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PSEG LONG ISLAND



G.C. will miss the Mini Mart
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Having a blast at Morgan Park
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VOL. 29 NO. 31

JULY 30 - AUGUST 5, 2020

\$1.00



Courtesy Stacey Karathanasis

A fork, knife and plate, please

Panagioti Karathanasis and his mother, Stacey, have been busy during the coronavirus pandemic, but in a different way than most people. They can be found on YouTube sharing the secrets of how to cook like a pro. Story, Page 4.

Remembering a church visit by John Lewis

By **JENNIFER CORR**
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Six years ago, U.S. Rep. John Lewis, the late civil rights leader, spoke at First Baptist Church of Glen Cove on a Sunday and signed copies of his 1998 memoir, "Walking With the Wind: A Memoir of the Movement."

According to the church's pastor, the Rev. Roger Williams, then U.S. Rep. Steve Israel, whose 3rd Congressional District included Glen Cove, reached out to Lewis to ask if he could visit the church.

"I told him certainly it was going to be an honor," Williams recalled. "He came with Steve Israel and one of Steve Israel's aides at the time, and people from all over the community were here . . . the people that were here, you could tell, were profoundly respectful of who he was and his living legacy. They knew who he was; they knew he was a major exponent of the civil rights movement. It

was Black and white here that day to see him. They knew they were in the presence of civil rights royalty."

Williams remembered seeing Lewis many times before meeting him. He had seen photos and videos of Lewis on television and in newspapers and books recounting his fight for civil rights.

It was Black and white here that day to see him. They knew they were in the presence of civil rights royalty.

REV. ROGER WILLIAMS
 First Baptist Church of G.C. pastor

As detailed in Lewis's congressional biography, as a college student at Fisk University in Nashville, Tenn., he demonstrated in sit-ins at segregated lunch counters in 1961, and took part in Freedom Rides, which challenged the segregation at bus terminals across the South, often risking his life just for sitting in a seat reserved for white patrons.

By 1963, Lewis had become a national leader of the civil rights movement. At age 23, he was an organizer and keynote speaker at the 1963 March on Washington.

Bill would make real estate discrimination a crime in N.Y.

By **MIKE CONN**
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If Gov. Andrew Cuomo signs it, legislation that would hold real estate professionals accountable for discriminatory housing practices, authored by State Sen. Jim Gaughran, a Democrat from

Northport, will become law. The bill would allow the Department of State to revoke real estate brokers' and salespersons' licenses if they are found to be discriminating against customers based on race.

The Senate approved the bill on July 22, 59-1. The only dissent-

ing vote came from Sen. Andrew Lanza, a Republican from Staten Island. State Assemblywoman Kimberly Jean-Pierre, a Democrat from Wheatley Heights, sponsored the bill in the Assembly, where it passed unanimously on July 24. It will now be sent to

CONTINUED ON PAGE 2

CONTINUED ON PAGE 3

Bill focuses on real estate discrimination

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Cuomo for his signature.

Gaughran said he wrote the bill last November, after he learned that there was no such law on the books. In New York, he said, there is no provision to sanction real estate brokers if they steer customers to buy homes in certain areas based on their race. Though the practice is not widespread, he said, he was nonetheless amazed that unethical brokers were not being held accountable.

“I really believe that in the United States of America in the year 2020, you should be able to live in any neighborhood you want to live in,” Gaughran said.

Elaine Gross, president of ERASE Racism, a Long Island nonprofit that promotes equity in housing and education, called the legislation a game changer. Housing discrimination based on race, Gross said, has been a problem on Long Island for decades, and she was “ecstatic” that it might finally come to an end.

“I’m very encouraged,” she said. “I’m pleased to hear that some of the things that we’ve been saying for some time are really catching on . . . this is the only thing that’s going to impact in any substantial ways the behavior of the real estate agent, if they see when people get caught that something serious happens — they lose their license.”

There needs to be one housing market on Long Island, Gross said, with agents showing their customers houses anywhere they want to live. Right now, she said, some agents still take people of color to some areas, and white people to others.

Glen Cove resident Mary Stanco, a real estate agent with Berkshire Hathaway HomeServices Laffey International Realty, said this bill was a long time coming. Nobody should be discriminating against anybody, she said, no matter the situation.

When she shows clients homes, Stanco said she asks where they want to live and shows them houses in that area no matter what. This, she said, is the proper way of conducting real estate business.

Glen Head resident Steve Warshaw, an associate broker with Realty Connect and the president of the Gold Coast Business Association, said he thought the bill was great, and added that he was surprised to hear that there is currently no punishment for discrimination. An overwhelming majority of agents, Warshaw said, do the right thing, so a new law would be a problem only for those who do not deserve to be agents in the first place.

“There are some people there who skirt the gray area, who shouldn’t be in this business,” he said. “It’s in every business, but here it should not be tolerated. There are a few agents that do bad things that shouldn’t be agents, and this bill is geared

for them.”

The issue dates back to the end of World War II, when suburbs grew quickly on Long Island and some real estate agents actively avoided selling homes to non-white people. Given the current national focus on race relations, the timing of the new legislation is perfect, and it’s a step in the right direction toward righting the wrongs of the real estate industry’s dealings with people of color.

I really believe that in the United States of America in the year 2020, you should be able to live in any neighborhood you want to live in.

JIM GAUGHNAN
State senator



Courtesy Office of Senator Jim Gaughran

STATE SEN. JIM Gaughran said he was amazed to learn that there was no punishment for real estate agents who were found to be discriminating based on the clients’ race.

Agents must take fair-housing classes every year, he said, and the theme in an important aspect of their education. He and most other agents, he said, have always focused on giving customers enough information for them to make their own decisions, which is what fair housing is all about.

“Being licensed is mostly about understanding the law and your fiduciary responsibilities to your clients and customers,” Warshaw said. “I hope [the bill] wakes people up to a better understanding of fair housing, which agents will sometimes take for granted.”



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Courtesy the Rev. Roger Williams

THE REV. ROGER Williams, left, former U.S. Rep. Steve Israel and Rep. John Lewis at an event at First Baptist Church of Glen Cove in 2014.

Glen Covers were honored to meet Lewis

CONTINUED FROM FRONT PAGE

On March 7, 1965, Lewis and other civil rights leaders led more than 600 peaceful protesters across the Edmund Pettus Bridge in Selma, Ala. to demonstrate the need for voting rights. They were met by Alabama state troopers, who brutally attacked them on what became known as “Bloody Sunday,” and Lewis nearly died of his injuries. The photos and videos captured that day, illustrating the cruelty of the segregated South, helped lead to the passage that year of the Voting Rights Act.

Over Lewis’s years of fighting for equal rights, he was arrested more than 40 times. When he died on July 17, he had represented Georgia’s 5th Congressional District for nearly 33 years.

“When I saw that face in person, he was very profound, yet simple,” Williams said. “He was a man of dignity. He was a representative of the way my older people taught me how to be as a young Black man. He was a symbol of that.”

At First Baptist, Williams recalled, Lewis talked about his lifelong fight for civil rights, the need to remain faithful to that fight, the importance of voting and making sure that young people continued the activism of his generation.

“I appreciate him for that day, and he could embrace you like you knew him for years and could talk to you like he knew you for years,” said Williams, who still has his copy of Lewis’s signed memoir.

When the church attendees, who



Courtesy Assemblyman Charles Lavine

STATE ASSEMBLYMAN CHARLES Lavine said that meeting Lewis, the late civil rights leader, was the highlight of his civic life.

included Nassau County Legislator Delia Deriggi-Whitton and State Assemblyman Charles Lavine, approached him afterward to chat or pose for photos, Williams recalled, Lewis engaged every one.

Lavine met Lewis a second time in 2017, at an event at SUNY Old Westbury. Lavine

said that his conversation with Lewis that day was one he will never forget.

“I had been a senior in high school in March 1965, at the time of Bloody Sunday,” Lavine said. “It was such a jarring, shocking occurrence that I would certainly never forget. It shaped my view of the

world. I was then living in a small town in Wisconsin, and of course the seriousness of the civil rights movement was something that was pretty much oblivious to the town that I had been living in, while it was something extraordinarily compelling to me.”

As he grew up, Lavine said, he watched important moments in the civil rights movement on television, which had a lasting impact on him. At SUNY Old Westbury, “I got to share that with him,” Lavine said of Lewis. “He nodded and understood. He was a super-charismatic, heroic gentleman. So this is a meaningful recollection, and for what it’s worth, meeting him was certainly the highlight of my civic life.”

Lavine said that as a youngster, he never would have imagined he would someday have the chance to meet Lewis as a state assemblyman. Lewis’s life’s work, Lavine said, inspires him to protect the rights of his constituents.

“He grew up in a state where he could have gotten hung, but he became a U.S. Congressman in that same state [of Georgia],” Williams said of Lewis. “He did not forget the history that he had to go through to arrive where he was. I would hope his memory and legacy would motivate people to do a diligent study of our history, and [not] make some of the mistakes we have in the past. And it seems like we’re making some of those mistakes on the national scene.”

