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INSIDE: Catholic Schools Week
 Page 13



Battle of the road warriors
 Page 24

District puts up next bond

Discussions focus on costs, priorities and funding for schools

By **RONNY REYES**
rreyes@liherald.com

Every year for the past six years, Glen Cove City School District Superintendent Maria Rianna has toured all six of the district's schools, taking notes on the work the deteriorating buildings need. Throughout the district, ceiling tiles have fallen, fire escape windows are unusable, heating and cooling systems have become increasingly inefficient and old doors create safety risk for students and faculty.

While the needs are vast, the funding for those repairs falls short. Although the district budgets for repairs and earns grants each year, renovations and upgrades are small, and usually limited to a single room. The Glen Cove High School gym, for example, was refurbished in 2015 with grant money. But when students step outside the gym, it's almost as if they travel back in time to the 1960s, to a building marred by

dated infrastructure and code violations, according to district officials.

To address the schools' issues, the Board of Education unanimously approved its third bond proposal in the past year at its meeting on Jan. 8. The nearly \$46 million measure is a little over half the size of the first bond proposed last year, which totaled \$84.6 million. The new proposal would raise taxes for the average Glen Cove homeowner by about \$21 a month.

"I've spent the last 12 years working on how to be more efficient with our budget, not wasting a penny," Rianna said, "but we need the bond to address the issues."

The first bond failed last March, and the second, which was set at \$53 million, with an option to add another \$23 million, failed in October, but school board President Gail Nedbor-Gross said the district wanted to

I'm sorry we're chained to certain situations, but I will not risk the safety of our students as a result.

MARIA RIANNA
 Superintendent

CONTINUED ON PAGE 18



Christina Daly/Herald Gazette

Long Islanders unite to stop hate

Members and supporters of the Nassau County Holocaust Memorial and Tolerance Center, in Glen Cove, were among a crowd of more than 2,000 Long Islanders who took part in the March Against Anti-Semitism last Sunday. Story, Page 4.

Pastors lead Christian Church

They plan to focus on promoting spiritual growth

By **RONNY REYES**
rreyes@liherald.com

The Rev. Jim Phegley's retirement last summer, after more than 30 years of leading the Glen Cove Christian Church, marked the end of an era. Under Phegley, the church had enjoyed a period of growth, from a congregation of 32 in 1987 to more than 200 last year. Then Associate Pastor Joe Cortale said that the church had been preparing for Phegley's

retirement for some time, and had decided to replace him with two pastors.

In August, Cortale, 70, and Tommy Lanham, 47, a minister from Kentucky, became co-pastors of the church. The two men hit it off immediately, saying they were kindred spirits, and that both were eager to bring continued growth and modernity to the church. This year they plan to begin a new era of their own, focusing on spiritual

growth and community outreach.








"The latter half of 2019 was a time to focus on growing our congregation and coming together," Cortale said, "so 2020 will be about growing our beliefs."

Cortale, of Glen Cove, didn't always see himself as someone who would devote his life to God. He spent most of his career in sales and marketing, but in 2006,








CONTINUED ON PAGE 12

2019 Real Estate Market Review

GLEN COVE SD #5 *Based on Residential Data Only

						
298	38	158	\$2,575,000	\$245,000	\$609,519	89
2019 New Listings	Currently Under Contract	Closed	Highest Sales Price	Lowest Sales Price	Average Sales Price	Average Days on Market








LOCUST VALLEY SD #3

						
338	24	173	\$3,550,000	\$290,000	\$954,655	138
2019 New Listings	Currently Under Contract	Closed	Highest Sales Price	Lowest Sales Price	Average Sales Price	Average Days on Market

NORTH SHORE SD #1

						
336	40	165	\$3,500,000	\$195,000	\$934,419	90
2019 New Listings	Currently Under Contract	Closed	Highest Sales Price	Lowest Sales Price	Average Sales Price	Average Days on Market

OYSTER BAY / EAST NORWICH SD #6

						
278	29	145	\$9,035,000	\$125,000	\$572,482	88
2019 New Listings	Currently Under Contract	Closed	Highest Sales Price	Lowest Sales Price	Average Sales Price	Average Days on Market

2019 Residential/Condo-Coop Sales Data Per Long Island MLS. (January 1st – December 28th, 2019)

Glen Head/Old Brookville Office
240 Glen Head Rd., Glen Head, NY
516.674.2000

Sea Cliff Office
266 Sea Cliff Ave., Sea Cliff, NY
516.759.6822

Locust Valley Office
1 Buckram Rd., Locust Valley, NY
516.759.4800

Gaughran details his plans for 2020

Senator says bail-reform bill needs several changes

By LAURA LANE
llane@lherald.com

State Sen. James Gaughran, who represents District 5, has many plans for the new year. Although Gaughran, a Democrat from Northport, chairs the Senate Committee on Local Government, he remains passionate about issues that are important to the entire state, including the bail-reform law crafted to reduce pretrial incarceration.

Passed in the Legislature last April and signed by Gov. Andrew Cuomo, New York's bail-reform law took effect this month. It eliminates the requirement of cash bail for most misdemeanors as well as nonviolent crimes. Additionally, prosecutors must now share evidence with defense attorneys earlier in the trial process, within 15 days of a defendant's arraignment.

Gaughran maintains that the law needs changes. He sponsored a bill last June that would have required bail for 65 additional crimes not included in the current law, including hate crimes. He did not attract enough support to pass the bill last summer, but he reintroduced it on Jan. 10, and is confident it will pass this time.

"The main purpose is to give judges judicial discretion when there may be a risk to public safety," Gaughran said. "The person being charged would be remanded and held until the judge deems it proper, to protect society. Also, judges would be able to protect defendants from themselves, like drug addicts who feed their habit by [committing] burglaries. They need help, not to just be put back in the street."

There are other problems with the law, he added. Last week he co-sponsored a bill with Sen. James Scoufis, a Democrat from Woodbury, that would expand the use of electronic monitoring for those charged with nonviolent crimes, including harassment.

"We need to be sure people come back to court," Gaughran said. "In crafting this bill, I consulted with the district attorneys in Nassau and Suffolk counties, some of the police unions, the sheriff in Suffolk County and crime victim advocates."

Defendants who have been convicted of felonies for violent crimes should be electronically monitored if they are facing new charges that don't qualify for bail, Gaughran said. "Judges need to be able to make their decisions based on the individual before them," he said, adding that the overall intent of the bail-reform law is important. "We shouldn't have two systems of justice for those who can afford bail and those who can't. But we need changes to give judges the authori-



SENATOR JAMES GAUGHRAN

ty to protect the public if they feel the individual before them poses a threat."

The Senate, 2019

Thirty-six bills passed in the Senate last year and 16 passed in both the Senate and Assembly. Cuomo signed 11 into law and vetoed the other five.

Last week Gaughran began tweaking all of the bills that were vetoed. He plans to reintroduce them, he said, adding that he hoped they would earn Cuomo's signature this year.

Cuomo vetoed a bill that would have required a study of the health impacts of low-flying aircraft headed for Kennedy airport. Flight patterns have been altered during construction at the airport, increasing air traffic and noise in parts of Gaughran's district, including Old Brookville and Upper Brookville. Residents have complained that the noise from the jets

is deafening.

"The governor's veto was based on cost," Gaughran said, adding that he had indicated in his bill that the state departments of transportation and environmental conservation should do the study. "I felt the study could have been accomplished using employees in those departments, but the governor felt otherwise. I'm going to submit legislation to be adopted through the budget."

His top priority, he said, is to obtain significant funding for the district's public schools, and he is looking for a substantial increase. Cuomo authorized a \$1.62 billion jump in school funding last year. Gaughran said he would like

New qualifying offenses for pre-trial detention

Gaughran's bill would give judges additional discretion to determine whether a criminal defendant should be held in custody or be required to post bail or bond as a condition of pre-trial release.

- Third-degree assault.
- Directing a laser at an aircraft.
- Failure to register as a sex offender.
- Aggravated vehicular assault.
- Aggravated assault on a person younger than 11.
- Criminally negligent homicide.
- Patronizing a person for prostitution in a school zone.
- Second-degree manslaughter.
- Criminal possession of a weapon on school grounds.
- Certain offense against public order, public sensibilities and the right to privacy, including first-degree aggravated harassment.
- Certain offenses related to organized crime, including enterprise corruption.
- All class-A felony drug related crimes, which can be related to drug trafficking.

Some of the Senate's new voting-reform bills

- College or University Provided Polling Place would require that a polling location be on the grounds of a college or university where there are 300 or more registered voters on campus.
- Ensuring Access to Early Voting for New York's Population Centers would require that the municipality with the largest population in each county have at least one early-voting location.
- Early Voting on Long Island would require that every town and city have at least one early-voting location.
- High Population Early Voting Polls would require New York's largest cities and towns to have at least one early-voting site per 50,000 registered voters.
- Exempting Schools From Early Voting Locations would exempt school buildings from being used as early-voting sites.

to see that figure surpassed.

"Part of the issue is the deficit," he said. "How can we maintain the funding for the schools with this deficit? I'm going to be forceful that we can't tax our way out of this problem. We're overburdened with taxes now."

Gaughran has also reintroduced a bill he sponsored in November that would give the Department of State greater discretion in disciplining real estate brokers or sales people found violating provisions of the state human rights law. "If a real estate person is found to discriminate against someone based on race, religion or anything else . . . they should lose their license," he said. "Right now, the . . . Department of State investigates complaints and regulates licenses, but they can't take away a license."

Also on the agenda is more election reform, which the Senate voted to enhance on Jan. 9. The bills it is proposing would authorize automatic voter registration, exempt schools from being used as early-voting locations and strive to improve early-voting laws.

Last year, election reforms included early voting. The new bills, Gaughran said, increase the number of sites, which would benefit those living in his district. "Large municipalities must have one polling place for every 50,000 voters," Gaughran said. "I was involved in the drafting of this bill because of Glen Cove, which didn't have an early-voting site before."

The new bills also exclude school buildings as sites for early voting. Ten days of early voting were difficult for schools to accommodate, Gaughran explained. They are open to shutting down a gym, for example, for one day for voting, but it is difficult for them to do that for 10 days.

Gaughran said he would also reintroduce a bill to create a water authority for the 4,500 homes in Sea Cliff and Glen Head that use New York American Water. "By passing this bill," he said, "residents will have the option to start negotiating with, for example, Jericho Water District, which can't negotiate directly with the residents. An entity needs to be created for them to talk to."



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Marching against hate in Mineola

BY JEFFREY BESSEN
 jbesen@liherald.com

Marching in weather that brought spring to mind more than winter, more than 2,000 ranging from elected officials to religious leaders to people from across Long Island, walked a half-mile on County Seat Drive to the Theodore Roosevelt Legislative building on Franklin Avenue in Mineola to show support for the Jewish community and their opposition to hate on Jan 12.

The march was the second consecutive such event in the metropolitan area, following an onslaught of anti-Semitic attacks in December, including repeated graffiti-related hate crimes at the Nassau County Holocaust Memorial and Tolerance Center, in Glen Cove. On Jan. 4, 25,000 people marched through Manhattan and Brooklyn in an effort to show solidarity after the assaults. Among them, a Queens man verbally abused and physically threatened three people, including a rabbi and an 11-year-old, in the North Lawrence Costco on Dec. 8; three civilians and a police detective were killed, along with two armed suspects, in a shootout in a Jersey City kosher supermarket on Dec. 10; and five people were stabbed in upstate Monsey on Dec. 28, at a Hanukkah party at a rabbi's house.

Marchers were behind a huge banner that read "Long Island Is Against Anti-Semitism" and individually they held signs that read "No Hate, No Fear," "Don't Hate Just Love," "Stop the Hate," and ones that identified the groups the marchers represented. One small group of Jewish men wore T-Shirts that read, "I'm Proud To Be Jewish."

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U.S. Rep. Tom Suozzi, a Democrat from Glen Cove, said that anti-Semitism is real and is growing. "Why is this happening at this time in history? There is too much divisive rhetoric," he said. "When you have Democrats and Republicans, and people of all different faiths and ethnic backgrounds and races together, we say e pluribus unum — out of many one. That is what we are doing here today. We stand

united to stop the hate."

State Sen. Todd Kaminsky, a Democrat from Long Beach noted that a bill he and Assemblyman Charles Lavine are sponsoring would require hate symbols such as the swastika, to be part of the curriculum for all New York public school students in grades six to 12. Lavine has been vocal in condemning the recent acts of anti-Semitism that struck Glen Cove.

"Anti-Semitism is plague in our society and hate against any and all groups of people is a problem for

our society," Lavine said. "There was a presence of hope at today's march. My colleagues and I are working hard to make sure that the streets of New York are safer for everyone."

Avi Posnick, the northeast regional director for Stand With Us, an international education organization that educates and empowers students to fight anti-Semitism, noted the importance of influencing young people with education.

