6:30 p.m. Bring in any poetic works in progress and receive feedback from other writers in a constructive, collaborative setting. (516) 671-4290.

Cake pops

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Teens will create cake pops that are just as much fun to make as they are to eat. (516) 676-2130.

Friday, March 15

DIY Craft Club: arm-knitting

Gold Coast Library, 50 Railroad Ave., Glen Head, 4:30 p.m. Teens grades 6 through 12 can get into one of the DIY world's newest trends by learning how to arm-knit a comfy blanket. No prior skills or knitting tools are required. (516) 759-8300.

Saturday, March 16

Irish soda bread

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Learn how to make delicious traditional Irish soda bread to take home and bake. (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.

Monday, March 18

St. Patrick's Day celebration

Glen Cove Senior Center, 130 Glen St., Glen Cove, 12 p.m. Celebrate St. Patrick's Day and Irish culture with food and music. (516) 759-9610.

Hack That Painting

Bayville Free Library, 34 School St., Bayville, 6:30 p.m. Children from grade 4 through 8 can take a pre-painted canvas and add their very own twist. (516) 628-2765.

Tuesday, March 19

Author Visit: Rachel Lyon

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Author Rachel Lyon will sign copies of her book "Self-Portrait with Boy," a story about a young photographer who unintentionally captures tragedy with her camera. There will also be a Q+A ses-



Courtesy Glen Cove Irish Parade, Facebook

St. Patrick's Day Parade

The City of Glen Cove will be alive on March 17 as the annual St. Patrick's Day Parade kicks off with a lineup at 12 p.m. The parade will get moving at 1 p.m., starting at the intersection of Forest Avenue and School Street. Led by Grand Marshal Patrick "Patsy" Furlong and Aide to the Grand Marshal Marina O'Neil, the procession will march down School Street and turn onto Glen Street before finally ending at St. Patrick's Church at 235 Glen St. A post-parade celebration will follow at St. Patrick's. All are welcome to embrace Irish culture and join one of Glen Cove's biggest annual celebrations.

sion and light refreshments will be served. (516) 676-2130.

Glen Cove Pre-Council Meeting

Glen Cove City Hall, 9 Glen St., Glen Cove, 6:30 p.m. Join the Glen Cove City Council as they discuss the most important topics to be addressed at the next City Council meeting. (516) 676-2000.

Resume and cover letter workshop

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 6:30 p.m. The third of eight free workshops, participants will learn how to write, format, structure and design perfect resumes and cover letters. Ideal for job seekers. Registration is recommended. (516) 676-2130.

Wednesday, March 20

Pedestrian improvements discussion

Glen Cove City Hall, 9 Glen St., Glen Cove, 1 p.m. The Glen Cove Department of Publix Works will discuss recommended pedestrian improvements for the city's Downtown Business District in the second floor conference room of City Hall. The project will include upgrades and renovations of curb ramps and crosswalks. (516) 676-2000.

"Frank Sinatra, Poems of Color" talk

Glen Cove Senior Center, 130 Glen St., Glen Cove, 1:30 p.m. Join Dale Zurbick as he gives a lecture on one of the most beloved musicians of the 20th Century. (516) 759-9610.

Community club: grades 6-12

Locust Valley Library, 170 Buckram Road, Locust Valley, 7 p.m. Donna Rosenblum from A Reason to Smile will lead teens in

creating one-of-a-kind bracelets using handmade Kenyan paper beads. One bracelet will be to keep, while the other will be given away in order to raise



League of Women Voters talk

Nassau County District Attorney Madeline Singas will be the guest speaker for the next community forum of the League of Women Voters. In recognition of March being Women's History Month, Ms. Singas will speak about women in government and specifically the current focus in her office. All are welcome to attend on March 20th at 3:30 pm in the Levittown Public Library, 1 Bluegrass Lane, Levittown.

awareness for the Jamba Jipya School in Kenya. (516) 671-1837.

Thursday, March 21

Lego Duplo storytime

Gold Coast Library, 50 Railroad Ave., Glen Head, 10 a.m. Children ages 2 to 4 can join Miss Alex in singing songs, reading stories and building legos for a fun STEAM-themed storytime. This is the first of a four-part series. (516) 759-8300.

"Age of Love" documentary screening

Glen Cove Senior Center, 130 Glen St., Glen Cove, 5 p.m. View a free screening of a film about the importance of love and friendship in the later years of our lives. Hors d'Oeuvres will be served before the screening, and a Q+A session with director Steven Loring will follow. (516) 759-9610.

Buzz of the Beekeeper

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Beekeeper Gerald Raffa will discuss the life of bees in a bee colony and explain why the lives of bees are in jeopardy. (516) 676-2130.

Council of Advisory Teens

Locust Valley Library, 170 Buckram Road, Locust Valley, 7 p.m. Teens can join a group that participate in and influences the functioning of the library, specifically the Teen Room, YA programming and collection materials. CATS will start meeting on a monthly basis starting in the fall, so this will be a preliminary meeting. (516) 671-1837.

Friday, March 22

Toddler Time with A Time for Kids

Locust Valley Library, 170 Buckram Road, Locust Valley, 10:30 a.m. Toddlers will engage in music, fine and gross motor skills and storytelling. Then they can make and take home their own MARCH lion. (516) 671-1837.

The Little Gym

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 10:30 a.m. Children ages 18 to 36-months can enjoy a pre-school program that revolves around active play alongside the staff of Little Gym. (516) 676-2130.

Afternoon Art for Teens

Locust Valley Library, 170 Buckram Road, Locust Valley, 2 p.m. Teens can create acrylic paintings on canvas, working on anything that comes to mind. Music, snacks and supplies will all be provided. Any paintings can be donated to the library's teen room. (516) 671-1837.

Sunday, March 24

The GRiD Irish Music Show

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. The GRiD, featuring Tom Donovan and Paul Henry offer an afternoon of Irish/Celtic songs and ballads. (516) 676-2130.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS



Courtesy Julia Salat

NORTH SHORE KIWANIS President Leslie Kle, left, presented NSCFG Communications Director Jenna Kern Rugile with a certificate of appreciation for her dedication and service to the center.

Personal stories of struggle shared

The North Shore Kiwanis Club sponsored a special program when it hosted the North Shore Child & Family Guidance Center. The keynote speaker, Jenna Kern Rugile, the organization's director of communications, presented an informative presentation regarding personal stories of struggle from children and

families.

The organization was founded in 1953 and is dedicated to restoring and strengthening the emotional wellbeing of children from birth to adulthood. The agency has been a place of hope, healing and treatment to all who enter its doors, regardless of their ability to pay.

Vocabulary parade at Connolly

CONNOLLY SCHOOL PRINCIPAL

Julie Mullan, right, led students during the school's vocabulary parade.



Photos courtesy Glen Cove City School District

As part of their "Pick A Reading Partner" celebration, students at Connolly Elementary School read "Miss Alaineus: A Vocabulary Disaster" by Debra Fraasier. The students were inspired to create costumes based on different vocabulary words and had a wonderful time parading around the school showing off their unique creations.



ERIC CASURIAGA, a student at Connolly, came dressed as a plane for the parade.

Win Season Passes to Adventureland!

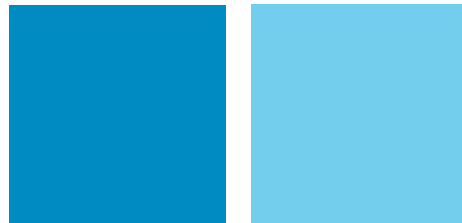


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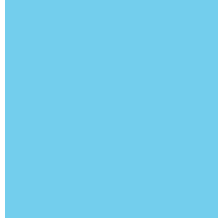
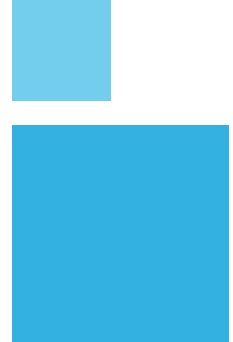
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No purchase necessary to enter or to win. Many will enter, one (1) will win the Grand Prize of 4 season passes to Adventureland for the 2019 season, valued at \$500. Contest period begins 2/28 and ends 3/31. For details and complete contest rules, visit liherald.com/adventureland



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Real Estate
Associate Broker



MARLENA SCHEIN
Real Estate
Associate Broker

Presently, Floyd and Marlana are Real Estate Associate Brokers working full time with Coldwell Banker Residential Brokerage serving all of Long Island.

Floyd and Marlana are active members of Long Island Board of Realtors and Multiple Listing Service as well as members of the Wantagh Chamber of Commerce, where Floyd has served as president and Marlana as vice president. They are also members of the Kiwanis Club of Wantagh where Floyd is currently the Treasurer and Marlana is active in fund raising.



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New measure to remediate Crescent Beach

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

Glen Cove City Council members approved a resolution Tuesday authorizing H2M Architects and Engineers, based in Melville, to determine the design of a filtration system that would be used to remediate pollution at Crescent Beach, which has been closed for almost 10 years due to high levels of contamination.

“An IMA [inter-municipal agreement] with the county solicited experienced, professional engineering and consulting firms to prepare a proposal for the remediation of contamination at Crescent Beach,” said Mayor Tim Tenke. “This study would basically determine how to engineer a system that will clean the water before it goes into the Sound.”

Studies from the state Department of Environmental Conservation and the U.S. Environmental Protection Agency have been ongoing for the past couple of years to pinpoint the source or sources of the pollution. Nassau County Legislator Delia DeRiggi-Whitton, who helped facilitate the IMA, said the latest tests revealed the bacterial contaminants oriented from animal waste, and not human waste, as previously thought.

“There are over 20 pipes emptying into the stream, and every time [officials] found one of these pipes the bacteria levels have increased,” DeRiggi-Whitton said. “That’s what’s leading us to believe



Herald Gazette File Photo

THE POLLUTED STREAM that runs into the Long Island Sound has kept the public segment of Crescent Beach closed for nearly a decade.

there’s a problem with the pipes.”

Tenke said the IMA provides a total consultant budget of \$200,000, and that H2M’s study would not exceed \$40,000. He added that a consultant would be retained for the final design and construction phase once the study is complete.

The city entered into an IMA with Nassau County last summer to deter-

mine whether filters could temporarily solve the contamination problem and allow the beach to reopen while the DEC works to identify and remedy the source or sources of the pollution. So far, the agency has tried running cameras up the outflow pipes it believed could be contributing to the problem and “dye testing” — in which dyed markers are deposited into nearby homeowners’ plumbing systems

to determine if there are any leaks.