Chef Panagiotti serves up cooking videos on YouTube

By JENNIFER CORR

jcarr@liherald.com

"Hello everybody this is Chef Panagiotti and today we are making baklava!"

That was the introduction to Glen Cove resident Panagiotti Karathanasis's video "Best baklava ever made by Chef Panagiotti," posted on May 26, a time that Long Island entered Phase 1 reopening.

In an effort to not only engage in something fun and productive, Panagiotti, 9, along with his mother Stacey Karathanasis, produced and uploaded cooking videos on YouTube to bring cheer to others who were stuck at home or facing hardships during the pandemic.

"It's really fun and it's something we enjoy doing together," Karathanasis said. "During the pandemic we created a cooking channel which kept us busy while quarantined. Now that things are opening up, we are having his little friends as guests and they cook together. We have been cooking and sharing the food and the desserts we make to friends, bringing big smiles on their faces."

Meals and desserts are also given away weekly on the YouTube channel's Facebook page for those who like the page and subscribe to the channel.

And Panagiotti is no stranger to the kitchen. Karathanasis said that he's always asked to help cook meals for the family and often offers to wash the dishes. "He's very good," Karathanasis said.

Panagiotti said that he has really enjoyed making dishes like mozzarella sticks, tacos, chicken cutlets, and octopus, salmon and red snapper. "The first meal I made was macaroni and cheese," Panagiotti said.

Many of the recipes produced in these videos are Greek dishes; including artichoke pie, Greek coffee and Greek pastitsio. Others are yummy snacks and desserts like a chocolate log cake, pizza and banana bread.

Since the mother and son duo uploaded their first video on May 1, titled "Cooking octopus and more with Chef Panagiotti," 47 videos have been uploaded to the channel, which currently has 596 subscribers.

Panagiotti and Karathanasis are both looking to grow their subscriber base as well through an initiative called the "Pancake Challenge." When the channel reach-



Photos courtesy Stacey Karathanasis

CHEF PANAGIOTTI KARATHANASIS proudly posing with his Cretan Ntakos.

es 1,000 subscribers, Panagiotti and his friends will make 1,000 pancakes.

When asked what Panagiotti and Karathanasis were going to do with 1,000 pancakes, they said they are going to distribute the breakfast or brunch to the Glen Cove community.

"It's something that we are really focused on and we're going to make it grow," Karathanasis said. "We will continue, even when we go back to school. We are not going to stop making videos and cooking together."

To see 1,000 pancakes fill up the Karathanasis kitchen, subscribe to Panagiotti's YouTube channel, "Chef Panagiotti Karathanasis" by Aug. 5.



PANAGIOTTI KARATHANASIS, LEFT, and his mother Stacey Karathanasis enjoy cooking together and plan to make cooking videos together for a long time.

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Stuart Richner
Publisher
srichner@liherald.com

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The Glen Cove Herald Gazette USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald Gazette, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$30 for 1 year within Nassau County, \$52 for 1 year out of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2020 Richner Communications, Inc. All rights reserved.**

L.I. Dems seek negotiations with McConnell

By **SCOTT BRINTON**

sbrinton@lherald.com

U.S. Rep. Kathleen Rice and Rep. Tom Suozzi on Wednesday called on Republican senators to work with the Democratically led House of Representatives to pass a another round of economic stimulus, only two days before a \$600 additional weekly payment that the unemployed have received in recent months is set to expire.

The two, along with Matt Cartwright, a Democrat from Erie, Pa., excoriated Senate Majority Leader Mitch McConnell, saying he is stonewalling a deal to infuse further aid into the American economy, at a time when Covid-19 cases are surging across the South, West and perhaps now the Midwest.

Coronavirus deaths surpassed 150,000 Tuesday.

Rice, a Democrat from Garden City, and Suozzi, a Democrat from Glen Cove, held a virtual news conference with Cartwright to help apply pressure to Republican senators to negotiate an aid package with Democrats.

On May 15, the House passed its \$3 trillion HEROES Act, which would extend unemployment benefits, including the weekly \$600 payment. Meanwhile, the Senate on Monday unveiled its \$1 trillion HEALS Act, which would reduce the \$600 weekly payment to \$200. Now the

two chambers must agree on a unified bill before it can go to President Trump for his signature.

Rice refuted a Republican position that people would rather stay home than work because of the additional \$600 payment. She called the argument “garbage.” Many people are not returning to work because of local shutdowns of the economy, she said, noting a sister who is out of work in California. “She wants to [work], but she can’t,” Rice said.

At press time, the only measure that the two chambers agreed on was a \$1,200 stimulus check for Americans who meet certain income requirements.

Without further stimulus, Rice warned, “there are going to be millions of families across this country who cannot pay their rent.”

She noted gyms and bowling alleys remain shut down in New York.

Without additional aid, Cartwright said, “we could slide into a great depression.”

McConnell, Suozzi said, will only “respond to political pressure,” and he

noted that pressure must come from Republican governors, mayors and town supervisors.

Currently, the Republican bill contains no new aid to state and local governments — it would only allow them to use an existing \$150 billion funding pool in a more flexible way, giving them the ability to use the money to close their budget gaps, according to The Washington Post. Meanwhile, Democrats are seeking more than \$1 trillion in aid to state and local governments in the HEROES Act.

Without more aid to state and local governments, Gov. Andrew Cuomo has warned, New York would likely have to cut 20 percent of state aid for police, schools and hospitals,

at a time when costs are increasing because of the Covid-19 crisis. A 20 percent cut, local officials have said, would be devastating, potentially resulting in mass layoffs.

Suozzi said aid to state and local governments must be included as part of any additional stimulus package. As far as Democrats are concerned, he

said, it’s a “non-negotiable” point.

Suozzi pushed back against an argument that McConnell has made numerous times: that stimulus money unequally benefits so-called “blue states,” or Democratic-majority states. He noted that New York annually pays tens of billions more in federal taxes than it receives back in aid and projects. Meanwhile, McConnell’s home state of Kentucky each year receives tens of billions more than it sends to Washington.

Cartwright said the senate majority leader appears more “interested in protecting corporations” than he does in providing aid to average Americans. And, in fact, the HEALS Act would give companies, universities and hospitals a five-year liability shield against coronavirus-related damages.

The White House, the three Congress members said, is bypassing the Senate to negotiate directly with House Speaker Nancy Pelosi, noting Treasury Secretary Steve Mnuchin’s recent talks with the speaker.

McConnell has said the HEALS Act is a starting point in what will likely be prolonged negotiations. “The American people need more help,” McConnell has said. “They need it to be comprehensive and carefully tailored, and that is what the Senate majority has assembled ... Every bill has to start somewhere, and this is the starting place.”



U.S. Rep. Tom Suozzi



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Digital mapping tool to aid shellfish farming

July 30, 2020 — HERALD COMMUNITY NEWSPAPERS

Long Island's current and future aquaculture growers have a new digital mapping tool to help launch or expand shellfish farming operations and explore seaweed cultivation opportunities in the New York's and Connecticut's marine waters, according to the Long Island Regional Planning Council.

The New York and Connecticut Shellfish and Seaweed Aquaculture Viewer is a newly launched interactive online map to assist current or future aquaculture growers site new or expanded shellfish and seaweed operations. The viewer covers a wide area spanning New York and Connecticut's coastal bays and harbors and all of the Long Island Sound. Shellfishing has a long, rich history in both states whereas, seaweed cultivation is relatively new. The data driving the Aquaculture Viewer will help the shellfish industry flourish and seaweed aquaculture reach its potential, officials said.

"Aquaculture is great for Long Island's environment, food supply and economy," said John Cameron, of Rockville Centre, chairman of the Long Island Regional Planning Council, which is among the organizations that collaborated to launch the Aquaculture Viewer. "The planned cultivation and harvest of shellfish and seaweed will help improve our water quality, add an abundant and healthy food source, and generate economic opportunity for current and future aquaculture farmers."

Shellfish feed on microalgae, which along with seaweed, require and thrive on nitrogen, a nutrient found in overabundance in most of both state's coastal waters. The excess nitrogen, however, is harmful for water quality, leading to excessive algal growth, low or no oxygen and fish kills. The Aquaculture Viewer will aid a process known as bioextraction, which is the cultivation and harvest of shellfish and seaweed as a method to reduce this excessive nitrogen.

The Aquaculture Viewer provides detailed information on natural resources, environmental conditions, navigation, regulatory requirements and potential use conflicts, which cumulatively aid in the identification of potential locations for shellfish and seaweed farms. The tool provides information to help shellfish and seaweed growers and other users of the coastal area assess conditions based on existing Connecticut, New York and federal datasets, and helps identify sites that are most suitable and pose the least risk for the long term. Permitting of sites by regulatory agencies is contingent on applicants' access to the underwater lands for the purposes of commercial aquaculture for bioextraction.

Resource managers, program managers and other



Courtesy Long Island Regional Planning Council

A TEAM COLLECTED sugar kelp, a brown seaweed, cultivated as part of a pilot project at the Town of Hempstead's Angie M. Cullin Marina in Point Lookout.

stakeholders will use this tool for future decision-making about bioextraction and the role it can play in reducing nitrogen in New York's and Connecticut's marine waters. No previous experience with Geographic Information Systems is needed to use the Aquaculture Viewer.