"No one is born hating, no one is born being an anti-Semite," he said, "however, today's students are the leaders of tomorrow. We must educate them today before their hearts and minds are poisoned tomorrow."



GLEN COVE'S VETERANS Affairs Director Anthony Jiminez, center, joined the march.

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THE WEEK AHEAD

Nearby things to do this week



Alexandra Lee Muzek exhibition

Join Long Island artist Alexandra Lee Muzek for the opening reception of her new exhibition, "Travel, Color, and Fantasy" at the Creative Arts Studio in Sea Cliff on Jan. 19 at 3 p.m. The exhibition is a journey into another world through oil paintings depicting images from across the globe. 256 Sea Cliff Ave., Sea Cliff. (516) 671-1000.

History of the Oyster Bay Branch Line

LIRR historian David Morrison will share the history of the O.B. branch on Jan. 22 at 7 p.m. The train line from the mid-19th century until today will be discussed. S.C. Village Hall Room C, 300 Sea Cliff Ave., Sea Cliff. (516) 671-0080.



Mahjong lessons with Alex Pollack

This course will introduce new Mahjong players to the game at the Life Enrichment Center of Oyster Bay on Jan. 23 at 7 p.m. Learn the tiles, how to read the official National League card and basic play. Cards and sets will be provided for practice. 45 E Main St., Oyster Bay. (516) 922-1770.

Forever in a 'New York State of Mind'

Mike DelGuidice and Big Shot rock on at The Paramount with a lively celebration of the Billy Joel's hits, on Thursday, Jan. 23, at 8 p.m. DelGuidice will lead his band in a rousing concert. DelGuidice has become one of the area's most celebrated pianists, touring with both his band and appearing with the Piano Man. Info: (800) 745-3000 or www.ticketmaster.com or www.pararmountry.com.



Winter at a Gold Coast Mansion



Step back in time during a winter celebration at Nassau County Museum of Art, in the grand estate that now houses the museum, Sunday, Jan. 19, from 1 to 4 p.m. Explore the grand estate that 100 years ago was home to Childs Frick, his wife Frances, and their four children. Let creativity unfold through some family-friendly art. Info: (516) 484-9338 or www.nassaumuseum.org.



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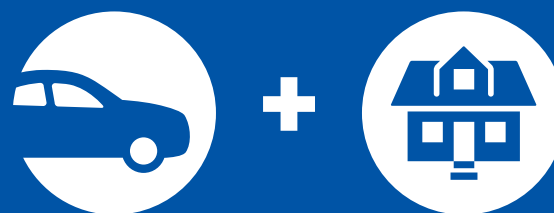
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HERALD SCHOOLS

AP Scholars recognized



Photos courtesy GCCSD

THE DISTRICT HONORED some of their AP Scholars on Jan. 8.

The Glen Cove City School District honored 52 of its high school students who were given the distinction of Advanced Placement Scholars on Jan. 8. Glen Cove High School Assistant Principal Katie Prudente, who also serves as the school's AP coordinator, said this year's number of AP Scholars set a new record in the district. Students need to score a three or higher in at least three AP exams to be recognized as an AP Scholar. Glen Cove High School currently offers about 21 different AP courses.

"These students should be very proud of their achievements, hard work and dedication," Prudente said.

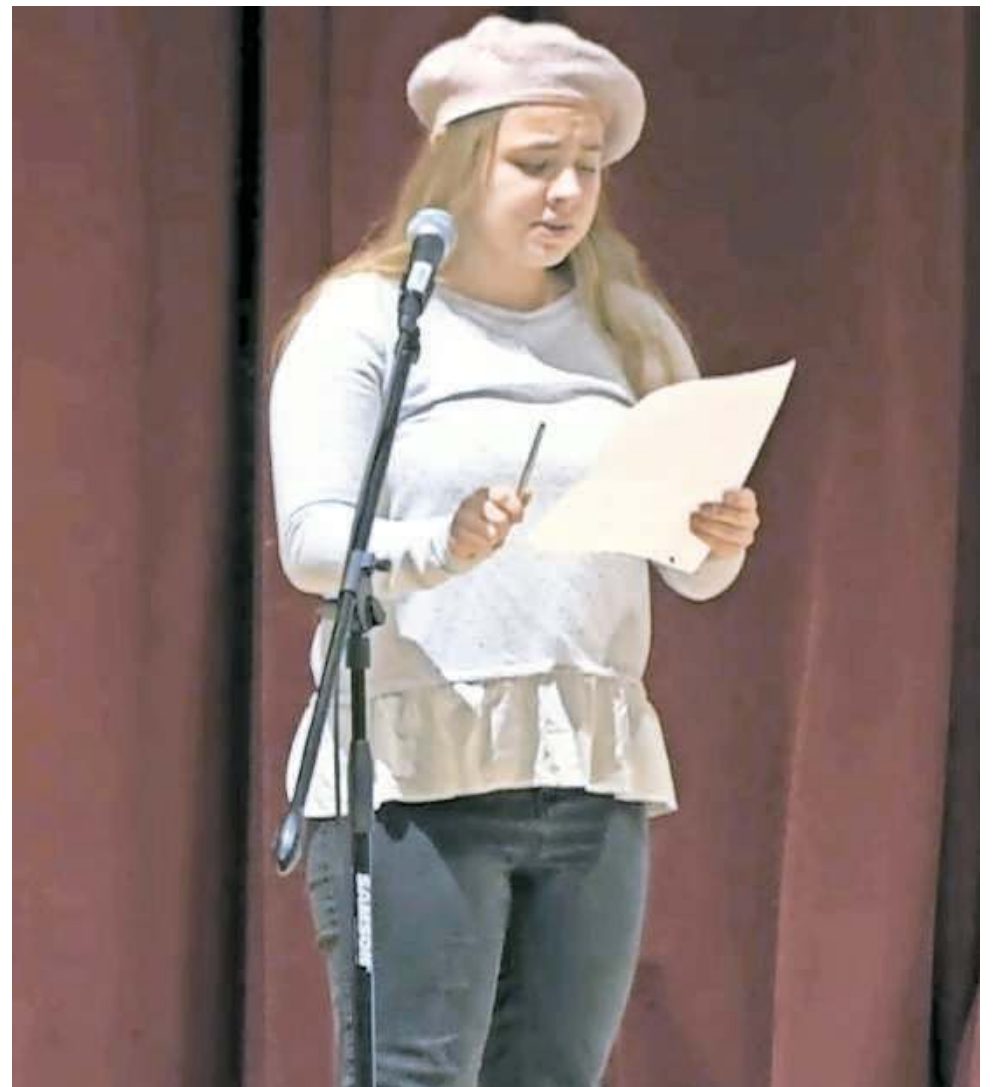
Breaking records at Landing

Two Landing Elementary School students recently broke their school's physical fitness test records. Third grader Marco McMillan broke the record on the PACER test by completing a total of 71 laps, defeating the previous record of 66 scored back in the 2017-2018 school

year. Fifth grader Gwyneth Perez broke the girls flexibility record of 50 centimeters, which had been established in 2009, by scoring 51 centimeters. Perez's feat required the additional of another line on the test's ruler as she exceeded the highest measurement.



GWYNETH PEREZ BROKE the school's girls flexibility record, which has stood since 2009.



CINDY HILL PERFORMED an original song she created through the Hamilton Education Program.

G.C. plays off Hamilton

Glen Cove High School Junior Casey Hill showcased her work from the Hamilton Education Program by performing an original song, "Dear John," during a Board of Education meeting on Jan. 8. The Hamilton Education Program aims to improve teaching and learning of

American history through stage performances. Hill was among 65 students who were able to catch Hamilton on Broadway last year. Her performance, along with several other students who excelled in the program, is available to view on the school's website.

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Families may also learn more about the Portledge Lower School, meet select teachers, and tour the classrooms.



*Alternate snow date is Saturday, February 1, 2020



To RSVP visit www.portledge.org/dayofplay or contact Leigh DeMaria at ldemaria@portledge.org or **516.750.3224**.

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HERALD SPORTS

Glen Cove learning the game

SPOTLIGHT ATHLETE



NICOLE SCHNEIDER

North Shore Senior Cross-Country

A LONGTIME CONTRIBUTOR to North Shore's cross-country and track programs, Schneider continued to add to her strong resume this fall with a stand-out cross-country campaign. While helping the Lady Vikings to another county title, she was seventh in the Class II race on Nov. 2 and then produced a runner-up finish in the Nassau Class B state qualifier. As a junior, she was All-County for all three running seasons.

GAMES TO WATCH

Thursday, Jan. 16

Air Rifle: Freeport at Glen Cove 4:15 p.m.
Boys Swimming: North Shore at Uniondale 4:45 p.m.
Boys Track: Glen Cove vs G.N. North (at St. Anthony's) 6:30 p.m.
Boys Track: Glen Cove vs Jericho (at St. Anthony's) 6:30 p.m.
Gymnastics: North Shore at Carle Place 6 p.m.

Friday, Jan. 17

Boys Swimming: North Shore at Freeport 4:30 p.m.
Boys Basketball: North Shore at Lawrence 7 p.m.

Saturday, Jan. 18

Girls Basketball: Glen Cove at Roosevelt 12 p.m.
Boys Basketball: Roosevelt at Glen Cove 12 p.m.
Girls Basketball: Lawrence at North Shore 1 p.m.
Cheer: Glen Cove at V.S. North meet 3:30 p.m.
Cheer: North Shore at V.S. North meet 3:30 p.m.

Monday, Jan. 20

Gymnastics: North Shore at C.S. Harbor 10 a.m.

Tuesday, Jan. 21

Air Rifle: Glen Cove at Garden City 4:15 p.m.

Wednesday, Jan. 22

No games

Thursday, Jan. 23

No games

By **J.D. FREDA**

sports@liherald.com

The 2019-20 Lady Big Red basketball team wasn't picked to win a conference title. This wasn't meant to be a breakout year, but a new chapter.

After graduating one of its best scorers in recent memory, hiring the program's fifth head coach in five years and calling up a number of first-year varsity players from JV to fill out its roster, Glen Cove began a rebuilding phase. Now, halfway through the season, the team sits at 2-8 overall and 0-4 in Conference A3.

"We started off the year 2-2, which is not bad for a younger team," head coach Jake Freitag said. "I expect a lot out of them, and they have come a long way. They've learned so much, and their basketball knowledge is improving."

Glen Cove opened with an impressive 42-14 victory over Hempstead in a non-league matchup. A big positive for the Lady Big Red was its diversity of scoring. Hempstead couldn't focus its defensive pressure on just one player. Although Brianna Guillen led the Lady Big Red in scoring with a game-high 11, ten different players scored for Freitag. Anna Basil scored 8, while Mia Martinez and Isabella Juarez both scored 4.

Glen Cove's first league play came on Dec. 18 on the road against Hewlett, where it suffered a 52-10 defeat. Hewlett's Riley Weiss scored a game-high 22 points to continue her impressive season. Guillen, one of, if not Freitag's best offensive players, was held to just one point off of a free throw.

The Lady Big Red will get another crack at Hewlett on Jan. 25, and Freitag is looking to make adjustments. "We have an extensive knowledge of Weiss and what she could do," Freitag said. "We will continue to try to mix it up and give her different looks."

Freitag was more pleased by the way his group fought hard and played a closer game in its second league matchup against Roslyn on Dec. 20. Although Roslyn beat Glen Cove 50-32, Freitag says his girls battled their way to a close game until the fourth quarter, when Roslyn pulled away.

"[Roslyn] opened it up at the end," Freitag said. "The girls gave me a good understanding of where we were at, and where



Ron Manfredi/Herald

BRIANNA GUILLEN SCORED 11 points as Glen Cove made first-year head coach Jake Freitag's debut a winning one with a convincing victory over Hempstead.

we could go."

Freitag spoke well of his girls in their progression throughout the first half of the season. "[Brianna] Guillen has carried the load offensively for us at times, but we're getting a lot of people involved," Freitag said. "Sophomore Anna Brasil has played well and scored a bit. Lily Knobel, Jahnell Johnson, everyone is making strides right now."

The first-year head coach wants to continue to stress early offense and scoring in transition. He believes controlling the pace

of a game will lead to more success, and now it is just about getting his young group the experience to make them capable of dictating the tempo.

Glen Cove is gearing up for the second half of the season, where Freitag is just looking for steady improvement and an eagerness to learn.

"I want to see growth in this second half of the year, and I want to see them continue to take their reps seriously," Freitag said. "Do everything in practice at game speed, and come to work."

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HERALD NEIGHBORS



Photos courtesy Tammy Lanham

KIDS ENJOYED AN afternoon of exercise at the first ever Zumba Jr. class on Jan. 9.

Zumba Jr. hits the North Shore

Dozens of kids from all over the North Shore gathered at the Locust Valley Library to take part in the first-ever Zumba Jr. class on Jan. 9.

