

GLEN COVE

HERALD

Gazette



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Alyssa Seidman/Herald Gazette

They'll keep Long Island on their left

Next week, the 43rd annual Around Long Island Regatta will begin in New York Harbor and wend its way counterclockwise to the North Shore, where the three-day-long race will end in Glen Cove's Hempstead Harbor. Above, Jordan Kramer, 13, sounded an air horn after a vessel crossed the finish line in last year's event. Story, Page 7.

Jim Phegley, Glen Cove pastor, retires after 30 years of service

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

Glen Cove has more than a dozen places of worship, reflecting the rich diversity of the city's population. In a place with large churches such as St. Patrick's and the Church of St. Rocco in busy areas of the city, it can be easy to miss the humble, non-denominational Glen Cove Christian Church on Walnut Road.

Even easier to miss is the

adjoining house where the Rev. Jim Phegley lived with his wife, Sarah Ann. Phegley served the church and the community for more than 30 years, retiring at age 65 earlier this month. He gave his final sermon on July 7, and he and his wife have moved to Connecticut to be closer to their children and grandchildren. His retirement marked the end of an era of dedication to the betterment of his community that extended far beyond religion.

Phegley was born on Aug. 31, 1953, to James and Norma Phegley in Flint, Mich., and had two brothers and a sister. He described Flint as a great place to grow up, with General Motors flourishing through the late 1950s and '60s, contributing to a booming local economy, and with safe neighborhoods where children walked anywhere they wanted.

His family wasn't particularly

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Residents react to state's new Green Light Bill

By **NADYA NATALY** and **MIKE CONN**
nnataly@iherald.com, mconn@iherald.com

Ever since Nelson Melgar came to Glen Cove from Honduras as a 13-year-old undocumented immigrant, he has worked to assimilate into American society, and to help others like him. As an active member of several immigrant-advocacy groups, he says that there are many difficulties that immigrants face, but the inability to drive legally is one of the biggest.

Earlier this month, Gov. Andrew Cuomo signed the Green Light Bill into law, allowing undocumented immigrants to obtain New York state driver's licenses.

The Assembly and Senate approved the measure in June. New York joins 12 other states, along with Washington, D.C., and Puerto Rico, in passing such legislation.

The Green Light Bill, Melgar said, is "quite possibly the most

important piece of legislation for immigrant communities in the state of New York in recent times." Driving without documentation, he explained, is one of the most common legal issues that arise in immigrant communities. Immigrants face far more

severe consequences for infractions or accidents than other drivers, he said, so many of them are simply afraid to drive, despite the reality that driving is all but a basic necessity on Long Island.

"By allowing these people to drive with proper documentation, you are in essence allowing them to live without fear," Melgar said, "you are in essence allowing them to live without fear."

According to state Attorney General Letitia

James, the law is not new. Until 2001, undocumented immigrants were permitted to have driver's licenses if they proved their residency and passed the required tests. That year, however, Gov. George Pataki reversed the mea-

CONTINUED ON PAGE 3

By allowing these people to drive with proper documentation, you are in essence allowing them to live without fear.

NELSON MELGAR
Glen Cove

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Undocumented immigrants can now drive

CONTINUED FROM FRONT PAGE

sure in the wake of the Sept. 11 attacks on the World Trade Center. In 2007, Gov. Eliot Spitzer sought to re-implement the law, to no avail.

“This happened because of Long Island Latinos,” State Sen. Phil Ramos, a Brentwood Democrat, said of the push for the Green Light Bill. “They were meeting with senators and fighting to the very end.”

The law will take effect Dec. 1. The state Fiscal Policy Institute estimates that about 265,000 undocumented immigrants statewide will obtain licenses, including 51,000 on Long Island.

All six Long Island Democratic state senators, including Jim Gaughran, from Northport, voted against the measure. “Following countless meetings with stakeholders, residents, and advocates on the implications of this bill, our vote is based on the continued existence of serious concerns raised by stakeholders and law enforcement,” Gaughran said in a June 17 statement. “We will continue to stand together in the best interest of Long Islanders.”

The senators’ concerns focus on safeguards included in other states’ legislation that are not included in New York’s law. California, Utah, and parts of Hawaii require immigrants seeking driver’s licenses to be fingerprinted by the Department of Motor Vehicles, to ensure that an applicant doesn’t have a history of dangerous driving. And Maryland requires applicants to submit two years of state income taxes as proof of residency.

Local Republican lawmakers called passage of the law a “hard left turn,” and said that Democrats did nothing to stop the bill from being voted on by the full Legislature. At a June 25 news conference, Republicans called the measure “one of the worst laws to come out of the 2019 session.”

“Doling out driver’s licenses to people who are here illegally allows lawbreakers to jump to the front of the line, ahead of those who have obeyed the laws of our land,” said Republican Oyster Bay Town Supervisor Joseph Saladino. “Worse yet, taxpayers will be subsidizing the cost of issuing licenses to those who are here illegally and are not paying taxes. It’s a disgrace.”

Upstate, several county clerks and DMV employees have questioned the new law, saying it would restrict their ability to carry out the oath they took to defend the Constitution. Nassau County Clerk Maureen O’Connell said that she, too, was concerned. “I’m wondering why the taxpayers should be paying to subsidize the providing of driver’s licenses to illegal immigrants,” she said. “In addition, issuing driver’s licenses under these circumstances may violate federal law.”

James and Lt. Gov. Kathleen Hochul have said they supported the new law and would defend it. “I support the Green Light Bill, and the Office of Attorney General has concluded that it is constitutional,” James said. “The law is well crafted and contains ample protections for all those who apply for driver’s licenses.”

State and local government revenues		
	One-Time Revenue	Recurrent Annual Revenue
REVENUE TO STATE	\$24,000,000	\$28,000,000
Driver’s License Fees	\$17,000,000	
Vehicle License & Title	\$7,300,000	
REVENUE TO COUNTIES		\$21,000,000
New York City		\$12,400,000
Long Island		\$2,600,000
Lower Hudson Valley		\$1,400,000
Mid- and Upper Hudson Valley		\$1,000,000
Northern and Western NY		\$3,100,000
REVENUE TO NYC MTA	\$2,200,000	\$8,600,000
REVENUE TO UPSTATE MTAs		\$288,000
Total	\$26,200,000	\$57,600,000

Source: Fiscal Policy Institute

Projected number of new licenses	
IN FOUR REGIONS OF NY STATE	
New York City	150,000
Long Island	51,000
North of NYC	64,000
Hudson Valley	53,000
Northern and Western New York	11,000
New York State Total	265,000
DETAIL ON UPSTATE METRO AREAS	
Albany	4,500
Binghamton	500
Buffalo	2,500
Rochester	3,000
Syracuse	1,000
Utica	1,000

Source: Fiscal Policy Institute

Residents react

The Herald Gazette took to Facebook to see what residents thought about the law, and the responses were evenly split, with half favoring the measure and half opposed to it.

Posting on Glen Cove Neighbors, Eric James wrote, “I am all for comprehensive immigration reform and trying to fix

these issues, but if we are just going to start giving people that came here the wrong way drivers’ licenses, free health care and assisted college aid, what is the incentive for anyone to do it the right way in the future?”

“The people against this, the only defense they have seems to be anger,” wrote Glenn Paganetti, of Glen Cove. “I

haven’t heard many rational reasons for *not* doing it. There are some actual benefits for allowing this: safety, insurance, taxes [and a] path to legalization.”

Many on Facebook said they believed the law would increase safety, since drivers are required to pass a road test in order to get licensed. Sea Cliff resident Karen O’Mara Swett wrote, “Legal or illegal I would like everybody who uses the road to have proven they can drive. Of course, we can question whether licensed drivers are actually capable of driving, but at least, in theory, you have to prove your capability in order to get a license.”

Bill Mozer, of Glen Head, disagreed, writing, “Obtaining a license has nothing to do with safe driving. It’s just a form of identification and a revenue stream for every state. This initiative is just a veiled attempt to recruit support for a progressive agenda.”

An economic benefit?

The Fiscal Policy Institute estimated that the law would generate tens of millions of dollars in revenue from new applicants for licenses and registrations, and new car buyers. And as a result of the law, New Yorkers can expect to save an average of \$17 annually on their insurance premiums.

“Allowing undocumented immigrants access to driver’s licenses is good for everyone,” said Cyierra Roldan, a policy analyst at the institute. “Our roads will become safer, our local economies will grow, and it will protect New York immigrants from attacks by the federal administration that threaten to separate their families.”

Senator Ramos said that the law contains language to protect undocumented immigrants from U.S. Immigration and Customs Enforcement, which cannot access New York state license records.

Both Melgar and Glen Cove resident Omar Salinas, who is from El Salvador and has worked with the National Temporary Protected Status Alliance over the past year, said they have seen overwhelmingly positive reactions from the undocumented immigrant community. Salinas said that many are excited about being able to drive without the threat of arrest or deportation. This is especially important now, he said, because the potential for ICE raids in the area remains a constant threat.

Melgar said he has seen a great deal of joy among undocumented immigrants since the new law passed, because it has given them with a sense of freedom. Although many remain concerned about their personal information being turned over to federal agencies, he said he had confidence in state officials to take care of the new license holders.

The new law, Melgar said, is a way to show the state cares about those who arrive in the U.S. from abroad, despite the anti-immigrant rhetoric coming from the White House. “This is a source of hope,” he said, “in this very difficult and trying time,” he said.

Alyssa Seidman and Laura Lane contributed to this story.

Phegley leaves behind a legacy of volunteerism

CONTINUED FROM FRONT PAGE

religious, but Jim's connection with Christianity strengthened after he was invited to attend a church service with a fifth-grade friend, and later, during the second year of his four-year stint in the Navy, in 1972.

While stationed in Pensacola, Fla., he heard a sermon at a church just outside the Navy base. Listening to the minister's words, he realized that that was what he wanted to do with his life. Before beginning his life in ministry, however, he spent time on a Navy base in Puerto Rico, where he met his future wife, Sarah Ann Robison.

Robison's parents were missionaries, and she spent most of her childhood in Brazil before they moved to the U.S., when she was 15. After finishing high school, she attended seminary school and her parents moved to Puerto Rico. She was visiting them when she was introduced to Phegley by her brother, David, who served in the Navy with him. Although she had promised herself she would never date a sailor, she was attracted to his kind and genuine nature. Within six months, the two were engaged.

After his service ended in 1975, Phegley returned to Flint with Sarah Ann, where they lived for five years while he studied nursing at a local community college. He transferred to Tennessee Bible College in 1980, where he earned a dual degree in ministry and nursing.

The Phegleys' lives and religious careers took a significant step forward a few years later, when friends they had met in Puerto Rico asked them to come to Costa Rica to help with a missionary project. Although Jim had only minimal knowledge of Spanish, he and Sarah Ann accepted.

Over the course of two years in Costa Rica, the Phegleys spent time in the cities of San Jose and Liberia. Jim put his nursing degree to good use, providing health care to the sick and injured, many of whom had no other access to care. He came to believe that he was doing God's work by helping those who needed it most. "I just felt very rewarded and very close to God," he said, "because most of my time was spent doing what I felt he wanted me to do."

Even when the Phegleys returned to the U.S. in 1984, Jim continued his service to the Hispanic community. After spending a year as a youth minister in Flint, he was called on by his ministry to start a Spanish-speaking congregation on the North Shore of Long Island, where the Hispanic population was growing. He moved to Glen Cove in 1985 to start La Iglesia Cristiana and teach English at Finley Middle School and literacy at Landing Elementary.