“The best way to clear this up is to treat the water,” Tenke said, “and if the water is clean going to the beach, the beach can reopen.”

Two types of filters that had been considered include a “helix” filter, which uses a spinning motion to remove contaminants from water; and an ultraviolet filter that uses electromagnetic waves to kill bacteria. Tenke estimated that the study would take about three months to complete, and that additional time would be needed for another consultant to build and implement the filtration system.

Some residents voiced frustration over the issue during discussion.

“Mayor, when you and the county legislator were in campaign mode, I had asked if we could expect Crescent Beach to be open by summer of 2018,” said Zefy Christopoulos. “You assured me that it would, and I said that I would be waiting with bated breath. My breath is still bated.”

Resident Dave Nieri questioned Glen Cove’s agreement with the North Country Colony Homeowners Association, who leases the 2.5-acre beach to the city in return for road maintenance. “Why are we paying for a piece of property that we can’t use?” he asked. “This is a losing proposition for the city.”

Zach Gottehrer-Cohen and Mike Conn contributed to this story.



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The good news is that there are a number of steps you can take to improve your heart health. Follow heart smart habits that'll keep you running strong.

The heart is an amazing part of our bodies that tends

to go unnoticed until something goes terribly wrong. Don't wait for something bad to happen, take the time to invest in your heart health today to ensure it continues to provide a strong rhythm for you throughout your life.

Manage your blood pressure

High blood pressure increases your risk of heart attack because it can cause atherosclerosis, or the buildup of plaque in your arteries, which could eventually block blood flow.

Continued on page S-3



Above photo: What does it take to have a healthy heart? A lot depends on you, and your risk factors. If you imagine that healthy living means a bland diet and hours at the gym, you might be surprised to learn how simple, everyday choices can make a big difference.

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HEALTH Tip

Keep the pressure off



That cuff squeezing your arm at every doctor's visit is important. It measures the amount of pressure flowing through your arteries with every heartbeat.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

Cut back on salt, limit alcohol to no more than one to two drinks a day, favor healthy eating habits (think fruits, vegetables, whole grains, and lean protein) manage your stress, and work out. These changes are often enough to bring your blood pressure back down into the normal range. If not, your doctor might recommend you also take medication.



Steps to better heart health

Keep that ticker ticking

Change is an important part of living with heart disease or trying to prevent it. A jump in blood pressure or cholesterol earns you a lecture on healthy lifestyle changes. Heart attack and stroke survivors are often told to alter a lifetime of habits.

Some people manage to overhaul their exercise pattern, diet, and unhealthy habits with ease. The rest of us try to make changes, but don't always succeed. Instead of undertaking a huge makeover, you might be able to improve your heart's health with a series of small changes. Once you get going, you may find that change isn't so hard. This approach may take longer, but it could also motivate you to make some big changes.

Here are 10 important small steps to get you on the road to better health.

- 1. Take a 10-minute walk.** If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.
- 2. Give yourself a lift.** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.
- 3. Eat one extra fruit or vegetable a day.** Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.
- 4. Make breakfast count.** Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.
- 5. Stop drinking your calories.** Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.
- 6. Have a handful of nuts.** Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack, adding them to salads for a healthful and tasty crunch, or using them in place of meat in pasta and other dishes.
- 7. Sample the fruits of the sea.** Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.
- 8. Breathe deeply.** Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.
- 9. Wash your hands often.** Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.
- 10. Count your blessings.** Taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions. These have been linked with better health, longer life, and greater well-being, just as their opposites — chronic anger, worry, and hostility — contribute to high blood pressure and heart disease.

Above photo: A heart-healthy diet can reduce your risk of heart disease or stroke by 80 percent, according to the American Heart Association. Improving your diet is an important step toward preventing heart disease, along with exercise, among the key prevention strategies.



Rekindle those resolutions

Savor the flavor of a lifetime of health

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

Take a step forward by reevaluating your health goals. This is especially important in case those we made in January for the New Year have taken a backseat to busy schedules, or we've slipped back into unhealthy food ruts for comfort or due to stress or the winter doldrums.

Junk food, fast food, and red meat are all things most people realize they should avoid, but avoiding certain foods isn't the only key to staying healthy. It's more important to focus on your health as a whole, and how making smart health choices in several areas of your life can provide multiple benefits for the long haul.

Everyone deals with schedules, jobs, social lives and other things that some people believe don't allow them the time to live their healthiest life. But the belief that we don't have time for health is simply not valid; everyone can live a healthy life when they break it down meal by meal, day by day, choice by choice. So, to inspire you to live a more vibrant life each day, here are some nutritionist approved tips you can start to work into your own routines today. Practicing them daily will create a healthier (and happier) you in no time!

When we approach resolutions from a place of dissatisfaction or feeling that our current states are somehow lacking, resolutions become the penance we pay in the hopes of getting better. They are often huge and out of sync with how we actually live our lives, meaning that achieving them is going to be a hugely upstream paddle. But what if resolutions came from a place of celebrating how kick ass you really are and wanting to be good to yourself? To treat your body, your mind and your belly the way it deserves to be treated? That might be a bit more life-affirming.

So, in case you are looking for some nutritional TLC, here are some suggestions for goals you might actually want to keep.

Toss your bathroom scale

Your health goals should not be focused on weight. Instead, focus on building positive healthy habits that will lead to a healthy weight over time. Focus on weight, health (and usually weight) suffers. Focus on health — win-win.

Eat more ... green veggies

Love to eat? Find a way to feast on green veggies daily. They are full of the anti-oxidant and anti-inflammatory phyto-chemicals you need to defend against the aggressors of mod-

ern life: too much stress, too few fresh foods, exercise and sleep. Try to eat at least one cup of green vegetables a day in a meal, a smoothie or a fresh juice. It can seriously change your life.

Don't count calories

Whatever you do, don't count calories. Or fat grams for that matter. Instead, focus on making healthier food choices. More whole, fresh plant foods. Fewer packaged and hyper-processed snack foods — no matter how many calories they are.

Better food means a healthier, more resilient body. And choosing real food comes with a natural built in overeating fail safe because you will get full more quickly than with junk.

Eat dessert

If you love sweets, nutritionists say it's okay to eat dessert now and then. Make it the best quality you can make or buy, have a small amount and savor it. Denying yourself the things you love will lead you to overeat.

Downsize your plate

Want to eat less? Watch your container size. Eat on side plates, never eat out of a food container and never drink extra large coffee drinks. You will finish what is put in front of you. Fool your eyes by filling a smaller container and finishing it.

Treat yourself to a new healthy cookbook

Surround yourself with inspiration for healthy living. A new healthy cookbook, with beautiful food photographs will make healthy eating appealing and exciting. Same goes for gorgeous new sneakers or a fancy new super-food to experiment with. Living well should be fun — or why bother?

Don't eat in front of a screen

Distracted eating is terrible for your digestion and will lead to overeating. ALWAYS eat away from a screen, even if just for five minutes. Focus on the food so your body can actually realize that it is eating and enjoy the process.

Enjoy that morning cup of coffee

Coffee isn't actually bad for you — it's those sugared up drinks disguised as coffee that are. In fact, the research shows that daily coffee consumption might improve your risk of diabetes, Alzheimer's disease and even obesity.

If you love coffee, buy good coffee that you don't have to mask with sugary syrups. Grind and brew your brew at home; invest in a really good insulated thermos to tote it to work and it will save you money.

Above photo: There's no reason to let those resolutions you made at the start of the year slip away. Use National Nutrition Month as an opportunity to revive your goals for the long-term.

your HEALTH

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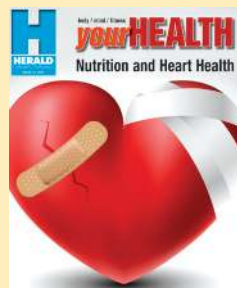
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Boost your health in five minutes or less



You know those days when your normal schedule gets thrown completely out the window? You're tired, overrun and can barely think about the next thing on your to-do list, let alone work on your larger goals or concentrate on your health.

"Luckily, major results can stem from small steps, even if they seem inconsequential. These tiny decisions throughout your day add up to create a gradual shift towards change and transformation when it comes to your health," says dietician Paul Kriegler.

When you're flying at rapid speed throughout your day and could use a small win, Kriegler suggests trying a few

of these five-minute health commitments:

Whip up a sustainable energy boost. Think of food as fuel for your body. When you're busy and on the run, don't forget to pack healthy lunches and snacks to keep you nourished throughout the day.

- ✓ A protein and powdered greens shake is the perfect quick snack or lunch.
- ✓ Make a 3-ingredient salad. All you need is lettuce, a protein, and another veggie.

Do you have five minutes? Fit in a workout. Kriegler says a workout doesn't have to (and shouldn't!) disrupt your entire day. If you find yourself with five minutes to spare, get up and move.

- ✓ Work out your kinks with five minutes of stretching or foam rolling.
- ✓ See how many pushups you can do in five minutes.
- ✓ When you're at work, run up and down the side stairs of your office.
- ✓ Fit in two sprints up and down your street before dinner.

Plan for the days and weeks ahead. Achieving a goal always involves planning. Find five minutes in your day to make sure you have a healthy plan in

Stay on track for cardiovascular health

Continued on page S-1

High blood pressure doesn't have outward warning signs, so have it checked at least every two years. One high reading is not a cause for alarm, but if your tests run consistently over 120/80, your doctor may want to check it more often.

If blood pressure does creep up, you can help lower it by reducing stress, eating healthy, exercising, minimizing sodium intake, and drinking less alcohol. Ask your doctor about efficiently managing your blood pressure, and what he or she recommends.

Manage cholesterol and triglycerides

Every four to six years, ask your doctor run a fasting lipoprotein profile. This test will measure your levels of good cholesterol (HDL), bad cholesterol (LDL), and triglycerides (body fat).

According to the American Heart Association, "A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis."

If your family has a history of heart disease, you may be genetically prone to high cholesterol and will need medication. But you can help manage it by avoiding foods high in saturated fat, such as beef, lamb, pork, butter, or whole milk.

Fortunately, you aren't doomed to a bland, fat-free diet; polyunsaturated and monounsaturated fats could actually improve your cholesterol. Add fish, olives, avocados, walnuts, and vegetable oils to your menu for a happier and stronger heart.