The Aquaculture Viewer is part of the Nutrient Bioextraction Initiative, which is a collaboration between the New York State Department of Environmental Conservation, Connecticut Department of Energy and Environmental Protection, the Long Island Regional Planning Council and New England Interstate Water Pollution Control Commission. The Nutrient Bioextraction Initiative is part of the NYSDEC's multi-faceted Long Island Nitrogen Action Plan and is funded by the U.S. Environmental Protection Agency's Long Island Sound Study.

The Nutrient Bioextraction Initiative recently completed a pilot project to grow sugar kelp, a brown seaweed, in several locations and measure its growth and capacity to absorb nutrients and other compounds. By absorbing nutrients, the kelp can help improve water quality in Long Island's bays.

As part of the project, the towns of Islip and Hemp-

stead established seaweed nurseries in their shellfish hatcheries to produce starter plants that were then transferred to three grow-out sites. Oyster growers in the Town of Islip operated two of the sites. The third site was provided by the Town of Hempstead at its Angie M. Cullin Marina in Point Lookout. A second project is just starting where the harvested kelp will be evaluated as a potential fertilizer by Cornell Cooperative Extension researchers in Riverhead. Dried kelp and kelp extract will be tested for its potential value in the cultivation of two commercially important greenhouse and field crops.

The Aquaculture Viewer is available on the Long Island Sound Study website and can be accessed at bit.ly/3eZ6NEE.

The Long Island Regional Planning Council includes public and private sector leaders from the business, environmental, transportation and planning sectors. With support from both Nassau and Suffolk counties, the council brings information to Long Islanders on these issues and actively advocates for "projects of regional significance." The council supports innovative municipal and regional planning efforts to identify solutions to Long Island's quality-of-life issues.

Bill would require lessons on symbols of hate

The New York State Senate last week passed legislation sponsored by Sen. Todd Kaminsky to mandate that students are taught about the hateful history of the swastika and noose as symbols of bigotry (S.6648).

The measure aims to ensure that all middle and high school students throughout New York are educated about the dangers of racism and anti-Semitism. The bill is pending in the State Assembly.

"With incidents of racism and anti-Semitism rearing their ugly head across our nation, it is essential that we tackle the root causes of bigotry and hate that have infected our society," Kaminsky said. "By educating our children about the vile meanings of the swastika and noose, we can take tangible steps to stamp out racism and anti-Semitism from our society. I urge the Assembly to pass this vital piece of legislation and send a clear message that hate has no place in New York and our nation at large."

The measure, the senator said, was inspired by Nassau County District Attorney Madeline Singas, who noted that in many cases, young individuals arrested for hate graffiti have no knowledge of the meaning, includ-

With incidents of racism and anti-Semitism rearing their ugly head across our nation, it is essential that we tackle the root causes of bigotry and hate.

TODD KAMINSKY

State senator, 9th District

ing the swastika and noose. If signed into law, the legislation would be the first in the nation to mandate students are educated on the meaning of these symbols.

"The noose and swastika are symbols of hate that have been used to threaten and intimidate, and as we work to address injustice in our communities, educating children about the meaning and history of these hate symbols is an important step," said Nassau County District Attorney Madeline Singas. "I thank Senator Kaminsky and Assemblyman [Charles] Lavine for their leader-

ship and commitment to this important legislation."

NAACP Long Island Regional Director Tracey Edwards said, "We all recognize that there is much work to do to eliminate racism and anti-Semitism from our society. By ensuring students across New York are taught the hateful underpinnings of the noose as a symbol of racism as well as the swastika as the emblem of the Nazis, we are taking a significant step toward our ultimate goal."

"In the last few years, hate crimes have been on the rise on Long Island, in New York state and our nation. While there needs to be various means used in combating this hate, one of the key components must be educating our youth," said Mindy Perlmutter, executive director of JCRC-LI. "The Jewish Community Relations Council of Long Island is proud to support Sen. Todd Kaminsky's bill requiring New York school children in grades six through 12 to be educated regarding symbols of hate, including the swastika and the noose."

Watch Senator Kaminsky's comment on senate floor here: <https://youtu.be/7jZuSjc4zIQ>

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Emerge and The Brain Injury Association of New York State are hosting monthly virtual support groups for caregivers of patients living with neurological conditions. To find out more, or to obtain the Zoom meeting link, use the contact information below.

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What's on your plate? Healthy eating is more important than ever

Our lives have changed dramatically since Covid-19 has made our homes the center of our world. This has led to feelings of strong emotions like anxiety and depression, which in turn can trigger poor eating habits and food choices.

Keep in mind that adequate nutrition may include two sources of foods, primary and secondary foods. Primary foods might include our relationships, physical activity, career, spirituality, creativity, and others. Secondary foods are the foods we choose to eat. Being at home creates an opportunity to get in touch with many important aspects of nutrition including our food choices, how certain foods affect our body, and how much food we are consuming.

Take advantage of this time to get creative with your cooking.

Create a well-crafted grocery list

Essential items will include veggies, fruits, whole grains, nuts and seeds, and especially condiments and spices. Supplement that with lean protein, fish and some dairy if you want and you're all set.

And, of course, you'll also want to keep snacks on hand. Try these healthy daytime snacking food ideas.

- ✓ **Crunchy:** apples, veggies with hummus, plain popcorn
- ✓ **Sweet:** organic yogurt with fruit, dried fruit, smoothies
- ✓ **Creamy:** avocados, rice or chia seed pudding, pureed soups
- ✓ **Salty:** olives, pickles, kale or seaweed chips

Return to breakfast

Spending more time at home may provide an opportunity to become reacquainted with the most important meal of the day. What breakfast options make us feel our best? Not sure what to eat?

Conduct a breakfast experiment by eating a different breakfast every day for a week. Record what you eat and how you feel after eating. Record how you feel again two hours later. Note energy, mood, and physical symptoms. Here is a sample week:

- Day one: eggs
- Day two: scrambled tofu
- Day three: oatmeal
- Day four: boxed breakfast cereal
- Day five: fresh vegetables

Day six: fresh fruit

Day seven: muffin and coffee

Monitor your cravings

Strong emotions and the need for security might trigger strong cravings for foods that can sabotage our diet or perpetuate an already low mood. Consider these factors that can be related to strong food cravings.

Food mood connection. Pay attention to your current mood state and emotions. Do you feel stressed? Try a soothing activity first instead of eating, like listening to music to calm yourself in the moment.

Hydrate. Lack of water can send a similar signal that you are hungry. Be sure you are drinking sufficient amount of water but not too much, especially close to bedtime.

Balance. Are you eating certain 'types' of food more often than others? Eating a diet too rich in sugar might cause a craving for meat or eating too many raw foods might cause cravings for extremely cooked foods or vice versa.

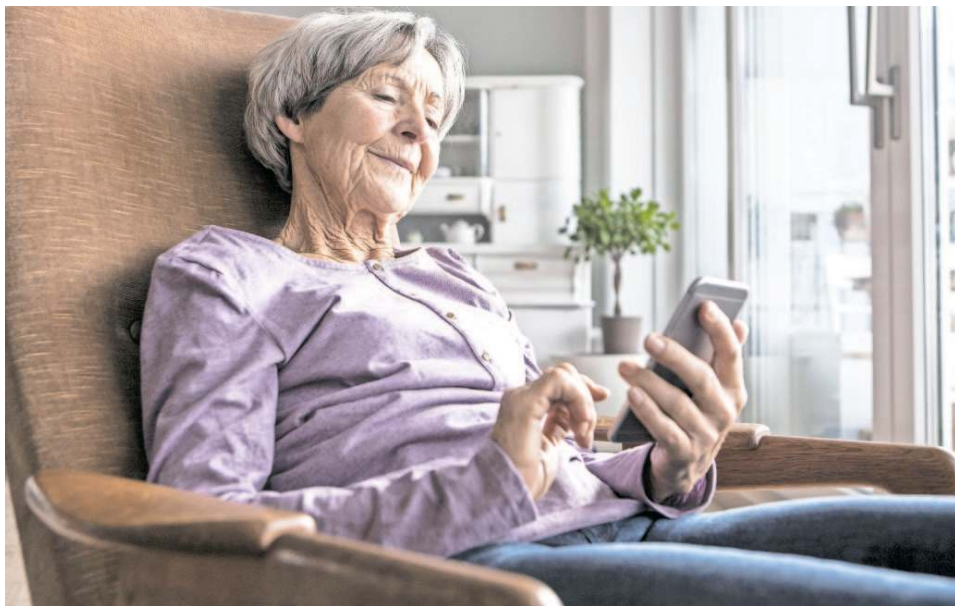
Tame your inner child. We can crave foods from our childhood because they are comforting. For example, if you crave boxed macaroni and cheese you might consider satisfying that craving with a healthier version (homemade) of that mac and cheese and adding vegetables to the dish.