Jim became the leader of the English-speaking congregation at the Glen Cove



Photos by Roni Chastain/Herald Gazette

COUNTY LEGISLATOR DELIA DeRiggi-Whitton, far left, expressed her appreciation for the Rev. Jim Phegley and his wife, Sarah Ann, at a farewell party at the View Grill. Phegley led the Glen Cove Christian Church for over 30 years.

Christian Church in 1987, which consisted of 32 people. He held that position until his retirement, helping the church population grow to over 200.

Resident Herman Gugig had attended many of Phegley's services over the past two years. Gugig said he does not consider himself a devout Christian, but was drawn by Phegley's personality, his leadership and his ability to relate to people on a personal level.

"He speaks from the heart — he talks about his own relationships," Gugig explained. "He was just a good human being." Then he added, "He touched me. He was for real."

Outside of his religious work, Phegley was active in the local volunteering community. In 1996 he helped create the North Shore Sheltering Program, which houses the area's homeless population in several locations during the colder months. He was the program's first president, and served on the board for 20 years.

Cantor Gustavo Gitlin, of Congregation Tifereth

Israel in Glen Cove, the program's current president, said that Phegley inspired him to do more for his community, both as a clergyman and as a citizen. Phegley was an exceptional leader, Gitlin said, always willing to be honest, and to go out of his way to make the lives of those around him better, while teaching others to do the same.

"On one hand, we're losing an amazing leader and a hard worker and an inspiration," Gitlin said. "On the other hand, I think that in the community, he left a big mark."

Phegley was a team leader at the Mellilo Center of Mental Health, engaging people with mental illnesses and helping them find treatment and housing. He was also the board chairman of La Fuerza Unida, which helps improve the lives of

Hispanic-American North Shore residents with educational and social programs.

Now, having served Glen Cove for more than three decades, Phegley has decided that retirement is what is best for him and his family. He believes it is time for a younger minister to take over, and now that Sarah Ann has retired as well, the two want to be closer to their children, Mark and Rachel, and their five grandchildren. Mark and Rachel both work at the University of Connecticut, where Mark is the supervisor of logistics and Rachel is the administrative director of the Human Rights Department.

Despite all he has done for the Glen Cove community and beyond, Phegley remains humble. His work has always been about helping others, not taking credit for doing so or receiving accolades. Asked what he hoped people would learn from his efforts, he said, "The most important part of life is relationships. Unfortunately, because we live in such an affluent area, I think people miss that sometimes. The relationship with church, the relationship with homeless people in the shelter, the relationship with mentally ill people at the Mellilo Center, the people I work with, it's always relationships. That's what makes life worth living."



PHEGLEY'S TIRELESS VOLUNTEER work in the Glen Cove community was celebrated by residents and dignitaries alike.

GLEN COVE
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HOW TO REACH US

Our offices are located at **2 Endo Blvd. Garden City, NY 11530** and are open from 8:30 a.m. to 5:30 p.m., Monday through Friday.

MAIN PHONE: (516) 569-4000

- **WEB SITE:** glencove.liherald.com
- **E-MAIL:** Letters and other submissions: glencove-editor@liherald.com
- **EDITORIAL DEPARTMENT:** Ext. 327 **E-mail:** glencove-editor@liherald.com **Fax:** (516) 569-4942
- **SUBSCRIPTIONS:** Press "7" **E-mail:** circ@liherald.com **Fax:** (516) 569-4942
- **CLASSIFIED ADVERTISING:** Ext. 286 **E-mail:** ereynolds@liherald.com **Fax:** (516) 622-7460
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THE WEEK AHEAD

Nearby things to do this week

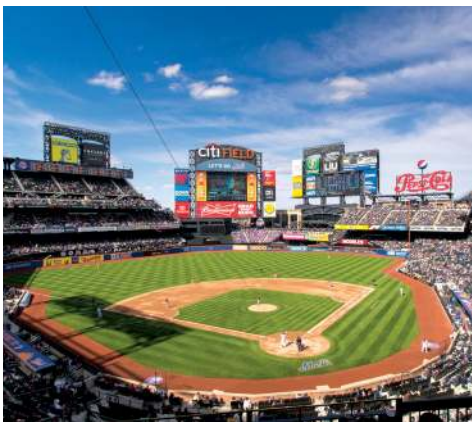


Seashore Safari

Children from kindergarten through fifth grade can discover the beach at the Glen Cove Library on July 22 during Seashore Safari. This hands-on event will introduce attendees to local marine life, including sea stars, shellfish, hermit crabs, snails and horseshoe crabs. Take a trip under the sea at 4:30 p.m. at 4 Glen Cove Ave., Glen Cove. (516) 676-2130.

See the Amazin' New York Mets

Join the Glen Cove Senior Center on a trip to Citi Field to watch the New York Mets take on the San Diego Padres on July 25. The trip includes bussing, a ticket, lunch, snacks, water and ice cream. The bus leaves from 130 Glen St. at 10:15 a.m. (516) 759-9610.



Senior self-defense class

People 50 and older will learn low-key martial arts movements, exercises, as well as some meditation techniques. The class starts at 1 p.m. on July 25 at the Ballroom Legacy Dance Studio at 185 Glen Cove Ave., Sea Cliff. (516) 779-1838.

Always in a 'New York State of Mind'

Mike DelGuidice and Big Shot are back at The Paramount with another lively celebration of the music of Billy Joel, on Saturday, July 20, at 8 p.m. DelGuidice leads his band in a rousing concert that always delights audiences with highlights of the Piano Man's decades of hits. Info: (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.



Dancing through the garden



Sands Point Preserve welcomes Dance Visions NY for an afternoon of inspired dance, Sunday, July 21, from 2 to 4 p.m. The ensemble, under the direction of Beth Jucovy, honors the legendary choreographer Isadora Duncan's choreography, aesthetics and techniques, created during the same era as Sands Point's Guggenheim Estate. Info: (516) 571-7901 or www.sandspoint-preserveconservancy.org.

Reflections on 'one small step'

By ALEXANDRA DIECKMANN

adieckmann@liherald.com

Imagine a living room on July 20, 1969. A vintage black-and-white television sits in the corner, with its limited number of channels. A special news broadcast is showing Astronaut Neil Armstrong stepping off a spacecraft that looks much like an oversized insect as he intones, "That's one small step for [a] man, one giant leap for mankind."

That was what Mike Lisa, manager of volunteer services for the Cradle of Aviation Museum in Garden City, witnessed on that summer evening 50 years ago.

"The evening in which they landed, I was in my living room, and I was watching this black-and-white TV," Lisa said. "I was almost crying when they finally landed. I know I was. It was the greatest feeling in the world, and to be part of that historical event, you can't even put a price on it."

Lisa, now 77, worked on the Apollo program at Northrop Grumman — previously Grumman Aerospace Corp. — from 1963 to 1972, including the Apollo 11 mission, and said he loves being a part of history. "I'm so proud of it," he said. "I feel great that I'm able to sit and discuss this with other people."

The Grumman team, in Bethpage, was in charge of designing, assembling, testing and delivering six lunar excursion modules, which carried a total of 12 astronauts on six missions, to and from the surface of the moon from the Apollo command modules, according to the company's website. During the disaster-plagued Apollo 13 mission, a LEM fulfilled another critical, unanticipated role: ensuring the crew's survival.

Lisa, of Hicksville, was an instrumentation and environmental test engineer at Grumman for a total of 36 years. He placed devices on lunar module test articles, or LTAs, that measured temperature, vibration and shock, and recorded and analyzed the information to make the necessary changes to the models to reduce the effects of shock and vibration.

"The whole idea was to replicate the blast-off, the landings and any maneuvers that had to be done between the time they left earth until they were coming down off the moon," he said.

Lisa added that his job included testing the astronauts as well. "That would be taking an astronaut, for instance, and putting him in a centrifuge and spinning him around at between five and seven [G-forces]," he said, "and hoping [he didn't] pass out."

The goal, Lisa said, was to get the astronauts to the moon and back safely. "We were driven with the fact that we're getting this guy on the moon, and we're beating the Russians, and that's for darn sure, and we're doing it from Long Island," he said.

In anticipation of the 50th anniversary of Apollo 11, the Cradle of Aviation Museum has a countdown clock on the wall by the check-in desks, that shows the days, minutes, hours and seconds until the actual anniversary of the first landing, which



Alexandra Dieckmann/Herald-Citizen

MIKE LISA, THE Cradle of Aviation Museum's manager of volunteer services, worked at Northrop Grumman in 1969, when the company created the LM.

occurred at 4:15 p.m. EDT on July 20, 1969. Armstrong waited nearly seven hours before climbing out of the lunar module at 11 p.m. EDT, according to NASA.

Museum President Andrew Parton, of Wantagh, said he thought it was important for younger generations to study the Apollo missions, to learn that that anything can be accomplished if they set their minds to achieving it. "I think the fact that the work was done here on Long Island is important for them to know," Parton said. "This occurred right in their own backyard. It's probably one of the most important events in world history."

Society has benefited from the technological advances that came out of the space program, he added — advances in telecommunications, renewable energy and computer technology. "Things that we take for granted today all were derived from the space program," Parton said, "and Apollo was the driver."

He said he believed that a good reason to return to space would be to figure out how to live in hostile environments, such as Mars or other planets. "Humankind has been [a species] that has always wanted to explore," he said. "We've explored almost every inch of this planet, including going to the deepest part of the sea, so the next natural place for us to explore is space."

The museum's executive director, Jennifer Baxmeyer agreed with Parton that landing on the moon was "an incredible achievement" for mankind. "Wonderful things came out of it, too many to list, so why not try to recreate that or top it?" she said.

Baxmeyer said that there are only three Apollo lunar modules on earth, and the museum showcases one of them. The Smithsonian National Museum of Natural History, in Washington, and the Kennedy Space Center, in Merritt Island, Fla., display the other two.

HERALD SPORTS

Ducks thrive amid large roster turnover

By **TONY BELLISSIMO**

tbellissimo@liherald.com

The Long Island Ducks, in their 20th anniversary season and first under manager Wally Backman, overcame a myriad of roster defections to Major League Baseball or foreign organizations in the first half of the Atlantic League campaign to win 42 of 69 games to finish atop the Liberty Division standings.

Ten of the 11 Ducks to sign with MLB, Mexican or Chinese clubs in April, May and June were pitchers, including last year's Atlantic League All-Star Game starter Bennett Parry and Tim Melville, who in 2017 became the 16th player in franchise history to reach MLB after playing on Long Island.

"It feels good and this is only step one," Backman said after the Ducks clinched their fifth straight playoff appearance and 14th all-time. "The success we've had doesn't happen very often when you lose that many players."

It was an intense race to the finish line in the first half. All four teams in the Liberty Division entered July with a better-than-.500 record and there was a chance first place, along with the guaranteed playoff spot that comes with it, wouldn't be decided until a July 19 makeup game. But when High Point defeated Somerset on July 6, the Ducks' ticket was punched.

"There were three quality teams battling it out," said first-year outfielder Kirk Nieuwenhuis, who brought 414 games of MLB experience, including 263 with the New York Mets. "To come out on top is really cool," he added. "It's a good accomplishment, but obviously the end-of-season championship is the goal."

Nieuwenhuis batted .259 in the first half with 11 home runs, 41 RBIs and 35 runs, ranking second on the club in all three categories

behind first baseman David Washington. After batting only .226 a year ago, Washington, who had a cup of coffee (three games) with the Baltimore Orioles in 2017, is making better contact (.258 avg.) and ranking among the league leaders in homers (18), RBIs (47), runs (41), steals (13) and slugging percentage (.551.)