Know the signs of heart distress

Whether you have high risk factors or not, everyone should know the early warning signs of a heart attack. Keep in mind that the signs can differ for men and women.

In men, typical signs include:

- ✓ Chest pain
- ✓ Headache or toothache
- ✓ Shortness of breath
- ✓ Vomiting
- ✓ Stomach ache
- ✓ Cold sweat
- ✓ Heartburn
- ✓ Arm pain
- ✓ Upper back pain
- ✓ General poor feeling

In women, typical signs include:

- ✓ Chest pain
- ✓ Headache, neck or jaw pain
- ✓ Arm pain
- ✓ Stomach ache
- ✓ Vomiting
- ✓ Shortness of breath
- ✓ Lightheadedness
- ✓ Cold sweat
- ✓ Fatigue

Women tend to have less "typical" symptoms than men. They're more likely to feel shortness of breath, pressure in the abdomen, or lightheadedness with no accompanying chest pain.



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www.theregencyatglencove.com



Screening for Colorectal Cancer: What you should know

Colorectal cancer (CRC) is the third most common cancer but there are ways to find it early when it's more likely to be curable.

"Survival rates for CRC have greatly improved thanks in large part to screening tests that detect it at an early stage or prevent it from forming in the first place," says Robin Mendelsohn, MD, a gastroenterologist at Memorial Sloan Kettering (MSK).

What screening options are available?

A colonoscopy is an imaging test that uses a thin, flexible tube with a video camera on its tip to search the colon for precancerous polyps and potentially remove them. You need to clear your bowels before the test and be sedated during the exam.

Other imaging tests are flexible sigmoidoscopy, which uses a shorter tube to examine the lower part of your colon, and virtual colonoscopy (also known as CT colonography). These tests still require a bowel preparation, but they often can be performed while you're awake.

Stool-based tests include the fecal occult blood



DR. ROBIN MENDELSON

Gastroenterologist at Memorial Sloan Kettering.

test (FOBT) and the fecal immunochemical test (FIT). Both detect traces of blood in the stool, which can be a sign of cancer. A newer test looks for both blood and small amounts of tumor DNA.

If something is found during a stool-based test or a CT colonography, you still will need to undergo a colonoscopy to remove any polyps. Many experts consider colonoscopy to be the gold standard because it can both detect and prevent CRC.

Who should be screened and when?

We recommend screening beginning at age 50. The American Cancer Society now recommends considering screening starting at 45. People age 45 to 49 and those

with a family history or genetic predisposition to CRC should speak with their doctors about when to start screening.

FOBT and FIT should be done annually. The DNA test is recommended every three years. A colonoscopy is recommended every ten years, or more frequently if polyps are found.

Recently, CRC incidence has risen among



people under 50. To address this, MSK founded the Center for Young Onset Colorectal Cancer to research what's behind this problem and help these younger patients cope with the specific challenges they face.

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



Memorial Sloan Kettering Cancer Center

Locations in Commack, Hauppauge, Uniondale (opens April 2019)
800-525-2225

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Discover a New Way of Living Woodbury's First Senior Lifestyle Community



Stop by our Welcome Center. See floor plans, interiors, and learn how we connect you to everything that matters. Ask about Assisted Living and our Mind & Memory approach. Our offsite Welcome Center is open 7 days a week at **550 Woodbury Road, Plainview.**

Now accepting deposits! **Call 516.874.4826**

OrchardEstateWoodbury.com

Assisted Living Residence Licensure Pending

1025100

Experience The Regency

The Regency is celebrating its 25th year as "Long Island's leading authority in Assisted Living." Located in the heart of Glen Cove, The Regency's luxurious, newly renovated accommodations, amenities and services are unparalleled. These include the addition of a bistro, theater, second floor sun room, physical therapy room, redesigned outdoor patios, aquariums and additional recreation and activity areas.

From Independent Living to various levels of Assisted Living, the expert Regency team offers a wide range of personal care services tailored to your individual needs.

The dedication and tenure of the staff is what makes The Regency unique and sets it apart. The genuinely caring and friendly team makes all the difference, creating a special bond between residents and staff. It's a family atmosphere; the long tenured staff (including some that have been with The Regency for 20 years or more) truly personalize everyone's needs. It's a close-knit community in which the staff comes to know all the residents' families as well.

"The Regency is thrilled to be opening Safe Harbor at The Regency, our new dedicated memory care neighborhood this spring," said Beth Evans, Executive Director. "Current residents will be able to age in place in an environment and home they are



accustomed to. The ability to remain "Home" and not have to leave and restart the process again is such a blessing!"

The Regency team will be able offer this specialized care to all who are in need in the community and neighboring areas, with the professionalism and reputation that The Regency is known for.

Stop by for a visit and experience The Regency's unique ambiance of warmth and comfort, which enables seniors to actively pursue their interests, forge new friendships and maintain a meaningful lifestyle.



94 School St., Glen Cove
516-674-3007

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Mike Conn/Herald Gazette

THE MAJORITY OF voters rejected the \$84.6 million school improvement bond on Tuesday.

Residents say no to bond

CONTINUED FROM FRONT PAGE

home worth \$500,000 would have seen a tax increase of roughly \$36.53 per month, or \$432 per year.

Reactions to the vote were mixed. "It's so disheartening," Rianna, a strong supporter of the bond, said, "but we'll pull together and move forward."

She added that the district's administration and Board of Education would continue to work on ways to fund necessary renovations. She also acknowledged the hard work of those who assembled and promoted the bond. "I know a lot of parents and community members worked hard to help support the passing of this bond, and I don't want to minimize their efforts," Rianna said. "They were wonderful."

One of them was parent Maria Venuto, who spearheaded the pro-bond group Vote Yes March 12. Venuto said that she and other bond supporters would continue to focus on improving the school district. "We're not giving up on making our schools better," she said.

Rick Smith, owner of the Piano Exchange in Glen Cove, was a staunch opponent of the measure. He voted against it, he said, because he believed it was unnecessary, and would not have funded the changes the district really needs. "I'm feeling like the public knew that this was more money than they felt necessary to accomplish the benefits the schools need," Smith said. "If there's a ceiling tile that needs to be replaced, you don't replace all the ceilings."

The bond, he added, should have focused on improving students' education instead of building renovations. If it had, he said, he might have voted differently.

Orion Marchese, who spent his childhood in Glen Cove public schools and graduated from Glen Cove High School in 2013, said he was disappointed by the result. "I know the conditions of the schools," he said, "and I know that the repairs are desperately needed."

But Marchese added that he understood why people voted against the bond, because it can be difficult for residents to willingly raise their own taxes when they don't have children in the district. "It's important that we figure out why people voted no," he said, "and to see if there's a way that we can fix this so that people feel invested in the school district."

"My feelings are mixed, because I think they put too many things in the bond," res-

School bond discussions on Facebook

Residents took to social media to voice their reactions to the bond vote results.

"We could petition, get enough signatures, ask for an appeal and see if there are funds elsewhere for our schools. Bring it to town hall. Show up in numbers on Tuesday nights. Make our voices heard. Strength in numbers."

— Kate O'Neill Martino, Glen Cove

"I also think the timing of the vote was not great because of the tax reassessment that's going on in Nassau County. People are unsure of where their overall taxes are going to be, so to think of adding another amount to it probably had an effect on people."

— Dite Frangos, Glen Cove

"Nothing like a community voting against its own interests."

— Hannah Charlotte Hunter, Sea Cliff

"Horrible, this should be mandatory."

— Celeste Gullo, Glen Cove

"85 million is a big number. In my opinion, the BOE should modify the request for crucial and critical repairs."

— Keith Hults, Glen Cove

ident Jan Warner said — though she declined to say how she voted. "If they were more focused, they would have been more helpful to the children in the area."

"I just feel that they had some good things in there," Warner added, "but the bad stuff they had in there was really bad."

According to District Clerk Ida Johnson, there were many absentee ballots, and Rianna said that the votes would be recounted. The official results were to be announced at a Board of Education meeting on Wednesday, but were not available by press time.

HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Beavers' structure
- 4 Second letter
- 8 Wild and crazy
- 12 Indivisible
- 13 Mideast airline
- 14 Sheltered
- 15 Gin, e.g.
- 17 Grad rags?
- 18 First murderer
- 19 Iron
- 20 Suitor
- 22 Paddock parent
- 24 Long-running Broadway musical
- 25 Pheasant or grouse

- 29 Fuss
- 30 Dental filling
- 31 Ultramodern (Pref.)
- 32 Backyard attraction
- 34 Somewhere out there
- 35 Feedbag fodder
- 36 Surprise big-time
- 37 Engine
- 40 Unwanted email
- 41 On in years
- 42 Morning garb
- 46 Entreaty
- 47 "Super-food"

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41					42	43			44	45
46					47			48		
49					50			51		

- berry
- 8 Capital of Croatia
- 9 Shaving cream additive
- 10 Information
- 11 Longings
- 16 Speaker's spot
- 19 Quarry
- 20 Wound cover
- 21 Gully
- 22 Soda shop orders
- 23 Asian nurse
- 25 Summertime pest
- 26 Notorious
- 27 Caboose's place
- 28 Collegian quarters
- 30 Construction piece
- 33 Gizmo
- 34 Winged
- 36 Garden intruder
- 37 3-Down's creations
- 38 Leering look
- 39 Adolescent
- 40 Luminary
- 42 "Humbug!"
- 43 Expert
- 44 Lingerie item
- 45 Conclusion

DOWN

- 1 "What's up, —?"
- 2 Literary collection
- 3 16th-century cartographer
- 4 Start
- 5 Verve
- 6 Highland hat
- 7 Brewery prod-

STEPPING OUT

Where to go, what to do, who to see



Irish soda bread, whether in its traditional form, or a new take, is a welcome treat year round, but essential for your St. Patrick's Day menu.



A classic comfort food, Irish stew — in its many variations — is always satisfying and soul-soothing.



A cheesy variation of soda bread pairs well with meats and stews.

Spring ahead with a bit o' green

Get your Irish on for St. Patrick's Day

With the arrival of St. Patrick's Day on Sunday, March 17, spring can't be far behind (or so we hope!). So throw on some green, enjoy a parade or two if that's your thing, or take in one of the many Celtic-themed concerts now at our local venues and salute the Old Country.

And be sure to bring some Patrick's Day into your home. The traditional favorites, such as corned beef and cabbage, Irish stew and soda bread, are, of course, always welcome. Or change your approach to Irish cuisine with a reboot of an old standby.