Season's greetings. The body can sometimes crave foods that balance the elements of the season. For example, during the winter, many crave hot or heat-producing foods like meat, oil, or fat. In the summer months we might crave fruit. Explore what foods you enjoy eating during the different seasons.

Body knows best. If your body is lacking in certain nutrients it may produce odd cravings. For example, salt cravings might reflect a mineral level deficit in the body. Listen to your body it might be telling you something.

Are you eating enough? Low blood sugar might result in mood swings and this can perpetuate less than optimal food choices.

Above photo: When everything else feels so out of control, it's tempting to reach for the comfort food. Keep your mind and body in balance and make nutrition a priority.



Avoid isolation in our 'new normal'

Keeping older people connected during COVID-19 is essential

For many months, the older population has been keeping to themselves to maintain their health as the pandemic rages around us. This highest risk group is carefully attempting to avoid coming into contact with the virus.

But the keys to preventing the spread of the coronavirus — quarantine and self-isolation — also have negative health impacts for their physical and mental health.

"Being socially isolated creates a health risk equivalent to smoking 15 cigarettes a day," says Rebecca Jackson Stoeckle, who directs Education Development Center's initiatives in health, technology, and aging. She adds that the pandemic will also cause interruptions in how many older adults access their health care needs.

For example, "If you are an older adult who routinely goes to the local senior center to get your blood pressure checked, and that center is now closed, how will you monitor your health?" Stoeckle asks.

As the world tries to adapt to the new social realities imposed by Covid-19, it is essential that older adults continue to feel connected to loved ones, friends, and caregivers around them. Here, Stoeckle offers tips for making this happen.

Embrace technology

Stoeckle says that the fact that more and more older adults are embracing mobile phones, social media, and online tools is a boon at a time when physical proximity to loved ones can actually be harmful to older adults' health. She encourages families to use technology tools to stay in touch with each other.

Regular routines can be altered to include technology. For instance, families can use Skype to enable an older relative to join them for dinner or read bedtime stories.

"I see this as an opportunity for bonding, especially if a grandchild offers to talk to their grandparents through setting up a Skype account so they can see one another," says Stoeckle.

Use existing support networks to stay active

Many older adults already have structures that help support their physical and emotional health and wellness — including faith communities, neighborhood or exercise groups, or even weekly bridge games with friends. In a time of

social distancing, these networks can help older adults continue to feel connected, even if the events themselves are not happening.

Stoeckle recommends that loved ones check in with older adults about their support networks, and help them find ways to stay connected to these groups and routines. Some religious and civic organizations may already have a plan in place for reaching out to older adults in their community. If so, make sure that the older adults know that too, and help them connect with whatever services may be available.

Informal support networks may be harder to replicate, but it's not impossible. For example, there are plenty of fitness apps that can help older adults stay active, even if they are not going to their weekly swim or Zumba class. And while card games may be harder to do virtually, keeping the routine of getting together with friends — even if it is only over the phone or Skype — is still valuable.

"The most important things are the human-to-human touch and helping people who live alone," says Stoeckle. "I think we all need to identify people in our building, in our neighborhood, or in our life who may be vulnerable, and we have to make sure they are in touch with someone on a regular basis."

Connect, connect, connect

Finally, Stoeckle says that the most important way to support older adults during this time is to connect however possible. Whether it's a video chat, phone call, written letter, or even a text, those messages are vital to fostering connectivity and community.

"In many independent living communities, many people have a phone buddy — someone they talk to every day," she says. "I'm hearing a lot of people say that they are going to start doing that with their loved ones now."

Stoeckle stresses that even simple connections can be powerful — and that phone calls and text messages may be easier to continue for the long term anyway, once the need for virtual get-togethers fades away.

"In times like this, we feel the value of human connection even more powerfully," Stoeckle says.

Above photo: Loneliness is affecting nearly everyone during the pandemic, but is especially concerning for seniors.

It's okay to feel 'down' — you are not alone

Find balance during this stressful time

As much as we progress as we've made adjusting to our "new normal," Covid-19 has disrupted our routines and made everyday activities, such as work and caring for loved ones, challenging.

These changes, on top of the general uncertainty around this pandemic, can create feelings of stress, fear and nervousness.

Also keep in mind, children and teens may respond more strongly to the stress and anxiety caused by Covid-19 and become frightened that they or their loved ones will get sick. Take time to talk calmly and reassure children about what is happening in a way that they can understand.

It's normal for people to have these types of feelings right now:

- ✓ Fear about going about daily routines, including shopping for groceries and other essentials.
- ✓ Anxiety, particularly about being separated from loved ones.
- ✓ Uncertainty about when the pandemic will end and you will be able to fully resume all activities.
- ✓ Fear of getting sick.
- ✓ Guilt about not being able to fulfill responsibilities, such as work, parenting or caring for dependents.
- ✓ Thoughts of blame, worry or fear.
- ✓ Worry about loss of income.
- ✓ Fear of being stigmatized or labeled if you become sick.



Determine what coping methods work best for you

Connect with loved ones through video calls, phone calls, texts or social media.

Stay informed with accurate, reliable information from trusted sources. Avoid social media accounts and news outlets that promote fear or rumors.

Take care of yourself and monitor the physical health needs of your loved ones. Eat healthy, drink plenty of water and get enough rest.

Get outside to exercise and walk your pet, go to the beach, a nature preserve or whatever you enjoy. But don't forget to continue to follow protocols when in public.

Above photo: The pandemic is impacting everyone differently. Some are coping with the loss of a job. Some are risking their lives caring for those who are sick. And others find themselves deeply contemplating existential questions of mortality and the meaning of life.



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Virtual Community Support Group meetings from Glen Cove Center for Nursing and Rehabilitation and Emerge Nursing and Rehabilitation

Glen Cove Center for Nursing and Rehabilitation and Emerge Nursing and Rehabilitation, both in Glen Cove, are hosting virtual support groups for individuals and family members that are dealing with issues related to Cardiopulmonary disease and Neurological conditions.

Glen Cove Center for Nursing and Rehabilitation, in conjunction with the American Lung Association, is helping seniors in the community deal with the day to day issues of pulmonary diagnoses. These virtual Better Breathers Clubs are designed to promote respiratory health and a better sense of well-being for those living with chronic lung disease. Our meetings are held every third Thursday of the month at 2 p.m., and are free. Our clubs help by providing patient-focused, community-based educational opportunities where members learn skills to help manage their condition. New members are always welcome!

Emerge Nursing and Rehabilitation, along with The Brain Injury Association of New York State, hosts virtual monthly meetings for the caregiver(s) of patients with impairments caused by acute or chronic neurological conditions, such as Brain Hemorrhage, Traumatic Brain Injury, Stroke and many others. The purpose of our family support group is to provide an environment in which family members can share experiences and support one another, receive information that helps them manage their situation, and develop healthy ways to cope. Our meetings are held on the third Thursday of every month at 6 p.m., and are also free. All are welcome!

If you or someone you know can benefit from either of these support groups, please contact Kathy Santucci at ksantucci@liaisonrehab.com or Mary Suddell at msuddell@liaisonrehab.com for the Zoom links.



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Maxine Cappel Mayreis

inflammatory chemicals like histamine and cytokines; increases circulation/clears swelling bringing more oxygen and nutrient flow to cells while improving lymphatic drainage; therapeutic effect increases ATP energy production for faster cellular repair, growth and healing.

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Maryann Sucich-Massari is a Speech-Language Pathologist, a John F. Barnes-trained Myofascial Release therapist, EFT practitioner and doTERRA Wellness Advocate (the largest essential oil company, partnered with research facilities, hospitals and universities). Her company, Purple Table, works with families and individuals practicing techniques that are in accordance with the theory that our bodies are always speaking to us.



Maryann Sucich-Massari

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Maryann's work utilizes the health-promoting benefits of all the modalities she practices dependent on the individual's needs.



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1096464

Coronavirus skin rashes: What you need to know

As more people are diagnosed with Covid-19, patients are showing a new possible symptom of the disease caused by the coronavirus.

Skin rashes appear on 20 to 25 percent of Covid-19 patients, according to a report published by dermatologists in Italy who treated coronavirus patients in one of the largest hotspots seen during the pandemic. Similar skin conditions have been seen in New York and throughout the United States.

The rash can take several forms. The rash may appear as tiny red dots or large, flat lesions. In some cases, the rash resembles a condition commonly known as hives. Skin rashes may at first appear pinkish-red-dish and may turn purple over time. These rashes may also cause a burning sensation.

"It's important to know that developing a skin rash does not automatically mean you have contracted Covid-19," says Dr. Stacey Brisman, medical



Dr. Stacey Brisman

director at Walk-in Dermatology in Greenvale. "What it does mean is you may have a skin condition that needs medical evaluation and treatment."

If you have a skin rash and a fever, or if you develop a rash that is swelling, spreading, or causing pain, you should seek immediate medical evaluation.