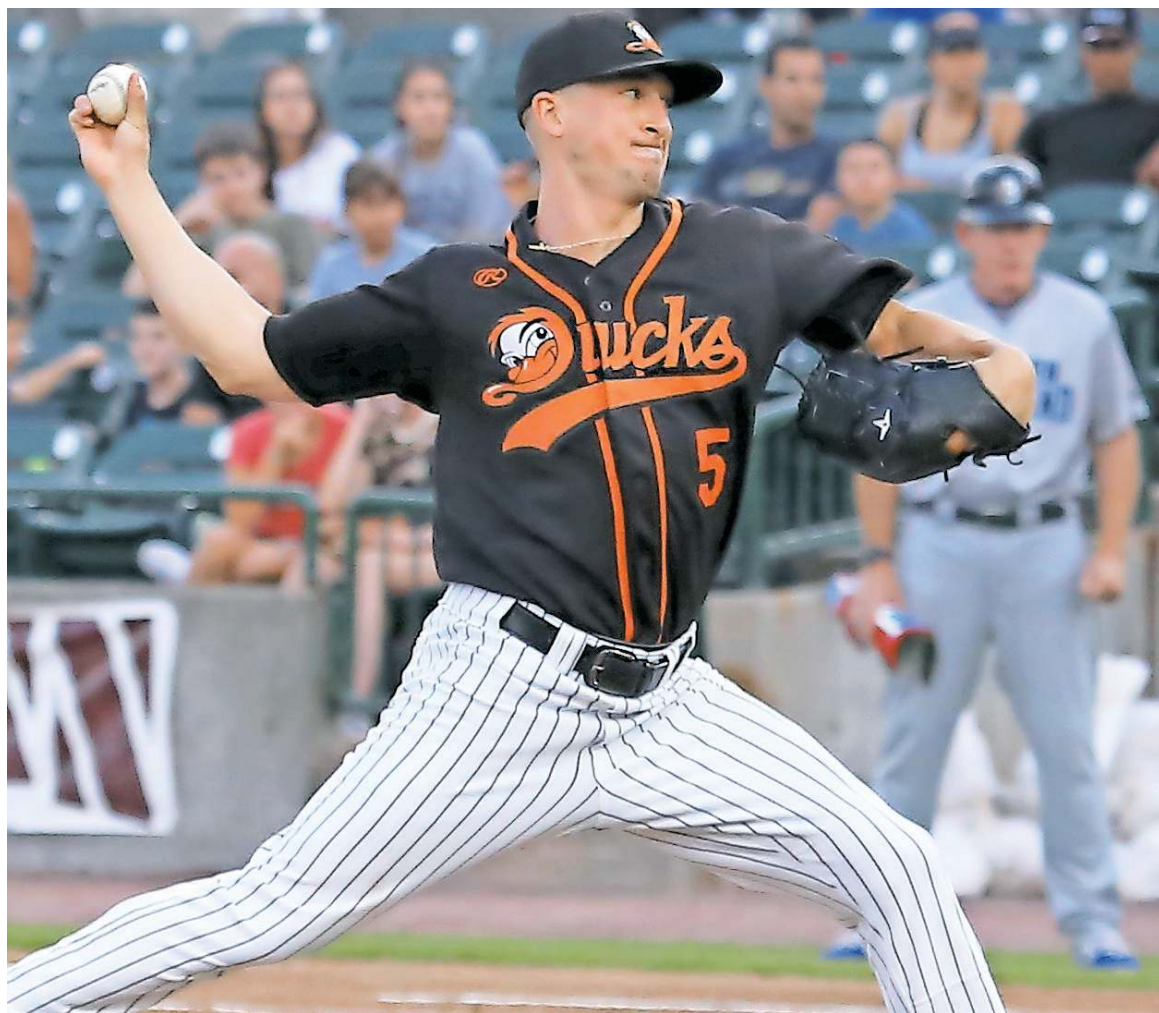
Steve Lombardozzi is another former major leaguer (271 games) on the roster and finished the first half batting .271. He was injured (foot) in the final June series and is expected to miss a month. L.J. Mazzilli has filled in nicely at second base, hitting .283 with 33 RBIs.

Backman, who replaced Kevin Baez, credited the catching tandem of Hector Sanchez and Ramon Cabrera for keeping the Ducks moving in the right direction despite a revolving door in the pitching department. Sanchez, who played 347 MLB games and is the proud owner of two World Series rings (2012 and 2014 San Francisco Giants), batted .297 in the first half. Cabrera played 74 games in the majors with the Cincinnati Reds.

"A big part of our success is having Sanchez and Cabrera behind the plate," Backman said. "They're both Major League veteran catchers who know how to run a pitching staff."

The Ducks used 15 different starting pitchers in the first half, including Seaford native Sean Nolin who led them in wins with six before signing June 6 with the Seattle Mariners, who assigned him to their AAA affiliate in Tacoma.

The first half closed with Jake Fisher (13 starts), Darin Downs (10), Joe Iorio (9) and Travis Banwart (6) comprising the heart of the rotation. Enrique Burgos, who replaced Josh Lueke (Mexican League) as the full-time closer, has 10 saves in 11 chances to go with an impressive 47-to-10 strikeout-to-walk ratio in 26-plus innings.



David Lepelstat/Herald

JOE IORIO MADE a smooth transition from the bullpen to the starting rotation for the Ducks, who had 10 pitchers sign contracts with MLB or professional teams outside of the U.S.

Ducks' departures

Player	Pos.	MLB/Foreign Team	Assignment
Josh Lueke	P	Mexican League	Leones de Yucatan
Alec Asher	P	Chinese PBL	Uni-President Lions
Sean Nolin	P	Seattle Mariners	Tacoma Rainiers (AAA)
Darin Downs	P	Mexican League	Acereros de Monclova
George Kontos	P	Washington Nationals	Fresno Grizzlies (AAA)
Bennett Parry	P	Mexican League	Pericos de Puebla
Jose Cuas	P	Arizona Diamondbacks	Hillsboro Hops
Tim Adleman	P	Detroit Tigers	Toldeo Mudhens (AAA)
Ivan DeJesus Jr.	INF	Chicago White Sox	Charlotte Knights (AAA)
Tim Melville	P	Colorado Rockies	Albuquerque Isotopes (AAA)
Jon Niese	P	Seattle Mariners	Tacoma Rainiers (AAA)

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43rd Around L.I. Regatta to sail into S.C. soon

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

Next weekend, teams of sailors will race into Hempstead Harbor to the finish line of the 43rd annual Around Long Island Regatta. The three-day-long race, sponsored by the Sea Cliff Yacht Club, is designed for sailors of all skill levels, with 10 divisions. There are crews of weekend cruisers, blue-water competitors, academy teams and even a junior's division sailing along a nearly 200 nautical mile course.

The event kicks off on July 24 from New York Harbor, with stunning views of the Statue of Liberty, lower Manhattan and Jersey City. Crowds ashore and on board the Willie Wall Bar will be treated to a performance from a NYFD Fireboat, which will shoot colorful streams of water into the sky, before the race begins.

From New York Harbor, racers will head east past Brooklyn and Long Island's South Shore, before winding around Montauk, across Gardiner's Bay, and then into the Long Island Sound, before ending in Sea Cliff. The harbor start is challenging and prepares the crews as they head for the Verrazano Narrows and into the Atlantic Ocean. As they come around Long Island, some boats choose the shortest distance, due east, hugging the shore, while others opt for deeper water in search of stronger wind.

After rounding the South Fork, sailors judge the wind, tides and current as they head northwest to Plum Gut, where they



Alyssa Seidman/Herald Gazette

A SPINNAKER SHADOWFOX placed fifth in the regatta's Division 4.

enter the Long Island Sound. For the final leg, the crews rely on reading wind shifts and currents in order to cross the finish line in Hempstead Harbor with the quickest time.

Frank Braynard, of Sea Cliff, launched the first Around Long Island Regatta. He was the architect of "Operation Sail '76," which commemorated the 200th birthday of the United States with boating spectacles and fireworks in New York Harbor. By the year 1999 the race was attracting close to 200 competitors to the start at Rich-

mond County Yacht Club in Staten Island and finished at The Breakwater in Hempstead Harbor.

In the past the course was approximately 198 miles in length. The race could be sailed in as few as 53 hours, or three days. Today, with a slightly shorter course of 190 miles, the fastest boats finish in less than 20 hours, but some still manage to stretch it over a three-day period. At the finish line is a wonderful awards party, hosted by the Sea Cliff Yacht Club, that includes a mouth-watering feast of food

Schedule of Events

Wednesday, July 24

Captains' Meeting, 7 p.m.
Liberty House, Liberty Landing
Marina, Jersey City, N.J.

Thursday, July 25

Start of the 43rd
Around Long Island Regatta, 4 p.m.
New York Harbor

Sunday, July 28

Awards Ceremony
& Beach Party, 2 p.m.
Sea Cliff Yacht Club,
42 The Blvd., Sea Cliff

and drink.

Last year the Kramer and Rasweiler families, of Glen Cove, recorded the finishing times of the teams from aboard *Breathless*. Cherise Kramer and her family are members of the Sea Cliff Yacht Club. They aren't sailors, but as boaters they enjoy the camaraderie the sport inspires among coastal communities, especially during the regatta.

"To watch this event is the coolest thing ever," Kramer said. "At the end of it, the sailors are battered, they're coming in from the cold, but the triumph on their faces is so nice to see."

For more information visit www.alir.org.

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VIEWFINDER

By MAUREEN LENNON

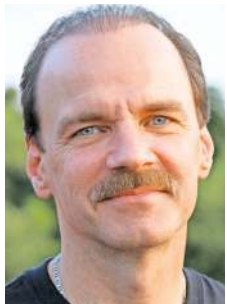
THE QUESTION:

If you could go back in time, what year or decade would you like it to be?



I would love to be in 1969. I love the music of that era, especially Woodstock. I wish I could be there now.

Heidi Suarez
Mom



I would love to be in the roaring 20s when life seemed new. I would like to be around when the major inventions were developed or discovered.

Ray Lignowski
International Shipping



I would like to go back to the 80s, which was my crazy teenager years. I had a great time with my friends, loved listening to the music.

Andy Seagull
Retired



I would like to go back to the 1960s, when the music tells the story of peace, love and happiness. I would go back to the summer of love with so many famous music festivals.

Juan Cruz
Restaurant Manager



I would like to go back in time, before the Industrial Revolution, when life was very simple, slow and more humane. I like the idea of farming and creating life's needs with use of hands and mind.

Ross Nezim
Retired



I would love to go back to 1954 to see my parents, the beginnings of their romance. I never met my father, he passed away when I was 5 months old. Now in 2019, my daughter is getting married very soon.

