

GLEN COVE

HERALD

Gazette



Co-founder of W Connection dies
Page 16



LIRR stations largely empty
Page 6



Regency's party for graduate
Page 4

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MAY 28 - JUNE 3, 2020



Courtesy Tab Hauser

Honoring the fallen

Lance Corporal Phillip Grella, a member of the Glen Cove Fire Department, at the city's ceremonial raising of the flag to honor those who made the ultimate sacrifice. More photo, Page 14.

G.C. Hospital is entering the recovery stage

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

With coronavirus cases declining, Glen Cove Hospital has entered a recovery stage, said Dr. Bradley Sherman, medical director and chairman of the hospital's Department of Medicine. Now officials there are considering how and whether to continue safety policies and procedures that were enacted at the height of the pandemic.

The hospital, a part of the Northwell Health system, developed protocols to transfer patients from one hospital in its system to another during the Covid-19 outbreak. Previously, that had not been done.

Northwell is now developing a transfer center where patients could wait before being moved from one hospital to another within the system, enabling them to avoid long waits in the emergency room that have, in

the past, extended to 12 hours. "We aren't sure where the center will be located yet," said Sherman, adding that Northwell has 24 hospitals. "People would be taken by ambulance to one of the hospitals."

We could have patient visits where they won't have to come the doctor's office. Telemedicine is becoming a much better option.

DR. BRADLEY SHERMAN
GCH medical director

Glen Cove Hospital is also looking into using telemedicine to allow patients to consult with their doctors remotely, and Amazon Echo and iPads to connect them with their families who must work long hours and cannot make it to the hospital or who live out of state. The hospital used iPads for this purpose during the pandemic, Sherman said.

GCH health care workers have met remotely in large groups via Zoom, which has proven to be an effective communication tool, Sherman said. "We could use this for leadership meetings," he said.

Visitation continues to be pro-

CONTINUED ON PAGE 3

New Glen Cove resident honors community with a book

By **JENNIFER CORR**
jcorr@liherald.com

Tammy Lanham and her family moved to Glen Cove from Keavy, Ky., last August, when her husband, the Rev. Tommy Lanham, was offered a job as pastor of Glen Cove Christian Church.

Less than a year later, Tammy has captured the essence of her new community in a photo book

titled "Circles of Light."

The name comes from the dictionary definition of corona, she said, — "a white or colored circle or set of concentric circles of light seen around a luminous body, especially around the sun or moon."

"We've had many people here and in Kentucky ask us if we wished we hadn't moved here, if we ever thought about moving

back because of the pandemic," Lanham said. "We were here six months before the pandemic started, but we've told everybody, no, it's not even a consideration, because we're home."

Lanham, a freelance photographer, web and graphic designer and marketing strategist, was left wondering what she could do with her newfound free time in

CONTINUED ON PAGE 8

LOOK FOR YOUR BALLOT IN THE MAIL!

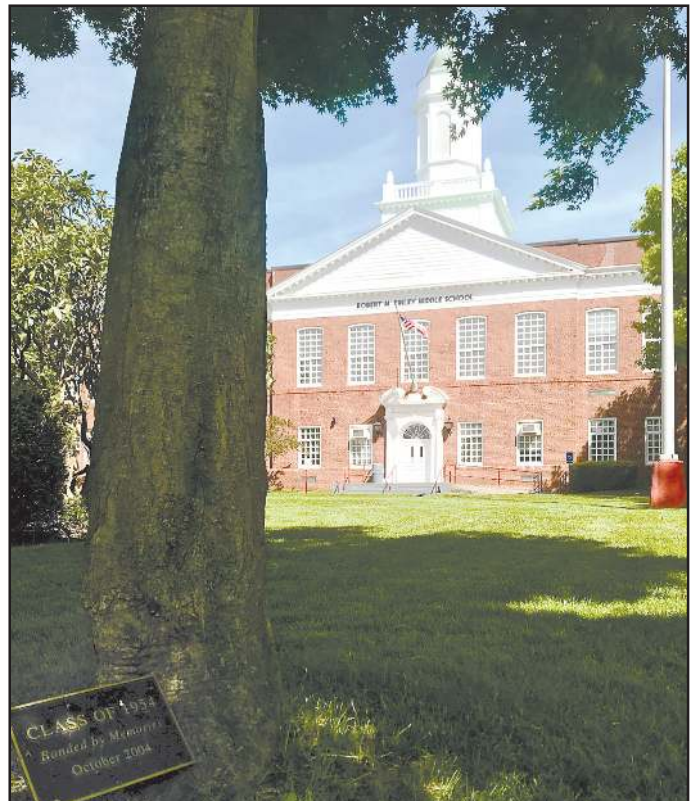


VOTE YES!

FOR THE GLEN COVE SCHOOL DISTRICT BUDGET

In these uncertain and difficult times we must make sure that our children remain safe while they continue to learn. The Glen Cove Board of Education has provided us with a fiscally responsible budget that protects and educates our children without burdening the Glen Cove taxpayers.

As usual the Glen Cove School District's budget is below the New York State 2% tax cap!



THERE IS NO BOND VOTE!

Eileen Abramson
 Michael Abramson
 Shari Abramson
 Kris Baker
 Gina Martone Baker
 Bill Basdavanos
 Maureen Basdavanos
 Danielle Bauer-Cohen
 Diane Beecher
 Brian Bifano
 Donna Bifano
 Sonny Bifone
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 Ashley Buhr
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Ronnie Lavine
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 Rich Maccarone
 Adeline Mannetta
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 Lisa Marconi
 Gaitley Stevenson-Mathews
 Mathews
 Jim Stevenson-Mathews
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 Kristen Rudy
 Danielle Fugazy Scagliola
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 Mark Scagliola
 Tommy Scagliola
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Faith Shapiro
 Marsha Silverman
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 Ralph Suozzi
 Grace Tenke
 Karen Tenke
 Natalie Tenke
 Tim Tenke
 The Braja Family
 The Markoulis Family
 Grace Tortorici
 Rocco Totino
 Dino Velentzas
 Kim Velentzas
 Jared Venegas
 Jon Venegas
 Rachel Venegas
 Jeffrey Walthers
 Michele Walthers
 Rod Watson
 Carina Wieck
 Reverend Roger Williams
 Delia DeRiggi Whitton

GOV. CUOMO HAS MANDATED THAT BUDGET BALLOTS BE MAILED TO ALL RESIDENTS. MAKE SURE YOUR YES VOTE IS RECEIVED BY THE GLEN COVE SCHOOL DISTRICT CLERK NO LATER THAN 5:00 P.M. ON JUNE 9TH.

PAID FOR BY: HOMEOWNERS, RESIDENTS, PARENTS, BUSINESS OWNERS AND ADVOCATES FOR A QUALITY PUBLIC EDUCATION FOR THE CHILDREN OF GLEN COVE.

Not letting ‘a good crisis go to waste’

CONTINUED FROM FRONT PAGE

hibited at GCH. Executive Director Kerri Scanlon could not say when visiting hours would be reinstated, and could not offer details about what procedures would be in place when they are.

Elective surgeries have not yet resumed at the hospital, but they will start again in a few weeks. There are a number of patients lined up who will have elective surgeries performed when they do, Scanlon said.

“We are doing surgeries now at Glen Cove Hospital that are deemed as urgent cases,” she said. “All of the cases go through a committee for review. They decide on the timeliness, and then the cases are sent to certain hospitals.”

She said she is not worried about the backload of elective surgeries because hours can be expanded, and more operating rooms can be opened. Patients are and will continue to be tested for Covid-19 before entering the hospital. They are swabbed while in their cars and instructed to return home for quarantine. They return for pre-surgical testing if they test negative for the coronavirus.

When patients enter the emergency room, they are assigned to separate rooms with glass walls. No patients wait in halls with only sheets hung between them, as has been the case in some other hospitals, Scanlon said. If patients cannot be treated



Christina Daly/Herald Gazetteit

SOME OF THE changes made at Glen Cove Hospital during the height of the pandemic may be instituted permanently.

at GCH, they can be transferred to North Shore University Hospital in Manhasset, another Northwell facility.

“People should come back to our emergency room,” Scanlon said. “We have had patients who now have complications because they waited. The mortality rate has gone up 400 percent nationally.”

GCH is also considering having certain

employees, particularly administrators, work remotely from home. “The Covid crisis has shown some people that they can work at home effectively,” he said. “It may be something that they will want to do.”

There are still several Covid-19 patients at GCH, Scanlon said. Many are being rehabilitated. The hospital is ready, she said, if there is a second surge of the

coronavirus.

People are tired of being home and starting to loosen up, perhaps not as careful as they once were, Sherman said. “We have to see what effect that has on the pandemic,” he said. “In some ways, you can’t let a good crisis go to waste. There have been lessons learned that could help us care better for people.”

Two Kiwanis clubs join hands to serve the community

In a joint effort to assist the Glen Cove community, the Kiwanis Clubs of North Shore and Glen Cove joined hands to assist food pantries at Finley Middle School and Glen Cove High School.

Both sites provide food daily to hundreds of families in all seven Glen Cove schools. This issue was jointly brought to the attention of the Kiwanis Club of North Shore by a distinguished member of the Kiwanis Club of Glen Cove, Rich Hall, and Carolyn Dilgard-Clarke, a parent with children in the district.

The first logistical issue of purchasing food was a challenge. The Kiwanis Club of North Shore joined forces to research funding options. They were alerted by Kiwanis International that the Kiwanis Children’s Fund was offering grants to clubs involved with Covid-19 relief efforts. President Roger Hill applied for and received a \$750 grant.

Both schools daily provide food to families in need by either delivering prepackaged food parcels, as in the case for the Finley Middle School pantry, where Kiwanians and other volunteers deliver food throughout the area.

There is also a “Grab-N-Go” breakfast and lunch program at GCHS for children, in addition to a pick-up food bag drive service located at the back of the school. More than 120 families caravan through every day.

“At one time in the past, it would have been difficult to imagine the depth and breadth of the need for daily food support across different economic strata in Glen Cove and nationwide,” Hill said. “Covid-19 and its economic and employment impact have been a profound negative. The ability to unite volunteers in partnership with corporate philanthropy to help mitigate the food insecurity caused by Covid-19 has been a decided positive.”



Courtesy North Shore Kiwanis Club

KIWANIS CLUB MEMBERS worked hard to make sure every family who came by the pantries could go home with bags full of groceries.

NEIGHBORS IN THE NEWS

No virus will stop the 'Pomp and Circumstance' at The Regency

When Alexis Nieves, The Regency's Human Resource Coordinator, said that she was graduating from Nassau Community College and that she did not want to attend her virtual graduation ceremony from home, The Regency at Glen Cove Assisted Living staff didn't agree. The team made a few calls to organize Nieves' personal college graduation.