Katerine Barillas teaches the high-energy course, which was a hit among kids in grades K-5. The class goes over the fundamentals of the popular Zumba exercise in a way that was easy for students to grasp. The students enjoyed the workout as they mimicked Barillas' movements and practiced in small groups. The Zumba Jr. classes will be held on Thursdays at 4:15 p.m. Registration is required.



TWINS HAILEY, LEFT, and Hannah Vidro, 9, practiced what they learned in class.

INSTRUCTOR KATERINE BARILLAS teaches the class.

COMMUNITY CALENDAR

Thursday, Jan. 16

Friends Academy open house

Friends Academy, 270 Duck Pond Road, Locust Valley, 8:30 a.m. Tour the Friends Academy campus, meet some of the faculty and find out why there is no better time for preschoolers to enroll in the school. (516) 676-0393.

Intergenerational discussion

Glen Cove Senior Center, 140 Glen St., Glen Cove, 10 a.m. Enjoy a pleasant discussion with Friends Academy students about generational similarities and differences. This discussion will be a great opportunity to bond with students in the community. (516) 759-9610.

Sea Cliff MAKEshop coding

North Shore Middle School, 505 Glen Cove Ave., Glen Head, 3 p.m. Students will learn to code in Python, a versatile, popular programming language. This class will be an introduction to fundamental coding concepts and Python programming language (syntax). Students will problem solve while they program. The latter half of the class will involve students making a game to apply the learned concepts. Ongoing Thursdays through the winter. (202) 246-4818.

An Evening of Enlightenment

American Legion Hall, 190 Glen Head Road, Glen Head, 6:30 p.m. Join Sandy from Readings by Sandy as she demonstrates her ability to connect with loved ones who have crossed over to the other side. Messages of love will be shared with the audience during this dynamic event. Admission is \$50. Proceeds will benefit Cove Animal Rescue. (516) 676-5913.

Mind reading with Keith Zalinger

Bayville Free Library, 34 School St., Bayville 7 p.m. Explore the power of the human mind with mind-reader, mentalist and hypnotist Keith Zalinger, as he connects with members of the audience through thoughts, feelings and imagination. (516) 628-2765.

Building your first budget

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. A smart budget balances expenses and still affords the finer things in life. Teens in seventh grade and up can find out to make and maintain a budget based on their needs. (516) 676-2130.

Saturday, Jan. 18

Sea Cliff Winter Market

Creative Arts Studio, 256 Sea Cliff Ave., Sea Cliff, 12 p.m. The coffee cakes are there for the buying at the Sea Cliff Farmer's Market. Enjoy delicious food from Conscious Kitchen, nybonebrothsoup.com, Youngs Farm Heritage Bakers and Dom the Honey Guy. The Makers of Sea Cliff are not to be missed featuring the Sea Cliff Hemp Company. (516) 671-1000.

Surviving an active shooter incident

Locust Valley Library, 170 Buckram Road, Locust Valley, 2 p.m. These are the



Alyssa Seidman/Herald Gazette

Glen Cove Martin Luther King Jr. Day March

The City of Glen Cove will celebrate its annual commemoration of Dr. Martin Luther King Jr. on Jan. 20. The event will begin at 8:45 a.m. with a traditional march that represented Dr. King's steps towards equality and voting rights. The marchers will gather at The First Baptist Church at 7 Continental Place and proceed through downtown Glen Cove to The Wunsch Arts Center at the Finley Middle School at 1 Forest Ave. A celebratory program will follow the march, with this year's theme being Dr. King's Blueprint for Life. Glen Cove is one of the few cities with a longstanding annual tradition which honors Dr. King and the huge crowd it draws every year makes it one of the biggest and most influential annual events that the city puts on. (516) 676-2000.

keys to surviving an active shooter incident. Join Don Longo, a retired police officer and private investigator who has trained with the FBI and the United States Secret Service, as he provides attendees with helpful tools to use if such a scenario occurs. This course will provide participants with the knowledge, techniques and skills that will best equip them to survive an active shooter incident. (516) 671-1837.

Sunday, Jan. 19

Hoops for Harrison

North Shore High School, 450 Glen Cove Ave., Glen Head, 10 a.m. Participate in or spectate a three-on-three basketball tournament to benefit the Crohn's & Colitis Foundation. \$45 per player upon registration. (516) 222-5534.

Tuesday, Jan. 21

Open Mic Night with Barbara & Ken

Life Enrichment Center at Oyster Bay, 45 E Main St., Oyster Bay, 6:30 p.m. Local musicians, vocalists, poets and storytellers are welcome to showcase their talents. Bring an appetizer, dessert or refreshment to share. A suggested donation of \$5 per person is greatly appreciated. (516) 922-1770.

Wednesday, Jan. 22

Census 2020 job recruitment

Glen Cove Library, 4 Glen Cove Ave.,

Glen Cove, 10 a.m. Earn income while helping the community. The U.S. Census Bureau is recruiting to fill thousands of temporary positions across the country to assist with the 2020 Census count. A representative from the U.S. Census Bureau will be at the library on Wednesdays to assist people with online employment applications. (516) 676-2130.

Say Cheese or Formaggio!

Oyster Bay-East Norwich Library, 89 East Main St., Oyster Bay, 7 p.m. Italy produces over 400 different kinds of cheeses. Explore the most renowned ones, the deep cultural heritage and the historic origins that for some date back to thousands of years ago. Learn how to recognize real Italian cheeses and how to pair them with the right wine. Participants will also enjoy samples of different Italian



Courtesy Flickr

Local Artisan Market

Mockingbird Wings's January market will be at the Life Enrichment Center at Oyster Bay on Jan. 19 beginning at 12 p.m. The market experience includes eclectic, unique creations by local artisans, fair trade items, gifts for all occasions and home decor. There will be some returning vendors and plenty brand new ones as well. There will also be a free children's crafts table for the little ones to enjoy while the adults shop. 45 E Main St., Oyster Bay. (631) 838-5003.

cheeses. (516) 922-1212.

Freedomland U.S.A.: Definitive History

Locust Valley Library, 170 Buckram Road, Locust Valley, 7 p.m. Join Michael R. Virgintino, author of "Freedomland U.S.A.: The Definitive History," the tale of America's history-themed park in the Bronx as he documents the entire story from conception to bankruptcy of one of the most innovative and beloved theme parks in America. (516) 671-1837.

Global warming talk

Gold Coast Library, 50 Railroad Ave., Glen Head, 7 p.m. Global warming refers to an unequivocal and continuing rise in the average temperature of Earth's climate system. Since the early 20th century, the global air and sea surface temperature has increased, and each of the last three decades has been successively warmer at the Earth's surface than any preceding decade since 1850. Saul Fathi will discuss global warming, its effects on the world and its future. (516) 759-8300.

Thursday, Jan. 23

Mindfulness-based stress reduction

Bayville Free Library, 34 School St., Bayville, 2 p.m. While it is not always possible to eliminate the sources of stress in one's life, it may be possible to teach ourselves better ways to deal with life's stressors so that they do not have such a strong negative impact on our health. One technique that is used to help train the mind to better control its approach to stress is mindfulness-based stress reduction. Presented by Dr. Joseph Diamond. (516) 628-2765.

Restorative yoga

Glen Cove Salt Cave, 70 Forest Ave., Glen Cove, 7 p.m. Enjoy the benefits of salt therapy and restorative yoga all in one class. Beginning with pranayama or a breathing practice, this class uses props/seated and floor postures held for longer periods of time to produce deep relaxation of body, mind and spirit. The class ends with meditation and aromatherapy. All levels are welcome and all yoga materials are provided. (516) 801-0665.

Chinese New Year cooking program

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 7 p.m. Teens grades 6 and up can learn a little about Chinese New Year and make their own traditional fried rice to take home. (516) 676-2130.

Friday, Jan. 24

Leo Meets Pisces

Still Partners, 225 Sea Cliff Ave., Sea Cliff, 9 p.m. Check out one of the North Shore's premier bands at Still Partners. Leo Meets Pisces offers an authentic rock experience, playing plenty of original songs with authentic and powerful lyrics written by singer Jenn Gerrity. (516) 200-9229.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.



Courtesy Glen Cove Chamber of Commerce

THE CITY OF Glen Cove swore in its newest board members to the Glen Cove Chamber of Commerce.

New Chamber of Commerce heads

Mayor Timothy Tenke recently swore in the new Glen Cove Chamber of Commerce Board of Directors. Although with existing members Maxine Cappel Mayreis, Tom Bunger, Arnold Goldberg, Jerry Farrell, Mary Stanco, Matilde Tysz and Board President Lisa Cohn, the Chamber also welcomed new members Ylisa Kunze from RXR Realty, Yajhayra Reyes from the Glen Cove Salt Cave, Ernie Feliciano from the Med Station, Matthew Narto-

wicz from American Community Bank, Jamé Krauter from Tiegerman, Susan Rassekh from Glen Cove Hospital Northwell Health Systems, and Sonya Lowe from Netcinity.

“With so many new board members from such diverse backgrounds, I feel that the business community will be better represented and together we can improve the business climate in Glen Cove going forward,” Cohn said.

Giving the gift of warmth in G.C.

The Glen Cove Hospital Auxiliary filled several large baskets filled with donations and helped distribute them to several men’s shelters in the city during their annual Winter Hat, Sock and Glove drive on Dec. 18. The event is meant to unite the community and help

bring comfort to those in need during the cold winter. The auxiliary is always looking for ways to help residents in Glen Cove and neighboring communities. Those interested in joining can call 516-674-7365.



Courtesy Glen Cove Hospital/Northwell Health

THE GLEN COVE Hospital Auxiliary donated winter clothing to men’s shelters on Dec. 18.

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Pastor duo shine at G.C. Christian Church

CONTINUED FROM FRONT PAGE

his wife, Laura, had a serious traffic accident. She spent weeks in intensive care, and Joe began to fear that he might lose her. That terrified him, because he didn't know how he could take care of their three children by himself.

Cortale found solace in prayer. After he asked for mercy and a miracle for his family, he recalled, Laura was released from the hospital, and so began her husband's new relationship with God. "We made an agreement that if she would pull through, I would serve him," he explained.

In 2010, Cortale decided to go back to school at Hope International University in California, where he earned a master's in Christian leadership and ministry. As he was working on the degree, he and his family joined the Glen Cove church. When the associate pastor retired in 2011, Phegley invited Cortale to lunch and asked him to lead the prayer announcements. Although he was nervous at first, Cortale found the task fulfilling, and became the new associate pastor, where he learned from and supported Phegley. Then, when he found out about Phegley's retirement plans, Cortale stepped up as one of the new co-pastors.

Before he retired, Phegley set about looking for the other co-pastor himself, and found Tommy Lanham, a fellow alumnus of Johnson University, in Florida. Lanham, a native Kentuckian, said he had long been drawn to religion, ever since he was a child and pretended to give sermons in his living room after church on Sundays. Although he originally focused on the music ministry program at Johnson, he was drawn more and more to the courses that focused on preaching and pastoral work. He was especially intrigued by how people could change for the better through sermons.



Courtesy Tammy Lanham

JOE CORTALE, LEFT, and Tommy Lanham said they were excited about shaping an era of spiritual growth at the Glen Cove Christian Church.

"I like seeing the transformation people can go through when they find their faith," Lanham explained. "It's amazing to watch them grow."

Lanham has more than 20 years of ministry experience, as a lead minister, an associate minister and a youth minister. He has a master's in pastoral counseling and life coaching from Liberty University. In conjunction with his ministry work, he has also helped others with public speaking, and has written a book on

the subject. Lanham said he has always had a gift for public speaking, and focuses on energizing his congregation with his sermons.

"I believe preaching a boring sermon is a sin," he said chuckling.

Lanham and his family enjoyed their lives in rural Keavy, Ky., but his wife, Tammy, said that she sometimes felt a bit isolated in an area where they could not see their closest neighbor's house. As they looked for an opportunity to move,

Tommy found Phegley's Facebook post about an open position and applied for it. Although Lanham had heard all his life how rude New Yorkers were, he said he was pleased to find welcoming faces in Glen Cove and a supportive teammate in Cortale.

As the two worked together, Lanham's talent for preaching impressed Cortale, and they talked about bringing a more contemporary feel to their services, which included bringing them into the digital age. Tammy Lanham, who had worked at the Creek Church, a large, multi-site church in London, Ky., with a stage camera operations team, began posting the Glen Cove church services on Facebook and on the church's website. The videos now get 800 to 2,000 views a week, she said, and allow people to see what the church has to offer.

"It helps people experience the church in a comfortable setting, like in their homes," Tammy said, "and it may actually help them take the next step of joining us here."

Cortale said he believes the videos are doing just that, because he spots a few new faces every week. As the congregation grows, he and Lanham plan to invite more members to join prayer and Bible study groups, which will help them further their understanding of the sermons. They also want to reach out to young families in Glen Cove, as well as those whose religious faith may have faded.