Among these quintessential foods, Irish soda bread is a tasty quick bread that everyone enjoys and is quite easy to make. It gets its name from the baking soda used as a leavener, instead of yeast. While the traditional version is made with only flour, buttermilk, salt and baking soda, there are all sorts of modern takes on this delectable bread that are worth trying.

Irish Soda Bread

2 1/2 cups all-purpose flour
3 tablespoons sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/3 cup cold butter, cut into chunks
1 1/4 cups buttermilk
1/2 cup currants or raisins

Heat oven to 375° F. Line baking sheet with parchment paper; set aside.

Combine all ingredients except buttermilk and currants in bowl; cut in butter until mixture resembles coarse crumbs. Stir in buttermilk and currants just until moistened.

Turn dough onto lightly floured surface; knead gently 10 times. Shape into ball. Place onto prepared baking sheet. Pat into 6-inch circle. Cut 1/2 inch deep "X" in top of dough with sharp knife.

Bake 30-35 minutes or until golden brown. Serve warm — with hot tea and organic jam, Irish stew, traditional

Irish cabbage dishes, or enjoy on its own.

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

Savory Irish Cheese Soda Bread

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

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

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

American Irish Stew

1 tablespoon extra-virgin olive oil
1 1/4 pounds beef, top round, cut into 3/4-inch pieces
Salt, to taste
Pepper, to taste
1 medium onion, coarsely chopped
3 medium carrots, peeled and cut into 3/4-inch pieces
2 medium parsnips, cut into large chunks (optional)
3 cups low-fat, reduced-sodium beef broth
4 medium russet potatoes, peeled and cut into large chunks
1 tablespoon chopped fresh rosemary
1 leek, coarsely chopped

2 tablespoons chopped fresh parsley

In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.

Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook.

Serve hot and garnish with parsley, if desired.

Corned Beef and Cabbage Soup

1 tablespoon oil
1 onion, diced
2 carrots, diced
2 stalks celery, diced
3 cloves garlic, chopped
4 cups chicken broth (or beef broth or ham broth)
1 pound raw corned beef in pickling juices, diced
2 potatoes, peeled and diced
2 cups cabbage, shredded
Salt and pepper to taste

Heat the oil in a large sauce pan over medium-high heat, add the onions, carrots and celery and cook until tender, about 3-5 minutes, before adding the garlic and cooking until fragrant, about a minute.

Add the broth, corned beef, potatoes and cabbage, bring to a boil, reduce the heat and simmer until the beef is tender, about 1-2 hours.

If using a slow cooker, optionally implement Step 1 before throwing everything into the slow cooker and cooking on low for 8-10 hours or on high for 2-4 hours.

Options: Replace the potatoes with celeriac or cauliflower or add 1/2 cup barley.

— Karen Bloom
kbloom@liherald.com

ON STAGE

Something Rotten!

Something's rotten in 1595. Find out when the national tour of the Broadway smash makes its way to Long Island. Follow along with Nick and Nigel Bottom, two playwright brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theater involves singing, dancing and acting at the same time, Nick and Nigel set out to do just that. Of course, they're up against that preening theatrical star Will Shakespeare, so this Elizabethan duo decides to create a bold new genre —



WEEKEND

Out and About

called a musical. With its heart on its ruffled sleeve and sequins in its soul, this satirical send-up of the musical form is outrageously silly, with a good time had by all, including the performers. And, of course, Shakespeare is none too pleased at what these brothers have in store in their efforts to outdo Will. This Shakespearean spoof is a high-energy romp from start to finish.

Saturday, March 16, 2 and 8 p.m. \$89, \$69, \$59, \$49. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

IN CONCERT

Dublin City Ramblers

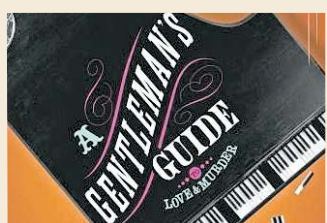
These guys are the real deal, stopping on Long Island for a St. Patrick's Day weekend treat. Spanning 35 years, the Ramblers continue to thrill audiences worldwide



with their unique blend of ballads, folk, wit and foot-tapping music since their first incarnation in the '60s as The Tinkers. These renowned balladeers, who became the Ramblers in 1972, continue to share their acclaimed musicianship, reflecting the heartbeat of Dublin, where they make their home. Led by original singer Sean McGuinness on banjo and mandolin, the trio will perform classics such as "Whiskey in The Jar," "The Wild Rover," "Molly Malone," "The Ferryman," "The Rare Old Times," and "Flight of the Earls." The prolific band brings the essence of their Irish countrymen with them everywhere they perform.

Saturday, March 16, 8 p.m. \$40. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. (516) 413-3535 or www.myfathersplace.com.

Performances/ On Stage



A Gentleman's Guide to Love and Murder

The musical comedy about an heir to a family fortune who sets out to jump the line of succession by eliminating the relatives in his way, Thursday and Friday, March 14-15, 8 p.m.; Saturday, March 16, 3 and 8 p.m.; Sunday, March 17, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Cyrille Aimee

The French jazz vocalist in concert, in "Move On: A Sondheim Adventure," Thursday, March 14, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Everlast

The hip-hop singer-songwriter in concert, Thursday, March 14, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Felix Slim

The multi-instrumental blues musician in concert, Thursday, March 14, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

Irish Comedy Night

Comic showcase with Mike Keegan, Bill McCarty and Moody McCarthy, Friday, March 15, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Jessie's Girl

The acclaimed tribute band in concert, with "Back to the Eighties," Friday, March 15, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.



Tommy James & The Shondells

The iconic band in concert, Friday, March 15, 8 p.m. With special guests The Grass Roots and The Box Tops. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

Laughing Water

The band in concert, Friday, March 15, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea



The Swingles

The acclaimed a cappella group visits Tilles Center, on Saturday, March 30, at 8 p.m.

For more than half a century, The Swingles have pushed the boundaries of vocal music. The seven young singers that make up today's London-based group are driven by the same innovative spirit that has defined the five-time Grammy winners since they first made waves in the 1960s

The current incarnation of the versatile group continues to demonstrate a powerful virtuosity that keeps them in the forefront as masters of their craft.

Tickets are \$45; available at (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville.

Cliff. 200-9229 or www.stillpartners.com.

Russian National Ballet Theatre

The ballet company performs "Sleeping Beauty," Friday, March 15, 8 p.m. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Bucket List

The eclectic band in concert, Saturday, March 16, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

Chris D'Elia

The actor-comedian on tour, Saturday, March 16, 5, 7:30 and 10:30 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

The Temptations

The Motown legends in concert, with the Four Tops, Saturday, March 16, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

Kinky Friedman

The maverick guitarist in concert, with Dale Watson, Sunday, March 17, 7 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Jim Breuer

The comic continues his residency, with "Comedy, Stories & More," Sunday, March 17, 7 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

Songs of Ireland: A Celtic Celebration

Irish vocalists and a musical ensemble in a St. Patrick's Day-themed concert, Sunday, March 17, 3 p.m. Program includes traditional folk songs, opera, Broadway tunes, and more. Tilles Center for the Performing Arts, LIU Post, Rte. 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Del McCoury and David Grisman

The bluegrass guitarists in concert, with "The Del & Dawg Show," Thursday, March 21, 7:30 p.m. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. 767-1384 or www.landmarkonmainstreet.org.



Eddie Money

The rocker in concert, with special guest John Waite, Thursday, March 17, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. (800) 745-3000 or www.livenation.com.

'Funny Folk'

Comical singer-songwriters Dennis MC DoNoUgh! and Carla Ulbrich in concert, Thursday, March 21, 8:30 p.m. (7:30 p.m. open mic.) Cinema Arts Center, Sky Room Cafe, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemaartscentre.org or www.fmsh.org.

LiveStock

The popular roots rock band in concert, Thursday March 17, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff. 200-9229 or www.stillpartners.com.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, March 21, 7 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

The Rippingtons

The acclaimed contemporary jazz ensemble in concert, featuring Russ Feeman, Thursay, March 21, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

For the Kids

Storytime

Enjoy a storytime session geared to all ages, Saturday, March 16, 11:30 a.m. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

Pizza and Paperbacks

A book discussion for second-graders and up, Wednesday, March 20, 3 p.m.; also Friday, March 22, 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

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.

Objects Found

An exhibit of varied works by local artists, using salvaged materials. These include items found or collected from twigs, buttons, and antiques to toys, textiles, etc. Participating artists include Beth Atkinson, Lisa L. Cangemi, Kathleen Celestin-Parks, Janet Costello and Heather Gottfried, Naomi Diracles, Terry Finch, Jim Finlayson, Anindita Ghosh, Bill Grabowski, Jeffrey Grinspan, Lenore Hanson, Beth Heit, Julianna Jimenez, Julianna Kirk, Liz Kolligs,

Stephen S. Martin, Martha McAleer, Glenn McNab, Kristen Memoli, John Micheals, Gabriella Grama, Gail Neuman, Ellen Paul, Jonathan Pearlman, Howie Pohl, Denis Ponsot, Meryl Shapiro, Sally Shore, Lauren Singer, Toxic/Nature Studios by Scott Schneider, Nancy Yoshi. Through March 23. Main Street Gallery, 213 Main St., Huntington. (631) 271-8423 or www.huntingtonarts.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.



At the Movies

See "Can You Ever Forgive Me," the biopic about celebrity biographer and sometime document forger Lee Israel, Thursday, March 14, 2 and 6:30 p.m.; also "Widows," the heist thriller about four women with nothing in common except a debt left behind by their dead husbands' criminal activities, Thursday, March 21, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.



Having an event?

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Manganos convicted in corruption retrial

CONTINUED FROM FRONT PAGE

a public official by taking bribes and kickbacks from a businessman in exchange for helping him obtain loans worth millions of taxpayer dollars," Donoghue said. "The defendants tried and failed to cover up their crimes by lying to the FBI and federal prosecutors, and will now be held responsible for these crimes. No one is above the law."

In comments to the media outside the courthouse, reported by Newsday, Mangano said that he was "very proud" of his service as county executive, and vowed to appeal the verdict.

"I would not and could not be bribed by anyone," Mangano said. "We remain confident that we'll be vindicated."