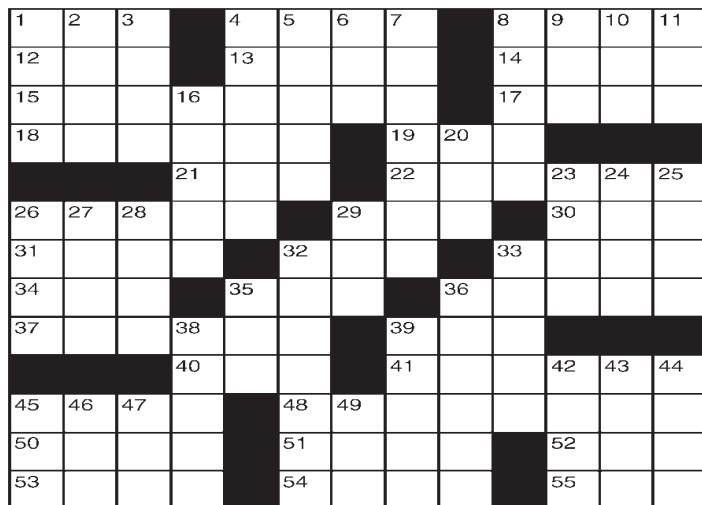
Deldre Stammers
Business Owner

HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Fruity spread
4 Scrabble piece
8 Tarzan's clique
12 "The — Daba Honeymoon"
13 Valhalla VIP
14 Existed
15 Troop group
17 Release
18 Is frugal
19 Ostrich's cousin
21 Cauldron
22 Let up
26 Photo book
29 Evergreen type
30 Pond carp
31 Sudden shock
32 Blue
33 Desirous look
34 Fuss
35 Arctic diver
36 Move laterally
37 New
39 A billion years
40 Bearded beast
41 Heavy hammer
45 Overly proper one
48 Dweller
50 Mexican entree
51 "Zounds!"
52 Varnish ingredient



DOWN

- 1 Supermarket lineup
2 Help on the sly
3 Creche trio
4 Long, narrow drum
5 That is (Lat.)
6 Jeremy of basketball
7 Went in
8 Terrible
9 For one
10 Preceding
11 Diocese
16 Suggestions
20 Kitten's comment
23 — out (supplemented)
24 Yuletide refrain
25 Grow weary
26 Open slightly
27 Source of riches
28 United nations
29 Talk on and on
32 Surgical stitching
33 Queued (up)
35 Curry or Coulter
36 Cubes, spheres, et al.
38 Incite
39 English composition
42 Take out of context?
43 Summertime pest
44 Leave a lasting impression
45 Bake sale org.
46 Aries
47 Lemieux milieu
49 Swelled head

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Christina Daly/Herald

COUNCILMAN NICHOLAS DILEO Jr. suggested a change to the process of appointing members of the Glen Cove IDA during a pre-council meeting on July 16.

DiLeo proposes change to IDA appointment policy

By **MIKE CONN**

mconn@liherald.com

During the Glen Cove City Council's pre-council meeting on July 16, Councilman Nicholas DiLeo Jr. requested a discussion regarding a change in legislation for appointments to the Glen Cove Industrial Development Agency.

Currently, the IDA charter states that the mayor appoints new members. DiLeo suggested legislation that would require that IDA appointments made by the mayor also be approved by the council.

Since the IDA is an agency independent of the city government, Mayor Tim Tenke, who is also the chair of the IDA, said any changes to the appointment process would have to go out for a public referendum because it is a "power change" for the mayor. Tenke also said that the IDA recently underwent a state audit, and although he said he had not seen the report himself, he did not receive any negative feedback.

"There are many IDAs across Long Island that call and look to Glen Cove for guidance related to IDA projects," Tenke said.

The state audit came as a result of a bill signed by Gov. Andrew Cuomo in June, which gave the state comptroller the authority to audit local government entities, including IDAs. Assemblyman Michael Montesano, a Republican from Glen Head, said he strongly supported the bill, describing successful businesses' requests for tax help from IDAs as "corporate welfare."

Montesano said he supported IDA assistance when granted to businesses in need, such as startups or aging businesses that need help to stay afloat. Problems arise, he said, when businesses simply want to save money while making larger investments. IDA assistance in those cases can siphon money away from the county, and the debt can unfairly fall to taxpayers, Montesano said.

"I think sometimes the public feels unrepresented in the IDA," DiLeo said, "and if there was more input or a balance of power between the council and the

mayor for the IDA appointments, then people would be more comfortable."

Tenke said that finding the right people to work with the IDA can be difficult, as it is an "onerous" position that requires a high level of local knowledge and a willingness to serve without pay. "I think having the mayor select the people that he can work with, or she can work with, is a benefit."

Councilwoman Marsha Silverman then questioned if the mayor should be able to sit on the IDA's board. She said that since IDAs are "quasi-municipal agencies" which are separate from their municipalities, she is unsure of whether or not the chief executive of those municipalities — the mayor in the case of Glen Cove — should be on an IDA board. If there were to be a change of legislation on this as well, another public referendum would need to be held.

On the day following the meeting, Silverman said she has not seen other instances in which a municipality leader is an acting chair of that municipality's IDA. She said she believes it makes the IDA less independent and more like a branch of the city government.

Although she would like to do more research before fully committing to DiLeo's idea, Silverman said it sounds like something she could support. "I'm all for measures that protect taxpayers and provide more transparency and accountability," she said.

DiLeo said his proposed change in legislation is not something that can be resolved at the next City Council meeting. Tenke, City Attorney Charles McQuair and other council members agreed that it would be discussed further at the next pre-council meeting in August.

Former Glen Cove mayor Reggie Spinnello said he does not see an issue with DiLeo's proposal. "As long as the IDA has the ability to operate and provide benefits to the city," he said, "I have no problem with that."

The Glen Cove City Council will convene next during its meeting on July 23 at Glen Cove City Hall.

HERALD NEIGHBORS



Photos by Adrienne Daley/Herald Gazette

JACKIE DOWNER, 4, caught an abundance of bubbles during the summer reading kickoff.

Kicking off summer reading with a jam



ANNA DUNLOP, LEFT, top, helped Eve Bettis sign her grandchildren up for summer reading.

AALIYAH WASHINGTON, 13, top, right, passed around a beach ball while celebrating the opening of the summer reading program.

ABOUT 50 RESIDENTS came out to dance the day away as they prepared for the Glen Cove Library's kickoff to summer reading.



Every year, the Glen Cove Library welcomes in the summer by putting on a special event to kick off its summer reading program. The program encourages young readers to keep their minds active during the summer by taking out books from the library and filling out a folder in exchange for prizes. This year's program has a "Universe of Stories" theme in honor of the 50th anniversary of the Apollo 11's landing on the moon in 1969.

Residents were treated to upbeat Caribbean tunes performed by Steel Impressions during this year's kickoff on July 8. Roughly 50 people gathered on the lawn outside the library to dance and play while celebrating the importance of reading. Anna Dunlop, who works in the library's children's department, said that about 150 children have signed up for the program so far.

—Mike Conn



COMMUNITY CALENDAR

Thursday, July 18

Board paint party

Gold Coast Library, 50 Railroad Ave., Glen Head, 6 p.m. Teens grade 6 through 12 can have a crafty night out by making inspirational painted wooden signs. They will make a professional-looking sign to give as a gift or to decorate their own rooms. (516) 759-8300.

Space activities for teens

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Teens grades 6 and up can put together an LED constellation lightbox, participate in an alien cupcake making challenge and other space-related activities. (516) 676-2130.

Friday, July 19

Downtown Sounds: Benny & the Jets

Village Square, Glen and School Streets, Glen Cove, 7:30 p.m. Bennie and the Jets is the Premier Elton John Tribute Band. The band is led by Greg Ransom, whose vocals are exactly like Elton John's naturally, and his piano playing is right on the money. (516) 759-6790.

Saturday, July 20

Sea Cliff outdoor market

St. Luke's Episcopal Church, courtyard 253 Glen Ave., Sea Cliff, 9 a.m. Shop from a selection of locally grown vegetables, fresh eggs, flowers, baked goods, local honey, plant-based prepared meals and snacks, jams, soaps and more. Weekly guest artists and craft vendors will also be on site. Ongoing every Saturday through Oct. 26. (516) 318-5487

Geology of Garvies Point and L.I.

Garvies Point Museum and Preserve, 50 Barry Drive, Glen Cove, 11 a.m. Learn about local geological phenomena including concretions, rattlestones, Cretaceous clays, plant fossils and more. A walk along the rocky beach will follow. (516) 871-8010.

Sunday, July 21

Dr. K's Motown Review at Morgan Park

Morgan Memorial Park, Germaine Street, Glen Cove, 7:30 p.m. Dr. K's Motown Review will be bringing their emphatic tribute to Motown for a free show at Morgan Park. Celebrate the tunes of The Supremes, The Temptations, Stevie Wonder and much more. (516) 671-0017.

Tuesday, July 23

Cornhole for beginners

Glen Cove Senior Center, 130 Glen St., Glen Cove, 11 a.m. Cornhole is a game in which players take turns throwing bean bags at a raised platform with a hole in the far end. Learn how to play the game and go from beginner to pro and get ready for the cornhole tournament. It is easy to play and there is no experience needed. (516) 759-9610.

Book Bingo

Gold Coast Library, 50 Railroad Ave., Glen Head, 7 p.m. Children grades 1



Courtesy Flickr

Broadway on the Beach at Sea Cliff Beach

Join Lesley Pryde Haley and her friends for a showing of Broadway at the Beach at Sea Cliff Beach on July 19, where they will perform classic songs from a wide range of Broadway classics. Born in Melbourne, Australia, Haley and her husband raised their children in Sea Cliff. She teaches music at the Portledge School and also teaches private lessons for piano and voice. The all-star cast includes Haley's vocal students and special guests John Platt, Eden White, Steven Dahlke, Thomas Kaelin, Michael Schwartz, Christopher Moll, Joe Stroppel and Jonathan Bly. The curtains open at 7:30 p.m. at 56 The Blvd, Sea Cliff. (516) 671-0080.

through 5 can shout "Bingo!" to win some great books as prizes. (516) 759-8300.

Sea Sirens

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Children grades 3 through 6 can learn about the history of mermaids and mermen during this presentation by the Cold Spring Harbor Whaling Museum. They can then design their own merman or mermaid and make a harp or shell pendant. (516) 676-2130.

Glen Cove City Council meeting

Glen Cove City Hall, 9 Glen St., Glen Cove, 7:30 p.m. Join the Glen Cove City Council as its members discuss the most important matters going on in the city. Public participation will follow the discussion of agenda items. (516) 676-2000.

Wednesday, July 24

Blood drive

Gold Coast Library, 50 Railroad Ave., Glen Head, 10 a.m. Stop by the Annex of the library to donate blood and possibly save a life. (516) 759-8300.

Trivia game show

Glen Cove Senior Center, 130 Glen St., Glen Cove, 1:30 p.m. Play the best trivia game in town by answering multiple choice questions. Players will test their knowledge while learning new things and

meeting new people. (516) 759-9610.

Circle of Friends: Gissel Garcia Band

Glen Cove Senior Center, 130 Glen St., Glen Cove, 6 p.m. The Gissel Garcia

Band is a cover and original band from New York. Its music is influenced by genres like rock, reggae, jazz, Latin and pop. The introspective lyrics and power



Courtesy Flickr

Frank Sinatra Day

Join musical guest Ronnie Geoffrin at the Glen Cove Senior Center on June 24 to celebrate the legendary career of Frank Sinatra. One of the most celebrated musical artists in American history, Sinatra's songs are known all over the world. Sit back, relax and sing along to some of his most famous tunes. The show starts at 12:15 p.m. at 130 Glen St., Glen Cove. (516) 759-9610.

vocals of Gissel coupled with the rhythmic flavor of her New York born and raised band, captures audiences with a deep and resonating musical experience unlike any other. Reservations are recommended. (516) 759-9610.

Thursday, July 25

STEAM straw rocket

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. Children from kindergarten through second grade can be an astronaut for the day by decorating, making and flying their very own straw rockets! If time permits, they also make vibrant and colorful outer space drawings using the wet-chalk method. (516) 759-8300.

Zentangles workshop

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 5 p.m. Zentangles is the art of drawing complex looking patterns using the same basic strokes used to print one's own name. Each student will receive their own kit of supplies for \$5 upon registration. (516) 671-4290.

Exploding comets

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Teens grade 6 and up can explore the world of space and flying objects by having hands-on fun making their very own comet using dry ice and flying water bottle rockets. (516) 676-2130.