And later this month, Cortale and Lanham plan to present to the congregation a list of 16 goals that the church will strive to achieve this year. Lanham said that they would all support the No. 1 item on the list: enhancing the congregation's spiritual growth.

Self improvement to the max

By **RONNY REYES**

rr Reyes@liherald.com

When Glen Cove High School student Alessandra Sicuranza, 18, won The Max Challenge's 10-week Summer Challenge last year, she felt a great sense of accomplishment. The Max Challenge in Glen Cove had offered her a supportive team that helped Alessandra tackle her poor-body image issues, lose weight and gain a love for exercise. Going to The Max Challenge gym quickly became Alessandra's favorite thing to do, and when she was gifted the chance to sign someone up for the following Fall Challenge, Alessandra picked her mother, Caterina.

"As soon as I saw her win, I made up my mind to change," said Caterina, who had spent years apathetic to the idea that exercise could help her.

As Caterina took on the Fall Challenge, she was swept up by negative emotions, believing that she would be unable to finish it. Despite the rocky start, Caterina found solace in her daughter's success and in the supportive environment at The Max Challenge. As the gym celebrated the

completion of the Fall Challenge on Jan. 4, Caterina was shocked to learn that her fellow challengers had voted her to be the winner of the challenge for losing 25 pounds, five more pounds than what she originally strived for.

Watching mother and daughter embrace in their success was an outcome that The Max Challenge co-owners Matilde Tysz and Fausto Rotundo could not be happier with. Tysz said it was moving to see how much a child could inspire a parent, and she and Rotundo were proud of the mother-daughter duo.

"It's beautiful to see a family work together and want to improve on themselves," Tysz said. "This gym is all about helping members of the community feel better."

The seasonal challenges are the main focus of The Max Challenge gyms, where participants join a 10-week program designed around exercise, nutrition motivation and results. The gym holds several classes a day, with some as early as 5 a.m., which was the class Caterina was in. Although it was tough to work out that early, Caterina said exercise quickly



Photos by Ronny Reyes/Herald Gazette

GLEN COVE MAX Challenge trainers and members kicked off the start of the Winter Challenge as they celebrated last season's finalists.

became an addiction, which she plans to keep up even after completing the challenge.

Along with celebrating the end of the Fall Challenge, Tysz and Rotundo also kicked off the start of the Winter Challenge in not only the Glen Cove location, but also in the East Rockaway Max Challenge, which they recently purchased. Glen Cove City Councilman Gaitley Stevenson-Mathews, who works part-time at the gym, said he was proud of the gym's

growth and cited Tysz as a positive influence not only in her members' lives, but also in the City of Glen Cove through her work on the Glen Cove Chamber of Commerce, for which she is a board member.

"Even before Matilde and The Max Challenge opened their doors, they signed on to be a sponsors of the Downtown Sounds [Summer Concert Series]," Stevenson-Mathews said. "I'm always so impressed by this woman and what she does for the city."

Catholic Schools Week



HERALD
Community Newspapers
January 16, 2020





A record of student success

Why parents choose Catholic School for their children

While everyone has their own reasons, a number of significant themes are identified when you speak to parents about why they selected a Catholic Elementary School for their children.

1. Catholic elementary school offers an education that combines Catholic faith and teachings with academic excellence.
2. Catholic schools provide a safe and welcoming environment for all.
3. Catholic schools partner with parents in the education and faith formation of their children.
4. Catholic schools teach children respect of self and of others.
5. Catholic schools instill in students the value of service to others.
6. Catholic schools effectively use technology to enhance education.
7. Catholic schools emphasize moral development and self-discipline.
8. Catholic schools prepare students to be productive citizens and future leaders.
9. Catholic schools provide a balanced curriculum that integrates faith, culture and life.
10. Catholic schools cultivate a faculty and staff of people who are dedicated, caring and effective.
11. Catholic schools set high standards for student achievement – then help each student succeed.
12. Virtually all students graduate to attend a prestigious Catholic high school and 99 percent of them go on to college. ■



Diocese of Rockville Centre, Department of Education



128 Cherry Lane, Hicksville, New York 11801

Office of the Superintendent

January 2020



Greetings,

Catholic Schools Week is a time to celebrate and share all the wonderful opportunities that our schools provide for students and their families. The supportive environment that is found in each of our schools is second to none!

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that will grow throughout a student's life. The gift of a Catholic education would not be possible without the deep level of commitment and sacrifice from our parents, parishioners, pastors, staff, and broader communities.

Thank you for entrusting to us the academic and spiritual education of your child. We are filled with gratitude for your passion and commitment for Catholic education.

I'd like to invite you to take some time to visit our schools during Catholic Schools Week. Come and see the many programs our students are engaged in that enable them to compete and excel in the world today. Come and see first hand the quality instruction and academic rigor that is present in our classrooms each and every day. Experience the joy of the gospel alive in our schools and see what a difference a Catholic school education makes!

Thank you for your support!

Wishing you God's blessings,

Dr. Kathleen Walsh

Dr. Kathleen Walsh
Superintendent of Schools
Diocese of Rockville Centre

Catholic Schools Week Open Houses • Jan 26 - Feb 1



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Faith-based education

The value of learning blends with the learning of values

Long Island is home to 42 beautiful Catholic elementary schools. Thirty eight of the schools are run by the Diocese of Rockville Centre while four are private Catholic elementary schools. All of the elementary schools and the nine Catholic high schools in Nassau and Suffolk operate under the religious direction of Bishop John Barres.

The Diocesan schools are a combination of Parish and Regional schools and are situated to be within geographic reach of the children of the 133 Catholic parishes in Nassau and Suffolk counties. The schools are open to students of all faiths, and all are welcome. Long Island Catholics are extended an incremental tuition discount regardless of whether their parish has a school, is part of a regional school, or is not associated with a school. The idea is to make a Catholic education possible and affordable for every family.

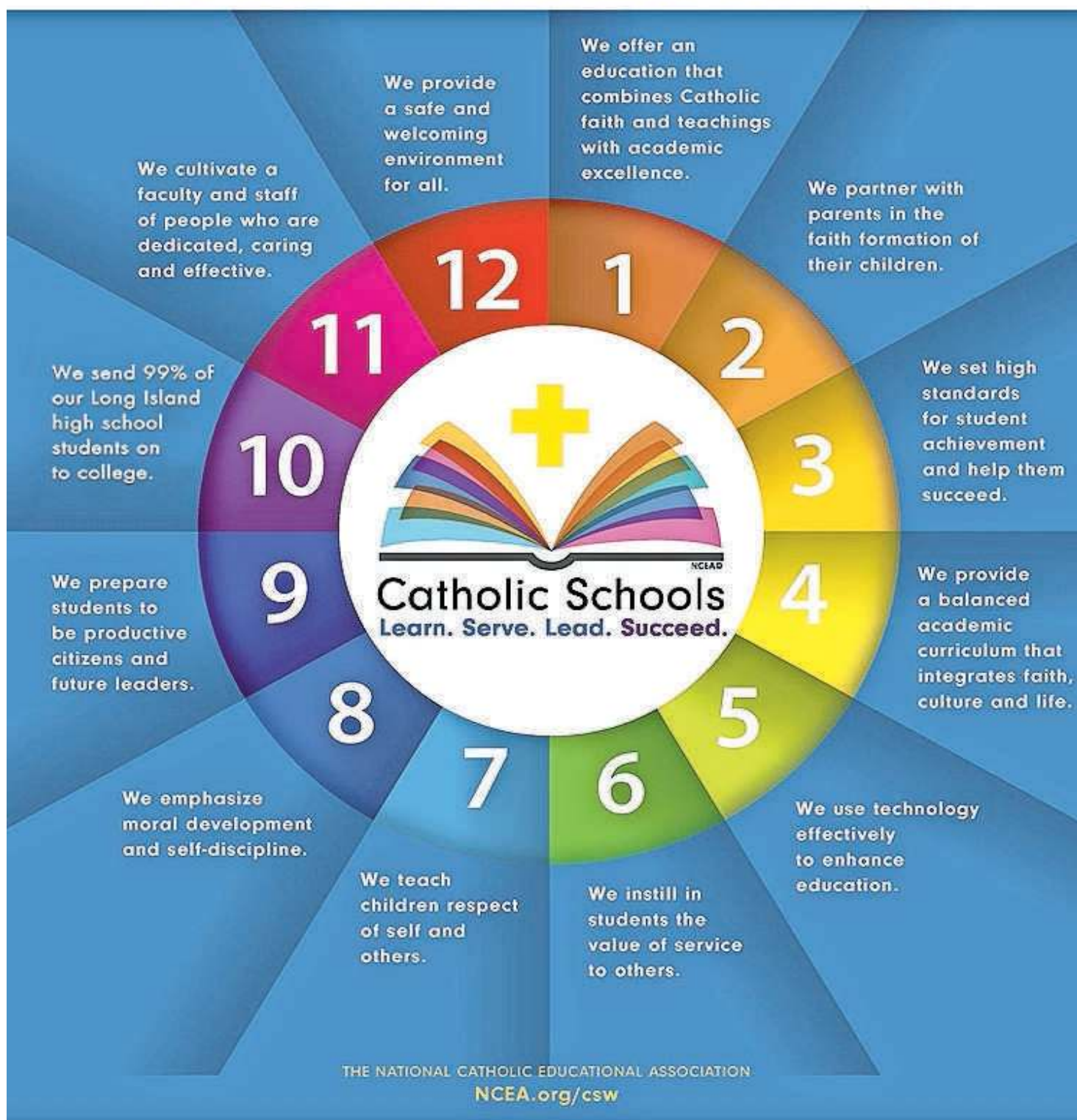
One of the ways Catholic school is unique is that families can choose the school that best serves their child's needs. There is no 'geographic mapping' that dictates which a family must use. Because of this freedom to choose, events like Catholic Schools Week allow families to visit the schools of interest to them to meet the teachers and tour the facility to get a 'feel' for the school that their student will feel most at home in.

While each of these schools are somewhat unique, and reflect some of the character, tradition and personality of the parish and community they serve, they all share a common focus on development of the whole child; in mind, in body and in spirit.

This complete integration of the Catholic faith into all subjects and activities is what makes the character education in Catholic school stand out. At a time when all schools, public and private, are realizing the value of SEL, Social Emotional Learning — the development of the most desirable personal characteristics, is something that has differentiated the Catholic school student all along. It's not just what they learn, it is more about 'who they become.' Students graduate with character, confidence, drive, discipline and compassion.

The elementary schools offer classes for children as young as 3-years-old in the nursery program and graduate students from

a dozen reasons to choose Catholic Schools



middle school (8th grade) prepared to succeed in high school and beyond. Most graduates go on to a prestigious Catholic high school, and 99 percent of high school graduates go on to college. Currently more than 10,000 students attend Catholic elementary schools across Long Island and approximately 11,000 additional students attend a Catholic high school.

The National Center for Education Statistics (NCES) released a longitudinal study in 2014 where 10th graders from public, private and Catholic high schools were asked if they were planning to continue to college and pursue their degree. Those that expressed an intent to get a college degree were re-visited 10 years later, eight years after they graduated high school. Nearly twice as many students who graduated from Catholic high schools earned their college degree compared to their public counterparts. ■



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Ronny Reyes/Herald Gazette

AT GLEN COVE High School, slats of wood hold air conditioners in place. This is one of the problems the district hopes to remedy with the proposed bond.

District pins hopes on vote in March

CONTINUED FROM FRONT PAGE

move forward on the newest bond, in order for it to be put to a vote as soon as possible. Some residents, however, worry that moving too quickly might lead to another defeat.

Rick Smith, who opposed both previous bonds, said that many residents who live on fixed and low incomes do not want to see their taxes increase. At last week's meeting, Smith criticized the district's plan to replace outdated doors rather than save money by repairing them, and added that the district should do more with the money it has on hand before pushing for a bond.

Rianna responded that the district does do the repairs it can, but work is limited by a lack of funds. Glen Cove is one of the "Harmed Suburban Five" school districts — along with Westbury, Riverhead, Port Chester and Ossining — which have historically received only 50 percent or less of the maximum potential state Foundation Aid they were entitled to. State Sen. Jim Gaughran, who has worked with Rianna to bring in more funding for the district, explained that a small number of disproportionately wealthy Glen Cove families skew the district's profile, making it seem as if it doesn't need as much funding as it does. While Gaughran and Rianna's work brought an additional \$1.3 million to the district in 2019, she said that it is still receiving only about half of what it should.

At last week's meeting, architect Michael Mark, of Mark Design Studios, reiterated what he said at a bond presentation in December, saying that replacing worn or outdated equipment is better than repairing it. Whenever an item is replaced, 33 percent of the cost is reim-

bursed by the state. Board Trustee Karen Ferguson added that the district cannot fix one part of a door, for example, without having to address the entire door.