Donoghue's team told jurors that Ed Mangano accepted bribes from Singh, a former friend, in exchange for political favors such as guaranteeing loans with town money and steering lucrative contracts his way. Prosecutors also said that Linda Mangano lied to investigators about a no-show food taster and menu planner job that Singh gave her.

Prosecutors alleged that Mangano pressured Oyster Bay officials to guarantee loans to help keep Singh's businesses afloat. During testimony, Singh admitted that he was writing bad checks and floundering financially, while projecting an image of success in the business community.

William Sweeney, of the Federal Bureau of Investigation, called Ed Mangano's activities with Singh "quid pro quo wheeling and dealing."

The defense team insisted that Singh was a liar who tried, but failed, to influence Mangano with gifts in an effort to build up his struggling restaurant empire. Singh, the defense attorneys added, testified against the couple only to gain leniency for his own crimes. He pleaded guilty in 2016 to eight charges, including federal program bribery and obstructing and impeding the due administration of internal revenue laws.

Assistant U.S. Attorney Lara Treinis Gatz said the timing of gifts to the Manganos by Singh pointed to corruption. Treinis Gatz said Singh never gave them gifts before Ed Mangano became county execu-



Christina Daly/Herald

THE MANGANOS
LEFT the federal courthouse in Central Islip in January after a day of testimony. Last week they were both found guilty on multiple corruption charges.

tive in 2010, despite being friends with them for more than 20 years.

Ed Mangano's attorney, Kevin Keating, did not deny Singh's gifts to the Manganos, but said the restaurateur got little to nothing in return for them. The only county contract Singh received was an emergency one to provide food for government workers after Hurricane Sandy.

But Treinis Gatz said that a county-approved caterer had already been approved to do that job, and that was the week Singh bought the Manganos' son a \$7,300 watch. She also said that Ed Mangano steered a contract to Singh to provide bread and rolls to county jail inmates from a lower bidder, who had been doing the work for 10 years.

Keating disputed that the latter contract was steered by Mangano, saying that the late Peter Schmitt, the former presiding officer of the Nassau County Legislature, wanted contracts to go to local vendors such as Singh. Singh later backed out of the contract, however, because his bakery could not handle the work.

Keating also called it "preposterous" that Mangano would use his power to convince Oyster Bay officials to back Singh on \$20 million in loans in 2010, saying he would

not have had the clout to do so as a new county executive. He also said that former town officials were already "doing back flips" for Singh, who ran concession stands on Oyster Bay property, by extending those contracts.

State Sen. John Brooks, a Democrat from Seaford, said, "It's another sad example of somebody in elected office abusing the position." Bellmore Democratic State Sen. Kevin Thomas agreed, saying, "Mangano's conviction sends the message that the era of pay-to-play politics and corruption is coming to an end in Nassau County."

County Executive Laura Curran, a Democrat, also weighed in after the verdicts were announced, contrasting the work of her administration with what went on under Mangano. "I took office with a simple promise to restore trust and fiscal integrity in Nassau, and I'm proud that my administration is delivering on that promise," she said, pointing to new ethics orders and policies she has implemented since she was elected in 2017.

"We are doing the right things for the right reasons, because for far too long our leaders did the wrong things for their own reasons," Curran said. "My administration

is moving full steam ahead on my anti-corruption agenda, which will entail additional reforms to bring more transparency and oversight into how we spend taxpayer money. There will be daunting challenges ahead, but we are well on our way to restoring integrity to Nassau County government."

The Manganos remain on probation, and a sentencing date has yet to be announced.

ANSWERS TO TODAY'S PUZZLE

Solution time: 27 mins.

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LEGAL NOTICE

Invitation to Bidders
BOARD OF EDUCATION
North Shore Central School District
PUBLIC NOTICE: is hereby given for separate and single prime contract sealed bids for: Electrical Primary Replacement at North Shore Middle School. Bids will be received by the School District, on Tuesday April 2, 2019 at 11:00am in the District Administration Office, 112 Franklin Avenue, Sea Cliff, NY 11579, and at said time and place publicly opened and read aloud.

The Contract Documents may be examined at the Office of the Architect, BBS Architects, Landscape Architects and Engineers, P.C., 244 East Main Street, Patchogue New York, (631-475-0349); however the Contract Documents may only be obtained thru the Office of REV, 330 Route 17A Suite #2, Goshen New York 10924 (877-272-0216) beginning on Wednesday March 13, 2019. Complete digital sets of Contract Documents shall be obtained online (with a free user account) as a download for a non-refundable fee of Forty-Nine (\$49.00) Dollars at the following websites: www.bbsprojects.com or www.usinglesspaper.com under 'public projects'. Optionally, in lieu of digital copies, hard copies may be obtained directly from REV upon a deposit of One Hundred (\$100.00) Dollars for each complete set. Checks for deposits shall be made payable to the NORTH SHORE CENTRAL SCHOOL DISTRICT and may be uncertified. All bid addenda will be transmitted to registered plan holders via email and will be available at the above referenced websites. Any bidder requiring documents to be shipped shall make arrangements with the printer and pay for all packaging and shipping costs. Plan holders who have obtained hard copies of the bid documents will need to make the determination if hard copies of the addenda are required for their use, and coordinate directly with the printer for hard copies of addenda to be issued. There will be no charge for registered plan holders to obtain hard copies of the bid addenda. The bid deposit for hard copies will be returned upon receipt of plans and specifications, in good condition, within thirty days after bid date, except for the lowest responsible bidder, whose check will be forfeited upon the award of the contract.

The Contract will be awarded to the lowest responsible bidder or the proposals will be rejected within 45 days of the date of opening proposals. Bids shall be subject, however, to the discretionary right reserved by the School District to waive any informalities, accept or reject any alternatives, reject any proposals and to advertise for new proposals, if in its opinion the best interest of the School District will thereby be promoted.

Each bidder may not withdraw his bid within 45 days after the formal opening thereof. A bidder may withdraw his bid only in writing and prior to the bid opening date.
BY ORDER OF THE BOARD OF EDUCATION
North Shore Central School District
Dated: March 13, 2019
108138

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LEGAL NOTICE
NOTICE OF SPECIAL LIBRARY DISTRICT MEETING ON APRIL 30, 2019, OF GLEN COVE PUBLIC LIBRARY TO VOTE ON THE PUBLIC LIBRARY BUDGET AND TO ELECT ONE TRUSTEE OF THE GLEN COVE PUBLIC LIBRARY

NOTICE IS HEREBY GIVEN that a Special meeting of the qualified voters of the Glen Cove Public Library will be held in pursuant to the provision of the Section 260 and 2007 of the Education Law of the State of New York at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, in said District on April 30, 2019 between the hours of 9 a.m. and 9 p.m. Said meeting will be held for the following purposes:

To vote on the following propositions:

RESOLVED that the proposed budget of the Glen Cove Public Library, Glen Cove City School District, as prepared by the Trustees of the said public Library, for the year 2019/2020, and as the same may have amended, be and hereby is approved; and that the amount thereof, less receipts, be raised by the levy of a tax upon the taxable real property in the said School District.

For the purpose of electing; one (1) Trustee of the Glen Cove Public Library for a (5) five-year term. The vote on the aforesaid matters will be cast by ballot in a ballot box.

PLEASE TAKE FURTHER NOTICE that the Library Board pursuant to the provisions of Section 260 and 2007 of the Educational Law hereby calls said Special District Meeting.

FURTHER NOTICE IS HEREBY GIVEN that petitions nominating the candidate for the office of Trustee of the Glen Cove Public Library must be filed with the clerk between the hours of 9a.m. and 5p.m., no later than March 29, 2019, the thirtieth day preceding the election, at which time the candidate so nominated is to be elected. Each nominating petition shall be directed to the Clerk of the District, must be signed by at least twenty-five (25) qualified voters of the District, shall state the residence of each signer, and must state the name and residence of the candidate.

Sample forms of the petitions may be obtained from the Clerk of the District at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York.

FURTHER NOTICE IS HEREBY GIVEN that a copy of the proposed estimated expenditures to be voted upon shall be made available at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, between the hours of 9 a.m. and 5 p.m. each day other

than Saturday, Sunday or holiday, during the fourteen days preceding such meeting.

FURTHER NOTICE IS HEREBY GIVEN that the Board of Trustees of the Glen Cove Public Library will hold a special budget hearing on April 16th at the Glen Cove Public Library, 4 Glen Cove Ave., New York at 7p.m.

FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the District may register between the hours of 9a.m. and 4p.m. The final date to register for the meeting to be held on April 16, 2019. If a voter has voted in any election within the last 4 years (2015) or if he or she is eligible to vote under the Article 5 of Election Law, he or she is eligible to vote at this election. All other persons who wish to vote must register. The registration list prepared by the Board of Elections of Nassau County will be filed in the Office of the District clerk of the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York and will be open for inspection by any qualified voter of the district between the hours of 9a.m. and 4p.m. prevailing time, on any day after Tuesday April 16, 2019, and each of the days prior to the date set for the Library Election and Budget Vote, except Saturday, Sunday, or holiday, including the date set for the meeting.

ABSENTEE BALLOTS
PLEASE TAKE FURTHER NOTICE that applications for absentee ballots for the Library Election and Budget Vote may be applied for at the office of the District Clerk, of the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York. Such applications must be received at least (7) seven days before the elections if the ballot is to be mailed to the voter, or the day before the election if the ballot is to be delivered personally to the voter. No absentee voter ballot shall be canvassed unless it shall have been received at the office of the District Clerk, of the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, not later than 5:00p.m., prevailing time, on the date of the election.

Los formularios de muestra las peticiones se pueden obtener del Secretario de Distrito en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York

SE DA AVISO ADICIONAL, que una copia de los gastos estimados propuestos para ser votados estara disponible en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York, entre las 9am y 5pm todos los dias, except los sabados, domingos o festivos durante los catorce dias anteriores a dicha reunion.