If you are concerned about a new rash that you have not noticed before, you can book a video visit or in-person appointment with one of our board-certified dermatologists. We can diagnose the condition, recommend a plan of treatment and

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Reaching out

Seniors can stay healthy and engaged in the friendly confines of home

Social isolation and loneliness can be especially challenging for seniors during the pandemic. For nearly everyone, the coronavirus pandemic upended the way we live. Social and religious gatherings were suspended, face-to-face meetings with friends and family strongly cautioned, even trips to the grocery store or to run errands were seen as hazards due to potential exposure.

As communities begin to take tentative steps toward resuming some of these activities, the Centers for Disease Control (CDC) continues to recommend that people who are 65 years of age or older and those who have severe underlying medical conditions like diabetes or heart or lung disease continue to practice social distancing and stay home as much as possible due to a higher risk for complications from Covid-19.

For many older adults, this continued disruption to a routine that, under usual circumstances, would include in-person interaction and social outings, presents added issues: health risks due to social isolation and loneliness. While loneliness and social isolation are sometimes used interchangeably, they are, in fact, different, but related, according to research conducted by the late John T. Cacioppo, Ph.D., former director of the Center for Cognitive and Social Neuroscience at the University of Chicago. He explained it in these terms: social isolation is the objective physical separation from other people (living alone); loneliness is the subjective distressed feeling of being alone or separated.

The health impacts of social isolation and

loneliness can be quite consequential and may include:

- ✓ High blood pressure
- ✓ Heart disease
- ✓ Obesity
- ✓ Weakened immune system
- ✓ Anxiety
- ✓ Depression
- ✓ Cognitive decline
- ✓ Alzheimer's disease

To help older adults successfully cope with the continuing upheaval to "normal" life, medical professionals advise these ways to counteract social isolation and reduce loneliness.

Outdoor activities

Take advantage of the summer weather and enjoy some socially-distant interaction in the driveway or in the backyard if you are comfortable. Go for a walk around the block or at a nearby park. Outdoor activities with a few select individuals are a great way to maintain in-person contact while still respecting social distancing guidelines.

Electronic communication

While a phone call is always welcomed, help a senior loved one install and use a video conferencing app. This is a great way to have a face-to-face conversation, especially if your loved one lives out of the area and you won't be able to visit in person this summer.

A small family gathering could be planned, too, by inviting relatives from around the coun-



try to join in on a video chat.

Hobbies and other pastimes

If your loved one has a particular hobby that has been put on the backburner, encourage him or her to engage in it again. Maybe a loved one is knowledgeable about your family history or has a lot of old family photographs that can be sorted.

Taking the time to write and record informa-

tion that can be shared with younger generations is vitally important.

Consider other hobbies such as gardening, playing a musical instrument or knitting. Now is the perfect time to learn a new hobby, too.

Above photo: Older adults may need help to navigate these trying times and ward off feelings of isolation and loneliness.

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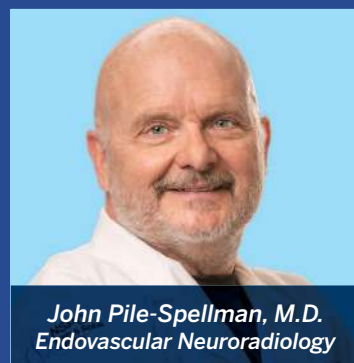
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Photos by Christina Daly/Herald Gazette

MORGAN PARK OFFERS many stunning views.

Enjoying a summer day at Morgan Park



LAYLENI LIMA, 7, helped her brother Andre, 2, above,, as they prepared to go down to the beach with their toys.

SOME PEOPLE ENJOY the walking path at Morgan Park, above, left.

THE LIMA FAMILY, right, made their way to the beach.

Morgan Park in the summer is the place to be. There are so many offerings from the beach to places to sit, relax and enjoy the view. The park is also not nearly as crowded as in summers past, probably due to the coronavirus pandemic. Social distancing is possible on the walking path, the lawn and at the beach.



Herald Community Newspapers congratulates Dylan McDonnell

Each year, Herald Community Newspapers congratulates high school graduates in Nassau County by publishing their names. This year, in an effort to engage the community and create a sense of togetherness and normalcy during an unconventional time, we enhanced the annual graduation issue, so that it would include more than listings.

One new feature is Senior Superlative, which recognizes the many outstanding graduates in our communities. Friends, family, teachers and parents were encouraged to vote a deserving senior to win in one of many Senior Superlative categories, including Best Eyes, Best Athlete, Most Likely to Succeed, Most Likely to Become a Politician, and more. Out of this group of honored graduates, one was selected to win a \$500 VISA gift card. That lucky person is Dylan McDonnell, who graduated from East Meadow High School.

Dylan was nominated for a few dif-

ferent categories, but chosen in the category Most Likely to Cure Cancer. He is described as strong, focused and driven. "If you are afraid to try and afraid to succeed you cannot make a difference in the world, but I believe if I continue to set my goals higher than my reach and persevere, the sky is the limit," Dylan said.

"I have always told and demonstrated to my son that you get what you work for not what you wish for," said Christine McDonnell, Dylan's mother. "He knows that life's successes aren't magic; it takes hard work and dedication to turn the impossible into possible and I couldn't be prouder of his accomplishments."

The Herald thanks Presenting Sponsor Molloy College for its generous support of our graduation supplement and welcomes the opportunity to surprise a local family with this prize. Publisher Stuart Richner and the entire Herald team congratulate Dylan and his family.



Dylan McDonnell

Summer Youth Employment Program Green Team making waves

The Green Teams from the Glen Cove Youth Bureau have been working hard to make a captivating Ocean of Waves mural at the Garvies Point Boat docks.

The artwork, designed by summer coordinator Natalie Tenke, only took two days to finish. The Green Teams also planted some magnificent Montauk Dai-

sies adjacent to the mural, which will grow within the next month. This project is a memorable one and the Glen Cove Youth Bureau is extremely proud of the teens working. They are doing such a great job during these hard times.

-Michael Messineo



Courtesy the City of Glen Cove

THE GREEN TEAM of teens are working to help beautify the city over the summer.

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HEALTH MEMO

What is NEW when you see your dentist during the pandemic?



Smile Graciously
by Dr Grace Hsu

Screenings questions are done before and at appointment time to identify individuals with risk. We try to skip the regular waiting room by asking patients to call from the parking lot for curbside check-in where temperature and pulse ox is checked before coming into the office. All patients and staff wear masks and patients are given a disposable raincoat and a pair of gloves. Though we limit only the patient to enter our office, those accompanying the patient are welcome to join in discussion or visit remotely via FaceTime.

Caviwipe) that we have employed for a long time.

Hybrid care, a combination of virtual care where you can speak to the doctor remotely from the comfort of your home and in-person care for procedures is available. Real-time appointment availability can be checked 24/7 via our website and appointment requests can be accepted via SMS text in addition to phone calls.

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Dr. Grace Hsu is a local dentist located in East Norwich, NY, with a heavy emphasis on healthy lifestyle. She was voted Long Island's Top 50 Most Influential Women in Business by LI Business News and voted as America's best dentist yearly since 2003.

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'Inside LI' series is set to launch Aug. 12

The Herald Community Newspapers will host the first in its series of "Inside LI" webinars on Aug. 12 at 10 a.m., with a deep dive into the reopening of schools amid the coronavirus pandemic. Look for the Zoom invitation in next week's edition.

The webinar series will bring together Long Island's most prominent business, government and nonprofit leaders with community residents and small business owners and entrepreneurs. Presented by RichnerLive, the series will be hosted by Skye Ostreicher (see her profile in last week's edition or at liherald.com).

Speakers for the first webinar will include:

Dr. William H. Johnson

Former Superintendent of Schools, Rockville Centre School District, State Monitor



William H. Johnson

Dr. Robert Dillon
Superintendent
Nassau BOCES

Megan Ryan
North Merrick Board of Education Trustee,
and Executive Vice President, General Counsel, Chief Legal Officer, Chief Compliance Officer, Nassau Health Care Corporation



Let us Know

News Brief items including awards, honors, promotions and other tidbits about local residents are welcome. Photographs may be emailed as well. Deadline for submissions is noon Thursday, week prior to publication. Send to exceditor@liherald.com



Courtesy UBS

UBS GAINED EXCLUSIVE 20-yr naming rights for the new Islanders hockey arena at Belmont Park.

From the 'Old Barn' to the bank

Islanders' future home named UBS Arena; construction is well under way

By **TONY BELLISSIMO** and **MELISSA KOENIG**

sports@liherald.com

As the New York Islanders gear up for the National Hockey League playoffs starting Aug. 1, the name of their future home at Belmont Park was made official on July 22, when UBS announced its exclusive 20-year arena naming rights agreement for the entertainment and sports venue.

UBS Arena, projected to open for the 2021-22 NHL season, will host more than 150 major events annually, and Irving Azoff, chairman of the Azoff Company, which represents recording artists, said he expects it will draw musicians such as Harry Styles, Bruce Springsteen, Billie Eilish and Billy Joel.

He spoke to various managers about what features they thought would draw musicians to the arena, which will include two separate backstage areas for musicians and the Islanders, and eight bars where fans can watch a game. It will also include a designated place for rideshare services, to help improve traffic leaving the events, according to Jon Ledecy, co-owner of the New York Islanders.