"We can't just fix door handles, because we would have to bring the whole door up to code," Ferguson explained. "I used to wonder why we couldn't just do repairs, too, but this is mandated by the state. Once we touch something, we have to address the whole thing."

The cost of labor is another consideration. While opponents of the bond have claimed that the district fails to shop around for the lowest bidders for work it needs, Mark explained that bids go through the State Department of Education and the Department of Labor, which sets the rates that workers are paid, because work on schools falls in the category of public works projects. If the district deviates from state mandates, it can face fines and penalties levied by the state, and insurance companies may not insure the work.

"The values that are set are not arbitrarily decided," Mark said. "These are the steps we have to go through."

"I'm sorry we're chained to certain situations," Rianna said, "but I will not risk the safety of our students as a result."

In the hope of changing these regulations, and bringing more aid to the district, Rianna, along with other district officials and administrators from school districts around the state, plan to take part in a lobbying event on March 26 in Albany to urge Gov. Andrew Cuomo to increase Foundation Aid funding. Rianna encouraged parents to join her at the event, and invited those interested in learning about the bond to visit the district or look over the details of the proposal on the district's homepage.

The bond vote is set for March 19.

HERALD Crossword Puzzle

King Crossword

ACROSS

- 1 Variety of lettuce
- 5 "Eureka!"
- 8 Book of prophecies
- 12 Lotion additive
- 13 Chaps
- 14 Toothpaste container
- 15 Anger
- 16 Conventional
- 18 One up?
- 20 Western occurrence
- 21 Leopold's codefendant
- 23 Four qts.
- 24 One of Monopoly's light-blue avenues
- 28 Speech impediment
- 31 Great noise
- 32 Disrobe
- 34 Female deer
- 35 Bird of peace
- 37 Decoration
- 39 Finish
- 41 Ireland
- 42 Secular
- 45 Servile
- 49 Form a union
- 51 Top
- 52 Isn't well
- 53 Calendar abbr.
- 54 Prolonged sleep

1	2	3	4	5	6	7	8	9	10	11
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49					50			51		
52					53			54		
55					56			57		

- 55 Run away
- 56 Automaton, for short
- 57 Slaughter of baseball
- DOWN**
- 1 Zinger
- 2 Pelvic bones
- 3 Nut partner
- 4 Pvt. Bailey
- 5 Cherub, in art
- 6 The girl
- 7 Picnic invaders
- 8 Musically keyless
- 9 Flood aftermath, perhaps
- 10 Reed instrument
- 11 Send a naughty message
- 17 Embrace
- 19 Billions of years
- 22 Wilkes- —, Pa.
- 24 Peculiar
- 25 Brazilian tourist mecca
- 26 Lure
- 27 Ache aid
- 29 Junior
- 30 Teacher's —
- 33 Rid of rind
- 36 Put in a box
- 38 Threaten
- 40 Novelist Brown
- 42 Unsliced bread
- 43 Seed coat
- 44 Owl's perch
- 46 PC picture
- 47 Magazine contents
- 48 Meadows
- 50 Menagerie

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January 16, 2020 – GLEN COVE HERALD GAZETTE

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Nassau takes the Climate Smart Pledge

Nassau County Executive Laura Curran has signed the State Department of Environmental Conservation's Climate Smart Communities Pledge. On Jan. 7, she joined other elected leaders and environmental advocates in announcing the county's participation in the program.

The Nassau County Legislature adopted legislation to become a pledge signatory in late December:

"We are pledging to make significant strides toward fighting climate change by joining the Climate Smart Communities program," Curran said in a statement. "We are excited about the prospects of working together to create a more sustainable, cleaner New York."

"New York is leading the way on combating climate change and ensuring a green, sustainable future for generations to come," said State Sen. Todd Kaminsky, chairman of the State Senate Environmental Conservation Committee.

DEC Commissioner Basil Seggos said, "Climate change is the defining issue of our generation. On behalf of DEC, I applaud Nassau County for adopting the Climate Smart Communities pledge and joining the communities across New York state who are working to tackle this challenge in a collaborative and proactive way."

Members of the Climate Smart Communities Program comprise a network of New York communities engaged in reducing greenhouse gas emissions and improving climate resilience. The program pro-

vides guidance to local governments on best practices for mitigating and adapting to climate change.

By participating in the program, Nassau vows to:

- Inventory greenhouse gas emissions to establish a baseline and reduction goals for county government operations.

- Decrease energy use.

- Achieve or exceed LEED (Leadership in Energy and Environmental Design) standards for new facility construction and incorporate energy-efficient technologies where applicable and feasible.

- Convert the county fleet to low- or no-emission and fuel-efficient vehicles.

- Shift to clean, renewable energy generation and procurement.

- Reduce solid waste generation and promote the reuse and recycling of throw-aways.

- Protect open space, biodiversity and water quality throughout the county.

- Enhance community resilience to impacts of climate change such as sea-level rise and storm surge.

- Support a green innovation economy.

- Establish public awareness campaigns on the county's green initiatives to encourage residents to be more environmentally

responsible.

- Engage in evolving climate action research and policy at the local and regional levels, and be willing to consider new ideas.

Nassau County is already taking steps toward meeting new energy goals and switching to sustainable practices, according to Curran.

- Projects in the proposed 2020 capital plan will allow the county to conduct a feasibility study to install solar generation on county properties and buildings and determine the feasibility of converting several county fleets to electric vehicles.

- The county's Department of Public Works is working to bring electric vehicle charging stations to county buildings and properties for public use.

- C-PACE (also known as Energize NY Finance) financing is a program eligible to local governments in New York state that allows property owners to finance the cost of clean energy upgrades to their commercial or non-profit property with no out-of-pocket expenses, and payments that are less than the ongoing savings on energy bills. C-PACE enables eligible commercially owned buildings to secure funds to tackle significant energy upgrades and renewable energy projects for existing buildings and incorporate renewable energy in new

buildings. This program has the dual benefit of saving building owners money and creating green jobs in the building and energy fields.

- The county's Office of Emergency Management will kick off its Hazard Mitigation Plan five-year update in early 2020. OEM is working directly with local municipalities and regional stakeholders to increase community resilience to natural hazards, such as severe storms, flooding and earthquakes.

- The county is also currently conducting a mobility study that is looking into a variety of transportation options, including reducing single-occupancy vehicle travel and emerging technology and trends in renewable fuel vehicles.

Climate change works like this: Carbon dioxide and methane allow sunlight to pass through the atmosphere. When sunlight hits the ground, it is reradiated skyward as infrared heat. Carbon and methane trap infrared heat, which is why the Earth is warming, including our oceans. The more carbon and methane we emit from cars, power plants and factories, the more infrared heat is trapped, and the faster Earth warms. By reducing — and, to the degree possible, eliminating — carbon emissions, that process is slowed.

To check out the county executive's announcement on the Climate Smart Communities Pledge, go to liherald.com.

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ON THE ROAD WITH A TAKEOUT QUEEN

Lite bites to go

By CATHI TUROW

During the holidays, I ate everything from fettucine to fudge to falafels — all at once. At some point, my stomach refused to digest anything but poached eggs. I guess it was saying, “Don’t you dare send another slice of chocolate cherry cheesecake down here.” So, to apologize to my stomach, I declared January the National “I’m So Sorry Stomach” Month. To observe this new holiday, I continued picking up breakfasts, lunches and dinners to go but compromised by only ordering appetizers, small plates and lighter dishes. I discovered there are lots of awesome new mini-meals in our neighborhood that you and your stomach should definitely visit.



CATHI TUROW

■ **Grass Roots** (671 Glen Cove Ave., Glen Head) My belly was especially proud to digest new foods offered that are IBS friendly (irritable bowel syndrome). The energy bites are one example. In the morning, instead of a cup of coffee, I munched on a Mocha Espresso Energy Bite. Its rich, deep coffee flavor is joined by a plethora of healthful ingredients. Other new Energy Bite flavors are almond cranberry and lemon coconut.

■ **Bagel Boss** (400 Willis Ave, Roslyn Heights) Instead of ordering my usual bagel with a mound of cream cheese, lox and onions, I decided to try the new Italian wedding soup. It’s made with scrumptious little plant-based meatballs instead of traditional beef. The plant-based version has a beef-like flavor but a smoother texture that melts in your mouth. It blends beautifully with the pasta, green vegetables and broth surrounding it.

■ **Meritage Wine Bar** (90 School St., Glen Cove) Instead of ordering an entrée, I asked for three of the new chef’s gourmet “small plates.” First, I tried the

braised beef short ribs with pasta noche. Next, the octopus and prawn dish, marinated overnight in extra virgin olive oil, garlic, chili flakes, thyme, rosemary and a bit of red wine vinegar, then served fresh off the grill with olives and sea salt. Then I had the black truffle risotto special. The risotto is made with creamy butter and parmigiana cheese and served as a base for sautéed cremini, oyster and beech mushrooms and a bit of truffle jus. Since each dish is served as a small plate, you get a little taste of heaven three times.

■ **NY Chicken and Rice** (214 Glen Cove Ave., Glen Cove) Rather than building one of my traditional concoctions, I ordered the new, lighter Keto Bowl Special. It’s layers of delightful flavors, one after the next. A fried egg sits atop a layer of street cart chicken and feta. Dig your fork deeper into sautéed mushrooms, then a bed of romaine lettuce. It’s all drizzled with a bit of white sauce. Magnificent. A spicy version is also offered.

■ **Gemelli Gourmet Market North** (716 Glen Cove Ave., Glen Head) For a snack I picked up a new cauliflower meatball. Cauliflower and cheese are smooth as silk on the inside and covered with a perfectly crunchy meatball crust. Filling and fabulous.

■ **Rustic Root** (7927 Jericho Turnpike, Woodbury) New, mixed vegetable meatballs are on the menu here. I ordered them along with two of my favorite appetizers: the crispy Brussel sprouts (made with honey, almonds, Tobasco, mint, green yogurt); and the roasted beets (with marcona almonds, pickled onions and goat cheese).

I’m happy to announce my stomach and I are now at peace. I think. See you next month!



VIEWFINDER

By MAUREEN LENNON

THE QUESTION: What are your goals for 2020?



I will finish writing my play House of Strays, written of the Moroccan culture lifestyle of women. It s a lifetime piece which will be brought to film, in the future.

Jeffrey Laraichi
Film Editor



I want to be able to help others feel comfortable with their challenges and changes in their aging life.

Helen Connors
Medical Companion



This year I would like to advance myself in the culinary arts. I want to learn to be an executive chef.

Francis Berberich
Food runner



In 2020, I am going to graduate high school and get a part-time job.

David Blanco
Student



My goal is to continue to rescue animals and raise awareness for those who can’t speak for themselves.

Donna Eyring
Calendar Clerk



Well, I am in high school so I plan to graduate this year. But sometime in the near future, I would like to learn to speak Russian.

Dubois Simmons
Student

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Richner Communications, one of the fastest growing media, event and communications companies on Long Island is seeking a Sales Administrative Assistant. The ideal candidate must be able to embrace a fast paced environment with a diverse range of duties including sales order entry, sales and marketing. Computer proficiency is a must - Excel (including formulas). Word and Outlook. Strong writing, math and verbal skills are necessary. Eligible for health benefits, 401 (k) and paid time off. Will consider part time. Qualified candidates should email cover letter with salary requirements and resume to

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STEPPING OUT

Where to go, what to do, who to see



Monster trucks reach epic heights in the latest edition of Monster Jam. Gravediggere and other popular trucks will thrill fans with exciting car-crunching feats in their customized high-power vehicles.



Avenger in action.

Photos courtesy Feld Entertainment



Designated as a tribute to the popular superhero, Wonder Woman raises the profile of female drivers on the Monster Jam circuit.

Monster Jam returns to win new fans, thrill old This is not kid stuff — And it's not just for kids

Monster Jam is returning to Uniondale, and when it does, it'll attract thousands of wildly enthusiastic fans. Fans with autograph albums and t-shirts and favorite drivers, with facts and anecdotes at the tip of their tongue, and the fullest expectation that what they are about to experience will add another thrilling chapter to their lives.

It all happens on the weekend of Jan. 31 at NYCB Live's Nassau Coliseum.

To be sure, Monster Jam is something that will appeal to the truck-loving kid who lives in many of us. But if you suppose it's just about the power and the noise, guess again.

There is a grace and acrobatic athleticism to Monster Jam that transcends its appeal to the 'big and loud' crowd. Beyond the raw and powerful, beyond the huge burst of acceleration to keep the trucks from rolling over; beyond the miraculous escapes from disaster. There is a mastery of motion and defiance of physical limitations that — experienced live — will set the jaws tensing of many a non-believer.

Just ask Matt Cody, a Monster Jam driver from Williamsport, Md., who will be behind the wheel of one of these behemoth trucks. Cody, who began to follow the sport at age eight, is a lifelong fan and knows the thrills it offers to both fan and participant.