Friday, July 26

Downtown Sounds: Bon Journey

Village Square, Glen and School streets, Glen Cove, 7:30 p.m. Don't stop believin' in this musical tribute to Bon Jovi and Journey as the band headlines Downtown Sounds. Even if they are livin' on a prayer, listeners are sure to have a nice day no matter what. (516) 759-6790.

Saturday, July 27

Beach exploration

Garvies Point Museum and Preserve, 50 Barry Drive, Glen Cove, 11 a.m. Join the museum in exploring the beach at Garvies Point. Adults are \$4 and children are \$2. (516) 871-8010.

Escape the Room

Gold Coast Library, 50 Railroad Ave., Glen Head, 7:30 p.m. Join PuzzleBreak LI for a Hollywoodland Murder Mystery-themed escape room event. For teens and adults 12 years old and over. (516) 759-8300.

Sunday, July 28

Therapi at Morgan Park

Morgan Memorial Park, Germaine Street, Glen Cove, 7:30 p.m. Enjoy reggae music straight out of the Caribbean as performed by Therapi at Morgan Park (516) 671-0017.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.

NEIGHBORS IN THE NEWS



Courtesy Glen Cove City School District

GRIBBIN STUDENT LESLIE Martinez was completely focused when she competed in the egg and spoon relay.

Outdoor activities and fun at Gribbin's

Gribbin Elementary School had its annual field day celebration on June 7. It was a beautiful day and everyone had fun. Physical education teacher Mark Checola emphasizes good sportsmanship, cooperation and community among the students, and it was evident throughout the day.

Volunteers from the Long Island Rough Rider's soccer organization as well as Gribbin parents helped facilitate the day's events. To end the fun-filled morning of activity, all were treated to pizza by Vito's Pizzeria after the school won the Truckload of Pizza contest.

Loggia Glen Cove honors the Martones

Loggia Glen Cove No. 1016 celebrated their 99th anniversary at Verdi's of Westbury, during which they honored the Martone Family. L. Martone & Sons Roofing and Sheet Metal of Sea Cliff was founded in 1918 by Lorenzo Martone, celebrating its 100th anniversary in 2018. The family business did much to keep the family together for those many years, as Loren-

zo's sons and daughters did indeed "stick together."

The business has proven to be a fine example of the American Dream, begun by poor immigrants and realized through hard work by each of the succeeding generations. Many of the family members have been and still are members of Loggia Glen Cove.



Courtesy Angelo Grande

DINNER DANCE CHAIRMAN Angelo Grande, left, joined Loggia President Kathryn Grande in honoring Caroline and John Martone for the success of their family business.

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 Friday 6-11pm
 Saturday 3-11pm (Wristband Afternoon 3-6pm)
 Sunday 3-10pm

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STEPPING OUT

Where to go, what to do, who to see

Capturing the flavors of summertime cuisine

Gather up family and friends for a tasty summer bash

Whether firing up the grill for a pool party, barbecue or even just a weeknight meal, one thing's for sure — summertime means grilling season. Grilling takes many forms and flavors from casual favorites like burgers and hot dogs to flame-kissed vegetables and the artistry of a perfectly done steak. However, the possibilities don't end there.

By mixing and matching traditional grilled classics with options that have a variety of textures and flavors, you can shake up your at-home menu and add new favorites to your routine this grilling season.

It's easy to go from casual to elegant in a snap. The traditional faves always have their place, but if you're looking for a different type of barbecue, add some finesse to your menu with other ideas; by re-imagining favorites off the grill, in a flatbread version, for example.

So fire up the grill and add some zest to your guest's palates with these ideas to take your summer soiree to the next level.



Steak and Blue Cheese Flatbread

- 1 flatbread, any variety
- 3 tablespoons hummus
- 1/2 cup fresh arugula, rinsed and dried
- 4 ounces thinly sliced, cooked flank steak
- 1/4 cup crumbled blue cheese
- Thinly sliced red onion (optional)
- Salt and pepper, to taste

Heat grill to 450 F; bake flatbread 3-5 minutes until it begins to crisp.

Spread hummus onto flatbread. Layer arugula (reserving 3-4 leaves to garnish), steak and crumbled blue cheese. Top with onion, if desired.

Place on grill, close lid and cook 3-5 minutes. Add salt and pepper, to taste, before serving.

Garden Flatbread

- 1 flatbread, any variety
- 2 tablespoons basil pesto (prepared or homemade)
- 2 tablespoons hummus
- 3-4 white button mushrooms
- 2 tablespoons corn (fresh or frozen)
- 3 spears asparagus, cooked until just tender
- 1/4 cup mozzarella cheese, shredded
- Olive oil
- Red pepper flakes (optional)
- Salt and pepper, to taste

Heat grill to 450 F; bake flatbread 3-5 minutes until it begins to crisp.

Spread pesto, followed by hummus, over flatbread then layer mushrooms, corn and asparagus. Top with shredded mozzarella cheese.

Place on grill, close lid and cook 3-5 minutes.

Drizzle with olive oil; sprinkle with red pepper flakes, if desired. Add salt and pepper, to taste, before serving.



Spicy Mustard Chicken Kebabs

- 1/4 cup plus 1 tablespoon spicy brown mustard
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1 tablespoon white wine vinegar
- 1 pound raw boneless skinless chicken breast, cut into 1-inch cubes
- 1/4 teaspoon each of salt and black pepper
- 1 medium red onion, cut into 1-inch chunks

To make sauce, place 3 tablespoons mustard in medium bowl. Add oil and garlic powder; and whisk until uniform. Cover and refrigerate.

To make marinade, in small bowl, combine vinegar with remaining 2 tablespoons mustard. Stir until uniform. Season chicken with salt and pepper. Place chicken

and marinade in large sealable plastic bag. Remove as much air as possible and seal. Gently knead marinade into chicken through bag. Refrigerate for 1 hour.

Meanwhile, if using wooden skewers, soak 4 in water for 20 minutes to prevent burning.

Alternately thread marinated chicken and onion chunks onto 4 skewers. Bring grill to medium-high heat.

Brush both sides of kebabs with sauce. Grill kebabs for 5 minutes with grill cover down.

Flip kebabs and grill for 6 to 8 minutes, or until chicken is cooked through. Enjoy.



Grilled Pineapple with Lime Dip

- 1 pineapple
- 1/4 cup brown sugar
- 2 tablespoons lime juice
- 3 tablespoons honey

Lime Dip:

- 8 ounces cream cheese, softened
- 1/2 cup plain yogurt
- 3 tablespoons honey
- 2 tablespoons brown sugar
- 2 tablespoons lime juice
- 2 teaspoons lime zest

Peel pineapple; cut into wedges.

In resealable plastic bag, combine brown sugar, lime juice and honey. Add pineapple wedges, seal bag and turn to coat. Refrigerate 1 hour.

To make dip: In small bowl, beat cream cheese until smooth. Beat in yogurt, honey, brown sugar, lime juice and lime zest. Cover and refrigerate.

Heat grill to medium heat.

Remove pineapple wedges from plastic bag; discard marinade. Grill pineapple wedges, covered, 3-4 minutes on each side, or until golden brown.

Serve with dip.

— Karen Bloom
kbloom@liherald.com

COMIC SHOWCASE

Long Island Comedy Festival

Laugh the night away when the Long Island Comedy Festival's summer showcase stops at the Madison Theatre. This lively evening, hosted by Paul Anthony, features a witty lineup of creative talent who consistently appear at the top venues in Manhattan and elsewhere.

Bryan McKenna, Scott Schendlinger, Mick Thomas, Carie Karavas (pictured), and Joe Starr all contribute their unique comic insights to a memorable evening of comedy. McKenna is making waves in New York's comedy scene, often touring with Jim Breuer; East Rockaway-based Schendlinger entertains audiences with a charismatic and uplifting delivery of his skewed observations of his life's experiences; Thomas, who grew up in Ireland, has



WEEKEND Out and About

become known for his honest and genuinely original takes on American society and life as a young and dedicated family man; Karavas, a national headliner, captivates audiences with her tough, street smart, wisecracking insights. And Starr, a favorite on the club circuit, has a style that melds old and new make him at once singular, uncommon, familiar and unique. Saturday, July 20, 8 p.m. \$35. Madison Theatre, Molloy College, 1000 Hempstead Ave., Rockville Centre. (516) 323-4444 or www.madisontheatre.org or www.llicomedy.com.

IN CONCERT Stephen Bishop

The renowned singer-songwriter continues to create and perform, as he redefines a celebrated career of over four decades. He's eager to share his iconic hits, "On



and On," "It Might Be You," "Save It For A Rainy Day," and "Separate Lives," on his latest concert tour, along with songs from his new album, "We'll Talk About It Later In The Car." A popular figure in the music industry, Bishop has released 17 albums and has played his songs personally for Barbra Streisand, Diana Ross, Bette

Midler, Melissa Manchester and Katy Perry. Eric Clapton even mentions Bishop as one of his favorite songwriters in his autobiography. Bishop's hit "It Might Be You" was the theme to the film "Tootsie." Bishop has also written the themes to several films, including National Lampoon's "Animal House," "The Money Pit" and "White Nights." In addition to singing the theme song off-screen, Bishop had a cameo in "Animal House" as the aspiring folk singer whose guitar is smashed by John Belushi. He still keeps the smashed guitar as a memento. Saturday, July 20, 8 p.m. \$50. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. (516) 413-3535 or www.myfathersplace.com.

Performances/ On Stage

Better Than Extra

The alternative rock band in concert, Thursday, July 11, 8 p.m. With special guests Brett Newski and the No Tomorrow. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.



Saturday Night Fever

Musical adapted from the popular film, Thursday and Friday, July 18-19, 8 p.m.; Saturday, July 20, 3 and 8 p.m.; Sunday, July 21, 2 and 7 p.m.; Tuesday, July 23, 8 p.m.; Wednesday, July 24, 2 and 8 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Ken McGorry and the Achievements

The blues-folk rock band in concert, Thursday, July 18, 8 p.m. Featuring the Meade Brothers, Blue Velvo and Ray Lambiase and the Tin-Kickers. Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Little Steven

Stevie Van Zandt and the Disciples of Sout in concert, Thursday, July 18, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

Liverpool Shuffle

The Beatles tribute band in concert, Thursday, July 18, 8-9:30 p.m. Vanderbilt Museum Courtyard, 180 Little Neck Rd., Centerport. (631) 854-5579 or www.vanderbiltmuseum.org.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, July 18, 7 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

The Rectangle

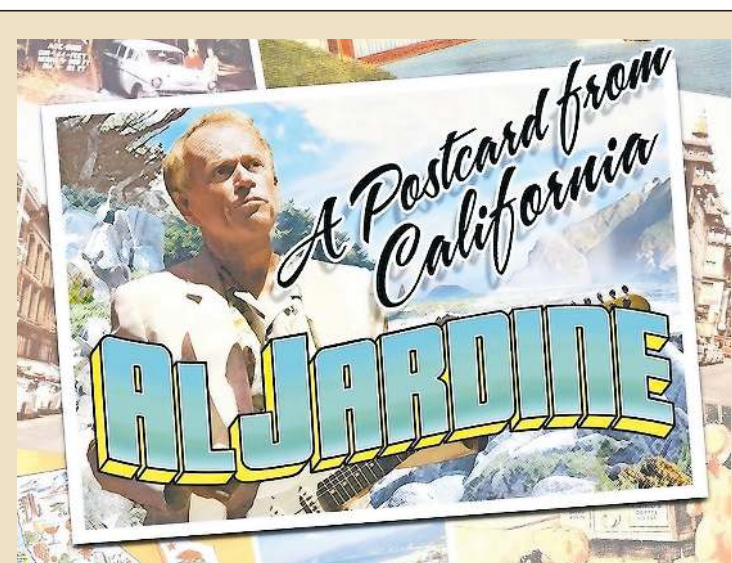
The band in concert, as part of the Sunset Serenade series, Thursday, July 18, 7 p.m. Memorial Park, Sea Cliff.