SE DA AVISO ADICIONAL, que la Junta de la Biblioteca Publica de Glen Cove realizara una audiencia especial sobre el presupuesto el 16 de abril en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York a las 7pm

SE DA AVISO ADICIONAL, que los votantes calificadas del Distrito pueden inscribirse entre las 9am y 4 pm. La fecha final para inscribirse en la reunion que se celebrara el 16 de Abril de 2019. Si un votante ha votado en alguna eleccion en los ultimos 4 anos 2015 o si es elegible para votar conforme al Artículo 5 de la Ley Electoral, el o ella es elegible para votar en este

POR MEDIO DEL PRESENTE SE NOTIFICA que se llevara a cabo una reunion especial de los votantes calificadas de la Biblioteca Publica de Glen Cove en conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion de Estado de Nueva York, en dicho Distrito el 30 de Abril de 2019 entra las 9am y las 9pm Dicha reunion sera de ayuda para los siguientes fines:

Para votar sobre las siguientes posiciones:

SE HA RESUELTO que el presupuesto propuesto de la Biblioteca Publica de Glen Cove, Deistro Escolar de la Ciudad de Glen Cove segun lo preparado por los Fideicomisarios de dicha Biblioteca publica para el ano 2019/2020, y segun se haya modificado, se apruebe por la presente; y que la cantidad de los mismos, menos los recibos, se aumenta mediante la recaudacion de un impuesto sobre bienes inmuebles gravables en dicho Distrito Escolar.

Con el fin de elegir; un (1) Fideicomisario de la Biblioteca Publica de Glen Cove por un (5) mandato de cinco anos.

La votacion sobre los asuntos mencionados se emitira mediante urnas.

POR FAVOR, TOME NOTA que la junta de la Biblioteca, en conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion, convoca dicha reunion Especial de Distrito.

SE DA AVISO ADICIONAL, que las peticiones que nominan al candidato para el cargo de administrador de la Biblioteca Publica de Glen Cove deben presentarse al secretario entre las horas de 9am y las 5pm., a mas tardar el 29 de marzo de 2019, el trigésimo dia anterior a la eleccion, momento en el cual sera elegido el candidato asi nominado. Cada peticion de nominacion debe dirigirse al Secretario del Distrito, debe estar firmada por al menos veinticinco (25) votantes calificados del Distrito, debe indicar la residencia de cada firmante y debe indicar el nombre y la residencia del candidato.

Los formularios de muestra las peticiones se pueden obtener del Secretario de Distrito en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York

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SE DA AVISO ADICIONAL, que la Junta de la Biblioteca Publica de Glen Cove realizara una audiencia especial sobre el presupuesto el 16 de abril en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York a las 7pm

SE DA AVISO ADICIONAL, que los votantes calificadas del Distrito pueden inscribirse entre las 9am y 4 pm. La fecha final para inscribirse en la reunion que se celebrara el 16 de Abril de 2019. Si un votante ha votado en alguna eleccion en los ultimos 4 anos 2015 o si es elegible para votar conforme al Artículo 5 de la Ley Electoral, el o ella es elegible para votar en este

eleccion. Todos las demas personas que deseen votar registrarse. La lista de registro preparade por la Junta de Elecciones de Condado de Nassau se Archivarán en la oficina del secretario de Distrito de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Glen Cove, Nueva York, y estara abierta a inspeccion por cualquier votante calificado Del Distrito entre las horas de 9am y 4pm hora vigente cualquier dia despues del martes 16 de Abril de 2019 y cada uno de los dias anteriores a la fecha establecidos para la Eleccion de la Biblioteca y la Votacion de Presupuesto, except los sabados, domingos o dias festivos, incluida la fecha establecida para la reunion.

BOLETAS AUSENTES
POR FAVOR, TOME NOTA, que las solicitudes de boletas de votacion en ausencia. Para la Eleccion de la Bibliotecas y la Votacion de Presupuesto se puede solicitar en las oficinas del Secretario del Distrito, de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York. Tales solicitudes deben recibirse al menos (7) siete dias antes de las elecciones si se va a enviar la boleta al votante. Ninguna boleta de votante ausente sera votada a menos que haya sido recibida en la oficina de Secretario de Distrito, en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York a mas tardar a las 5:00 pm hora del dia, en el Fecha de la eleccion.

Gina Rant
Oficinista
108247

To Place A Notice Call 516-569-4000 x232

LEGAL NOTICE
Notice is hereby given that a license, pending, for liquor, beer and wine has been applied for by Phil's of Glen Cove Inc. to sell liquor, beer and wine at retail in a restaurant under the Alcoholic Beverage Control Law at 21 Cedar Swamp Road, Glen Cove, N.Y. 11542, Nassau County, for on premises consumption. Phil's of Glen Cove, Inc. DBA Phil's Pizza
108144

LEGAL NOTICE
CITY OF GLEN COVE
PLANNING BOARD
NOTICE OF PUBLIC HEARING

PLEASE TAKE NOTICE that, a CONTINUED PUBLIC HEARING will be held by the Glen Cove Planning Board on Tuesday, March 19, 2019, at 7:30 p.m. at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York when all interested persons will be given an opportunity to express their views. The hearing will be on the application of Bolla Operating L.I. Corp, which seeks a special use permit and site plan approval for the renovation of a 1989 square foot building to convert three (3) automotive repair bays into an expanded convenience store accessory to a Sunoco gasoline filling station. The property is located on 1 Glen Cove Avenue designated on the Nassau County Land & Tax Maps as Section 21, Block 5, Lot (s) 27, 38, 45 & 46, and located in the City's B-1 Central Commercial District.

The above application is on file at the City offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.
Dated BY ORDER OF THE PLANNING BOARD
March 8, 2019 OF THE CITY OF GLEN COVE
THOMAS SCOTT,
CHAIRMAN
108250

LEGAL NOTICE
CITY OF GLEN COVE
PLANNING BOARD
NOTICE OF PUBLIC HEARING

PLEASE TAKE NOTICE that, a PUBLIC HEARING will be held by the Glen Cove Planning Board on Tuesday, March 19, 2019 at 7:30 p.m. at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their views: The hearing will be on the application of SID'S All American Inc. which seeks approval for an amendment to its site plan and special use permit for Sid's All American Restaurant to permit an 810 square foot addition to the existing 692 square foot takeout-quick service restaurant. The addition will increase the amount of storage, office, kitchen and preparation area and allow for the construction of an ADA compliant bathroom. The subject property is located at 80 Glen Cove Avenue, Glen Cove, N.Y., designated on the Nassau County Land & Tax Map as Section 21, Block 199, Lot 460. The property is located in the City's B-2 Peripheral Commercial District.

The above application is on file at the City offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.
Dated:
March 8, 2019
BY ORDER OF THE PLANNING BOARD
OF THE CITY OF GLEN COVE
THOMAS SCOTT,
CHAIRMAN
108251

PUBLIC AND
LEGAL NOTICES...
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LEGAL NOTICE
CITY OF GLEN COVE
BOARD OF ZONING APPEALS
NOTICE OF PUBLIC HEARING
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Board of Zoning Appeals on Thursday, March 21, 2019 at 7:30 pm, at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, N.Y. when all interested persons will be given the opportunity to express their views on the following applications:
Case # 21 - 2018 Martin Swaggard on behalf of McDonald's USA, LLC., with offices at 201 S. Maple Ave., Ambler, PA 19002, has made an application to the Zoning Board of Appeals of the City of Glen Cove for variances from Sections 228-15 (F), 228-12 (A) 228-65 (H) to allow at the premises known as 193

Glen St., Glen Cove, N.Y.: An additional ground menu board sign in the new proposed drive thru side where there is an existing menu board for the existing drive thru; a third wall sign "M" on the side of the building where there are currently 2 signs installed and; a fourth wall sign "Mc Donald's" on the drive thru side of the building where there are currently 2 signs installed when the maximum permitted is one sign per frontage up to a maximum area permitted for that frontage. Applicant is also proposing to add an additional lane for a drive through services. The new lane would result in the loss of ten (10) existing parking spaces, leaving a total of thirty three (33) parking spaces; seven (7) spaces under the minimum required. The two (2) existing handicap spaces will remain in place. The premise is known as 196 Glen Street, Glen Cove, N.Y. and designated on the Nassau County Land & Tax Map as Section 23, Block 26, Lot 58, 67.
Case # 01 - 2019

Thomas Manziona, residing at 8 Stuart Drive East, Glen Cove, N.Y. has made an application to the Zoning Board of Appeals of the City of Glen Cove for variances from the Sections 280-30 (A), 280-57 (B) (2), (10) 280-57 (D) (3) of the Glen Cove Zoning Code. Applicant is proposing to maintain an existing rear outdoor barbecue on a non-conforming lot with less than the required lot width, rear yard setback and lot coverage. Said lot has a lot width of 83.50 ft. when 90 ft. is required. Applicant is proposing a rear yard setback of one (1) foot when three (3) feet is the minimum rear yard setback and; proposing lot coverage of 24.7 % where the maximum lot coverage permitted is 20% within the R-3, Quarter Acre, Residence District. The premise is known on the Nassau County Land & Tax Map as Section 23, Block 51, Lot 45.
Case # 02-2019

Joseph Fili; residing at 36 Titus Road, Glen Cove, N.Y. has made an application to the Zoning Board of Appeals of the City of Glen Cove for a variance from Section 280-56 (D) (4) of the Glen Cove Zoning Code to construct: A new detached three (3) car garage. Applicant is proposing 978.25 sq. ft. land coverage when 500 sq. ft. is the maximum size permitted for garages. The property is located in the R-2, Half-Acre Residence District as shown on the Nassau County Land & Tax Map as Section 23, Block G, Lot (s) 1048 & 1050.

Case #03 - 2019 Chris Gray on behalf of Dave Lucci, residing at 39 Highland Road, Glen Cove, N.Y. has made an application to the Zoning Board of Appeals of the City of Glen Cove for a variance from Section 280-56 (B) (5) of the Glen Cove Zoning Code. Applicant proposes the construction of a one-story

side addition and front portico to an existing dwelling with less than the required lot coverage within the R2, Half-Acre Residence District. Applicant is proposing lot coverage of 3,084 sq. ft. (16.5%) when 2,797sq.ft.(15%) is the maximum allowed. The premise is known on the Nassau County Land & Tax Map as Section 23, Block 51, Lot 49.
Dated:
BY THE ORDER OF THE BOARD
March 11, 2019
OF ZONING APPEALS OF THE CITY OF GLEN COVE
THERESA MOSCHETTA,
CHAIRPERSON
108249

PUBLIC AND
LEGAL NOTICES...
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LEGAL NOTICE
STATE OF NEW YORK
SUPREME COURT COUNTY OF NASSAU
E*TRADE BANK,
Plaintiff,
-vs-
ANGELA KAY SILVERSTEIN;
BANK OF AMERICA, N.A.;
BANKERS TRUST COMPANY
AS TRUSTEE;
RESIDENTIAL FUNDING
CORP. and
THE DAVEY TREE EXPERT
CO.,
Defendants.