"Anybody can strap into a truck and step on the gas pedal and crash, but to put on a show you have to do the amazing, and you have to keep being innovative," he says. "Meanwhile, there's a lot going on in that truck, it's a hibachi act in there! You have one hand on the shifter and the next thing you know you get into a tense run and you're using both hands, trying to work your way through it. A lot happens in 75 seconds!"

That includes leaps and turns, smooth vaults and topsy-turvy near disasters, backflips, front flips, moonwalks in reverse. There are wheelies and sky wheelies; Donuts and Cyclones and Pogo moves; Walking It (rocking back and forth between the two rear tires and moving forward one wheel at a time). And the ordinary ferocity of racing competition.

Some of it is programmed. The judged trick competitions, for example. And some of it is unexpected and has to be dealt with in the confusion of the moment.

And according to Cody, when you get it right and see a good move — and then glance up at the stands and see the crowd cheering — "you're right there with them. You're in the stands, a fan again, and you can feel it the way they feel it."

Thrills aside, Monster Jam is a sport that is about family and community. Cody, for example, was taken under wing by hometown racing hero Mike Vaters, who helped him to rise up in the ranks. As for Krysten Anderson, a driver out of Currituck, N.C., it's a family tradition.

She's the daughter of Dennis Anderson, a Monster Jam pioneer and legend, and the sister of fellow racers Adam and Ryan Anderson. "I'm an Anderson," she says. "I was born into the sport through my dad and I'm getting to carry on my family's legacy. Monster Jam is all I know."

It is possible, of course, that some of us who aren't born into something like this, or brought along to see it by friends or family, will need some convincing. To that end, the stats help, though the stats don't really tell the story.

Sure, a monster truck's heavier than a rhino and quicker than a Ferrari. Yeah, it'll eat a gallon of fuel every 250 feet and roars like a jet. Of course, it is 12 feet wide and 12 feet tall and has tires the height of a man and can fall on its side, bounce back and kick dirt everywhere and

scramble miraculously — and in defiance of all physical logic back onto its four big wheels. And of course it can jump up to 30 feet into the air and travel more than 130 feet!

Having someone describe Monster Jam to you also helps, as does watching a video or two on the internet.

But the only way to get the full appreciation for Monster Jam is up close and personal, with the growl of a full throttle 1,500 rpm motor vibrating in your body. Along with the smell of truck and soil and axel and wheel in your nostrils, and with the hypnotic rise of astonished amazement rising in you too, as thousands of spectators simultaneously roar out a collective wow.

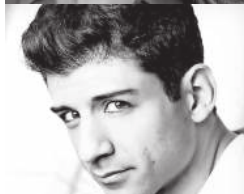
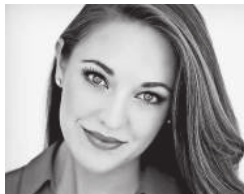
You have just experienced 75 heart stopping seconds as — before your eyes — a mechanical beast the size of a bull elephant has hurtled through space, recovered from a near crash, leapt up onto its back wheels, pirouetted across the floor, landed on all fours again, executed a neat little backflip off a barrier wall, and then wheeled proudly off stage to the cheer of the many adoring fans.

Yeah, that. That's Monster Jam. For those who already know and love it, that's enough to say. As for the rest of you — you have to see it to believe it.

Monster Jam returns to Nassau Coliseum, Friday through Sunday, Jan. 31-Feb. 2 at 1 and 7 p.m. See the trucks and visit with the drivers during pre-event Pit Parties, 10:30 a.m.-12 p.m. Tickets start at \$20; available at (800) 745-3000 or www.ticketmaster.com or at the Nassau Coliseum box office.

— George Wallace
kbloom@liherald.com

IN CONCERT Laura Osnes and Tony Yazbeck



The Tony nominees join forces for a dazzling evening of song and dance. "Things are Looking Up — A Night of Gershwin Favorites" is the duo's salute to George Gershwin's gorgeous melodies. After enchanting audiences in 2017 playing Polly and Bobby in Manhattan Concert Productions' "Crazy For You" at Lincoln Center, the pair recognized their undeniable chemistry and mutual love for the music of George Gershwin. They've taken their show on the road in an intimate evening of song. Osnes was last seen on Broadway in 2017's "Bandstand." Previously, she starred as the title role in Rodgers and Hammerstein's "Cinderella" (Drama Desk Award; Tony, Outer Critics Circle, Drama League and Astaire Award nominations). She also appeared as Hope Harcourt in the Tony Award-winning revival of "Anything Goes" (Drama Desk, Outer Critics

WEEKEND Out and About

Circle, and Astaire Award nominations) and Nellie Forbush in Lincoln Center Theater's production of "South Pacific." Yazbeck is the quintessential Broadway song-and-dance man. His Broadway credits include "On the Town," "Finding Neverland," "Chicago," Irving Berlin's "White Christmas," "Gypsy" opposite Patti LuPone, and "A Chorus Line," among his career highlights.

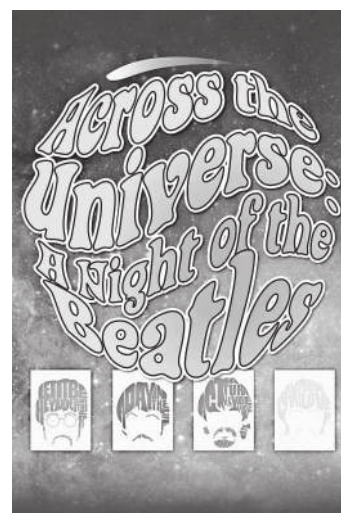
Saturday, Jan. 18, 8 p.m. \$79, \$69 and \$59. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. (516) 767-6444 or www.landmarkonmainstreet.org.

ON STAGE Across the Universe

Journey back to the era of the Fab Four when Molloy College CAP21 Theatre Arts students come together for "A Night of The Beatles." Hear those beloved classic hits

in this dynamic tribute. The show pays tribute to the 2007 cult-classic British-American jukebox romance film, "Across the Universe," about youth, love, and struggle, swept up in the discourse of the Vietnam War — all told through Beatles tunes. Hear the classic hits you know and love, such as "All My Lovin'," "Let It Be," "Blackbird," "I Wanna Hold Your Hand," "All You Need is Love," "Hey Jude" and more. It's an evening that takes everyone back to those great moments when The Beatles ruled the music scene. The student performers grace the stage in a fast-paced lively production that puts a new spin on these memorable songs.

Sunday Jan. 19, 3 p.m. \$25. Madison Theatre, Molloy College, 1000 Hempstead Ave., Rockville Centre. (516) 323-4444 or www.madisontheatre.org.



Performances/ On Stage



Million Dollar Quartet

The musical about a recording of an impromptu jam session involving Elvis Presley, Jerry Lee Lewis, Carl Perkins, and Johnny Cash in 1956, Thursday and Friday, Jan. 16-17, 8 p.m.; Saturday, Jan. 18, 3 and 8 p.m.; Sunday, Jan. 19, 2 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Josie Bello and Hank Stone

The Long Island-based singer-songwriters in concert, presented by the Folk Music Society of Huntington, Thursday, Jan. 16, 8:30 p.m. (open mic 7:30 p.m.). Cinema Arts Centre, Hard Luck Cafe, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemamaartscentre.org or www.fms.org.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, Jan. 16, 7 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Nicole Henry

The jazz vocalist in concert, with Roberta Lawrence, Thursday, Jan. 16, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Phil Vassar

The country singer-songwriter in concert, Thursday, Jan. 16, 8 p.m. The Space, 250 Post Ave. Westbury. (800) 745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.

The Disco Nights

The tribute band in concert, Friday, Jan. 17, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.



GE Smith and Jim Weider

The SNL bandleader and The Band's lead guitarist in concert, in a celebration of Fender's famous Telecaster guitar, Friday, Jan. 17, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Johnny Mac Band

The band in concert, Friday, Jan. 17, 8 p.m. Still Partners, 225 Sea Cliff Ave., Sea Cliff.

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'Til Death Do Us Part...You First!

Actor Chazz Palminteri hosts comedian/actor Peter Fogel's multi-media solo show on the Landmark on Main Street stage on Friday, Feb. 7, at 8 p.m.

The 90-minute high-energy autobiographical tale tells of the comic's quixotic quest to find "The One."

Fogel, national touring star of the comic hit "My Mother's Italian, My Father's Jewish and I'm in Therapy!," holds nothing back, mining the humor in all his failed romances and bringing the audience along on his humorous journey of the battle of the sexes.

He mixes his signature wit along with riotous relatable characters and takes us on a whirlwind comedic adventure searching for his soul mate and learning the meaning of a real commitment. A Q&A session with Fogel and Palminteri follows immediately after the performance.

Tickets are \$38, \$33 and \$28; available at 767-6444 or www.landmarkonmainstreet.org. Landmark on Main Street, Jeanne Rimsky Theater, 232 Main St., Port Washington. 200-9229 or www.stillpartners.com.

200-9229 or www.stillpartners.com.

Eric Andersen

The folk singer-songwriter in concert, Saturday, Jan. 18, 8 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Joe Picket and The Storm

The edgy rocker and his band in concert, Sunday, Jan. 19, 3 p.m. My Father's Place at the Roslyn Hotel, 1221 Old Northern Blvd., Roslyn. 413-3535 or www.myfathersplace.com.

Phillip Phillips

The singer-songwriter in concert, Sunday, Jan. 19, 8 p.m. The Space, 250 Post Ave. Westbury. (800) 745-3000 or www.ticketmaster.com or www.thespaceatwestbury.com.



Mike DelGuidice and Big Shot

The popular singer-songwriter and his band in a tribute to Billy Joel, Thursday, Jan. 23, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountny.com.

For the Kids

Polar Bear Pals

Create a friendly polar bear to keep company during the winter, Thursday and Friday, Jan. 16-17, 2:30-4 p.m. Long Island Children's Museum, Museum Row, Garden City. 224-5800 or www.licm.org.

The Mixed-Up Fairy Tale

An interactive performance combining the elements of classic stories into one fractured fairy tale, Friday, Jan. 17, 12 p.m. Tilles Center for the Performing Arts, LIU Post, Route 25A, Brookville. (800) 745-3000 or www.ticketmaster.com or www.tillescenter.org.

Story Tots

Investigate color, shape, form and texture with art activities based on a story, Friday, Jan. 17, 10-11 a.m. Listen to stories while exploring various art materials and processes; followed by an art project. For ages 3-5. Registration required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Studio Saturday

Drop into Nassau County Museum of Art's Manes Center for hands-on activities inspired by the current exhibition, Saturday, Jan. 18, 12-3 p.m. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Weekend Storytime

Enjoy a storytime activity, Saturday, Jan. 18, 11:30 a.m. For all ages. Gold Coast Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org.

FrozenFest

Celebrate winter at the "Frozen"-inspired event, Sunday, Jan. 19, 11 a.m.-2 p.m. Find out about arctic creatures, touch a walrus tusk and narwhal tusk, create "Frozen" crafts, and meet and greet Elsa. Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Coding Workshop

A beginner's class in coding for grades 6 and up, Tuesday, Jan. 21, 4:30 p.m. Lean coding while working on a creative project. Registration preferred. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130.

Pizza and Paperbacks

A book discussion for second-graders and up, Wednesday, Jan. 22, 3 p.m.; also Friday, Jan. 24, 12 p.m. (for children entering Kindergarten in 2020) 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.

Book Bingo

A bingo activity for grades 1-5, with books as prizes, Tuesday, Jan 21, 7 p.m. Gold Coast

Public Library, 50 Railroad Ave., Glen Head. 759-8300 or www.goldcoastlibrary.org. Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Museums/Galleries and more

Locally Sourced: Collecting Long Island Artists

An exhibition that kicks off the Heckscher's year-long centennial celebration, which underscores the museum's commitment to preserving and presenting the stories of Long Island's art through their permanent collection. It brings together painting, sculpture, photography, and works on paper by dozens of artists to explore the themes of place, dialogue among artists, and landscape, with particular attention to the achievements of women artists of Long Island. Through March 15. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Masters' Showcase

Huntington Arts Council recognizes participating artists who have been honored in the previous year's exhibits. Participating artists include Anjipan, Anne Barash Breistein, Mary Brodersen, Christine Carbone, Fernando Carpaneda, Jon Duci, Jeffery Grinspan, Libby Hintz, Lucienne Mettam, Gabriella Grama, Maria Oliveira, Jonathan Pearlman, Alissa Rosenberg, Meryl Shapiro, Kate Sydney, Marie Winn. Main Street Gallery, 213 Main St, Huntington. (631) 271-8423.

100 Years of Children's Books

An exhibit that showcases popular child and young adult reading. Through Jan. 25. North Shore Historical Museum, 140 Glen St., Glen Cove. 801-1191 or www.nshmgc.org.