On May 21, Nieves made her way into The Regency sunroom to graduate. Mayor Timothy Tenke was on hand to bestow Reeves her diploma, a bouquet of flowers and a special proclamation from the city. Reeves mother, Nellie, watched the entire ceremony from Pennsylvania via FaceTime

"I love that you all made this possible for Alexis," her mother said. "We are humbled."

"Reach for the stars," added resident Frances Nisenbaum, who safely watched. "It was beautiful to be a part

of her special day."

Reeves is a huge Yankee fan. The team tried to get a few Yankee legends to send her a graduation message. Instead, Comedian Tugboat Manny sent a wish from "Babe Ruth" for all to see. The Regency team expressed their gratitude to their own Chef Pat for making this happen.

"I am speechless and very thankful for the love and support from my Regency family." Reeves said. "They made a quarantine graduation a reality that I will never forget."

Mayor Tenke also celebrated Stella Shank's 25 years at The Regency as the director of special services. She has served in almost every capacity at The Regency since she started. The staff said that they're grateful for Shank's leadership qualities, creativity and ability to handle anything that comes her way. The staff added that Shank always serves with a smile.



Courtesy The Regency at Glen Cove Assisted Living

ALEXIS NIEVES, THE human resource coordinator at The Regency at Glen Cove Assisted Living, graduated from Nassau Community College.



MAYOR TIM TENKE, left, presented Alexis Nieves with her diploma, flowers and a special proclamation from the City of Glen Cove.

CRIME WATCH

Arrests

- On May 17, a 79-year-old Glen Cove male was arrested for robbery in the third degree, grand larceny in the fourth degree and criminal mischief in the fourth degree on Whitney Circle.
- On May 18, a 37-year-old Bayville male was arrested for criminal posses-

sion of a controlled substance in the fourth degree on Charles Street.

■ On May 18, a 46-year-old Glen Cove male was arrested for obstruction of breathing on Madison Avenue.

■ On May 19, a 23-year-old Glen Cove male was arrested for assault in the third degree on Carpenter Street and as a Fugitive from Justice.

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



1-800-244-TIPS

Nassau County Crime Stoppers

The public is asked to call Crime Stoppers if they have any information about any crimes.



Every life matters to us ...

Dear neighbor:

We live and work in this community. The lives of each and every one of you is important to us and we are here to tell your stories — from beginning to end. That includes the final chapter. At this difficult time, I want to remind you that obituaries in all Herald Community Newspapers are, and have always been, completely free.

COVID-19 has taken far too many, far too soon. Let us help you commemorate the life of your loved one with a story and photo celebrating their life. Contact our Executive Editor Scott Brinton, sbrinton@liherald.com or call 516-569-4000, ext 203, if you would like to memorialize a loved one in the Herald, regardless of their cause of death.

Stuart Richner
Publisher
srichner@liherald.com



GLEN COVE
HERALD
Gazette

HOW TO REACH US

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

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SPECIAL PULL-OUT SECTION



Keepsake Edition

HERALD CLASS OF 2020

PRESENTED BY



PUBLICATION DATE: JUNE 25 • SPACE & COPY DEADLINE: JUNE 21

SAY CONGRATS TO OUR GRADS:

While 2020 grads can't walk across the stage in cap and gown to receive their diploma — and they may not be able to celebrate their achievements with family and friends gathering from near and far — graduation remains a special time worthy of recognition.

FAMILY & FRIENDS CONGRATS ADS:

\$75 for an Eighth page ad (5" width x 3" height)
To place an ad email: cmyers@liherald.com

ATTENTION BUSINESSES:


TO ADVERTISE AND FOR SPONSORSHIP OPPORTUNITIES CALL TODAY!

Congratulations, Alexa Sanchez

Congratulations On your Graduation from Lynnbrook High School

*We are so proud of your achievements!
Good Luck with your future endeavors at Molloy College!*

*Love,
Mom and Dad*



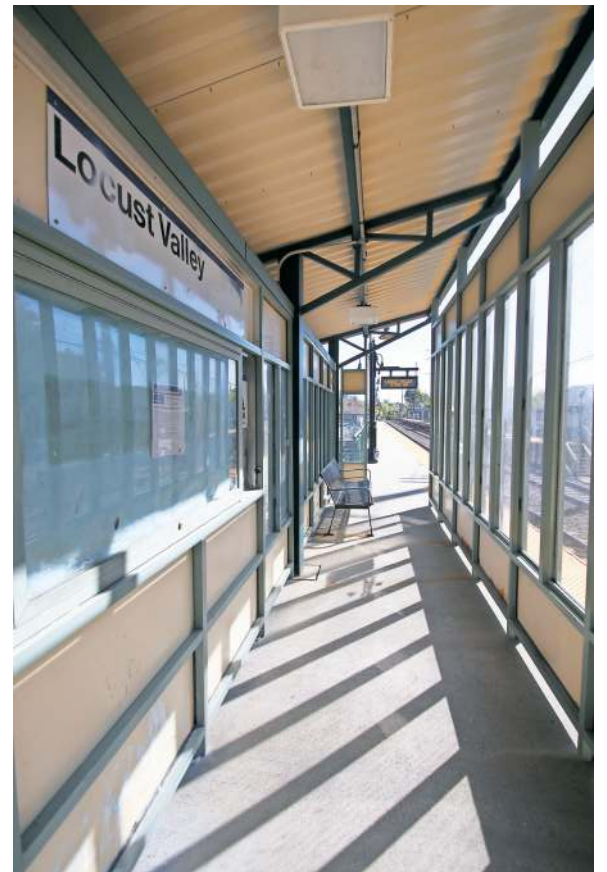
SAMPLE AD

CALL 516.569.4000 EXT. 250 OR YOUR SALES ACCOUNT REPRESENTATIVE



Photos by Christina Daly/Herald

THE NORMALLY BUSTLING LIRR has seen ridership drop to about 5%. On the Oyster Bay line, the stations averaged about 100-200 commuters during peak hours every morning before the coronavirus. Now, the platforms, and parking lots, are almost empty.



THE LIRR HAS been running its Essential Services plan since March 27. On the North Shore of Long Island trains are heading to Penn Station every 2 hours except for one added train during the morning rush hour.

Riding the rails while a pandemic rages

The coronavirus crisis has truly altered our human landscape, and Long Island Railroad Stations are no exceptions.

Where only two and a half months ago tens of thousands of commuters crowded onto cement platforms early in the morning, awaiting stainless-steel trains to carry them to New York City or points east, now there are but a handful of people — the essential workers who cannot telecommute, but are thankful to still have their jobs.

While LIRR stations have had safety guidance signs for decades, they now include instructions on how to prevent the spread or intake of the coronavirus while commuting. Some of these stations have stood for over 150 years, transporting gen-

erations of riders across Long Island and into New York City. Never before have such signs been needed.

Perhaps more jarring are the people on the platforms, or lack thereof. Stations seemed like ghost towns on a sunny May 21, a stark contrast from the typically bustling crowd of commuters waiting for their train to arrive. MTA employees are prone to pulling up to stops without riders, something which some said they have never seen before. It is sometimes shocking, one employee said, to walk down a platform with nary a commuter ready to board the train.

During rush hour, there was only a solitary rider at the Glen Head station.

The Oyster Bay line of the LIRR has seen its ridership drop to roughly five per-

cent of what it was only a few months ago. Parking lots, which normally see dozens of passengers vying for spots every day are nearly barren, and ticketing offices are closed entirely. Under normal circumstances, these places are as busy as can be on any weekday. This makes their emptiness even stranger.

People truly are resilient. Today's LIRR riders are, in a sense, pioneers, showing the rest of us how we will overcome when, eventually, Governor Cuomo gives the OK allowing everyone to return to work and life as normal.

—Scott Brinton and Mike Conn



ALL TICKETING OFFICES are closed and display signs telling riders to wear masks while on platforms and trains.

IT'S NOT HARD to find a spot at LIRR stations these days. The Glen St. station only had one car on the Westbound side, and 2 on the Eastbound. It was the same at Locust Valley and Glen Head stations.



GLEN COVE'S Glen St. station has been transporting commuters by rail since 1867. LIRR President Phil Eng has said "although the COVID-19 pandemic is unprecedented, our commitment is unwavering it is more important than ever before to keep the trains running."

ONLY ONE COMMUTER waited on the platform during morning rush hour in Glen Head. Ali Asadi was heading to his office in New York City for the first time in over two months.

Photos by Christina Daly/Herald



WHEN ASKED WHAT it has been like commuting during this time, one MTA employee said it was shocking not to see anyone anymore. Normally packed stations, even along the main line, have been completely empty.



THE 10:10 TRAIN saw only one commuter board at the Locust Valley station.



TICKETING OFFICES ARE closed but commuters can still buy tickets at machines and on trains although no cash is being accepted. Commuters can use credit cards or purchase tickets through the app MTA eTix.

Southern gal finds new roots in Glen Cove

CONTINUED FROM FRONT PAGE

late March. Freelance work was no longer available, and she wanted to find a way to continue pursuing her passion for taking pictures.

"I'm a person of faith, and I was praying, 'God please let me be able to handle all of this — help me do something with my camera,'" she said. "This idea just popped into my head and I thought, 'Oh my goodness, I could tell stories with my camera.'"

She posted on the Facebook group "Glen Cove Neighbors" to recruit subjects to stand on their porches, have their pictures taken and tell their stories from a distance. Within an hour, Lanham said, she received about 30 replies.

Within days, she had purchased a website domain and photographed 15 families and individuals. "I didn't sleep through any of it," she said. "It literally took less than five days from concept to completion."

"When Tammy gets plugged into something, she sees it through," her husband said. "Sometimes it means late hours and early mornings, and sometimes she locks herself in the office to finish something that she's doing."

Two weeks after she interviewed the first families on March 25, Tammy was showing up on more porches, taking more photos and hearing more stories. Among those that really stuck with her was one told by Glen Cove High School senior Julian Ledesma, whose job at the local King Kullen makes him the only essential worker in his family.

His father, Andres Ledesma, said that when Lanham photographed Julian, the idea of a pandemic, and what it might mean, was new to his family. "It was difficult," Andres said. "We were still kind of hopeful that our son would go back to school."

Asked what the future holds, Julian said he was looking forward to his first semester at Farmingdale State College this fall and, before that, hopefully a normal summer. "Hopefully this is over in the summer so that I can go out and have my last summer before college," he said. "I'm just looking forward to finishing the last of my semester and just being done with high school."

Lanham's project is finished for now — she has just made her book available on her website — but she plans to visit the families she has photographed and interviewed a year from now, and again five years from now, to catch up.

Sadly, the Ledesma family will have another story to tell the next time they see her. Since Lanham last visited, Andres's father died of cancer.