NOTICE OF SALE
IN FORECLOSURE
Index No. 9938/10
PLEASE TAKE NOTICE THAT:
In pursuance and by virtue of a Judgment of Foreclosure and Sale granted by this Court in the above entitled foreclosure action, dated July 23, 2018, and entered in the Nassau Clerk's Office on July 30, 2018, Arnold Bottalico, the Referee named in said Judgment, will sell at public auction to the highest bidder on April 2, 2019 in the Calendar Control Part Courtroom, Nassau County Supreme Court, 100 Supreme Court Drive, Mineola, New York 11501, at 9:30 AM, the premises described in the Judgment of Foreclosure and Sale commonly known as 2 Barbara Lane, Glen Cove, New York, SBL #30-042-0554,

Subject to and together with all covenants, easements, and restrictions of record affecting the above described premises as recorded in the Nassau County Clerk's Office and subject to the provisions of the filed Judgment and the Terms of Sale.
JUDGMENT AMOUNT: The Judgment amount is \$1,228,150.65, plus plaintiff's costs and disbursements in the amount of \$1,930.00 and attorney fees in the amount of \$2,500.00, all with interest, plus advances made by the plaintiff until the date of the sale, pursuant to said judgment.
DATED: February 6, 2019
Arnold Bottalico, Referee
BARCLAY DAMON, LLP
J. Eric Charlton, Esq.
Attorney for Plaintiff
Barclay Damon Tower
125 East Jefferson Street
Syracuse, New York 13202
Direct all inquiries to:
Deborah J. Little,
Foreclosure Specialist
Phone no. (315) 425-2848
107652

OPINIONS

Structural racism on display on L.I. schools' sports fields

Long Island is one of the most segregated metropolitan areas in America, and segregation in our schools is getting worse, according to the Long Island-based ERASE Racism. One place where school districts encourage interaction among students of different races — the athletic field — is a place where racial tensions are aggravated, not reduced.

In my experience, racial slurs flew freely as white lacrosse players tried to psych out competitors of color.

Segregation in Long Island's schools is a flagrant example of structural racism: school districts seemingly

Students are segregated not only by race but also by income. The 2018 Final Report of the Long Island Index states, "High poverty schools also have much higher percentages of students of color: 92% of students in high poverty schools are black or Hispanic, compared to 31% in mid poverty schools and 7% in low poverty schools."

I experienced that intense segregation at Elmont Memorial High School, where the vast majority of students — about 90 percent — were African-American and the rest were largely Latinx (the gender-neutral alternative to Latino or Latina). I was an exception, an Asian-American of Pakistani heritage. At my elementary school in Valley Stream, the student body was closer to 95 percent African-American.

Ironically, one place where school districts arrange for students of different races to interact is on the athletic field. Yet that was where I found the racism most vocal.

I played lacrosse for four years, and players from predominantly white schools regularly used the N-word to psych out players of color on competitors'

teams. Because I'm of Pakistani heritage, I was often called "terrorist" as well.

The slurs were cowardly. They were never uttered near a coach or a referee — only in places where the adults couldn't hear them. But the intensity of the pressure to win, typically heightened by those coaches, created an environment in which winning was what mattered most.

In response to the segregation of my own education, I joined ERASE Racism's Education Equity Initiative, which is designed to engage students, teachers and parents in understanding and tackling the challenge of structural racism in Long Island schools. I started by attending the organization's Long Island Leaders of Tomorrow Conference, where I met stu-

dents of all races who shared my concern about school segregation. Then I took part in the Education Equity Initiative, joining the Student Task Force because it was so empowering to find like-minded students of different backgrounds, all eager to make a difference.

That gave me a chance to share my experience with others — and not only high school students. Last summer,

through ERASE Racism, I spoke on a panel at a national conference on school segregation at Teachers College at Columbia University. Last fall, I spoke at another conference, this one of the New York State School Boards Association.

Now there is an opportunity for all of us on Long Island to talk about structural racism — not only in our schools but also in housing, employment and other aspects of our lives. That opportunity is a public discussion launched recently by ERASE Racism called "How Do We Build a Just Long Island?" You can learn more about it at www.eraseracism.org.

The discussion was launched with five public forums across Long Island last November and December, attended by more than 700 people. It was a great start to a conversation that has a long way to go.

It's time for Long Islanders to talk about how, why and where structural racism exists. The purpose is not to fault anyone, but to join together as a region to recognize that segregation is real and that it needs to end. It's time to create an environment where racial slurs are not acceptable, no matter who is listening.

Sufyan Hameed, who grew up in Valley Stream, graduated from Elmont Memorial High School in 2018 and now attends college in New York City.



SUFYAN HAMEED

designed to keep students of different races separated. A recent study by ERASE Racism found that "At the same time our region is becoming more diverse, our schools are becoming more segregated. Black students continue to attend school districts that are extremely segregated, with little exposure to white students, while Latino and Asian students are increasingly attending more racially segregated school districts."

Fashion: Think your mother's rubber gloves

I never got women's fashion. I suppose that's hilariously obvious to anyone who knows me. The idea that we women, and men as well, should follow the dictates of fashion gurus and buy what they tell us is "in" has always seemed absurd to me.

I have a solution, but first consider the demands of high fashion.



RANDI KREISS

continually toss out the old and buy the new.

In this particular politically fraught season, orange is definitely the new black, and orange jumpsuits have even been featured on the front pages of our major newspapers (see: Manafort, Paul). Private bet: We will soon be seeing prison wear on the racks. But I drift . . .

I want to share with you the most

recent fashion trends as presented in the high-end fashion zines, and perhaps, even though no one can agree on anything anymore, we may agree that rubber dresses are a non-starter.

Elle magazine says that this spring, one of the go-to fashions will make you nostalgic for your mother's yellow dish gloves. The dresses are form-fitting, in bold colors, of the synthetic rubber variety. What I imagine is a rubber dress, like a giant condom, suffocating the body and triggering hyperthermia within minutes. I hope ambulances are on standby, because rubber will surely hit the road.

For eveningwear, it's go really big or go naked. Half of the featured gowns are enormous, shapeless tents that engulf the wearer. The women remind me of hermit crabs that carry their houses with them. Just wearing one of these creations would be a challenge. Actually performing any human function, like sitting down, is out of the question. The other half of dress-up goes transparent, with super-sheer gowns that can be found in the "exhibitionist only" aisle. Bizarre.

This spring the models are carrying

handbags that range from the uselessly minuscule to something you might find in an aviary. One woman carried something all black and white and feathery that looked very much like a penguin. Oh yes, feathers and sticks are all the rage.

Elle tells me I must wear bicycle shorts with a long blazer. The look is the work of a misogynist.

Elle also tells me that I must wear bicycle shorts with a long, conservative, man-style blazer. The look is the work of a misogynist. It's all knees and disproportion. If you sport a blazer in a bold plaid and polka dot shorts, you're in. And if you wear over-the-thigh black boots and a bucket hat, you are beyond cool.

Please allow me one I-told-you-so. Decades ago, my mother told me to toss my padded shoulder blouses and jackets. But we all know it all circles back, and sure enough, padded shoulders are in again. Ruching is also tres chic. That's when the material in a skirt or dress is all bunched up, as mine usually is after I take a nap in a ball gown, if I had one.

Some designers are featuring asymmetrical clothes, which, honestly, look as if your 2-year-old dressed you in the dark.

Shoes are crippling creations, as usual. I did, however, see a small ad for plantar

fasciitis sneakers, which, hooray, can really serve a purpose for active people with issues.

My pushback solution against the Kim Jong-uns of haute couture is the concept of a kind of uniform for women when they dress for business or stepping out. I'm not talking orange jumpsuit, but Elle does feature a "utilitarian one-piece garment" that evokes a kind of fashion-conscious custodian look.

Some women TV anchors have begun to wear uniform-like basic tops and blazers in simple dark colors that are just there and don't draw attention to themselves. I see that as a strong feminist statement: See who I am, not what I'm wearing. MSNBC's Rachel Maddow wears pretty much the same black jacket every night. Her sister talk show host, Mika Brzezinski, who once flaunted patterns and flowing scarves, has also been trending toward simple navy or burgundy long-sleeved tops.

I like it. For years, many of us regular folks have been wearing black as a kind of uniform, from leggings or jeans to shirts and sweaters and tops that cover us in an attractive way but don't decorate us for someone else's approval.

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HERALD EDITORIAL

Is Nassau learning from the guilty verdicts?

The conviction last Friday of former Nassau County Executive Ed Mangano was yet another domino falling in the county's GOP political machine, with possibly more to come. Mangano's former chief deputy, Rob Walker, is set to go to trial for abusing his position in April. The Manganos' second trial also followed the sentencing of former State Senate Majority Leader Dean Skelos in October.

We must no longer look at these as isolated incidents, but instead we should reflect on how we have allowed them to happen by continuing to support leaders who think of themselves as entitled and who have no concern for transparency or protecting taxpayers.

Years ago, it was almost a running joke that the only way to get a government job in Nassau County was to have a connection to the Republican Party. Much of the testimony during the Mangano trials made clear that it was closer to the truth than many would like to admit.

In the November 2017 election, Democrats captured the two most important seats in the county, with Laura Curran taking Mangano's place and Laura Gillen becoming the first Democratic Town of Hempstead supervisor in over a century. Both ran explicitly on transparency and anti-corruption platforms. It wasn't long after Mangano and his wife, Linda, were found guilty on corruption charges that Curran released a statement detailing the steps she has taken to restore faith in local government since she took office in January 2018.

Curran has banned employees involved in contracting from accepting gifts from vendors, and opened a website, along with

Comptroller Jack Schnirman, that lays out in relatively close detail how much, where and to whom taxpayer money is being paid, month by month. She has also, as of last month, contracted with an outside firm to conduct deep dives into the backgrounds of companies the county contracts with. It appears that Curran is at least working toward putting the county in a better position to guard against the

Ed Mangano was arrested in 2016, but it took six months for his Republican colleagues to call on him to resign. Last week he said he was proud of his tenure.

kind of waste and fraud that brought Mangano down.

The two-term county executive was arrested in October 2016, but it took six months for his Republican colleagues to call on him to resign. Nevertheless, he served out his term, and after the verdicts were read last week, he said he was proud of his tenure. And despite the hours of testimony and reams of evidence, some GOP leaders still might lead you to believe that Mangano's pre-indictment years were *not* littered with red flags and loose oversight that allowed him to get away with his crimes for as long as he did.