The Seasons

An exhibition that offers a fresh look at visual art inspired by the seasons highlighted by an outstanding roster of artists. View paintings, sculpture, photography, fashion and design, including works by Grandma Moses, Jasper Johns, Norman Rockwell, Marc Chagall and Jane Freilicher, plus a special showcase of glittering minaudières and fashion accessories by handbag designer Judith Leiber. From traditional landscapes to avant-garde works, this exhibit offers a fanciful experience of every season and an endearing look at holidays through the eyes of artists across the past century. Through March 1. Nassau County Museum of Art, 1 Museum Drive, Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Six Perspectives

A members invitational exhibit, curated by Chuck Baker, featuring Rockville Centre-based artist Naomi Grossman. On view through Feb. 16, with opening reception, Saturday, Jan. 18, 7-10 p.m. LIC-A/The Plaxall Gallery, 5-25 46th Ave., Long Island City. Visit www.licartists.org for information.

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. 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 "Judy," the biopic based on the life of Judy Garland, Thursday, Jan. 16, 2 and 6:30 p.m.; also "After the Wedding," a film about an orphanage manager who travels to New York to meet a benefactor, Thursday, Jan. 23, 2 and 6:30 p.m.; also "JOyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Afternoon Movie

See "Judy," the biopic based on the life of Judy Garland, Tuesday, Jan. 21, 2 p.m. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130.



Film Time

See "Downton Abbey," the historical drama based on the popular TV series, Tuesday, Jan. 21, 1:15 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Literary Voices

Glen Cove's Poet Laureate Victoria Croby reads from her works, Tuesday, Jan. 21, 6 p.m. With book signing. Marle's Cafe, 9 School St., Glen Cove. 200-5010.



Having an event?

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OBITUARIES

Flora Schierhorst

Flora Schierhorst, 105, a longtime resident of Sea Cliff, died on Jan. 9. She was the beloved wife of the late Herbert H., loving mother of Herbert W. Schierhorst (the late Florence and his significant other; Olga Scileppi), David Schierhorst (Linda Wagner) and Violet Janet Donohue (the late Hugh). She was the cherished grandmother of Zackary (Emily Breen), James, Robert, Cathy and the late Dean and great grandmother of Dean. She was also survived by Joy Hood, nieces, nephews and cousins. Visitations were held at the Whitting Funeral home, in Glen Head. Funeral services were also held at the funeral home. Interment Roslyn Cemetery. Contributions may be made in loving memory of Flora to Volunteers for Wildlife at www.volunteersforwildlife.org.

(Alan) and Pierre (Maria), proud grandmother of Jason, Stephen, Harrison, Alicya, Alexandria and Emmanuel and dear sister of Rosemarie Abraham. Gloria loved shopping and was a fashionista who always wore her makeup and had her hair done. She will be missed by many. Visitation held at Dodge-Thomas Funeral Home. Mass held at St. Boniface RC Church, in Sea Cliff. Interment East Hillside Cemetery.

William Ferguson

William Ferguson, 81, of Glen Cove, died on Jan. 9. He was a longtime employee of the U.S. Post Office for more than 35 years. He loved cars and horses. He was the husband of Gerlinde, father of Sharon, Tanya and Kevin, brother of Gladys Clark and the late Benjamin, Danny, Clifton, Marjorie and Betty and grandfather of five. He was also survived by Tommy, Gwen, Linda and several nieces and nephews. Committal service was held at Calverton National Cemetery. Arrangements were entrusted to the Dodge-Thomas Funeral Home, in Glen Cove.

Gloria Quail

Gloria Quail, 88, of Glen Cove, died on Jan. 5. She was the beloved mother of Andrew (Shagille), Jackie Seidel

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
Glen Cove School District Kindergarten and Pre-Kindergarten Registration 2020-2021
Registration for Kindergarten will begin on January 6, 2020 through April 3, 2020 between the hours of 8:30 a.m. and 12:30 p.m. To enter Kindergarten, children must be five years old on or before December 1 of the school year. Registration packets are available at the following locations:
Glen Cove School Website
Our District, Central Registration District Office (Thayer House) located at 154 Dorsor Lane
School buildings
****REVISED DATES FOR PRE-K REGISTRATION*****

Registration for Pre-kindergarten will begin on February 10, 2020 through April 24, 2020 between the hours of 8:30 a.m. and 12:30 p.m. The lottery will take place on Tuesday, April 28, 2020
To enter Pre-kindergarten, children must be four years old on or before December 1 of the school year
New York State Income Guidelines are required to be met in order to be eligible for the Pre-kindergarten program.
For both Kindergarten and Pre-K registration: Proof of residency, proof of child's age and immunization records will be required at registration.
Please call (516) 801-7001 to make an appointment or with any questions you may have.
118917

LEGAL NOTICE OF PUBLIC HEARING
Glen Cove Planning Board PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the City of Glen Cove Planning Board on Tuesday, January 21, 2020, at 7:30 p.m., at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their comments on the Application of RXR Glen Isle Partners LLC for Amended Planned Unit Development (PUD) Phase I Site Plan and Subdivision (Lot Line Modification) for the construction of a proposed Garvies Point Brewery and Restaurant on the east side of the Garvies Point Waterfront Redevelopment Project,

which is located on the north side of Glen Cove Creek in the MW-3 Zoning District. PLEASE TAKE FURTHER NOTICE that a copy of the proposed Amended PUD Phase I Site Plan and Lot Line Modification are available for inspection during normal business hours at the Office of the Planning Board, City Hall, 9 Glen Street, Glen Cove, NY, as well as on the City of Glen Cove website at www.glen-cove-ny.us. PLEASE TAKE FURTHER NOTICE that all persons interested in the above matter will be given an opportunity to be heard at the Public Hearing. For further information, contact Rosa Rizzo, Planning Board Secretary, at 516-676-4490. Dated: January 9, 2020 118916

Search for notices online at www.mypublicnotices.com

THE GREAT BOOK GURU

A glimpse into the future?

Dear Great Book Guru,
While attending the Sea Cliff Civic Association's first event of 2020 — Dinner & THE DEAD — last weekend at the Metropolitan Bistro, friends at our table mentioned a recent novel they had all read. It was set in the future but had strange medieval overtones. Any thoughts?
—Reader at the Feast



ANN DIPIETRO

Dear Reader at the Feast,
I was at Dinner & THE DEAD too and it was a magnificent evening. Kudos to Fred Stroppel and Dan DiPietro, the fine cast of actors and singers, Billy and Anita Long of the Metropolitan Bistro and Sleepy Jean's delectable desserts. Robert Harris's "The Second Sleep" is a strange tale of life in England set 800 years into the future, but in its very first pages we are led to believe we are in the Middle Ages. The church rules every

aspect of life, and life is very harsh. There is no electricity, food is scarce and one's life span is short with people typically dying in their fifties. We soon realize an apocalyptic event or series of events has ended civilization as we know it. In the story, young priest Christopher Fairfax travels to a remote rural village in Britain to preside over the burial of the local pastor. He soon unearths a collection of artifacts the man had hidden — lots of plastic, an iPhone, smashed TVs, human bones. He is baffled by this assortment and sets out to unravel the mystery of human-kind's past and present. A terrifying take on how fragile the veneers of civilization are. Recommended!

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

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HERALD EDITORIAL

Kudos to Nassau for signing climate pledge

At the Herald, we like to give credit where credit is due. In our Nov. 8-14 editorial, "Nassau should take the Climate Smart Pledge," we called on County Executive Laura Curran, a Democrat who has long supported environmental issues, to sign the New York State Department of Environmental Conservation's Climate Smart Communities Pledge. On Jan. 7, she did just that.

Communities that sign the pledge agree to inventory emissions, set goals and plan for climate action while reducing energy use, shifting to clean, renewable energy and using climate-smart material management. The initiative is intended to support a "green innovation" economy and help inform and inspire the public to act to end

the current climate crisis — the steady heating of the Earth because of fossil-fuel emissions.

"It is our responsibility to protect our environment for generations to come," Curran said, "and Nassau stands ready to do our part."

In announcing the county's participation in the program, she was joined by State Sen. Todd Kaminsky, a Democrat from Long Beach who chairs the Senate's Environmental Conservation Committee. "I commend County Executive Laura Curran on her commitment to making Nassau a climate-smart community and transitioning away from inefficient and cost-prohibitive energy sources," Kaminsky said.

Climate change works like this: Carbon

dioxide and methane allow sunlight to pass through the atmosphere. When sunlight hits the ground, it is reradiated skyward as infrared heat. Carbon and methane trap infrared heat, which is why the Earth is warming, including our oceans. The more carbon and methane we emit from cars, power plants and factories, the more infrared heat is trapped, and the faster Earth warms.

By reducing — and, to the degree possible, eliminating — our emissions, we slow that process, in the hope that one day soon we might even reverse it.

To check out Curran's public service announcement on the Climate Smart Communities Pledge, go to liherald.com.

L.I.'s high-tech future is on the horizon

For years, we have spoken about a so-called "brain drain" on Long Island — the steady departure of young people in their 20s and 30s. They're fed up with the Island's high cost of housing, in particular the property taxes. They leave for parts down South and out West, and anywhere, really, where it's cheaper to live.

Before they leave, though, they need to hear an alternative message: There is hope. Long Island is poised to become the next Silicon Valley. No, really, it is. And that will mean a steady supply of high-paying jobs for the well-educated and the industrious.

At the Long Island Association's 2019 Executive Breakfast last January, Nassau County Executive Laura Curran and Suffolk Executive Steve Bellone were the keynote speakers, and they laid out a grand vision for a high-tech future for the Island, with the Nassau Hub serving as a center of medical treatment and research and extending 47 miles east to the world-

renowned Brookhaven National Laboratory.

That vision is steadily making progress. At this year's LIA Executive Breakfast last Friday, one of the featured speakers was Doon Gibbs, Brookhaven's director, who sits on the LIA board. Gibbs spoke about the U.S. Department of Energy's awarding of federal funding to Brookhaven for the construction of an electron-ion collider, at a cost of \$1.6 billion to \$2.6 billion. The project is expected to take a decade to complete.

That project will infuse hundreds of millions of dollars into the local economy through the creation of thousands of high-paying jobs. Add to that the tens of millions, even hundreds of millions, of dollars that are expected to pour in because of planned offshore wind projects, along with tens of millions more because of the coming medical research park at the Nassau Hub, and suddenly Long Island looks like the land of opportunity.

The electron-ion collider will allow sci-

entists to smash atoms apart to peer into the inside of nuclei and examine quarks and gluons — the basis of all matter. The research will have applications in medical treatment, space travel and computation, Gibbs said.

"It's a really exciting project, and it's a big deal," he told the 900 people assembled at the LIA meeting.

That, no doubt, is an understatement.

Besides BNL, the Island's rapidly growing research institutions include the Feinstein Institutes for Medical Research, Hofstra University, Northwell Health, LIU, Cold Spring Harbor Laboratory and Stony Brook University.

The LIA has pushed for years to bring the concept of a Long Island "high-tech corridor" to fruition. "People are investing in our region," LIA President and CEO Kevin Law told the Herald. "That's a great sign, from a young person's perspective. You want to move to a region that's growing."

LETTERS

Nedbor Gross impeded progress on the bond

To the Editor:

When I wrote the petition requesting the resignation of Glen Cove Board of Education President Gail Nedbor Gross, I was frustrated after seeing her disdain, both in words and deeds, for the bond and for the members of our community who were working to support it. I was extremely concerned for the children in our school district, including my own. Over 200 Glen Cove residents and four former BOE members have signed my petition because they feel the same way.

It is important to clarify where some of the anger and frustration should be focused, rather than have it



OPINIONS

My colonoscopy: not the ordeal I dreaded

The doctor wished me a good sleep. Then I blacked out. I awoke a half-hour later, but it felt as if only seconds had passed. I couldn't open my eyes. It was as if they were squeezed shut. But I could hear women chatting about cooking and a heart monitor beeping.

Slowly, as the anesthesia wore off, I was able to pry open my eyelids, and I awoke to the sight of the gurney's shiny aluminum bars. I turned to lie flat on my back. A nurse passed and inquired how I was as she went. "I'm fine," I replied. "Thank you." She returned and gave me apple



SCOTT BRINTON

juice and graham crackers, which tasted divine.

It was over. The test that I had feared for years was done.

I'm speaking of the colonoscopy. There is perhaps no exam that induces greater worry than this one. After all, you're asked to gulp an oversized cup of awful-tasting clear liquid that, soon after, rids your colon of its contents so a doctor can insert a half-inch-wide tube with a camera up and through your large intestine. The doctor is searching for polyps (pre-

cancerous growths) and tumors (cancerous growths).

To help clear your digestive tract, you can't eat the day before, so more than 24 hours later you're feeling a little weak and woozy. In the final four hours, you can drink nothing, so you're also thirsty.