Tommy Lanham spoke at his funeral.



I am 17 years old and a senior at Glen Cove High School. Disregard what my annoying little brother said about me.

My parents met in high school and are always talking about senior year memories. This Coronavirus is taking away opportunities for me and my friends to create lasting memories that I can talk about when I am old like my parents.

I can no longer play basketball with my friends because my parents are paranoid about me getting infected. Instead, I do school work, work on college scholarship essays, watch Netflix and chill.

I am the only essential employee in my family since I work at King Kullen Supermarket. I get asked a lot about toilet paper these days. Toilet paper is in aisle #9!! I have dreams about customers asking me about toilet paper.

But I have to work so I can make that paper.

Photos courtesy Tammy Lanham

ONE OF THE subjects in Lanham's book is GCHS senior Julian Ledesma, who has not had an ordinary senior year. His job at King Kullen makes him the only essential worker in his home as he finishes up his classes remotely.



Photos courtesy Tammy Lanham

TAMMY LANHAM IS a freelance photographer, web and graphic designer and marketing strategist.

Who are the Lanhams?

Tammy and the Rev. Tommy Lanham moved from Keavy, Ky., to Glen Cove last August with their two teenage children. Tommy is the pastor of Glen Cove Christian Church and a motivational speaker. Tammy is a photographer, a web and graphic designer and a marketing strategist who just finished a book called "Circles of Light."

"We had been warned that New Yorkers might not be so kind," Tammy said. "And I will tell you that is the exact opposite of what we received in Glen Cove."

For more information on Tammy's book, go to <https://www.blurb.com/b/10106445-circles-of-light-stories-vol-1>

City councilman makes his rounds to nursing homes

Glen Cove City Councilman Gaitley Stevenson-Mathews and his beloved car, Abby, joined fellow Glen Cove resident Sid Halpern and his iconic 1953 Ford Golden Jubilee Tractor, along with local attorney and bagpiper Robert Lynch, to bring some joy and snacks to all six assisted living centers and nursing homes in the city.

"All of us have paid tribute to our incredible frontline workers at the hospital, to our first responders and to essential workers, but we wanted to also do something special for our nursing home and retirement community workers," Stevenson-Mathews said.

The trio had a last-minute addition when Bob Malvino offered to help with the tribute. On May 18 the four men and their vehicles with snacks went to Glangariff Rehabilitation & Healthcare Center, Emerge Nursing & Rehabilitation at Glen Cove, The Regency at Glen Cove, Glen Cove Center for Nursing & Rehabilitation, Sunrise of Glen Cove, and The Atria Glen Cove.

In addition to providing snacks for workers, as soon as the men arrived with their vehicles, Lynch began a medley of tunes on his bagpipes, starting with "God Bless America" as Halpern hurriedly set up his wagon dragged by a

tractor to use as a makeshift stage.

On it, all three men expressed their appreciation to the staff. The short program ended with Stevenson-Mathews singing "America the Beautiful." All were invited to join him on the chorus. This same routine was repeated at all of the facilities.

"Wow, what a very special day," Halpern said. "I was so grateful for the opportunity to be part of the show of gratitude to the healthcare workers, staff and residents of our city's assisted living centers and nursing homes, and having been fascinated by Ford tractors since I was a boy, it was a special plea-

sure for me to see people enjoy my tractor and wagon."

Lynch, who played bagpipes as part of the tribute, said he was honored once again to have the opportunity to share his musical talent with the community.

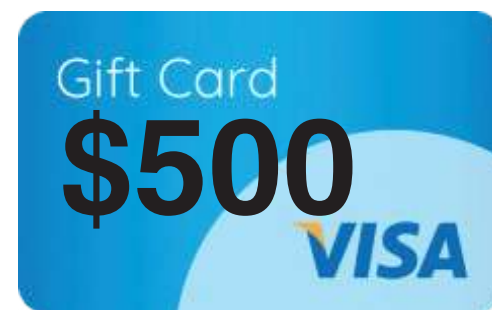
Stevenson-Mathews echoed the sentiment; "I was thrilled when the fellows said they wanted to join me for this tribute — just another example of community coming together," he said. "It feels good and right to make a point to say thank you to all of our frontline and essential workers during this pandemic and there's nothing wrong with a little creativity in doing it."

HERALD CLASS OF 2020 SENIOR SUPERLATIVES

NOMINATE TODAY!



NOMINATE a graduating high school senior for bragging rights as the best in Nassau County. The winner of each category will be featured in the HERALD Community Newspapers and be entered into a drawing to win a **\$500 VISA gift card.**



**M
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- Be at the **#Beach**
- Become a **#Billionaire**
- Find a **#CureForCancer**
- Raise a family on **#LongIsland**
- Become a **#MovieStar**
- Win a **#NobelPeacePrize**
- Win an **#OlympicGoldMedal**
- Become a **#Politician**
- Become Number 1 on **#Spotify**
- #Succeed**

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- #Car**
- #Cook**
- #Dressed**
- #Eyes**
- #Hair**
- #Jokes**
- #Smile**

HERALD
Community Newspapers

HOW TO ENTER – Post your nominations to Instagram. Be sure to follow these six steps:

1. Follow @longislandherald and accept our follow request when we follow back
2. Post a picture of your nominee showing why they're the best in their category
3. Tag @longislandherald and the nominee
4. Include in the caption the nominee's full name, high school, and why they are Nassau's best in their category

5. Use a #hashtag from above to indicate the category you're nominating them for
6. Add #LIHerald2020 as a hashtag, too

If your nominee is chosen as a finalist, a Herald representative will reach out via DM by June 15th for more information

@longislandherald



FOR MORE INFORMATION CALL 516.569.4000 EXT 347

1090203

ROBERT C. PICOLI III

GLEN COVE

CHIEF,
GLEN COVE EMS

Death has been a lot more potent and obvious. Throughout the pandemic, it's been a lot more death and a lot more hurt with families and watching people suffer more than normal. So it definitely takes a mental toll on you.

You have to have a good personal life structure and a good work structure to be able to count on the people that are around you and count on them to hold you up and be there for you. Being first responders, there's also places and phone numbers we can call and reach out when we're not feeling good and want to talk.

It's definitely nerve-racking to be exposed to Covid-19, but it's what we all trained to do. It's what we signed up to do. That's why we rely on the local government and state government and our agencies to provide the proper equipment that we need daily.

Not everybody with the coronavirus shows symptoms, so the test being available for us makes it easier to know that we don't have it. We provide the best care possible, and we need to make sure we're healthy. If we're not healthy, we can't help people.

With what's going on, we're extra busy then we normally are and trying to go out and get food is definitely limited and it's nice to know that people are coming out, saying thank you to us by donating food and supplies. It shows the appreciation of the work we're doing doesn't go unnoticed.

[Community support] definitely helps. [Donated meals] allow us to be more comfortable in our station where, if we have to go out and get stuff, but weren't able to, now we're able to have it at our station.

HERALD HOMETOWN HERO



DR. GREG GULBRANSEN

SYOSSET

PEDIATRICIAN,
OYSTER BAY PEDIATRIC



I have quite a few kids who come to my Oyster Bay office with homemade cards and notes. I hang them in my office like a shrine. They say things like, "Thanks for keeping the office open to help your little patients keep safe." It's all really touching.

I kept my office open from the beginning of Covid. A lot of my colleagues closed. This is my defining moment. Something like this is what I trained for.

These days I completely focus on work, work and work. It's all about the darn virus. My eating and sleeping go around the office schedule.

I think the virus was here a while ago. We were swabbing everyone for the flu back then and wondered why everyone was negative.

Now it's much quieter and calmer. But we are getting a lot of phone calls though about rashes. Anytime a child has a red spot, I get a call for the parent to come in or for a telemedicine appointment. But I've seen no sign of Covid yet.

The new state of things has given me more time with my family, which is nice. We all have dinner together now. So, there is a silver lining, and I'm happy about that.

I was given a car parade last Monday and it was so emotional for me.

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stations, nursing homes and urgent care facilities. We went around Glen Head, Greenvale, Sea Cliff — the whole area.

Having a bag of cookies always puts a smile on my face, and these people are working so hard. They're not giving up on their jobs, and they're putting their lives on the lines. They're going right into the most dangerous places, so you've got to give them a lot of credit. It's just a little something to say, "Thank you, and we're thinking about you."

It's just such a pleasure to do it. I live in such a great community that gives so much to me, both in my business and personally. I just thought it was right to give back to the people who are working so hard to help everybody else.

It seems like everybody who wants to help is doing something with food, so I had an idea to do something sweet. My family's favorite cookies are Tate's Cookie, so I bought over 2,000 bags, and my wife and kids pitched in to separate them, put them in packages and my daughters hand-made drawings on cards.

We went around and delivered them to all different workers in hospitals, sanitation departments, post offices, police

**HERALD
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HERO**

VINNIE MARTINEZ

GLEN COVE

**SUPERVISOR,
GLEN COVE
DEPARTMENT OF
PUBLIC WORKS**



their desk, we sanitize their desk and their phone and everything in that office basically on a daily basis to ensure when the new set of people come in, the office is clean for them.

We've been sanitizing the police station twice a day, and we've been sanitizing the Glen Cove EMS every day, seven days a week,

It makes you feel like you're making a difference, because if we didn't do our job, potentially this virus could have spread in this building.

At first it was kind of like, "Oh, you don't know what you're going to get," but as time went on, it was just kind of what we did. Everyone is wearing masks and gloves.

I still look forward to coming to work. I like my job, so I don't have a problem coming in. It's only myself and seven other guys, and we keep pretty much in contact throughout the day. It's a smaller group, I think it's a tighter group.

There's Public Works, the guys that do the garbage, sanitation and highways. I'm the building supervisor, so I maintain all the city buildings and city property.

We're doing more sanitizing than actual repairs and [the usual] things that we do. Our workforce is cut back, but my guys and I are coming in every day.

When we have limited people coming to work, like finance, public works and the water department... when they leave

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Your priority is at home

Steps to stay healthy during the pandemic

As the Covid-19 pandemic has turned our lives inside out, the tendency has been to find ways to soothe ourselves during this period of upheaval. While we're doing our part to observe public health measures and reduce exposure to the disease, let's use these days at home to focus on our personal well-being.

Yes, we're all preoccupied with dealing with realities of our daily lives, but at the same time we're practicing social distancing, we have an opportunity to protect and improve our own health. Healthy eating is especially important for keeping your immune system in top condition. Here are some steps you can take to eat healthy in the times of Covid.

Minimize trips to the supermarket Before you shop...