The Secret Comedy of Women

An immersive theatrical experience about the challenges of womanhood, Thursday, July 18, 2 and 7 p.m.; Friday, July 19, 8 p.m.; Saturday, July 20, 2 and 8 p.m.; Sunday, July 21, 2 p.m.; Wednesday, July 24, 2 p.m. A mix of sketch comedy, improvisation, audience participation, and hilarious songs and videos. Jeanne Rimsky Theater, 232 Main St., Port Washington (631) 271-4626 or www.landmarkonmainstreet.org.

Broadway on the Beach

Lesley Pryde Haley and friends in concert, as part of the Summer Music Series, Friday, July 19, 7:30-9:30 p.m. Sea Cliff Beach, Sea Cliff.



Al Jardine

The guitarist-songwriter visits My Father's Place, on Friday, July 26, at 8 p.m.

Best known for being one of the founding members of The Beach Boys, Jardine continues to create and perform, as he redefines a celebrated career. Acclaimed for their perfect harmonies and original tunes about surfing, beaches, hot rods and California girls, Jardine and the Beach Boys remain known as the rock 'n' roll voice of the West Coast in the 60s and 70s.

In 2018, Jardine began playing solo shows on a tour featuring songs and stories from his early days to his most recent solo album "A Postcard from California." Jardine, along with his son Matt Jardine, delivers an intimate show full of hits and rarities combined with never-before-heard stories (and rare pictures and videos) from his fascinating career.

Tickets are \$85; available at 413-3535 or www.myfathersplace.com.

My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn.



Randy Jackson

The Zebra frontman in concert, Friday, July 19, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

The Tempest

Shakespeare's comedy of betrayal, ill treatment, the development of magic arts and revenge, Friday, July 19, 8 p.m.; Sunday, July 21, 7 p.m.; Wednesday, July 24, 8 p.m. Carriage House Players, Vanderbilt Museum, 180 Little Neck Rd., Centerport. (631) 854-5579 or www.vanderbiltmuseum.org.

2U

The U2 tribute band in concert, part of the Downtown Sounds summer concert series, Friday, July 19, 7:30 p.m. Village Square Plaza at Glen, School and Bridge St., Glen Cove. Visit www.glencovedowntown.org for more information.

Dr. K's Motown Revue

The popular 11-member group in concert, Sunday, July 21, 7:30 p.m. Morgan Park, Germaine St., Glen Cove. 671-0017.

Scott Stapp

The Creed frontman in concert, Sunday, July 21, 8 p.m. With special guests Messer and Weapons of Anew. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

I Prevail

The rock band in concert, Tuesday, July 23, 7:30 p.m. With special guests Issues and Justin Stone. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

Chris Bergson Band

A tribute to Woodstock's 50th anniversary, as part of the Picnic Pops concert series, Wednesday, July 24, 7 p.m.; gates open 6 p.m. Westbury Gardens, 71 Westbury Rd., Old Westbury. 333-0048 or www.oldwestbury.org.

Electric Mud

The rock band in concert, Wednesday, July 24, p.m. With Black Cadillac Kings and Chris Kinnear Band. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Pop 2000

*NSYNC's Lance Bass hosts the pop showcase, Wednesday, July 24, 8 p.m. With OTown, Aaron Carter, Ryan Cabrera and Tyler Hilton. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

Chicken Head

The rock-blues band in concert, as part of the Sunset Serenade series, Thursday, July 25, 7 p.m. Memorial Park, Sea Cliff.

Slaid Cleaves

The Americana singer-songwriter in concert, Thursday, July 25, 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

Shark Invasion

Celebrate Shark Week with hands-on

activities, Sunday, July 21, 11 a.m.-2 p.m. See a shark jaw and a Megalodon tooth, discuss their amazing senses. Excavate a real shark tooth fossil and turn it into a necklace to wear home. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Beach Storytime

Enjoy a story, craft and song, hosted by Seal Cliff Public Library, Wednesday, July 24, 10:30 a.m. For all ages. Registration required. Sea Cliff Beach, Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Drop-in Art

Young artists are invited to create works of art under the guidance of professional museum educators, Wednesday, July 24, 10:30-11:30 a.m. For ages 5-10. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org

Pizza and Paperbacks

A book discussion for second-graders and up, Wednesday, July 24, 3 p.m.; also Friday, July 26, 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.

Movie Fun

See "The Lego Movie: The Second Part," the sequel to the animated adventure, Thursday, July 25, 11 a.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

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.

In a New Light: American Impressionism 1870-1940

A sweeping survey of American Impressionism, the exhibition reveals the transformative influence of Impressionism on American art between the years of the Hudson River School—whose majestic landscapes influenced, and then gradually gave way to, French Impressionist-inspired works—and modernist trends of the early 20th century. Featured artists include Colin Campbell Cooper, Daniel Garber, Childe Hassam, George Inness, Ernest Lawson, Thomas Moran, Edward Willis Redfield, and Guy Carleton Wiggins. Through Aug. 18 Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

60 Years of Music in the Park

An exhibition tribute to the Morgan Park Summer Music Festival. Through Sept. 7. North Shore Historical Museum, 140 Glen St., Glen Cove. 801-1191 or www.nshmgc.org.

Theodore Roosevelt:

A Man for the Modern World

An exhibition that celebrates the presi-

dency 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. 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.



Seashells...

Nature's Inspired Design

An exhibit of seashells from around the world, from the collection of Garvies Point Museum. Garvies Point Museum and Preserve, 50 Barry Dr., Glen Cove. 571-8010 or www.garviespointmuseum.com.

At the Movies

See "'Isn't it Romantic,' the rom-com spoof involving a Manhattanite who finds herself in a glossy fantasyland of rom-com cliches, Thursday, July 18, 2 and 6:30 p.m.; also "Escape Room," the psychological horror mystery that follows six strangers in a maze of deadly mystery rooms who must use their wits to survive, Thursday, July 25, 2 and 6:30 p.m.; 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Bat Walk

Join bat biologist Maria Armour for a walk through Old Westbury Gardens to listen and look for bats, Saturday, July 20, 8-9:30 p.m. Discusses bat ecology and conservation. For all ages. Free with admission. Old Westbury Gardens, 71 Westbury Rd., Old Westbury. 333-0048 or www.oldwestbury.org.

Summer Seasonal Stroll

Observe Caumsett State Historic Park's summer wildflowers on a 1.5 mile walk, Sunday, July 21, 9:45-11:45 a.m. Registration required. Caumsett State Historic Park Preserve, 25 Lloyd Harbor Rd., Huntington. (631) 423-1770.

Film Time

See "On the Basis of Sex," the biopic based on the life and early cases of Supreme Court Justice Ruth Bader Ginsburg, Monday, July 22, 6 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130.

Afternoon Movie

See "Gloria Bell," the dramedy about a free spirited divorcee, Tuesday, July 23, 1:15 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Having an event?

Submissions can be emailed to kbloom@liherald.com.

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Northwell's House Calls treating elderly patients

For the fourth consecutive year, Northwell Health's House Calls program has been recognized by the U.S. Centers for Medicare & Medicaid Services for its success in caring for chronically ill, frail seniors through home-based primary care as part of a federal demonstration project. In addition to improving health outcomes, Northwell's clinicians reduced costs during the program's fourth year by \$13,056 per patient annually for a total savings to Medicare of \$3.4 million.

Northwell Health's House Calls practice is part of the demonstration project known as Independence at Home, which was established as part of the Affordable Care Act. CMS analyzed performance data from practices from June 1, 2015 to May 31, 2016, the most recent period for which information is available. CMS awarded a total of \$7.7 million in incentive payments to seven of the 14 participating practices that succeeded in reducing Medicare costs and met quality goals.

During the fourth year of the demonstration project, Northwell's House Calls practice provided care to 352 patients in Nassau and Suffolk counties as well as Queens. Independence at Home's targeted spending for each beneficiary, which based on a regional formula was \$3,691. Northwell's practice spent \$2,603 delivering care to each patient, a cost savings of 29.5 percent.

Patients in the House Calls program receive comprehensive, coordinated care, such as ultrasounds, radiology, electrocardiogram, sleep studies, lab work, physical exams, occupational and speech therapy, social work services, as well as intravenous fluids and prescription refills. Physicians, nurse practitioners and other clinicians

are available for urgent, same-day visits during the week. The team is also accessible 24/7 to answer clinical questions from patients and caregivers, or arrange urgent services.

House Calls, in concert with Northwell's Center for Emergency Medical Services, has also developed a nationally recognized community paramedic program capable of bringing highly trained clinicians to assess and treat patients in the home in under 30 minutes.

Under the Independence at Home Demonstration project, participating practices must meet the performance measures for at least three of the six quality measures in order to qualify for the incentive payment.

Northwell achieved benchmarks in all six quality measures designated by CMS in year four:

- Follow up contact within 48 hours of a hospital admission, hospital discharge, and emergency department visit.
- Medication reconciliation in the home within 48 hours of a hospital discharge and emergency department visit.
- Annual documentation of patient preferences.
- All-cause hospital readmissions within 30 days.
- Hospital admissions for ambulatory care sensitive conditions.
- Emergency department visits for ambulatory care sensitive conditions.

-Alyssa Seidman



Photo courtesy Northwell Health

AS PART OF a home visit checkup, Dr. Karen Abrashkin, medical director of Northwell Health's House Calls program, listened to her patient's heart and lungs.

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

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



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

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

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

HERALD PUBLIC NOTICES

LEGAL NOTICE OF PUBLIC HEARING:
NOISE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, July 23, 2019, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss adding Article III Sec. 265-21 Alternate Side Parking Restriction to the Code of Ordinances. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
113140

PUBLIC AND LEGAL NOTICES...
Printed in this publication can be found online. To search by publication name, go to:
www.mypublicnotices.com

LEGAL NOTICE OF PUBLIC HEARING:
NOISE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, July 23, 2019, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss adding Sec. 265-55: Schedule XXIII: Alternate Side of the Street Parking to the Code of Ordinances, as it relates to Maryland Avenue and Nassau Avenue. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
113141

Search for notices online at www.mypublicnotices.com

LEGAL NOTICE STATE OF NEW YORK SUPREME COURT: COUNTY OF NASSAU M&T BANK Plaintiff,

vs. JOAN BLACKER LEVINE A/K/A JOAN BLACKER-LEVINE A/K/A JOAN A. LEVINE, STANLEY LEVINE A/K/A STANLEY E. LEVINE, et al.,
Defendants

NOTICE OF SALE IN FORECLOSURE PLEASE TAKE NOTICE THAT
In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Nassau County on April 24, 2019, the Referee named in the Order to Substitute Referee granted on August 20, 2019, will sell in one parcel at public auction on August 20, 2019 at the Calendar Control Part (CCP) Courtroom, 100 Supreme Court Drive, Mineola, County of Nassau, State of New York, at 11:30 A.M., the premises described as follows:
8 September Lane
Glen Cove a/k/a Glen Cove City, NY 11542
SBL No.: 30-42-593
ALL THAT TRACT OF PARCEL OF LAND situate in the City of Glen Cove, County of Nassau, State of New York
The premises are sold subject to the provisions of the filed judgment, Index No. 606100/2018 in the amount of \$1,135,846.56 plus interest and costs.