"It's going to be a place where you want to bring your family and spend a day," Brian Hull, executive vice chairman of the Americas for UBS, said at a virtual town hall on Wednesday.

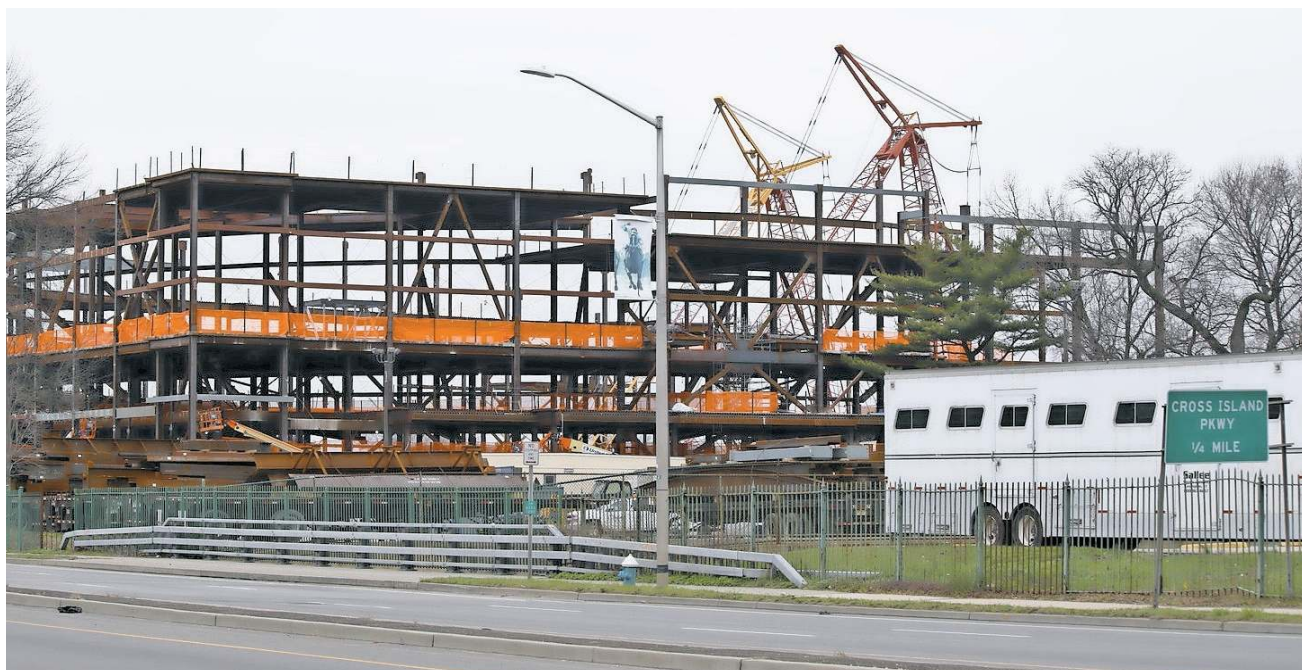
The project is expected to create 10,000 construction jobs and 3,000 permanent jobs, generating roughly \$25 billion in economic activity over the lease term.

The roof was being installed on July 22, and officials expected it to be fully enclosed by the end of the year.

"New York is our home," said Tim Leiweke, CEO of Oak View Group, and leader of the arena project. "We wanted to put New York back on its feet."

The \$1.5 billion private investment into the arena and the overall surrounding campus will boost the regional economy at a time when economic activity has slowed because of the Covid-19 pandemic. The project will also stimulate the economies of the local community and Nassau County, with the goal of filling 30 percent of UBS Arena's permanent jobs with workers who live in the surrounding area.

Additionally, 30 percent of contracting dollars for construction will also be earmarked for state-certified



Christina Daly/Herald

CONSTRUCTION ON THE arena has been ongoing since September.

minority- and female-owned businesses, and 6 percent will be earmarked for service-disabled veteran-owned businesses. An additional \$100 million investment in transit and infrastructure enhancements, including the first, newly constructed Long Island Rail Road station in almost 50 years, will benefit local residents and visitors for decades to come, officials said.

"The New York City area is home to our Americas headquarters, thousands of our employees and more UBS clients than any other U.S. market," Tom Naratil, co-president UBS Global Wealth Management and president of UBS Americas, said in a statement. "We have deep roots in the tri-state area and a fundamental commitment to growing our presence in the U.S. This is an opportunity to demonstrate and accelerate that commitment, while having a positive and lasting impact on the surrounding community."

UBS Arena will also provide educational and entrepreneurship opportunities for college students.

"UBS Arena will stand as a beacon of strength, resilience, achievement and community, and we look forward to celebrating this milestone with our loyal fans," Ledecy said, noting the venue will feature the highest number of lower-level seats in the NHL. "We're thrilled to be partners with UBS on this transformational project that will be so important to the New York economy for decades."

Other specific elements of the agreement with UBS include permanent exterior signage, entitlement to the Arena's largest premium private hospitality space, and prominent UBS logo placement on the roof, center ice and throughout the venue. The exterior and interior will pay homage to iconic New York landmarks, including Grand Central Terminal, the Prospect Park Boathouse and the Park Avenue Armory. Complementing UBS Arena, Belmont Park's campus will comprise 315,000 square feet of luxury retail and will include a 4-star boutique hotel with up to 250 rooms.



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PLAY BOOK
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 July 30, 2020



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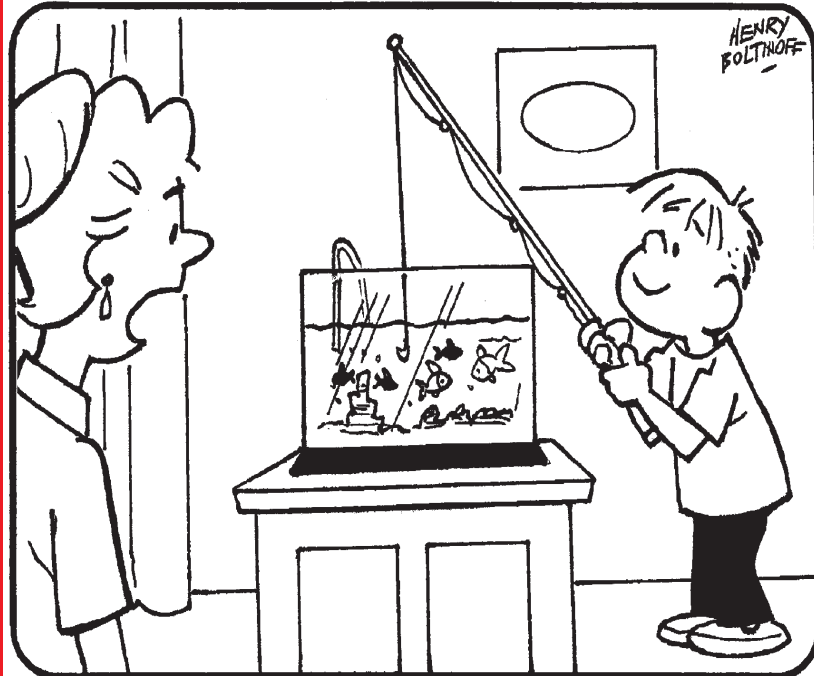
Due to state and government regulations from the COVID-19 pandemic, North Shore Animal League America has been unable to hold in person fundraising events. To further connect the animal loving community and due to the health and safety of our supporters, this traditionally in person and virtual event will be held entirely virtual for 2020. You are encouraged to walk while practicing social distancing by wearing masks, staying 6 feet apart and by using video chat to walk together.

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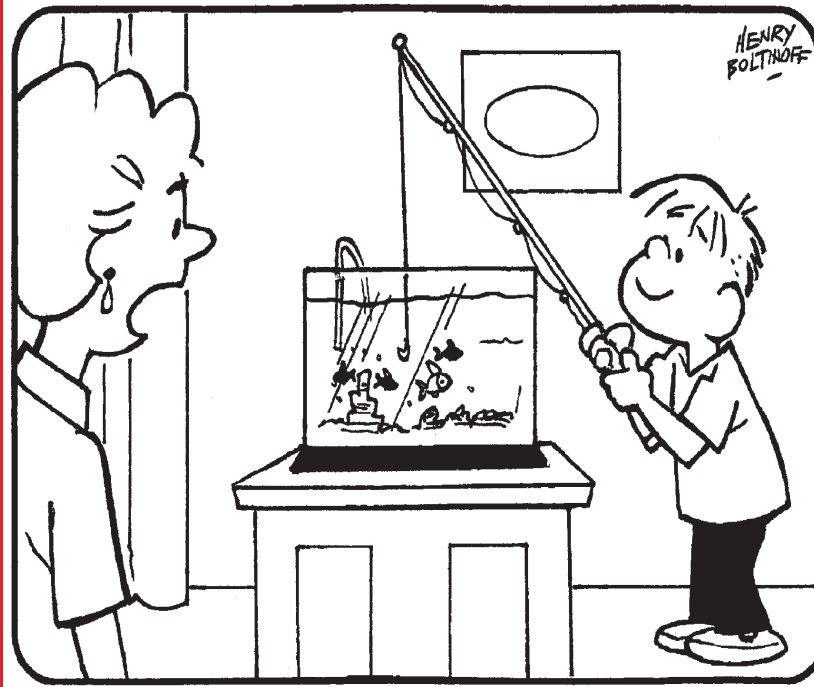
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Table is different 2. Picture has moved. 3. Fish is missing. 4. Water level is higher. 5. Woman's hair has changed. 6. Boy's neckline is different.