Plan ahead. Visualize breakfast, lunch, and dinner for at least 5 days. What will you serve? What do you need? Consider the foods your family likes, your food preparation methods, interests and skills, and the time and energy you will have for preparing meals. Working from home may not mean there is more time to cook—especially if you are now responsible for teaching your kids and doing the work your employer expects.

Have children at home? Include children in meal planning, preparation, and clean up while teaching them writing, math, reading, and science.

Reading/Writing: Ask your kids to make a list of what's in the pantry and refrigerator. Then, have them look through cookbooks or online recipes sites to find meals and snacks that use up what is on hand. Have them share their breakfast, lunch, or dinner meal ideas.

Math: Find math in measuring spoons and cups, counting out numbers of ingredients, taking stock of pantry items, or planning the time it will take to prepare, cook, eat, and clean up a meal.

Science: Get kids involved in baking bread, cooking an egg, or creating a homemade salad dressing—then, search the internet to discover the science behind why ingredients change when they are combined, heated, or blended.

Think nutrition

The healthiest meals emphasize whole grains, vegetables, and fruits — serve them in the greatest amounts. Meat portions should be smaller — this will save money and help keep dietary saturated fat in check.

Make a shopping list —and use it! You'll be less likely to forget items or buy impulse items. Stock up on nutrition-packed foods that will stay fresh for a week or longer.

✓ Breads: corn tortillas, whole grain English muffins, bagels, breads, wraps, frozen whole wheat waffles

✓ Grains: instant oatmeal, pasta, frozen brown rice, couscous, refrigerated pizza crust

✓ Fruits: fresh, dried, plain frozen, canned in juice or water

✓ Vegetables: fresh veggies, plain frozen, low sodium canned, sun-dried

✓ Sauces: tomato pasta sauce, salsa
✓ Soups and broths: canned, frozen, shelf-stable cartons
✓ Juices: 100 percent juice
✓ Milk: fresh, shelf-stable packages
✓ Eggs and cheese

✓ Beans/legumes—canned and dry
✓ Nuts and seeds: bagged, canned, nut butters
✓ Poultry, meat and seafood

✓ Flavorings: add zing with dried herbs and spices, vinegars, mustard, hot/steak sauces, lemon/lime juice, light dressings, honey, Greek yogurt

Go easy on the frozen dinners — most are high in sodium, fat, and calories —and limit purchases of tempting foods like chips, sodas, cookies, and ice cream.

Prepare for the unexpected. Since supermarkets are running low on many, be ready with a back-up plan if an ingredient you need is unavailable.

Keep the less fortunate in mind. Contribute to local pantries and soup kitchens now. Then, when it is all over, donate extra food you stocked up on that is still fresh and safe to eat.

Use contactless payment or credit cards. If you use the payment keypad, tap the buttons and screen with your knuckle—then use hand sanitizer after completing your payment.

When you bring the restaurant home

Eat "out" safely. If you want to have take-out meals, take the food home right away and eat it while it is hot. Store leftovers safely — wrap tightly and refrigerate any dishes with meat, fish, poultry, or dairy products. Be sure to reheat these leftovers thoroughly before eating.

Make eating together at home a positive experience

Whether it is homemade or takeout, eating more meals at home is a new routine for many families. Keep the stress down by making mealtime fun.

Get the family involved. Kids can help set the table, pour the water, make the salad, or grate the cheese. Make mealtimes a family affair.

Try some new recipes. If you have never made homemade pizza, roasted a whole chicken, or cooked meatballs from scratch, now is a good time to try! For the less adventurous, start slowly by looking for those recipes that call for only a few ingredients and use common kitchen tools.

Reconnect with the family. Eat together at the table or spread a blanket on the floor and have an indoor picnic. Be sure to separate mealtime and TV time; watching while eating makes it too easy to pay attention to TV and not your food, so you are likely to overeat. Wonder what to talk about at mealtime? Chat about things you will do this summer, tell jokes; just keep the conversation upbeat and fun.

Above photo: In an ideal scenario, you'd have a balance of fruits, vegetables, whole grains, lean protein, and dairy at every meal. It might be hard to pull that off now, and that's okay. What you eat affects your physical and mental health, and both are a priority. Start with what you have and fill in the gaps.

Think positive!

Mindset is vital to getting through this pandemic physically and mentally healthy

Are you feeling stress, fear and anxiety as the pandemic drags on? If so, you're not alone. The recommendations for social distancing affect nearly every part of our lives, including finances, relationships, transportation, jobs and healthcare.

Some common causes of stress during the coronavirus pandemic are uncertainty, lack of routine and reduced social support, says Mark Flanagan, LMSW, MPH, MA.

Routines

As humans, we don't like uncertainty and tend to thrive in routines, says Flanagan. Routines are essential because they create a sense of normalcy and control in our lives. This sense of control then allows us to manage the challenges that come our way.

"When we don't have a routine, much our time is spent trying to establish one," says Flanagan. "Without a routine, we often pay attention to the things that are most 'flashy.' When big news happens, we tend to focus on it more."

Social support

Not only are our routines currently disrupted, but the routines of everyone around us are as well.

"When something goes wrong in our lives, we can usually rely on others to get a sense of calm," he says. "But when everyone is experiencing the same sense of uncertainty, there's no real 'anchor' to help manage some of the stress."

Stress

Stress management is essential for good physical health, and it's especially important right now as our world addresses the Covid-19 pandemic.

"While short-term pressures and stress are normal and can help us change in positive ways, chronic stress causes a huge deterioration in our quality of life on a physical level," says Flanagan. "When we are more pessimistic, depressed or anxious, our immune system goes down and produces more stress hormones, reducing our immunity and increasing inflammation."

"Rather than dwell on nervousness, focus on the things you can control," Flanagan suggests. "When you move the locus of control from something outside yourself to inside yourself, you powerfully reduce anxiety and boost confidence."

He suggests the following steps to regain control and reduce stress.

Follow the recommended health guidelines. These guidelines include frequent hand-washing, social distancing, practicing respiratory etiquette and cleaning commonly used surfaces. See the latest recommendations from the Centers for Disease Control and Prevention (CDC). Not only will you protect your health, but you'll also protect the health of vulnerable people in your community, like older adults and those with serious or underlying health issues.

Create a morning routine. When



you're stuck at home, it can be tempting to let go of basic routines, but Flanagan says a morning routine can help you feel more productive and positive. Consider waking up at the same time each day, exercising, showering, meditating, journaling, tidying your home or having a healthy breakfast as part of your morning ritual.

Check in with loved ones regularly. While social distancing is essential to slow the spread of the virus, you can still check in with family and friends by phone, video chat, text or email.

Consider ways to help others. This can include picking up groceries for a neighbor and leaving them at their door, donating to a local charity, or purchasing gift cards from your favorite restaurant. By taking the focus off yourself, you can experience reduced stress and a greater sense of well-being.

Limit news and media consumption. "When we constantly check our newsfeeds and see bad news, it activates our sympathetic nervous system and can send us into fight-or-flight mode," says Flanagan. He recommends limiting how often you check the news to once or twice a day (ideally not first thing morning or after dinner), turning off news alerts, and obtaining information from one or two reputable news outlets.

Set boundaries around social media. "There's this concept of toxic sociality where we constantly have to be connected, even in superficial ways, and when we're not, it feels like part of us isn't being 'fed,'" he explains. "It's important to practice social distancing with social media too. We may not think we're having any effect on our newsfeed, but we can take steps to reduce the ripple effect of panic on social media."

Above photo: Stick with your routine as much as you can. Go to bed and get up in the morning on your usual schedule. Eat meals at regular times. Find ways to exercise away from the gym — do yoga in the living room, trim the hedge, have a scavenger hunt in the backyard with your kids, or just toss a ball or play tag as a family.

A Center for Excellence to grow up and grow older

By JENNIFER CORR

jcarr@liherald.com

A couple of years have passed since Glen Cove earned the World Health Organization and AARP's Age-Friendly status in 2018, making it an ideal place to grow up and grow old. Carol Waldman, the former executive director of the Glen Cove Senior Center and current liaison consultant to the city, decided she wanted to take that friendliness a step further.

She partnered with Nassau County to apply for a grant from the State Department of Health and Office for the Aging to become a Center for Excellence, meaning that Glen Cove would be a model for other communities. Under this agreement, Nassau County would learn from Glen Cove in becoming age-friendly and Glen Cove would reach its goal of excellence.

"The concept of being age friendly is that it enables people of all ages to actively participate in community activities," explained Christine Rice, the current executive director of the Glen Cove Senior Center, at the city's May 19 pre-council meeting. "It continues to treat them with respect regardless of their age and gives a place to stay connected to people that are important to them. It helps people stay healthy and active in their older years."

After the city received the grant from AARP and the WHO to become Age-Friendly in 2018, it had to establish an advisory board and a four year draft plan with the support of resident Vincenza Caruso to be presented to City Council in order to meet the eight established domains of what makes an Age-Friendly community — outdoor spaces and public spaces, transportation, housing, social participation, respect and social inclusion, work and civic engagement, communication and information and community and health services.

In this collaboration between the county and city, the two year contract with NYSOFA will award the county \$80,000 and the city with \$100,000. A percentage of the money awarded to Glen Cove will be given to the county for oversight.

"We are thrilled to partner with Nas-



Courtesy Flickr

AN AGE-FRIENDLY COMMUNITY is an ideal place to grow up and grow older.

sau County in terms of Glen Cove being identified as the place where we can create initiatives that will hopefully inspire and model for the rest of the county," Waldman said.

This project, which was coordinated closely with Jorge Martinez, the director of the Nassau County Office for the Aging, will make Nassau County one of the few counties in the state to receive this opportunity. New York was established as the first age-friendly state by the WHO and AARP in 2017.

"It sounds terrific and I'm so happy to be a Center for Excellence in anything," councilwoman Danielle Fugazy Scagliola said to Waldman at the pre-council meeting. "That makes me so happy. So what will the benefit be to our community?"

Under this grant, Waldman explained, programs called "Time Bank" and "Walk With the Doc." would be introduced. A hub would also be established in Glen Cove, making itself available for other communities in the county to reach out and receive Age-Friendly guidance.

The time banking project is a barter system that will be created in collaboration with Hofstra University. A com-

munity member will be able to offer a service, such as babysitting or yard work, in exchange for a coupon or a free hour of support. All services would be of equal value and everyone in the community could participate.

In addition, the Glen Cove Senior Center and Northwell Health are coordinating a program called "Walk with a

Doc." that would allow residents interested in walking to try it with a health-care professional. As medical professionals walk with residents, they would also be able to recognize any unnoticed accessibility issues throughout the city, such as crosswalk lights changing too quickly or a lack of benches. Residents would also learn to become comfortable talking with medical professionals.

"The whole idea of 'Walk with a Doc.' was supposed to be multi-purpose," Waldman said. "Now that walking together is not encouraged, at this moment at least, we are really focused on possibly talking with the doc."