Kathryn E. Assini, Esq.
Woods Oviatt Gilman LLP
Plaintiff's Attorney
500 Bausch & Lomb Place
Rochester, NY 14604
Tel.: 855-227-5072
112834

LEGAL NOTICE OF PUBLIC HEARING:

NOISE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, July 23, 2019, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss Local Law 04-2019, creating a new Chapter 121, titled "The Administration and Enforcement of State Parking Garage Code Standards. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
113136

PUBLIC & LEGAL NOTICES
To place a notice here call us at 516-569-4000 x232 or send an email to: legalnotices@liherald.com

LEGAL NOTICE OF PUBLIC HEARING:

NOISE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, July 23, 2019, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss adding Sec. 265-43 Schedule XI: Parking Prohibited at All Times to the Code of Ordinances, as it relates to Wolfe Street

All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
113139

LEGAL NOTICE OF PUBLIC HEARING:

NOISE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, July 23, 2019, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss Sec. 95-8. Fishing, of the Code of Ordinances. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
113137

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LEGAL NOTICE OF PUBLIC HEARING:

NOISE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, July 23, 2019, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York, to discuss removing Sec. 265-49 Schedule XVII: Time Limit Parking from the Code of Ordinances, as it relates to Wolfe Street. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
113138

THE GREAT BOOK GURU

Battle for the ballot

Dear Great Book Guru,
This September, the Sea Cliff Civic Association is planning to celebrate the passage of the 19th Amendment, which ensured women's right to vote. In preparation, my book club would like to read a book that tells the story of that exciting time. Any suggestions?

—Keen on the Suffragists

Dear Keen on the Suffragists,

I have just the book for you: "The Woman's Hour," by Elaine Weiss. She focuses on the final battle in the 70 plus-year struggle to win women the right to vote. This spirited tale, which reads like a political thriller, opens in July 1920 as the friends and foes of the suffragist movement gather in Nashville, Tennessee. Only one more state is needed to ratify the amendment, and several states have flatly rejected it. Tennessee could go either way.

Weiss focuses on three major players: Carrie Chapman Catt, a gifted, aristocratic strategist; Sue White, a militant native Tennessean who scorns the genteel ways of Catt; and Josephine Pearson, a staunch advocate of state's rights and female domesticity. All three and their supporters gather in the luxurious Hermitage Hotel where lobbyists, legislators, and politicians vie for crucial votes. Anti-prohibitionists play lawmakers in "Jack Daniel" suites and railroad tycoons whisper loudly that a woman's vote is a vote for those 'Bolshevik' unions.



ANN DIPIETRO

Above all, race is on the minds of everyone. As the final vote is taken, Weiss records the cheers and tears and a surprising climax. It's an amazing story vividly told. Highly recommended!

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

OBITUARIES

Margaret Shortell

Margaret Shortell, of Glen Cove and Glen Head, died on July 6. She was born on March 28, 1937 in Locust Valley to William and Margaret Livingstone. She graduated from Sea Cliff High School and later worked for Helena Rubenstein Cosmetics of Greenvale. She is survived by her loving husband, Donald J. Shortell, who cherished their fall vacations in the Adirondacks. All services are private.

John W. DeMarino

John W. DeMarino, 81, of Glen Cove, died on June 30. Beloved son of the late

Louis T. DeMarino and the late Mary L. DeMarino; loving husband of Judy DeMarino; loving father to Sara DeMarino, Dr. John DeMarino Jr. (Alexandra), and Adair Milmoie (Patrick); grandfather to five grandchildren. His contagious smile and vivacious spirit will be missed by his family and friends. Visiting was on July 2 at Cassidy Funeral Home. Funeral mass was on July 3 at Corpus Christi Church in Mineola. Interment Locust Valley Cemetery. Contributions in DeMarino's memory can be made to the Pulmonary Fibrosis Foundation at www.pulmonaryfibrosis.org.

CORRECTION

In the article "Public to vote on new Glen Cove school bond in October" in the July 11 edition, we should have said that residents can vote on both bond

propositions on Oct. 22. If Proposition 1 passes, the votes on Proposition 2 will be tallied afterward.

ANSWERS TO TODAY'S PUZZLE

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OPINIONS

America wants the politicians to go away for now

When my children were little, we had a policy of calling a “timeout” when they were unruly. Once a timeout was called, they retreated to their rooms and didn’t emerge until it was time for dinner. If I could make such a call, I’d use it on President Trump, Congress and all of the 2020 presidential candidates.



**JERRY
KREMER**

To simplify the issue, we, the voting public, need the politicians to take a long timeout, at least until Labor Day. To start with, someone should grab the president’s cellphone and prevent him from sending any more tweets. America is exhausted by daily tweets on the simplest subjects and on issues that pertain to the world’s survival. Twitter was never meant to be a place where presidents issued threats about wars and conflict.

To add to the public’s confusion, cable news treats every presidential tweet as if it were a pronouncement from Moses after he came down from Mt. Sinai. I’m

not interested in the president’s spat with a member of the women’s World Cup championship team, because we have more challenges with the home-grown neo-Nazi movement than any star on the soccer field. I’m exhausted by Trump’s use of tweets to threaten China and Iran. In the old days, ambassadors who carried confidential messages in diplomatic pouches made these threats.

Happily, the two Democratic candidate debates are over, but unhappily, we’ll have to deal with another one later in the summer. It’s tiring to watch two dozen men and women desperately trying to capture the public’s attention with a memorable sound bite when no one is very attentive. The Republican debates in 2016 should have taught both political parties that having multiple candidates competing for the chance to sit in the White House is the equivalent of a circular firing squad. There may be a hidden star in the competition, but right now most Americans feel that it can wait until September. Both parties should have rules that bar candidates from declaring their

availability before a certain date, and the bar should be set very high as to who gets to stand onstage.

I’m equally exhausted by watching President Trump wage war on innocent people seeking political asylum. It’s true that there have to be limits on the number of people admitted to this country, but it’s un-American to tell the world that we no longer give asylum to people who have been physically and mentally abused because of their desire to live as free people.

One of the biggest sources of my weariness is Senate Majority Leader Mitch McConnell. I have never seen a better example of what a leader shouldn’t be than this pompous Kentucky politician. His shabby treatment of the 9/11 first responders is a blemish on our American flag.

Instead of passing a law requiring that all responders who have proven 9/11-related diseases are eligible for compensation, he taunts them with temporary extensions of aid that require Congress to return every few years to renew the program.

As the father of four daughters, I’m

tired of watching Republican politicians sit on their hands every time a woman comes forward with a complaint about sexual harassment that involves some prominent politician. None of the Senate leadership is willing to question the actions of a president who has more allegations of improper conduct than any other in American history. They are so intent on getting re-elected, and avoiding primary contests in the process, that they’ll remain mute even if the focus of the accusation is one of their congressional seatmates. At the very least, pass a bill preventing such conduct in Congress.

We know that the country is badly divided, and it may take decades for the tension to subside. We know that the political system is fractured, and no one appears to be trying to fix it. But it’s summer, and we Americans are entitled to a political timeout. We work hard all year, and we need a break from the insanity around us.

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.

School bells should ring after 8:30 a.m.

Come September, if the school bell rings for your teenager at 7-something, it’s way too early.

According to the American Academy of Pediatrics, middle and high school students should start school no earlier than 8:30 a.m. This is because teenagers need more sleep, and they need to get up later in the morning to perform at their best. Early starting times may accommodate complex bus schedules, but our children pay a price. Schools in our neighborhoods have not fully accommodated this fact of teen life.



**RANDI
KREISS**

According to my daughter Jocelyn Kreiss, a psychiatrist and the mother of a 12-year-old, the daily struggle for teenagers to wake up early is painful for everyone involved. Jocelyn has written about this issue, and I’m happy to share some of her insights. She says of her own household, “At 6 a.m. the first alarm rings, then the second, and the third . . . and it is still undeniably quiet in my son’s room. He is exhausted . . .”

She goes on to explain, “The brain is in an active state of development during

adolescence. There is a surge of neuronal connections being formed in the brain’s frontal lobe, which is responsible for decision-making and impulse control. There is also critical development in the limbic system, which governs emotions and risk taking behaviors.

It is an exciting time for the adolescent brain, but it is also an extremely vulnerable time; and sleep plays an essential role in sculpting some of these brain developments.”

As she explains it, our teens suffer because there is a conflict between changes in their internal biological clocks and the schedules and demands of school communities.

Both wakefulness and sleep are modulated by a biological clock located in the hypothalamus. This is our circadian rhythm. Melatonin, a hormone secreted by the pineal gland in the brain, influences the sleep cycle by making us feel sleepy.

Starting at the time of puberty onset, we notice a delay in circadian rhythm timing, Jocelyn says. Teens are staying up later at night and starting to sleep later in the morning (when time permits). The production of melatonin peaks at around 11 p.m. for teens.

Melatonin turns off later in the morn-

ing, making it difficult for teens to wake up early and feel focused. Asking a teen to wake up for school at 6 a.m. is like asking an adult to wake up at 4 a.m. Luckily, this change in circadian rhythm shifts back around the age of 20.

In some households, getting up for school is a daily struggle. Parents pull off the covers, ring bells, and one woman I know uses a water gun to get her son out of bed in time for his bus pickup. This could all be a lot easier if parents and schools worked together to rearrange the school schedules, giving teenagers the later starting times.

Teens need between 8½ and 9½ hours of sleep per night for optimal academic performance, physical and mental health, and brain development. The effects of sleep deprivation are astounding, studies show. Jocelyn points out that during adolescence, mental health problems increase dramatically. Doctors see depression, attention problems, even suicide. There is a striking correlation between mental health issues and sleep disruption. We know that sleep loss negatively affects mood and emotional regulation in adolescents.

Fatigue-related accidents are another consequence of sleep deprivation. There are 50,000 accidents per year among driv-

It’s tiring to watch them trying to capture our attention when we’re not very attentive.

One woman I know uses a water gun to get her son out of bed in time for his bus pickup.

ers under age 25. Driving after getting only four or five hours of sleep is much like driving at the legal limit of alcohol consumption. Sleeping for less than four hours per night puts teens at same risk as driving at double the legal limit of alcohol.

There are significant physical health consequences, too. In a recent study in the *Journal of Pediatrics*, teen sleep deprivation was linked to obesity, hypertension and elevated cholesterol.

So how are teens dealing with chronic sleep deficiency? They crave caffeine and energy drinks, and some use stimulant medication. As many researchers have put it, we’ve created a population of “tired but wired” teens.

The American Academy of Pediatrics said it best when it called sleep insufficiency “one of the most common, important, and potentially remediable health risks in children” — the key word being “remediable.”

Jocelyn suggests that parents advocate for their kids by pushing school districts to create starting times that will maximize their children’s ability to learn. When kids get up at 6 a.m., they may be sitting in the classroom with their eyes open, but they’re not fully awake and ready to learn.

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LAURA LANE
Senior Editor

MIKE CONN
Reporter

**ANGELA FEELEY
JUDITH RIVERA**
Advertising Account Executives

OFFICE
2 Endo Boulevard
Garden City, NY 11530
Phone: (516) 569-4000
Fax: (516) 569-4942
Web: glencove.liherald.com
E-mail: glencove-editor@liherald.com
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HERALD EDITORIAL

Be prepared for the next Big One

In the movie “Jaws,” Amity Mayor Larry Vaughn said, “You yell ‘Barra-cuda!’ and everyone says, ‘Huh?’ You yell ‘Shark!’ and we’ve got a panic on our hands.” The same could be said of hurricanes. At the first mention of one — in contrast to, say, “tropical storm” — people tend to panic. That’s the worst thing to do. Remaining calm and thinking carefully about what you should do is the key to surviving one.

As we saw on the Louisiana coast this past week, a hurricane — or, yes, a damaging tropical storm — can strike at any time, even in July. So now is a good time to review hurricane preparedness.