The actual test is easy. The "prep" is the hard part.

Throughout the preparation phase, I kept thinking, is all of this necessary? The lifetime risk of developing colon cancer is 1 in 23, or 4.4 percent, for men, and 1 in 25, or 4.1 percent, for women, according to the American Cancer Society. Ergo, I thought, there's a 95 percent chance that I will never develop colon cancer. The median age of a colon cancer diagnosis is 68. I'm 52. So the odds were in my favor that I wouldn't have colon cancer, so why get the test?

Colon cancer, as I learned through research, is relatively slow-growing. It takes roughly a decade for a polyp to mutate into cancer, according to the Cleveland Clinic. Here's how the clinic describes the process on its website:

"A colorectal polyp begins with a gene mutation in one of the stem cells that are constantly dividing to produce the cells that line our colon.

"Each of the stem cell's 'daughter cells'

inherits that gene mutation, which makes them grow faster and live longer than nearby cells. Only a few mutations cause cancer.

"Colon cells grow and divide so rapidly that we replace the entire lining of our colons once a week. Each time these cells divide, they pick up more and more mutations, and the risk of cancer rises.

"As cells with the mutation build up on the surface of the colon, they form a small cluster that appears as a polyp. They continue to divide, picking up even more mutations — some in the genes controlling cell growth. So the cells start growing faster, and the polyp enlarges."

Pick up enough gene mutations, and the polyp morphs into cancer, and cell growth becomes uncontrollable without medical treatment. If, however, a polyp is caught early, before it turns cancerous, then a doctor can remove it during a colonoscopy — and with it, the risk of developing cancer. Thus, with regular colonoscopies, you can reduce the chance of developing this deadly cancer to virtually zero.

The survival rate for Stage 4 colon cancer is 7 percent — that is, if you are diagnosed at this stage, there's a 93 percent chance that you'll die. Why take this risk

unnecessarily if we have the medical technology to prevent such a horrible death? I concluded.

So, I determined, I was going to have this test, as seemingly unpleasant as it was. Having now been through it, I have to say, it wasn't as bad as I thought. I would be lying if I were to say it was somehow enjoyable, but it was more than bearable.

The Centers for Disease Control and Prevention recommends that people have their first colonoscopy at age 50, and then in five- or 10-year intervals thereafter. If you have polyps, you must come back in five years; no polyps, 10 years.

If you have a close relative with polyps or colon cancer, or if you have an inflammatory bowel disease such as Crohn's disease or ulcerative colitis, or a genetic syndrome such as familial adenomatous polyposis, then you should be checked earlier than 50, the CDC says.

I put off the test two years longer than I should have. That was a mistake that I chalk up to fear of the test. I'm thankful that I had no polyps or tumors. What the colonoscopy gave me was peace of mind, which was worth the 24 hours of discomfort that I experienced.

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

I put it off two years longer than I should have, but many people wait way too long.

LETTERS

broadly directed at the whole board, the majority of whom vigorously supported the passage of the bond. Make no mistake, we were frustrated that more parents did not come out and support our schools. No one exclusively blames Nedbor Gross for the failure of the bond. However, she has impeded progress on the bond in various ways, including continually downplaying the need for it. In her years on the facilities committee that was tasked with moving a bond forward, she failed to bring forth a bond proposal.

When she states her vote is only one vote when it comes to the bond, it implies that other board members are not in support of a school bond when the opposite is true.

In attempting to defend herself, it is concerning to see Nedbor Gross point the finger at the current administration. We have seen our district's financial situation improve markedly in the past six years under this administration. The number of capital projects being addressed has increased significantly, despite the fact that the district was in the red when the administration came in. Officials have demonstrated fiscal responsibility, pursued additional funding support for our district, and put us in a far better place than we were a few years ago.

Parents and members of our community who actively support our schools are

willing and ready to work with the board president to promote the school bond. We hope she is willing to work with us to improve our school buildings for the children of Glen Cove.

MARIA VENUTO
Glen Cove

Public school financial guidelines are broken

To the Editor:

What was missing from part six in the series, "L.I. schools districts of color underfunded" (Dec. 12), is that money has no bearing on academic achievement in New York state. The New York State Education Department, Regents and the people we sent to Albany to represent us get an "F" for failing to set guidelines for necessary and appropriate public school expenditures. Putting all of our trust in locally elected school boards to efficiently run a public school district is a flawed model, and the numbers tell the real story. Costs per student can vary by 50 percent, and surplus cash can vary by more than 300 percent.

Districts are provided with academic performance benchmarks, but no financial benchmarks. The North Shore School

FRAMEWORK Courtesy Garry Karbiner



If the view's good, any perch is a good perch — West End, Jones Beach

District, where I reside, spends \$40,000 per student, and both Manhasset and Hericks spend at the county average of about \$30,000 per student and produce similar results. Why aren't the powers that be in New York state not all over North Shore for not producing 30 percent better academic results? North Shore has almost \$30 million in surplus cash. Manhasset, with 30 percent more students has \$9 million in surplus cash. Port Washington, with 100 percent more students than North Shore, has \$12 million in sur-

plus cash. The variation in surplus cash is glaring. Why is this allowed to happen?

Public school financial guidelines are broken and must be fixed. Minority districts are underfunded, and the playing field should be leveled. But don't think for second that money is going to solve the problem, just as overspending in property-rich districts like North Shore has not.

JERRY ROMANO
Sea Cliff

OPINIONS

Killing Iran's military mastermind was the right thing to do

The decision to attack Iranian terrorist mastermind Gen. Qassim Suleimani was the right one. The fact that the operation succeeded in killing him should be welcomed rather than second-guessed. He was responsible not only for Iranian military operations that have killed hundreds of U.S. soldiers and thousands of civilians in Iraq, but



**ALFONSE
D'AMATO**

also for actively orchestrating ongoing attacks on our troops there. President Trump has demonstrated great patience and restraint in dealing with recent Iranian aggression. Recall Iran's attacks last year on oil tankers in international

waters of the Persian Gulf. Or Iran's shooting down a U.S. reconnaissance drone flying in international air space. Yet when he was told that a planned U.S. retaliatory strike against Iranian rocket launching sites might kill nearby civilians, Trump called it off.

Those are not the actions of a trigger-happy president. But after more recent attacks by Shiite militias in Iraq directed by Suleimani that killed Americans, and

the storming of the U.S. Embassy in Baghdad by these same militias, President Trump was right to say enough was enough.

It's important to note that Suleimani was killed in Iraq, not in his home country of Iran. For years he had ranged freely across Iraq, Syria and Lebanon, planning and executing acts of war against Americans. His military operations were a threat to the entire Mideast, especially Israel. Let's remember that Iran's overarching purpose is to destroy Israel and to defeat the U.S. When Iranian ayatollahs' rabid followers chant "Death to America!" and "Death to Israel!" they mean it.

If past is prologue, all we need to do is look back at the history of terrorist leaders in the Middle East, beginning with Osama bin Laden. For years we knew he was fomenting acts of terrorism against the U.S. For years we tracked and hunted him, and even tried to kill him several times. In 1998, on President Bill Clinton's orders, cruise missiles were fired at bin Laden's Afghanistan camps, apparently just missing him. In 2000 a CIA-directed attack on a convoy carrying bin Laden again narrowly missed him. Imagine how differently Sept. 11, 2001, might have

passed had the U.S. been successful in killing its mastermind.

Today, with the benefit of this hindsight, the U.S. has every right to kill terrorists and their leaders *before* they can kill us. When Trump authorized the attack that killed ISIS terrorist leader Abu Bakr al-Baghdadi last October, the Mideast and the world were riddled of a violent menace.

The same goes for Suleimani. Former CIA Director David Petraeus called Suleimani's killing even more significant than the death of bin Laden or al-Baghdadi. "It's impossible to overstate the significance of the attack that takes out Suleimani," Petraeus said. "This is bigger than bin Laden. It's bigger than Baghdadi."

For too many years, Iran has sown discord and conflict in the Middle East. It has stirred trouble in Lebanon with its support of Hezbollah, a terrorist organization that regularly fires missiles at Israel. It helped foment a brutal civil war in Yemen, backing an insurgency that relies on Iranian support. No corner of the Mideast has been free from Iranian aggression and intervention. And at every turn, the Iranian military leader calling the shots was Suleimani.

But by far the worst threat Iran poses to the entire world is its relentless pursuit of nuclear weapons. Consider the danger of a nuclear-armed Iran. Under the threat of nuclear war, it could take terrorism to even more violent heights. And it clearly intends to pursue nuclear weapons if the rest of the world tolerates its nuclear ambitions. Experts warn that Iran is no more than a year or two away from a building a bomb, without the now defunct nuclear deal that aimed to prevent that. The only questions remaining are when Iran will have a bomb, or when the world will stop it.

After Trump's measured response to Iran's face-saving but relatively harmless "revenge attack" on U.S. airbases in Iraq, he told Iran's people, "We want you to have a great future, one that you deserve, one of prosperity at home in harmony with the nations of the world. The United States is ready to embrace peace with all who seek it."

Just the right words. And just the right balance. There's a reason the proud eagle in the Great Seal of the United States brandishes arrows in one talon and offers olive branches in the other.

Al D'Amato, a former U.S. senator from New York, is the founder of Park Strategies LLC, a public policy and business development firm. Comments about this column? ADAmato@liherald.com.

What's a royal to do in the 21st century?

The queen doesn't need a passport or a driver's license because she's the queen, and she gets transported anywhere she wants to go. Just a little click of those thick-heeled black shoes and off she goes, with her Corgis in tow. And that's just one of her perks.

She has a kind of ATM in the basement of Buckingham Palace, and she eats whatever and whenever she pleases. According to a 14th century statute, she owns all the whales and sturgeons in the waters around the United Kingdom. She has the power to veto legislation in times of crisis, and can opt out of Freedom of Information requests



**RANDI
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and even personal taxes. She is also the queen of Australia, and can boss around the folks Down Under.

So why would the duke and duchess of Sussex, Prince Harry and his wife, Meghan Markle, make Big Ben skip a beat last week by announcing that they are giving up all the trappings of the royal life and stepping back from their official duties? Why would this glamorous couple

reject the privileges of living in Elizabeth R's circle?

Those royals. What a wacky lot they are.

In 1936 there was Edward the VIII, who abdicated the throne of England to marry his American lover, Wallis Simpson. Never has one man given up so much in the name of love (and for a Nazi sympathizer, no less!).

Of course Princess Margaret's affairs and headlines embarrassed the royals for decades. More recently, Prince Andrew's association with Jeffrey Epstein forced him into civilian life.

When the queen's son, Prince Charles, heir to the throne, married Diana Spencer in 1981, it seemed as if, finally, there was a love match — until the lusty Charles revealed his passion for the horsy Camilla Parker Bowles, and Diana revealed herself as a deeply empathic person who suffered alone in the castle tower, struggling against the onerous constraints of royal rules and regulations.

Now we have Harry, 35 — just a year younger than his mother was when she was killed — and Meghan, 38, trying to live an ordinary life, make their own money, raise their family out of any spot-

light and not spend the best years of their lives in receiving lines and ribbon-cutting ceremonies. Bravo to them for shunning the artifice of the royal court and embracing a more authentic life that will protect their family from overexposure to privilege and the press.

I think Harry is doing in this time and place what his mother couldn't do in the 1980s.

I get Harry. According to a story in The New York Times, his public image "was forever fixed for millions as the somber boy walking with his father and brother behind his mother's casket." One can only imagine the trauma of the moment for the young boy, not just grieving over the sudden, violent death of his mother, but being forced into a public persona that required him to stifle his feelings and hide his genuine self.

Recently Harry lashed out, saying, "I've seen what happens when someone I love is commoditized to the point that they are no longer treated or seen as a real person. I lost my mother, and now I watch my wife falling victim to the same powerful forces." Like his mother, Harry has gone public with discussions of his own bouts with depression and his willingness to reach out for professional help when he needed it.

Harry and Meghan also announced that they would live part-time in England and part-time in the U.S. and Canada. Meghan, apparently, has no intention of abandoning America or her Americanisms. She has renounced the stiff upper lip for big smiles and hugs.

From where I sit, I think Harry is fulfilling a dream for his mother, doing in this time and place what was impossible for her to do in the 1980s. He is stepping off the stage, shedding the costumes and planning to live a real life. It seems as if Diana would approve. It seems as if he is acting on her longing for less pomp and more privacy and authenticity.

Buckingham Palace, of course, was frosty in its response to the announcement, saying it was very early in the discussion of Harry and Meghan's plans. But the queen, who lived through the blitz, is unlikely to swoon over the grandkids' departure. She likely is pinning her hopes on Harry's brother, William, as the future king. Charles, meanwhile, has been waiting in the wings so long that he's gone quite stale.

Harry is sixth in the line of succession to the throne, but he and his wife have decided not to wait for someone to die so they can begin to live.

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