Councilman Gaitley Stevenson Mathews brought up that during these days in quarantine, a chance to speak with a doctor would be especially beneficial for seniors whose needs are not accounted for.

"We are concerned that people not just remain healthy physically, but remain healthy emotionally and psychologically," Waldman said.

The grant will cover a project coordinator, web designer, mapping, consulting, project assistance, Time-Bank training and data entry. "I'm just happy to see that Glen Cove will benefit even more," City of Glen Cove Mayor Tim Tenke said.

This project was approved at the Glen Cove City Council meeting on May 26.

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HERALD NEIGHBORS

May 28, 2020 — HERALD COMMUNITY NEWSPAPERS



Photos courtesy Tab Hauser

A **MEMORIAL DAY** ceremony in remembrance of fallen soldiers was held at the Glen Cove Voluntary Fire Department.

Socially distanced ceremony honors fallen soldiers



COMMANDER DAVE HUBBARD, of the Young-Simmons American Legion Post 1765, showed his respect to those lost during this year's Memorial Day ceremony.



A WREATH WAS placed at a memorial honoring fallen firefighters.

Fallen soldiers were remembered differently in Glen Cove this year because the pandemic's conditions made it impossible to hold the annual Memorial Day Parade.

The Memorial Day ceremonies began at the Glen Cove Voluntary Fire Department. A brief outdoor ceremony was held, that included Michael Mienko who played the trumpet.

A ceremony at Glen Cove City Hall followed as veterans, members of the Glen Cove Memorial Day Parade Committee, U.S. Representative Tom Suozzi, State Assemblyman Charles Lavine, State Senator James Gaughran and Mayor Tim Tenke honored fallen soldiers. A prayer from Reverend Roger Williams opened the ceremony that included speeches and a trumpeter named Josiah Ashelow.

Afterwards, wreaths were placed at war memorials around Glen Cove, including Monument Park. Members of Long Island Laboring Against Covid-19, or LILAC, were there to meet with Suozzi, local leaders and veterans, to honor fallen soldiers. LILAC, which aims to fill the gap of Personal Protective Equipment shortages, was founded by 14-year-old Sabrina Guo of Oyster Bay Cove.

"Students like me enjoy the freedoms of this country," Guo said. "LILAC is so grateful for our veterans and we are committed to continuing our efforts in this time of crisis."

LILAC donated 3,500 pieces of PPE to the Northport VA Medical Center and Veterans of Foreign Wars and American Legions around the North Shore.



MICHAEL MIENKO PLAYED the trumpet during the Memorial Day ceremony at the Glen Cove Volunteer Fire Department.



TO HONOR FALLEN soldiers at Monument Park in Glen Cove, Congressman Tom Suozzi, along with local leaders and veterans, met with members of Long Island Laboring Against Covid-19, or LILAC.

When Covid-19 becomes real: mourning my grandmother

By LUCAS PINO

Editor's note: The following was originally written for Hofstra University's Long Island Advocate, the online publication of the college's Lawrence Herbert School of Communication. Lucas Pino, a student at Hofstra, is from Glen Head.

When Covid-19 first hit, I believed it was not a big deal and normal life would quickly resume. However, as reports of the number of cases and spread of the virus emerged, I realized the seriousness of it.

Particularly hard hit have been nursing and assisted living homes, where the elderly and medically fragile patients live. An April 24 article by ABC News reported that the number of deaths of nursing home residents had exceeded 10,000, roughly 20 percent of Covid-19 deaths.

I understand all too well the issue that ABC News was reporting. On March 17, nine days after Hofstra University closed its campus and classes went online, my 88 year-old grandmother, Rose Pino, started showing symptoms and was tested for Covid-19 with a cotton swab inside the nostril. Four days later, she was admitted to Huntington Hospital in Suffolk County. She had contracted the virus.

The virus was likely passed to her from another resident at Sunrise Assisted Living in Dix Hills, where she lived. Sunrise is a bit of a drive from my home in Glen Head, but closer to some of my other family members. Since this virus is very contagious, no one from my immediate or extended family was allowed to visit my grandmother during her hospital stay.

After my grandmother was hospitalized for a few days, we received news that she was showing signs of improvement. But then, suddenly, she took a turn for the worse. Overnight, her organs started shutting down, and she died within two and a half hours, after a little more than a week in the hospital.

My grandmother was a healthy woman, and when my family and I heard

that she had the virus, we all believed she would survive it. The night of her death, my father shared stories of how strong she was, and how she would recover after an illness. We joked that she had a great immune system.

On the night of her death, my parents, sister and I had to grieve at home. We spent the night talking about all of the memories she left us, including all of the times we would visit her and my grandfather on the weekends at their home in St. James, in Suffolk County.

It was so surreal. I couldn't even hug my brothers. We couldn't be near the coffin.

LINDA PINO
Rose's eldest daughter

The next night, I had a bowl of creamed penne pasta for dinner, my favorite dish that she made me when I was growing up. We took out photo albums from the attic and looked at pictures of her with her husband, children and grandchildren. One night, we watched old home videos of family gatherings.

One of them took place on Christmas Eve in 2004, at my grandparents' house, when I was 5 years old and my sister was 7. My grandmother had cooked a full five-course meal for everyone, which included pasta, fish, bread and Italian Christmas cookies that she

would bake every year during the holidays. The recipe for the cookies was passed down from my great-grandmother. The tradition has been in our family for decades.

"When God calls you home, you go," said my uncle Richard F. Pino Jr., the oldest son of my grandmother, when I spoke to him later. "It was 88 years of a great life." The worst part, he said, was that my grandmother was in the hospital by herself the entire time, "surrounded by people in hazmat suits."

It was also impossible to have a proper funeral service for my grandmother. Instead, we had a small service, attended by my father and two of his siblings. "It was so surreal," said Linda Pino, my aunt and my grandmother's oldest daughter. "I couldn't even hug my brothers. We couldn't be near the coffin."

"It was strange and very fast," my uncle agreed.

My father, James Pino, my grandmoth-



Courtesy Lucas Pino

ROSE PINO RECENTLY died of Covid-19.

er's youngest child, also commented on the service, saying it "forced a very unusual mourning process ... Because there was no wake and no funeral service, it seems like we didn't give her a proper sendoff. These services would have been where not only children and grandchildren, but also cousins, nieces and nephews and close friends, would have gath-

ered to celebrate a life well lived."

Later in the summer, our family plans to properly honor her life. We are unsure of where or when the service will be, but it will include aunts, uncles, cousins, nieces and nephews, and children and grandchildren, and it will almost certainly involve a lot of Italian food, just like the gatherings my grandparents used to hold.





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Beaches open on Memorial Day weekend now closed

By JENNIFER CORR

After Gov. Andrew Cuomo announced on May 22 that state beaches, including those on Long Island, could open over the Memorial Day weekend, city officials, including Department of Parks and Recreation Director Darcy Belyea worked to come up with a plan that would keep residents safe and happy.

She said that Memorial Day weekend was successful and that with the inclement weather, it gave city officials and staff a chance to get used to the new protocols.

Since then there have been some unexpected complications. On Saturday, because of the heavy rainfall, the Nassau County Department of Health issued an advisory against swimming at 18 beaches known to be impacted by storm water runoff. Those beaches included Pryibil Beach and Morgan Sound. According to the DOH, storm water runoff can impact water quality by elevating bacteria levels.

That advisory was lifted on Memorial Day. But, due to a blockage in a sewer main, according to the county DOH, untreated sewage overflowed into a storm drain and discharged into Hempstead Harbor. As a result, the county DOH closed four beaches including Morgan Park Beach in Glen Cove.

These beaches will remain closed until the county DOH completes and reviews all beach water quality sampling. Belyea said that while the leak spilled into Hempstead Harbor, not Glen Cove, Morgan Park Beach was closed as a precaution.

Until the water quality test results are returned on May 28 the county DOH advised that Morgan Park Beach remain closed for swimming.

Select parks such as Morgan Park and Welwyn Preserve opened to the public for passive use earlier in the month and residents can now bring their dogs to the Dennis Brian Murray Park. Crescent Beach will remain closed until further notice.

When it reopens, Pryibil Beach, which is open for Glen Cove residents only, will be open from 8 a.m. to 6 p.m. and Morgan Park Beach, which is open to Glen Cove and Locust Valley residents only, will open from 6 a.m. to 6 p.m.

When Morgan and Pryibil reopen, swimming will only be permitted when a lifeguard is present. In compliance with the governor's guidelines on reopening beaches, capacity on Pryibil Beach is capped to 200 people, with admittance on a first come, first serve basis. Picnic areas, playgrounds and basketball

Beach rules

- A social distance of six feet or more should be maintained.
- A physical distance of 10 feet or more must be maintained between beach blankets and chairs.
- Gatherings of any size are not allowed.
- Any time social distance can't be maintained, a facemask must be worn.
- Bathrooms will be opened and maintained by the city. Residents must social distance. Showers and water fountains will remain off until further notice.
- No group sports are permitted.
- Auxiliary Police, in conjunction with Glen Cove police, will enforce social distancing and crowd control.

courts are closed, as all of those amenities are across the city.

As for Morgan Park Beach, admittance will be capped if needed. However, the beach is typically underused, said Belyea, who added that attendance was low over Memorial Day weekend. No residents from Glen Cove or Locust Valley needed to be turned away. However, Belyea said, there were individuals who were not from the area that were not admitted.

Belyea said she personally encountered a family from Brooklyn and multiple families from Manhattan.

In Glen Cove, residency will continue to be checked Friday through Sunday until mid-June when city officials reevaluate.

While more parks and its amenities are opening up across the city, parks on Glen Cove City School District property will remain closed.

"The gate to the track was tampered with as were the tennis courts. It seems that someone has cut through the fences," said Dr. Maria L. Rianna, the superintendent at Glen Cove City schools. "We are concerned and we aren't a public park, so we are still very cautious at this point in time."

Rianna said that while she does not mind people using the school grounds for walking in a socially distanced manner, bike riding and group sports are still not permitted.

Jeff Bessen contributed to this story

Kamp, woman who helped widows live again, dies

By LAURA LANE

Llane@liherald.com

Ellen Kamp became a widow in 2006, when her husband, photographer Eric Camp died. Three years later she co-founded the W Connection, a non-profit for widows, with Dawn Nargi, of Manhattan. Kamp helped many widows during her lifetime to rebuild their lives and made friends with several along the way. The Sea Cliff resident's death on April 25 from ovarian cancer is a loss that continues to be felt by many.

"I miss her presence," said Mary Smith, of Rockville Centre, who is a co-facilitator at W Connection, which meets in Sea Cliff once a month at the Creative Art Studio. "She looked beyond the everyday and helped us get back to living. She had an innate sense of courage that she shared with the rest of us."