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Manhasset

This stunning brick and stucco 4 bedroom, 3 bath Colonial has been completely renovated. The master suite has vaulted ceilings, a stone fireplace and balcony. On the first floor, a magnificent gourmet kitchen with breakfast area leads to a private backyard distinctly manicured for wonderful summer entertaining. A majestic wood-paneled office with a working fireplace offers any professional the perfect room to work or study. A formal dining area, living room and family room complete the first floor. The listed price is **\$2,075,000**.



Glen Cove

Overlooking magnificent rolling hills from the front entrance, this elegant home boasts 5 bedrooms and 4.5 baths. The lower level has its own outside entrance and courtyard. The rear property offers summer entertainment delights with an 18 x 40 foot gunite inground pool, multiple dining patio areas and a fire pit. The taxes are low for such a grand property. The listed price is **\$1,675,000**.





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COLLEEN MCCALLY

SEA CLIFF

**ANESTHESIOLOGIST,
ST. FRANCIS HOSPITAL
ROSLYN**

In one word, it's been crazy. Unfortunately, the medical community was really misinformed on how to prepare for this, and we didn't have the exact knowledge of how serious it was. I think it was in our hospitals before we realized, and being an anesthesiologist, we're up in everyone's airways, so we had to take serious precautions.

It was scary because the Centers for Disease Control and Prevention kept changing their guidelines about how much PPE we had to wear when you're not directly in someone's airway. But I was really advocating for our entire staff to have the option to wear full gear no matter what. I think the stress of everyone not knowing what was going to happen and seeing colleagues fall sick was really alarming.

It was also scary being pregnant during all this. Pregnant women are normally considered immunocompromised, but everyone kept saying pregnant women aren't with Covid. I was taking care of myself, but then as I progressed through my pregnancy, we found out pregnant women are at risk. I had to ask, should I not be working? Am I going to affect the health of my child? So when I made it to 39 weeks, I was jumping for joy.

I couldn't be more proud of our staff. At our surgery center, we were able to carry on and make due with the equipment that we had, and everyone was really team-oriented. The fact that we could still get things done in a timely manner while still protecting our staff was amazing.



HERALD HOMETOWN HERO

MATT NARTOWICZ

EAST ISLIP

**VICE PRESIDENT, BRANCH MANAGER,
AMERICAN COMMUNITY BANK
GLEN COVE**

The main thing what we've done during the pandemic is we've offered the Paycheck Protection Loan to the community. When this program first came out, a lot of banks were very restrictive on who they're offering this program to — it was usually just their customers.

We knew this program was really going to assist people, so we opened it up not only to our customers, but to everybody because this loan was a great opportunity for businesses to get funding that they desperately needed. We made sure that, whether you're a customer or not, we were there for you.

When the program first came out, we were worried about the funding running out, so we were working around the clock just to ensure that every customer out there that we could help would get this loan. As long as you use it correctly, it turns into a grant, so it's a really great opportunity for businesses during this big shutdown and during the pandemic to get some desperate funding.

The importance of this comes from our roots as a community bank. If we have a product that can really help out any business, we wanted to make sure we got to every single person we could. It's in the heart of who we are.

At the end of the day, we've completed over 400 loans and over \$31 million of what could turn into a grant, and a majority of these loans were in the Glen Cove area. We're very happy that where we originated was where we did the most work.



HERALD HOMETOWN HERO

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PATRICK DICLEMENTE

NESCONSET

PRINCIPAL, LOCUST VALLEY HIGH SCHOOL



The biggest issue for me with the coronavirus pandemic has been the unknown timeline. The nice thing is to have a plan and avoid surprises. My goals have remained to be a strong listener and understanding. I have wanted to do a great job as a communicator; not what I thought was right but what is best for safety and education. All of us are being challenged to be creative, versatile and empathetic.

I had more exchanges with students on the phone or video than I ever did in my career. Some of the best feedback was when we said, "How are you doing." I was energized by the 16-, 17-, 18-year-olds who emailed me three weeks in to thank me for this and that.

During the pandemic, many students grew up fast and became communicators. It was difficult for me to shift to a situation where I could not arrange for a meeting. I didn't know if the timing was right or what their home situation was. Some of the students were taking care of someone who was sick.

I have spent more time with my family than ever before. I live far from my job, so my kids are not part of my workday. Working at home gave them a chance to see what their dad did at work. I think a lot of kids have gained a respect for how hard their parents work.

I know I've grown a lot during this time. The biggest piece is I entered into conversations with people in the community. I'm new. We are often judged by how we handle a crisis.

HERALD HOMETOWN HERO

REV. ROGER WILLIAMS

GLEN COVE

PASTOR, FIRST BAPTIST CHURCH OF GLEN COVE



The pandemic has caused me to become more aware of technology to keep the fellowship of church going and continuing to remain faithful to the vision that we have as a body of believers at First Baptist.

Having seen a few of our members get sick and even pass away in our church because of Covid-19, I know I can speak for our members: it has made me think more about and pursue more relationship building.

We created opportunities for us to be in connection with each other. We're now doing things on the Zoom platform where we are basically just using time to talk, testify, share our stories with each other so that isolation won't prevail on us too much and bring sadness and bring depression. And, of course, we pray with each other and pray for each other.

We are strictly virtual right now, and we do plan on staying that way until we have received more information and a better education about the virus. I have an elderly congregation, and many of the members do have underlying issues, including myself — I have asthma.

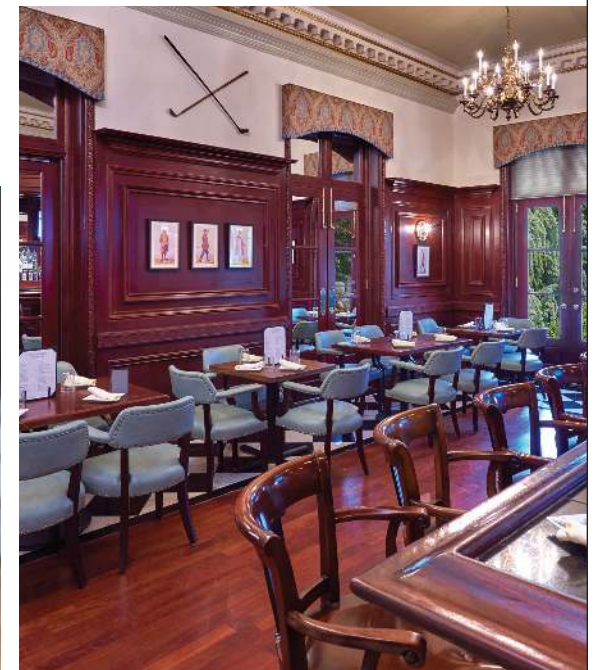
A lot of the elderly congregants have had to learn about technology and the internet, but to their credit, many of them have caught on quickly, and I really commend them for that.

We have allowed our church to be a central command for people to come and get resources and go out and help the community. We're always looking for an opportunity to help.

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HERALD SCHOOLS

July 30, 2020 — HERALD COMMUNITY NEWSPAPERS



Photos by Jennifer Corr/Herald Gazette

MONICA ALEXANDRIS-MILLER, LEFT, will now serve as president of the Glen Cove City School District and Lia Leone will serve as board vice-president

Alexandris-Miller new Board of Education president

By **JENNIFER CORR**

jcarr@liherald.com

At the July 2 Glen Cove City School District Board of Education digital meeting, an election was held to fill the president and vice president positions, with Monica Alexandris-Miller elected as board president and Lia Leone chosen as board vice president.

When school attorney Christopher Venator asked the board for nominations for president, Leone and Maria Venuto nominated Alexandris-Miller, who formerly served as the board's vice president.

"It would be my honor to serve as your board president and I think I can help to bring a little unity to the board and keep the school and the board moving in a positive direction," Alexandris-Miller said.

Karen Ferguson nominated incumbent Gail Nedbor-Gross, arguing that she has had years of experience and has done her due diligence reviewing items put before the board. Nedbor-Gross seconded Ferguson's nomination.

"I would just like to say it's been an honor to serve on the board the last 12 years," Nedbor-Gross said. "I've been on the board mostly because I feel very concerned about our district in that we always move forward in a positive direction and I try very hard to work with everybody in a collaborative way for the good of the students and the school district."

Ultimately, a majority of the board



GLEN COVE CITY School District has sent out a survey to parents regarding in-person instruction.

voted in favor of Alexandris-Miller and she took her oath as the new board president.