A hurricane is a powerful coastal storm with sustained winds over 74 mph that is immense in size, duration and destruction, according to the National Hurricane Center. Long Island’s hurricane season stretches from June to November.

With good reason, warnings about either a tropical storm or a hurricane should be heeded. Hurricane Irene was downgraded to a tropical storm by the time it hit Long Island in August 2011, but it still caused hundreds of millions of dollars’ worth of damage here, and \$15.8 billion in total. Then Sandy — again, downgraded from hurricane to tropical storm — struck in 2012, causing more than \$65 billion in damage along the East Coast. Houses are still being restored and elevated, and flood insurance premiums now rise annually.

With news media, especially television, reporting on storm tracks with regularity, there is no reason to be caught unaware of what could be coming. A hurricane watch is issued for coastal areas 24 to 36 hours before a storm is predicted to strike. A hurricane warning comes 24 hours or less ahead of the storm.

As part of a readiness plan, compile a

How strong are hurricanes?

Category	Sustained winds	Damage
1	74 to 95 mph	Some to moderate
2	96 to 110 mph	Extensive
3	111 to 129 mph	Devastating
4	130 to 156 mph	Catastrophic
5	157 and higher	Catastrophic

Source: Saffir Simpson hurricane wind scale

list of relatives’ or friends’ homes that you can go to safe from the storm, along with hotels, motels and Red Cross shelters. The evacuation centers are usually at Farm-inghamdale State College and Nassau Community College. Know your local evacuation routes.

As a storm approaches, collect all your vital documents — birth certificates, house deed, insurance papers, passports, Social Security cards, wills — in a waterproof, portable container. These items are part of a “go bag” that should also include water (one gallon per person per day), non-perishable food, clothing, a first aid kit, a battery-powered radio, a flashlight, personal items such as contact lenses and eye glasses, and cash. Remember, ATMs don’t work when the electricity is out.

If you live in a low-lying area that is typically evacuated during a storm and you receive a call from the Nassau County Office of Emergency Management telling you to get out, you should go. Don’t delay. Emergency responders — ambulance, fire and police — shouldn’t have to come and get you during a hurricane or tropical storm. In most cases, they simply won’t be able to. Forcing them out into a ferocious

storm could jeopardize their lives. Remember, they have families too.

If you live outside an evacuation zone and choose to remain at home, be prepared with enough food and water to last three days. Fallen trees can make it hard to get out of your homes. Stores in your neighborhood may not receive deliveries.

Whether sheltering in place or evacuating, board up your windows and doors. Taping windows might reduce flying glass, but it won’t prevent them from breaking. Clear your yard of unsecured items like bicycles, hanging plants, lawn furniture and trash cans. If you have time, remove damaged and diseased tree branches.

If you keep a boat in your driveway, as many Long Islanders do, make sure it’s tied as securely as possible to its trailers.

Many organizations and municipalities have compiled storm preparedness information guides. Keep them on hand. And we urge our elected and appointed officials at every level of government — village, town, county, state and federal — to make available the storm preparedness information their constituents need to survive a serious storm.

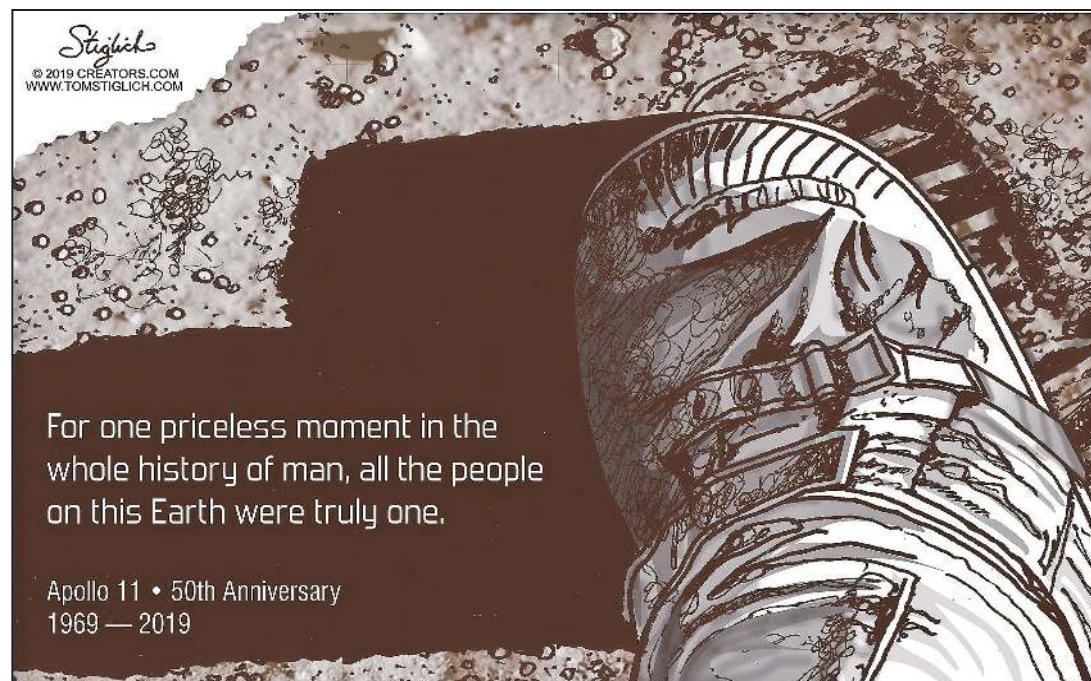
LETTERS

Abortion is infanticide

To the Editor:

U.S. Rep. Kathleen Rice and JoAnn Smith, the president and CEO of the Planned Parenthood of Nassau County Action Fund, said in “We will fight to keep Roe v. Wade the law of the land” (June 20-26) that they will do just that. Sorry, but that is a battle they will lose. In fact, case by case, as the public witnesses the abortion process, what it does to the infant and to the psychological state of the mother, it is gradually being seen for what it is — infanticide.

Future generations will judge these years of Roe v. Wade as barbaric and inhumane. They will wonder how the highest form of creation could be guilty of such crimes against its innocent children. It is hubris of the highest order to state that a woman is “entitled” to make choices about her body, to use that choice to



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OPINIONS

How do we keep young people on Long Island?

We are at a turning point on Long Island. The lasting impacts of the Great Recession and the student debt crisis are exacerbating the trend of young people struggling here and ultimately fleeing the area.

This isn't about a theoretical future. It's happening now, and it has a dollars-



LAURA CURRAN

and-cents impact on everyone's bottom line. Our tax base is shrinking. The more young people leave, the higher the tax bill our residents pay.

A new report from the Long Island Association shows that the number of people under age 19 fell 7.5 percent over

the past seven years, raising concern about a worker shortage on the Island as birth rates continue to fall. According to another study, 67 percent of those between the ages of 18 and 34 said they plan to leave Long Island in the next five years.

We must act now to address this problem head-on, which is why my administration has prioritized an agenda that focuses on reversing the "brain drain" and keeping our young people here.

Now that nearly the entire millennial generation is in the workforce, we must

take seriously the need to adapt to meet its lifestyle needs. I firmly believe that securing a prosperous future means embracing change and reinventing our suburban model.

Let's not beat around the bush: The cost of living here is too high for most young people. There isn't enough affordable housing. Getting around can be difficult without a car.

The good news is that we have a clear path forward and boundless opportunity we can tap into. We've seen sustained job growth in the metropolitan area, while a population equal to the city of Boston moves into the region every decade. But if we expect to be part of this regional growth, we've got to work harder than ever to make Long Island attractive to new residents, businesses and workers.

From 2010 to 2017, suburban Long Island added only 16,000 housing units, and saw a decline in its young workforce. Other areas in our region are doing much more — such as northern New Jersey, which added 151,000 units in the same time period that Long Island added one-tenth that number, and has seen strong increases in its next-generation workforce.

There's no way around it: We need more affordable housing options. That's why I've supported new tax agreements

that will enable developers to build affordable rental units in places like Garden City and Great Neck. We're committed to continuing this momentum to create more realistic housing alternatives for our residents.

In Nassau County, we're closing the deal on new, attractive destinations for young people like the Hub, which will be a residential, recreational and innovative district with high-wage, high-tech jobs. We're promoting investment that creates high-wage jobs in industries like biomedical and information technology.

I've also encouraged our Industrial Development Agency to refocus its mission to attract next-generation industries and invest in forward-looking projects that will deliver sustainable economic benefits to Long Island.

Our young people also want a different neighborhood vibe. They're attracted to walkable downtowns with apartments, restaurants and entertainment. Across the county, we're focusing on revitalizing our downtowns and promoting transit-oriented development.

Farmingdale, Great Neck Plaza, Hicksville, Mineola, Rockville Centre and Westbury have focused on developing transit-oriented housing and retail options in vibrant, walkable downtowns. With

greater building density where it makes sense and proximity to Long Island Rail Road stations for easy commutes, apartments are rapidly filling up, some with waiting lists.

We must continue building on these efforts and raise our voices in support of more transit-oriented development and walkable downtowns. I'm pleased to see that Baldwin and Valley Stream are now seeking grant funding from Empire State Development to pursue their own downtown revitalizations.

We will also continue our push for the zoning changes necessary to create more affordable housing options. I applaud Town of Hempstead Councilwoman Erin King Sweeney's new commission to study zoning, with an eye toward welcoming more density and mixed-use development. I was delighted to join King Sweeney and Town Supervisor Laura Gillen for the recent kickoff meeting.

I urge my partners in both the private and public sectors to work with the county to meet this challenge. I will continue this dialogue wherever I go, no matter the audience — at civic associations, senior centers, school boards, business roundtables or houses of worship.

Our young people need us to act now. Building a Long Island that can continue to thrive requires us to embrace forward-looking change, and not wait until it's too late.

Laura Curran is the Nassau County executive.

There's no way around it: We need more affordable, centrally located housing options.

LETTERS

murder another body, her child in utero. Since we all have rights, doesn't the child? It has no voice and therefore no choice.

Abortion does not make a woman free. It relegates her to a lifetime of regret when the "what he/she would have grown up to be" question presents itself. People have had enough, and opposition is rising.

Thankfully, we now have the movie and book "Unplanned," which chronicles Abby Johnson's years at Planned Parenthood. And now young people in high school and college are seeing films of actual abortions, and some are repulsed by it.

The emergence of 3D sonograms of the child in the womb clearly testify to the humanity of a child within its mother's body, and beyond a doubt, to be breathing, able to hear and capable of feeling pain. How is it possible that, we, the greatest and most abundantly blessed country in the world, are capable of abortion?

We who are pro-life will continue to be vigilant, remain involved and continue to be outraged as Planned Parenthood and its supporters continue to perpetuate its agenda and attempt to access our tax dollars to do it.

The absurdity of our priorities as a society is apparent in a recent statement by State Sen. John Brooks on the passage of the Domestic Animal Welfare Package. "Our pets are members of our families,"

he said. "They provide us with love, security, and companionship, and it is only fitting that we provide them with the legal protections they deserve." What about our babies?

MARIE COYLE
Glen Cove

Summer starts with a spark in the night sky

To the Editor:

I smiled as I read Randi Kreiss's column "Buggy brilliance lights up the summer sky" last week. Like Randi, I kick off my summer only after I've seen my first firefly of the season, and this year it was early — I believe toward the end of June. Sitting in my neighbor's backyard, I saw a small flash in my peripheral vision, and exclaimed, "Did anyone see ...?" Before I finished the sentence, it was true, the start of my summer — a firefly!

Thanks, Randi, for writing about what I, like you, have experienced for so many years, growing up here in Valley Stream. Happy summer!

MIKE STANKO
Valley Stream

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