No one who is not a widow would understand how it feels, said Maryjane Barbaris, another member of W Connection. But Kamp did. She helped Barbaris to cope with the loss of her husband, who died in 2007. Maryjane has lived in Sea Cliff for 40 years.

Barbaris joined the W Connection two years after her husband's death. Soon she and Kamp became good friends. "Ellen was smart, compassionate, empathetic and kind," Barbaris said. "She always gave excellent advice. I miss her."

Kamp, who died when she was 69, battled ovarian cancer for 2 ½ years, her boyfriend Mark Mazer said. She was the daughter of Holocaust survivors, Joseph Glueckstein and Mimi Rubin, who met as young adults while in a concentration camp. Then they were moved to different camps but found each other after the war. The couple married and lived in Germany. After they had their son Fred in 1949 the Gluecksteins decided that they didn't want to raise children in Germany and moved to the United States.

"Ellen talked a lot about this with me," Mazer said. "It helped her develop empathy and sensitivity for those who suffer.

She inherited a sense of resilience and adaptability from her parents who came to the United States not speaking English without any money. Ellen said, "When tragedy happens you don't let it defeat you. You move on."

When Kamp was 14 years old she was diagnosed with scoliosis and underwent surgery where a metal cage was placed inside her body. She had to lay flat on her stomach for an entire year at Manhattan's

Hospital for Special Surgery. She overcame it, Mazer said. "It taught her survival and empathy for those going through terrible experiences," he said. "She wanted to help people to move forward. Ellen brought that spirit to the W Connection."

Smith, who has been involved with the W Connection for five years, said Kamp kept her grounded. Smith's husband Bob died from lung cancer at age 68. She attended a bereavement group at Mercy Hospital for a year but said the conversations were the same. She wanted to get on with her life.

"Ellen was just amazing," she said recalling when they first met at a meeting of the W Connection. "Everything there is confidential and Ellen kept it all close to her chest. She was very reassuring that we would survive and prevail as widows. Ellen led by example."

Mazer said that Kamp went through three surgeries to rid of the cancer and was in and out of remission. She was always loyal, he said. Mazer said if he was sick Kamp would have been there.

"We were lying in bed watching a movie and I went to get her ice cream," he said. "When I returned she was sitting at the end of the bed, dizzy and couldn't stand up. I helped her back into a chair and she died in my arms."

Ellen Camp is survived by her brother Fred Glueckstein; companion Mark Mazer; nieces and nephews and grandnieces and grandnephews; and her sister-in-laws Kate Sells and Judy Kamp. Donations in Kamp's honor can be made to a charity or organization of the donor's choice.



Photo credit

ELLEN KAMP, A widow herself, co-founded the W Connection, a non-profit for widows.



What's online?

Visit www.liherald.com/ photos to view and purchase photos

HERALD SCHOOLS



Photos courtesy of the Glen Cove City School District

MARGARET A. CONNOLLY ELEMENTARY School's K-Kids members Lia DiMaggio, left, and Domenica Pipitone, bottom right, created signs to send to the food pantry along with the club's monetary donation.

Connolly K-Kids donates \$345 to food pantry

The Margaret A. Connolly Elementary School Kiwanis Kids, or K-Kids, recently donated \$345 to the Glen Cove High School food pantry.

The money was raised during the K-Kids annual Valentine's Day Lollipop Sale and, to ensure that their classmates and the Glen Cove community have the resources they need during this difficult time, the K-Kids donated the proceeds to

the pantry.

The Glen Cove food pantry is open Wednesdays from 10:30 a.m. to 12:30 p.m. for Glen Cove families.

K-Kids is a branch of Kiwanis International that seeks to involve elementary school students in community service activities. The Connolly club is affiliated with the North Shore Kiwanis Club.

Students receive stylus pens

With many Deasy Elementary School students using touch screen tablets and computers for distance learning, the school's PTA, along with one kindergarten parent, donated stylus pens for each student in the school.

Deasy teachers delivered the stylus pens earlier this month. These supplies will help students scroll, swipe and write while using the touch screens.

DEASY STUDENTS RECEIVED stylus pens delivered by teachers Jen Cleary and Mary Maloney.



PSEG encourages customer to work and play safety at home during National Electrical Safety Month

May is National Electrical Safety Month and with millions of Americans working and learning from home, PSEG Long Island reminds its customers to be careful and responsible with electronics and appliances.

According to Electrical Safety Foundation International, electrical malfunctions account for 35,000 home fires each year, causing more than 1,130 injuries, 500 deaths, and \$1.4 billion in property damage. The average American home was built in 1977, according to the ESFI and many existing homes simply can't handle the demands of today's electrical appliances and devices.

PSEG wants customers to know the following observations of an overloaded electrical system; frequent tripping of circuit breakers or blowing of fuses, dimming of lights when other devices are turned on, buzzing sound from switches or outlets, discolored outlets and appliances that seem underpowered.

ESFI recommends the following tips to prevent overloading circuits; label circuit breakers to understand the different circuits in the home, have homes inspected by a qualified electrician if the home is older than 40 years or has had a major appliance installed, have a qualified electrician install new circuits for devices that use a high amount of energy, reduce the electrical load by using energy-

efficient appliances and lighting.

"Safety is always our top priority," John O'Connell, PSEG Long Island's vice president of Transmission and Distribution Operations, said. "We encourage people to enjoy all of the comforts and convenience of electricity while paying attention to and avoiding potential hazards. This is the perfect time of year to perform routine checks in homes and businesses to prevent electrical shocks, injuries and fires. Also, taking the time to brush up on emergency safety tips can save lives."

Created by ESFI, this year's Electrical Safety Month theme is "Smart Home," which focuses on lifesaving devices that keep a home smart and secure by protecting against various electric faults and surges. The annual effort seeks to help reduce electricity related fatalities, injuries and property loss. Among other free resources, ESFI

released a safety video in conjunction with the month. Access the video online at www.youtube.com/watch?v=CJS-rREXoAw&feature=youtu.be.

PSEG offers a "Sesame Street" safety education program for children as well as more information on home electric safety at www.psegliny.com/safetyandreliability/safetytips/personalandhomesafety.

Safety tips from PSEG

Do not handle electric appliances with wet or damp hands and never use electric appliances in wet or damp conditions unless the appliances are specifically rated for that use.

If there are small children or pets are around, make sure unused wall outlets have safety coverings. All outlets within reach should be protected with plastic closures that fit snugly and cannot be removed easily.

Inspect all appliances and extension cords regularly to ensure that it is in good condition. Cords should not be frayed or damaged. Ensure that cords don't run under rugs or have furniture resting on it.

Never pour water on an electric fire, as water acts as a conductor and can cause shock. A fire extinguisher that is rated as Class C should be used for electric fires.

Locate smoke detectors on the ceiling away from air vents and near bedrooms. Test smoke detectors every few months to ensure it is working and change the batteries every spring and fall when the clocks change.

Never touch a downed wire or go near one. Always assume the power line is live and call PSEG Long Island at 800-490-0075 to report downed wires.

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What you need to know today.

OBITUARIES

Virginia M. Buckhout

Virginia M. Buckhout, 98, of Glen Head, died on May 23. Born in Windham, Ohio in 1921, she graduated from Kent State University with a major in nutrition and a minor in chemistry. After graduating, she worked in a laboratory at the Bush Beryllium Company in Cleveland, supporting the war effort.

In 1945, Buckhout married and moved to Long Island. She was a very active member of the Glenwood Presbyterian Church, serving several offices and singing in the choir, which gave her great pleasure. She also loved to travel, and skiing, golfing, swimming and gardening were her favorite activities.

Buckhout is survived by her children, Mark Cetrone (Helen), Ellen Bock (Paul), Robert McAllister and Jean Sarner (Gary), as well as three grandchildren, two great-grandchildren and all the health care professionals who helped during the last part of her life. A celebration of life will be held at a later date.

Gary Craner

Gary Craner, 77, of Glenwood Landing, died on April 28. He was born in Filton, N.Y., the son of the late Francis and Fern Craner and the eldest of six children.

Craner often talked of starting his first few years of schooling in a one-room schoolhouse and went on to graduate from SUNY Oswego where he met the woman who would become his wife, Genie, in his first week of college. He earned Bachelor of Science and Master of Arts degrees in Biology and a professional diploma in Educational Administration.

A dedicated teacher at North Shore High School for 38 years, often teaching the children of former students, Craner was also actively involved in athletics as a coach for baseball, bowling and cross country. He became Athletic Director for After School Sports, a position he held for six years after retiring from the classroom in 2003. His love of athletics and weight training was lifelong, and he clinched the NY State bench press record in the senior age category.

Craner is well known throughout the local community for his service and dedication to many organizations. Most prominently, he was dedicated to the North Shore Kiwanis. He was a distinguished past president, secretary, Chairman of the N.S. Scholarship Committee, and served on other committees including the Sea Cliff Mini Mart, Pancake Breakfast, and Nassau to Suffolk Bicycle Challenge. Most proudly, he served on the board Kiwanis Pediatric Trauma Center, raising funds for children's healthcare.

Craner's other love was for his church, the Sea Cliff United Methodist Church, where he served as a faithful parishioner and trustee treasurer. He was also an avid reader of modern fiction and loved traveling the world in style on the 18 cruises he enjoyed with his wife.

Craner is survived by his wife of 53

years, Genie, and his two children, son Garren (Carolyn) of Stamford, Conn. and daughter Gennifer (James) of Agoura Hills, Cali. He cherished his grandchildren Alyssa and Kayla Craner and Justin and Gemma Milne and was the dear brother of Joan, Doug, Elizabeth, Muriel and the late Marilyn, and brother-in-law of Linda.

A memorial service will be planned in the future at the Sea Cliff United Methodist Church. Details of the memorial service will be announced at a later date.

Christina A. Sica

Christina A. Sica, (nee Amodeo), of Glen Cove and formerly of Brooklyn and Syosset, died on May 7. Beloved Wife of the late Nicholas; cherished mother of Nicholas J.; dearest Sister of the late Ciro Amodeo (late Irene) and the late Jerome Amodeo; loving Aunt of Christopher Amodeo (Joann); dear great aunt of Jacklyn and Eric Amodeo; predeceased by her two infant daughters. She was a member of Glen Cove Senior Center and Golden Voices, a former representative at NY Telephone Co. and a founder and coordinator of the volunteer program at Bailey Arboretum Locust Valley. She was also a former volunteer at Old Westbury Gardens, Garvies Point, Planting Fields, Old Bethpage, L.I. Fair and Clark Gardens. An avid gardener, she also enjoyed knitting, crocheting, painting with watercolor, wreath making, nature crafts, baking, and sewing, winning many blue ribbons at the L.I. Fair for over 10 years. All services are private.