County data and media reports offer some sobering facts. Nassau County issued 401 no-bid contracts for just under \$25,000 from 2011 to 2015, avoiding the need for legislative approval or a bidding

process, according to Newsday. The report adds that roughly \$10 million went to the politically connected for unnecessary work, or work that was not completed.

Now, at the town level, we await the outcome of a federal indictment against Ed Ambrosino, the Republican councilman of Hempstead's 2nd District, who is facing charges of wire fraud and tax evasion. Republican Former Supervisor Anthony Santino went so far as to call for Ambrosino's resignation in 2017, but he has remained in office. He is due in court later this month for either a conference or a guilty plea, according to records.

Thomas Tweedy, 62, a former Republican mayor of Floral Park, will be running on the Democratic ticket for Ambrosino's seat this fall. While the Republican Party is not supporting Ambrosino for re-election, Mike Deery, a spokesman for the Nassau County Republican Committee, said that the party was "disappointed and shocked" to learn that Tweedy would be aligning with "the tax-hiking Gillen/Curran team."

But politicians and Nassau voters shouldn't feel as though they have to leave their party because it is too riddled with corruption to uphold their political beliefs. There are good Republicans and bad Democrats — just look at the Democrat Gerard Terry, former party boss of North Hempstead, who is serving three years and change for federal and state tax evasion. Voters need to take a critical look at what candidates' priorities are, no matter their party affiliation. Look at whom they associate with. Ask them what they promise to do. And continue to let some fresh air into our town halls and County Legislature.

LETTERS

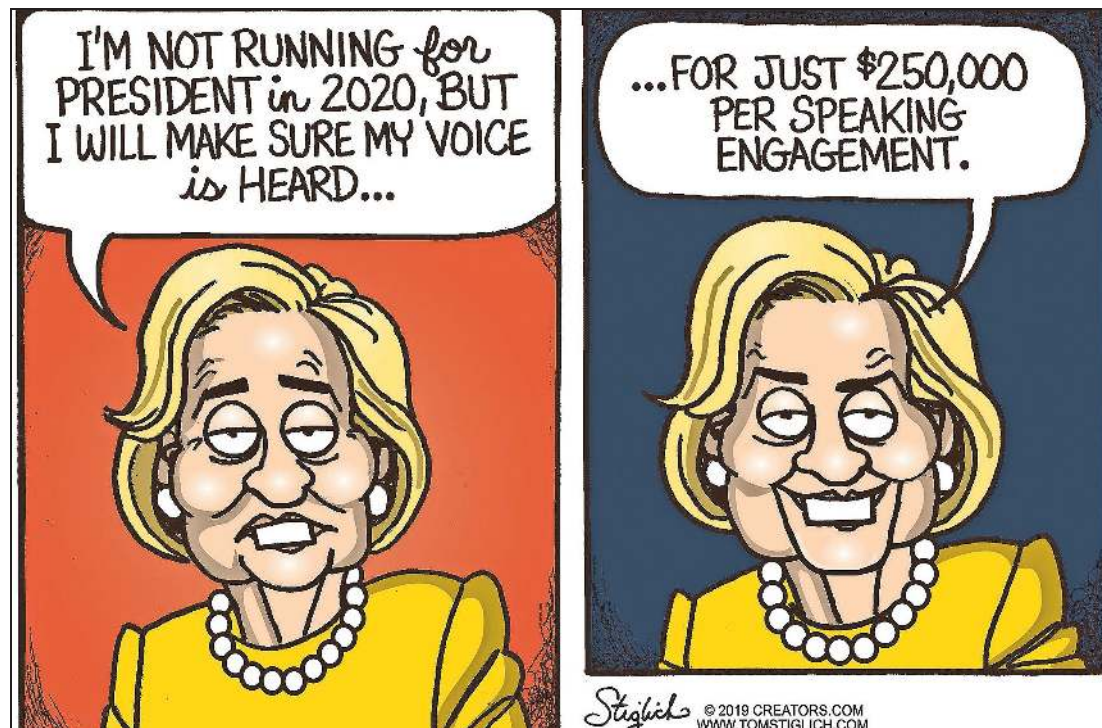
Abortion bill needs to be reversed

To the Editor:

I watched in horror as Governor Cuomo signed the most radical abortion bill in this country on Jan. 22. Worse still was the sound of cheers and applause from some in the State Legislature. I believe this law effectively assures the death sentence for many of our next generation.

Have we learned nothing in the last 2,000 years? We who have witnessed amazing brainpower, technology and skills surpassing that of our ancestors should know better. Does the quote, "To whom much is given, much is expected" come to mind for anyone?

Are beautiful babies' lives worth so little to the governor? Does he believe his position on this issue will ensure him the presidency?



OPINIONS

What would congestion pricing mean for Long Islanders?

There's no question that the most crowded streets in the state (perhaps in the entire country) are in the borough of Manhattan. Start out with thousands of yellow cabs, add private cars and car services and top it off with delivery and service vehicles, and it all adds up to massive gridlock. Most Long Islanders don't blink when they



**JERRY
KREMER**

hear the words "congestion pricing," but this idea, now before the State Legislature, is a big deal for out-of-city drivers.

According to a study published by the Long Island Association in 2015, almost 29 percent of Long Islanders who commute to Man-

hattan each day drive there. While the number of people who commute by train continues to grow, there are still many local people who rely on cars to get them to and from work. So the question for these motorists is how much more a congestion pricing policy would cost them to

get to work.

There's no question that something has to be done to cut down on the traffic in and around Manhattan. It can take an hour to get to the city and another hour to reach your destination once you're there.

The idea of charging an additional toll if you drive into a specific area is a good one. It's laudable that the money that would be collected from congestion pricing would be dedicated to mass transit. For now, though, the devil is in the details.

The current proposal focuses on the area from 60th Street down to Battery Park as the zone for extra tolls. Cars entering those areas would pay a toll similar to what they pay on the bridges and tunnels using EZPass. One dilemma is how much to charge. Right now, even if you used a tunnel or a bridge, you'd still be charged a separate toll to enter the congestion zone. The fee has yet to be defined, but if it were too high, the average driver who needs to use a car to get to work in the zone would pay a very

high penalty.

Another dilemma is the pricing's effect on different businesses. There are many businesses outside the city that have to make multiple trips to Manhattan to service their customers. That includes

plumbers, electricians, delivery services and contractors. They need to have assurances that they won't be overcharged because of their business needs. Long Island also has a number of private bus companies that take commuters and tourists into the city. They shouldn't be penalized with high fees that could cripple their operations.

Most of the motorists from Long Island who go to the city use either the Queens-Midtown Tunnel or the RFK Bridge. There has to be some clarification as to

what they should have to pay, and the toll structure should be known by our state elected officials before the Legislature approves any plan. There are plenty of examples of how congestion pricing works, because it's already in effect in

London, Singapore and Stockholm. In addition, there have been local studies full of suggestions on how to administer the plan.

The last issue to be resolved is what happens to the revenue collected from the new toll payers. The city administration has suggested that it go into a secure bank account that no one other than the Metropolitan Transportation Authority can touch. But how will it be distributed? Shouldn't the Long Island Rail Road get some of that money so that it can be upgraded? It would be patently unfair if so many local people pay to drive into the high-congestion zone and our region ends up with nothing.

We have enough on our plates just trying to get to and from work and to maintain a good quality of life on Long Island. A noble government experiment like congestion pricing needs to be watched closely to make sure it doesn't turn out to be a disaster.

Jerry Kremer was a state assemblyman for 23 years, and chaired the Assembly's Ways and Means Committee for 12 years. He now heads Empire Government Strategies, a business development and legislative strategy firm. Comments about this column? JKremer@liherald.com.

LETTERS

As a mother of five, a grandmother and a successful financial professional for 30 years, I ask that I be spared the patronizing feminist talking points. A woman's body is her own and she is inherently capable of governing herself as well as any man, unlike the victim many would like to project her to be. I also believe that a woman's body is made to be shared with another; something that men cannot comprehend. They cannot understand the intimacy of a mother/child connection, although hopefully they have known the love of a mother.

A child is neither chattel nor a clump of cells. Its humanity cannot be denied, even if we call it a fetus. It is a person who needs protection, nurturing and care. Thanks to tremendous technological advances, we can see a 3D sonogram of a child at 24 to 26 weeks. Imagine the pain abortion visits on the infant, whom we believe is created in the image of God.

I ask the governor to ponder the good he can still do by renouncing this violence he now embraces and by declaring to the Democratic Party that abortion is a betrayal of everything noble for which it has ever stood. And that for our democracy to endure, we must protect all.

If nothing else can persuade our legislators of how wrong this is, I urge them to be aware of those very loyal Democrats who will no longer be able to avoid the voices of their consciences, and no longer vote for those unable and unwilling to acknowledge the gravity of this heinous act.

MARIE COYLE
Glen Cove

Abortion is health care

To the Editor:

As a social worker who works with women making decisions about pregnancy, I am writing to express my support for the Reproductive Health Act. During a time in which reproductive rights are under unprecedented attack by our federal government, the RHA affirms that abortion is health care and a fundamental component of equality and privacy.

The RHA moves abortion law from criminal to public health law where it belongs; codifies the protections of *Roe v. Wade* into state law by ensuring that New Yorkers can access needed care if their health or life is endangered or their pregnancy is not viable; and clarifies that trained health care providers acting within their scope of practice can provide abortion care.

From my own experience as a social worker, I know I have to recognize that each story and circumstance is unique. The emotional impact of a decision about a pregnancy is complex enough that we do not have to further complicate it with societal stigma. I call on our community to eliminate the shame and stigma surrounding abortion care. I urge you to listen to the voices of patients and their providers, not anti-abortion ideologues.

ELLEN WEISS, LCSW
Glen Head

FRAMEWORK by Christina Daly



A fiery late-winter sunset — Glen Cove

CORRECTION

The story "Senator mulls state takeover of New York American Water" (March 7-13) reported that three communities in California — Felton, Ojai and Monterey — assumed the assets of California American Water.

Felton had assumed the assets of California American Water, and is now serviced by the San Lorenzo Valley Water

District. Monterey recently passed legislation that will allow the Monterey Peninsula Water Management District to conduct a feasibility study to municipalize its water supply. Ojai was previously serviced by Golden State Water Company, and is now serviced by the Casitas Municipal Water District.



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