Vincenzina Abbondandolo

Vincenzina Abbondandolo, 80, of Glen Cove, died on May 2. Beloved wife of the late Pasquale, loving mother of Nicola (Angie), Angelina (Jay) and Enrico (Christina), dear sister of Pasquale, Generoso and Michael, adored grandmother of Nicole, Meaghan, Jackie, Katie, Maria and Mariella, also survived by many nieces and nephews. Arrangements entrusted to Dodge-Thomas Funeral Home, Glen Cove. Private Entombment at Holy Rood Cemetery.

Anthony "Tony" Maxwell Augustine

Anthony "Tony" Maxwell Augustine, 61, of Oyster Bay, N.Y., died from Covid-19 on the morning of April 12 at his home. Tony was born in Washington, D.C. on June 4, 1958. One of 5 children, he grew up in East Norriton, Pa. He was a Seabee in the U.S. Navy and received an honorable discharge in 1980.

Tony was known for his sense of humor and enjoyed playing chess and Scrabble with family and friends, whom he usually beat. He also published a book

of poems. Though he moved to Long Island in 2006, he remained an avid Phillies and Eagles fan. He was such a loyal Phillies fan that Citizens Bank Park had a "Tony Augustine Day." His sister Jackie and friend Carlos took him to the parade when the Phillies won the World Series in 2008.

Though he had setbacks in life, including a 1984 car accident that caused paralysis, he was always one of the most observant people in the room. He could always be counted on for a smile or to laugh at a good joke. Tony faced everyday with courage and never gave up on his dream of walking again. Until 2012 he spent many days at the pool standing in the water with assistance. His wit and good spirits were an inspiration to all who knew him.

He is survived by his mother Florence-Ann, siblings Stephanie (David Asher), Jackie, and Michael (Jill) and many nieces and nephews. His father Nuncio and brother Nick preceded him in death. Condolences can be sent to Fairchild Sons Funeral Home in Manhasset, N.Y. A service will be scheduled at a later date at Christ Episcopal Church, Oyster Bay, where he was a member.

Despina Albanes

Despina Albanes, 95, of Oyster Bay died on May 7. Beloved wife of the late John; loving mother of Demetrius (Yianna) and Joseph (Ted); cherished grandmother of John and Kristine; also survived by many loving relatives and friends, including the blessed Greek Orthodox Church of the Holy Resurrection community in Brookville. In light of the current circumstances the immediate Funeral Services are private. Interment Locust Valley Cemetery. Information about virtual attendance will be posted here once available.

Frank A. Gentile

Frank A. Gentile, 78, a part-time resident of Locust Valley, died on April 23 in Palm Beach, Florida. Husband of Michelle (Mickie) for 55 years. He passed away after a long battle with an illness. Born and raised in Queens, he was the son of Italian immigrants. It was there that Gentile had his first taste of the wine business where his family bottled and distributed wine. He went on to further explore his Italian roots, gaining experience in all facets of winemaking. In 1989, with his partner Robert Musorofiti, he co-founded San Giuseppe Wines. The company went on to become one of the fastest growing brands of premium Italian wine.

Gentile was an avid sailor and a member of the New York Yacht Club. Gentile and his wife enjoyed spending the winters in Palm Beach and the warmer months at their home in Locust Valley with family and friends. A memorial mass will be announced at a later date. Donations can be sent in memory of Gentile to St. Patrick's Church, 225 Glen Street, Glen Cove, NY 11542.

Obituary Notices

Obituary notices, with or without photographs can be submitted by individuals as well as local funeral establishments. They should be typed and double spaced. The name of the individual or funeral establishment submitting the obituary should be included. A contact phone number must be included. There is no charge for obituaries.

Send to: llane@liherald.com or 2 Endo Blvd., Garden City, NY 11530

THE GREAT BOOK GURU

Man behind the myth

Dear Great Book Guru,
I just read a wonderful article about Spike Lee and his long career in controversial movie-making. He has a new movie coming out next week, "Da Five Bloods," a story of veterans of the Vietnam War; but my all-time favorite of his was "Malcolm X..." such a fascinating subject! Even now years later, I would love to learn more about Malcolm X. Any recommendations?
— A Fan of Spike Lee



**ANN
DIPIETRO**

Dear Fan of Spike Lee,
Like you, I have always wanted to learn more about Malcolm X so I was very happy to discover Manning Marable's "Malcolm X: A Life of Reinvention. Marable researched the recorded facts of Malcolm's life for over 20 years and the picture he draws is quite different from that of the poor, uneducated convict who found redemption through religion and the love of

a good woman and, at the end of his life, gave up his racist views in a burst of universal love. No, Marable tells us a far different story. Malcolm X was a man who created a tawdry persona and exaggerated his criminal past to make his message more powerful, a man whose marriage was painfully unhappy, someone whose friends and family betrayed him at every turn and a brilliant international diplomat who walked and talked with kings and princes. His assassination at age 39 remains clouded by mystery with suggestions of police, FBI, CIA, religious and gang involvement. This is a great read and highly recommended for its portrait of an iconic figure and a chaotic time in American history.

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

OPINIONS

Sometimes the right notes unlock the heart

Just take those old records off the shelf. I'll sit and listen to 'em by myself. I simply short-circuited. After weeks of relative isolation, and being bombarded by constant sad news, I kind of numbed out. I was concerned when the pandemic hit, then I was actively

worried, then I was frantic, and then I was numb. Numb is the worst.

We all know the fight-or-flight response. Anxiety just takes over, and ratchets your brain and heart into overdrive, even when you have nothing more stressful to do than

prepare a meal or go to sleep. Sleeping is tough. That's when the unbidden thoughts take over and the what-ifs rule.

For me, anxiety is a buffet: Shall I pick the what-if-I-never-get-to-see-my-kids-again, or perhaps a tasty what-if-Trump-gets-re-elected — or maybe today I'll chew on what-if-this-kids'-inflammatory-syndrome-explodes-across-the-country, or what-if-what's-left-after-this-administration-trashes-the-health-care-system-the-economy-the-environment-and-our-

democracy-doesn't-resemble-America-anymore.

These mean thoughts float around me, and it requires a concentrated effort to acknowledge the threats and then create a decent hour or a good day or a peaceful night. What I've discovered is that music is often the magic that breaks through the numbness and actually brings joy into the moment, or allows a few cathartic tears.

For us Boomers, rock 'n' roll is still the bomb. It zooms us directly back to memories of being young and fearless and in the thick of it. Of not being trapped in a pandemic. So many of the lyrics were dopey but they're attached to the one great philosophical question in life: *Why must I be a teenager in love???*

Last week, someone sent me a video montage of New York City with Frank Sinatra singing "New York, New York." It didn't feature a deserted Times Square or an empty subway car; it showed the pre-pandemic frenzy and fun, the tumult of the crowds and the street vendors and the joggers.

Sinatra went deep into *These little town blues/Are melting away/I'll make a brand*

new start of it/In old New York/If I can make it there/I'll make it anywhere/It's up to you/New York, New York.

Corny as hell, but it did what no amount of thinking things through could do: It made me feel. It brought tears.

Maybe music will help you get through. I've heard that several area hospitals pipe "Here Comes the Sun" over the P.A. system every time they discharge a Covid-19 patient. Nice.

I took myself for a walk a few days ago, and was listening to a bunch of music I had downloaded. Up came "We Shall Overcome," sung by Peter, Paul and Mary.

Deep in my heart/I do believe/We shall overcome, some day. So, yes, I was that woman walking and belting out the great civil rights anthem.

Opera houses and entertainment halls, ballet companies and theaters are all offering online performances, many for free. If you can settle your mind into it, you can catch "La Traviata" in the privacy of your home, or stream anything from rock to metal to show tunes. Bach or Beyoncé, it's all good medicine.

Other lyrics weave different spells. When I was a kid, the Jerry Lewis Tele-

thon was a really big deal over Labor Day Weekend. We went to my Aunt Zelda's house, where our whole melodramatic family watched Jerry singing and crying his eyes out. We loved every minute of the cheesy sentimentality.

We all waited for it: At the very end, Jerry would sing "You'll Never Walk Alone," by Rodgers and Hammerstein, and audiences across the country would weep and the money would pour in. It was a thorough cleansing of the soul and the tear ducts.

Two Sundays ago, with Jerry dead now for years and telethons not so popular anymore, I saw a full-page ad in The New York Times, a tribute to Columbia University's graduating class of 2020. It mentioned that Hammerstein had graduated from Columbia in 1916. Rodgers, it said, graduated in 1923. It shared the lyrics that the iconic team had written in 1945:

*Walk on through the wind,
Walk on through the rain,
Though your dreams be
tossed and blown.
Walk on, walk on,
with hope in your heart,
And you'll never walk alone!
You'll never walk alone.*

"We walk on, together," the ad said.

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**RANDI
KREISS**

Yes, I was that woman walking and belting out the anthem 'We Shall Overcome.'

A window of light in a dark season



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HERALD EDITORIAL

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hyperlocal news that matters most to you. In normal times, that means stories about your friends and neighbors, schools and kids, village and town governments, and high school sports teams.

Things have changed over the past two and a half months. We still cover many of the same stories we always have, but our focus for the past 10-plus weeks has been on the coronavirus pandemic.

This is what matters to people's lives now, at this moment in history. Our goal throughout the crisis has been — and will continue to be — to provide our readers

with the vital information they need to make informed decisions in order to protect themselves and their families, while celebrating the many triumphs over adversity and mourning those we have lost.

Our longtime editors and reporters say this has been, without doubt, the fastest-moving story they have covered, and there are members of our staff who have been in the news business 30 and, in some cases, 40 years. That's saying something.

The Covid-19 pandemic has challenged us, frustrated us and, at times, broken our hearts. It's never easy to write an obituary, but during times such as this, it's especially difficult. The virus has taken too many good people too soon. Telling their stories is our solemn duty, but it is heart-wrenching.

As we move on to the next chapter in this ever-changing drama, we'll do our utmost to keep you informed. Thank you for making that mission possible.

Remembering our warriors' sacrifices

We marked Memorial Day on Monday, honoring all those who died in military service to our nation. It was a holiday unlike past years, however. Gone were the community-wide parades and elaborate ceremonies.

Gatherings were limited to 10 or fewer people, by order of Gov. Andrew Cuomo, to help stop the spread of the coronavirus. We weren't entirely sure any ceremonies would be allowed until the governor gave the final word on May 19.

We hope everyone took some time to reflect on the meaning of the holiday. Nearly 2.9 million Americans have died in battle since the Revolutionary War was fought from 1775 to 1783.

Leaving for war is any citizen's highest form of service to the nation. He or she must be willing and ready to die. When the bullets and mortars fly, soldiers run toward them, not away from them, if they expect to win.

Right now, our nation is engaged in a war of a different sort, battling an unseen enemy, a viral invader that ravages many, while, strangely, leaving others untouched. Our warriors are the doctors, nurses, EMTs, police officers and firefighters in the hospitals and in the communities that have become our new front lines. The coronavirus has been an unrelenting foe, but this fight must continue, and we must win it. We have no choice.

Winning requires sacrifice on the part

of us all. Some will give more than others. Some will even give their lives in service to others.

During World War II, when the fate of the nation and world were at stake, people asked what they could do for their country. Now we find ourselves facing a hostile aggressor that has attacked around the globe. The question each of us must ask is, what can we do to help?

That might mean holding a fundraiser, volunteering for or donating to a food pantry, making personal protective equipment for others or just wearing a mask in public. Whatever the case, even though so many of us are asked to stay at home, we are all in this fight together.

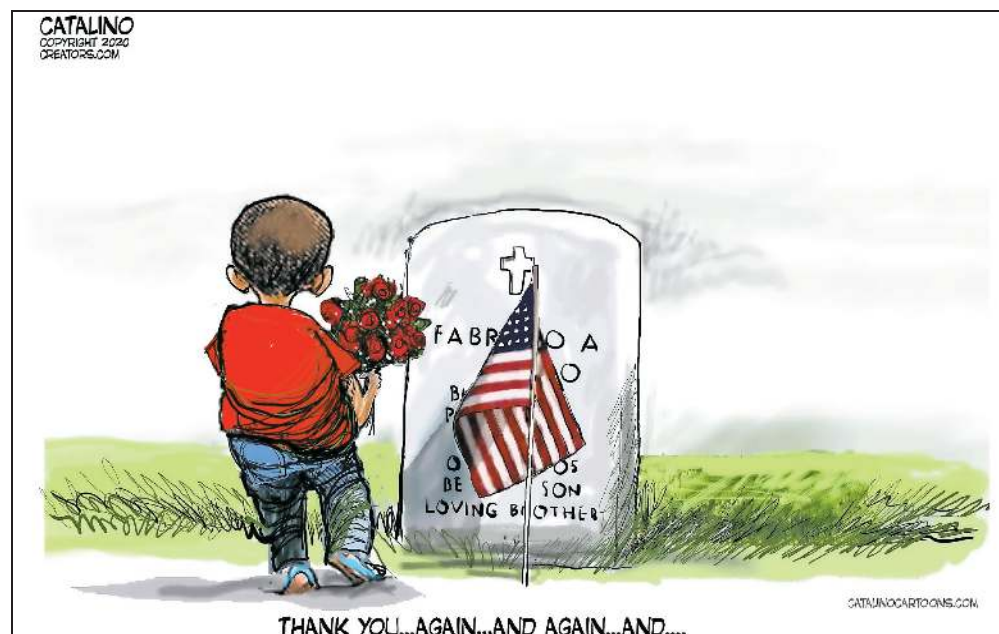
LETTERS

Thanks for the common sense, Randi

To the Editor:

Every Friday I thumb through the Herald to get to Randi Kreiss's weekly entry, knowing that I will see support for my thoughts and views. I registered as a Republican back in the '80s, when politicians at least displayed an outward dignity and respect for the jobs we gave them to do. Out of laziness, I haven't changed my political designation, so the Trump trash still crosses my threshold. (There hasn't been much lately, which seems odd, when the staged campaign love-ins can't be held. I guess they don't want to know the truth?)

I read a New York Times article recently about how the coronavirus has affected Russian doctors and health care workers. With a little editing, the story



THANK YOU...AGAIN...AND AGAIN...AND...

OPINIONS

It's time to *un*-pause Nassau County

The coronavirus will be with us for the foreseeable future. The shutdown we have been struggling with has been painful, inconvenient and sad. We have seen loved ones and pillars of our communities die suddenly of a virus no one knew about a year ago.

Classes are being held online, and graduations have been canceled. Businesses deemed non-essential were ordered closed overnight. Thirty-six million Americans — two million of them in New York — have applied for unemployment benefits. There is no precedent for the devastation of our local



**LAURA
SCHAEFER**

economy.

The silver lining is that the shutdown lowered the curve, as intended. A few weeks ago, my daily updates from the Nassau County Department of Health included the danger of hospitals being overwhelmed because of a shortage of ventilators, the county morgue being filled beyond capacity and the county running out of body bags. Today those dangers have been alleviated.

There was a daily effort to ensure that

the brave men and women who were on the front lines, battling the effects of this virus — doctors, nurses, police officers, ambulance drivers and other first responders — had the necessary equipment to protect themselves and their families. This effort extended to getting PPE to those who were working in essential businesses, like supermarkets and funeral homes.

The question now is, when will we be able to reopen other businesses? I agree that opening too early may pose a danger to our health, but opening too late poses a danger as well, and I'm afraid that is what we are starting to experience now. I have already heard from business owners who will be closing their doors for good. I shudder as I drive past so many that have been unable to open in *any* capacity since March. I understand the need to limit the number of people exposed to this horrible virus, but when do we get to be personally responsible again?

We have learned the importance of social distancing, hand washing and wearing masks to limit the spread of Covid-19. We have learned about mitigating the risks as much as possible, and for the most part, we have been respectful of one another. Signs in essential businesses

remind us of how customers and employees can protect themselves and others.

So why aren't we allowing other businesses to do that as well? If someone can make an appointment to buy a car, why can't they make an appointment to get their hair cut, using the same precautions? It seems to me that barbershops and hair salons are a great example of businesses that can open safely under specific, stringent guidelines: wear masks and gloves, and limit the number of customers allowed inside. That's it. If the guidelines aren't followed, a business owner runs the risk of being shut down.

Restaurants should similarly be able to reopen with limited capacity, *if* that's even profitable for them, and for many it won't be. But without the option of reopening before we reach seemingly random benchmarks, these businesses face losing thousands of dollars a day. Every "shut-down" day brings them one day closer to closing forever.

Many municipalities are developing a "circuit breaker" approach to reopening, in which a shutdown would be reinstated if there were a sudden surge in Covid cases. That protocol could easily be put in place. Perhaps it will be, but when?

Small business owners are our neigh-

bors, and many are active in our communities, sponsoring our Little Leagues and community events. And many of them have told me they may never reopen if we don't provide them with a way to do so in a smart, effective and safe manner now — not a month from now. They understand that if they don't take safety precautions, there are customers who won't enter their stores or utilize their services, which will only result in more lost revenue.

Some people will not go out to *any* store until they feel completely safe. That's their prerogative as well. It's a personal choice, and I believe we're all ready to make those kinds of choices.

I don't disagree that if we start to see a resurgence of coronavirus cases, we will have to make adjustments. But give us the opportunity to get back to living some semblance of the lives we used to live. Let's get back to feeling in control and safe again, because we will be vigilant about safety, and expect — and even demand — that of others.

Wear a mask, wear gloves, cover yourself from head to toe if that makes you feel safest. When the vaccine is finally available, it will be a game-changer. But let people make up their own minds, so we can get back to business before our economy reaches the point of no return.

Laura Schaefer is a Nassau County legislator representing the 14th District.

Give us the opportunity to get back to some semblance of the lives we used to live.

LETTERS

could just as well have been about this country. It's frightening that the lies and cover-ups in Russia are so similar to what's been coming out of the White House. Thankfully, in this country we aren't automatons, and can think for ourselves and get a job done when government fails us. I'm very dismayed that Dr. Anthony Fauci is being silenced. We need truth now more than anything!

The first reaction I had when the pandemic was declared was of the plagues during the Middle Ages. Everything changed then, as it is doing now. This is God's way of slapping us across the face and saying, "Wake up!" — and in so many ways we *are* waking up. We've changed the way we work and learn; shown more love and tolerance to family, friends and neighbors; given the environment a much-needed break; gained more respect and appreciation for teachers, law enforcement and health care workers; changed our views on universal health care and salaries; and seen the true colors of our elected officials, to name just a few.

Then I thought of what some have deemed horrible possibilities: Is this nature's way of "culling the herd" to protect herself? Why are some "chosen" to die and others not? What if we never had war, famine, disease, ethnic cleansings? How many people would populate the earth now — or would we have become extinct long ago?

Fortunately, and unfortunately, I won't be around to see what results in generations to come, but I'm very interested, and almost excited, to see what happens in my lifetime. Thank you, Randi, for our weekly Common Sense class, and keep up the great work!

VIVIENNE SMITH
Sea Cliff

Which Queens guy puts the other to shame?

To the Editor:

Re Jerry Kremer's column "Cuomo puts the other guy from Queens to shame" (April 30-May 6): There certainly is no comparison between Gov. Andrew Cuomo and Donald J. Trump. One is a typical politician, much like Kremer, and the other is a businessman who accomplishes things he promises. Where has Kremer been the past three years? Under this president, we have had the best economy, more people working, fewer people on welfare, a history-making stock market and on and on.

Cuomo praised President Trump for sending aid that he requested, including the hospital ship Comfort, in record time, only to hoard the ventilators and hardly use the Comfort. The arrogant

FRAMEWORK by Roni Chastain



We can smell it from here — Oyster Bay

Mr. "America was never that great" Cuomo sent Covid-19 patients to nursing homes. Because of his stupidity, many elderly people died. No, Cuomo is at the bottom of the list of governors, only one above that incompetent governor of Michigan.

If Kremer would get his face out of the fake news and think for himself, he would find that President Trump is working tirelessly for the America people. I look forward to another four years of his leadership.

CHARLES VAN HORN
Glen Head

CORRECTION

In "Glen Cove EMS ambulances to get daily professional cleanings with Covid-19 killing solution," (May 21-27) we should have said that Glen Cove EMS has received roughly \$29,000 in Covid-19 relief fund proceeds from the U.S. Department of Health and Human Services as part of the CARES Act Provider Relief Act.

★ **IMPORTANT ELECTION ALERT** ★

June 23 ★ Democratic Primary For Congress

Everyone Will Receive An Application To Vote By Mail At Their Home

1



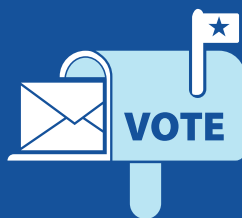
When your APPLICATION to vote by mail arrives, fill it out and **REMEMBER** to check "temporary illness."

2



Don't forget to sign the application before mailing it in the postage-paid envelope no later than *June 16th*.

3



Next you will receive the Ballot in the mail. Please fill it out.

4



Remember to sign the smaller envelope before inserting it in the larger postage-paid envelope. **You must mail your ballot by June 22nd**.



CONGRESS ★ 2020

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