Ferguson then nominated Nedbor-Gross for the vice president position, with Nedbor-Gross seconding that nomination and Venuto nominated Lia Leone for vice president.

Ferguson argued that both herself and Leone are new trustees and having Alexandris-Miller and Nedbor-Gross, who she argued are both more experienced, serve as president and vice-president would be ideal.

"Although I'm new I continue to learn and I would be happy to work alongside Monica," Leone said. "We've worked

alongside together on many school district endeavors for the past three years or so and I would be honored to be vice president."

Nedbor-Gross added that she would have been happy to work with Alexandris-Miller as she has done in the past, and that she would be helpful with her knowledge of the district and its history.

Ultimately, Leone received the majority vote and took her oath at the meeting and Nedbor-Gross will now serve as a trustee.

Survey regarding return of in-person classes

As the district plans for reopening in

September, school officials sent a survey to residents asking for their assistance in the process. The questions ask for the age or ages of the respondent's child/children and their opinion on whether to return to in-person classes.

Additionally, the survey asks respondents if they would support having their children utilize transportation, as what method of instruction to have students spend less time in the classroom the respondents would prefer.

Methods include an A-Day or B-Day system, where students are taught in-person one day and remotely through a live stream the next day and having groups come in for in-person instruction on designated days.

All community members will be receiving a survey via both phone call and email. Only one method can be used to respond, either over the phone or the emailed link.

State Gov. Andrew Cuomo announced on July 13 that regions in Phase Five reopening can have schools reopen once again as long as the Covid-19 infection rate is below 5 percent. Schools will close if the infection rate rises above 9 percent.

The state, the Reimagine Education Advisory Council and the Department of Health has also released finalized guidance and guiding principles for reopening of schools on July 13.

For more information about the survey and the district, visit www.glencove.k12.ny.us/.

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G.C. reacts to the cancellation of Mini Mart

By MIKE CONN and JENNIFER CORR

mconn@liherald.com, jcorr@liherald.com

During the Sea Cliff village board's virtual meeting last week, co-chair of the Kiwanis Club of North Shore Long Island's Mini Mart committee, announced that the club would not be applying for the permit to stage the Sea Cliff Mini Mart this year, citing concerns about the coronavirus pandemic.

While Glen Cove officials and business leaders, along with the many vendors and locals who enjoy attending the event, were sad to hear of the cancellation, many agreed that it would not be safe to hold the event.

"I don't think we should have any events with a lot of people until they really know how to control and cure Covid-19," said Yajhayra Reyes, a member of the Glen Cove Chamber of Commerce Board of Directors. "I don't think we have enough information on Covid yet and that event is normally packed and social distancing would not be available."

Reyes added that she would not have gone if Mini Mart was still on, for her family and her own well-being.

Among the vendors and booth holders from Glen Cove that came to Mini Mart last year was the Glen Cove Knights of Columbus, Cove Animal Rescue, chiropractor Dr. Maxine Mayreis, Howard Stillwagon and his daughter Sharon Howard, who make and sell home-made glass art.

"From a personal perspective, I love the fact that the Mini Mart is an opportunity for not only Sea Cliff, but the surrounding areas, to gather and see the sights and sounds of our region, not only in the food but also the various vendors and I think whether you go and spend tons of money or go to just enjoy the band, it's always a great event" Glen Cove Councilman Gaitley Stevenson-Mathews said. "I feel like it's the party that nobody stays home. Everyone shows up for the party."

Stevenson-Mathews said that he's heard around the city that many are heartbroken to know that they won't be able to return to Sea Cliff Avenue this year for the party. He added that his heart also goes out to the non-profits who are usually able to raise funds that day. But, Stevenson-Mathews said, it was the right choice to call off the event.

"There is nothing about the Sea Cliff Mini Mart that was about social distancing," Stevenson-Mathews said. "The thought of the Sea Cliff Mini Mart was that it was not social distancing. I think people enjoyed getting in the push of things. I think it would be really hard to do that type of event with social distancing."

Larsen-Hill said this is the first year in which Mini Mart has been canceled since then Kiwanis President Arthur Hubbs brought the event under the club's leadership in 1969. It had been postponed because of bad weather in the past and as recently as 2010, she said, after which it was turned into a rain-or-shine event, because many of its vendors schedule their work around it.

Each year, Mini Mart brings thousands of visitors to eight blocks of Sea Cliff Avenue. Village Trustee Elena Villafane said she had spoken with the Fire Department about what could be done about crowd control and social distancing, and was told it would be "a recipe for disaster."

The Kiwanians were hoping to get Mini Mart going in Phase 5 of the state's reopening protocols, Larsen-Hill said, with about half of the regular vendors. But the unlikelihood of that happening, she said, forced the club to make a difficult decision.

As of now, she said, "it just doesn't look like we're getting to Phase 5, and it wouldn't be appropriate to go through with these plans, because we couldn't go through with the social distancing plans."

Lieberman said he respected the club's decision, as it would likely not be in the best interest of the village, its residents or visitors to bring so many people into so small an area. Since the Nassau County Fair and the Oyster Fest have been canceled, along with dozens of other events over the past four months, he said, it was the right call for Mini Mart as well.



COVE ANIMAL RESCUE had a booth at last year's Sea Cliff Mini Mart.

Photos courtesy Gaitley Stevenson-Mathews



THE SEA CLIFF Mini Mart, many said, would be impossible to hold during a pandemic because of its crowded nature.

"It's the new reality that we have to deal with," Lieberman said, "and as mayor specifically, these types of decisions don't come easy, but my sworn duty is to my constituents and to ensure that their health and well-being is secured."

Larsen-Hill said that nonprofits, including Kiwanis, the Rotary Club, the Fire Department and the Sea Cliff Glen Head Lions Club, which rely heavily on revenue from Mini Mart, will have to find different ways to raise money for their various causes.

Mini Mart is a special day for the community, she said, acquainting non-residents with the village's unique atmosphere and giving residents a chance to enjoy everything it has to offer.

Kiwanis President Roger Hill described the event as marking the opening of the holiday season. Although it takes place on the first Sunday of October, he said, many people do their holiday shopping there. Its cancellation will cost many local businesses one of their most profitable days of the year.

"I feel like we're going to miss it so much, but I couldn't see a way for it to be done safely," said Kathleen DiResta, owner of the K. DiResta Collective on Sea Cliff Avenue. "Not only is it a big community event that's great for the artists, the businesses and live music in town, it's a big day of sales for a lot of artists and stores as well."

For now, Lieberman and Larsen-Hill said they are looking toward 2021 with the hopes of bringing Mini Mart back. "We can only hope that next year we'll be rid of this virus and we can get back to our normal lives," the mayor said.



HOWARD STILLWAGON, LEFT, and his daughter Sharon Howard were selling home-made glass art at the 2019 Sea Cliff Mini Mart.

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OPINIONS

We need a can-do attitude to beat Covid-19

It seems like we've been living with the coronavirus pandemic in a slow-motion time warp. But it's time we snap out of it and beat this plague with the can-do attitude that has characterized Americans' character when faced with other seemingly insurmountable crises.



**ALFONSE
D'AMATO**

When the Great Depression struck our parents and grandparents, they buckled down, worked hard and helped dig America out of the economic dumps. The government did its job with innovative social programs that wove an economic security net to break the financial free-fall.

After the bombs fell at Pearl Harbor, Americans didn't crawl under the covers and shirk their responsibilities. They helped build a military-industrial juggernaut that overwhelmed dictators in both Germany and Japan. Young Americans answered the call by the millions to join in the armed forces that saved the world from tyranny.

In our own time, after the twin towers fell on 9/11, Americans again summoned the courage and fortitude to both comfort

the victims of terrorism and confront its perpetrators. We not only rebuilt the World Trade Center, but also we regained our national sense of purpose to keep America strong and free. Evil lost; goodness triumphed.

Today we're faced with an invisible, insidious enemy that has threatened our national health and battered our prosperity. Millions of Americans are still out of work, struggling to pay their mortgage or rent and put food on the table, and wondering if things will ever get back to any semblance of normal.

We must dig deep to find the courage to meet this scourge. We can take our inspiration from the hundreds of thousands of health care workers and first responders who have shown us incredible courage every day in the face of danger and even death.

Like the soldiers who stormed ashore at Normandy and the firefighters who ran up the steps of the twin towers as fire rained down, the brave Americans who are on the front lines in our hospitals and ambulances deserve our undying gratitude and respect. Likewise, the millions of essential workers who grow our food, make the products we can't live without

and deliver them to our stores, businesses and homes. They're all heroes.

And as much as Americans like to find fault with their government and its leaders, the fact is that government at all levels has stepped up during this crisis with unprecedented support.

Let's not lose sight of the fact that Congress and President Trump have put aside sometimes bitter differences three times now to pump trillions of dollars into the economy. And the Federal Reserve has directed trillions more to maintaining financial liquidity that has so far kept us from another Great Depression.

Economists tell us that given all this financial relief, the poverty rate has actually *fallen* during the past few months. The \$1,200 stimulus checks, the \$600-per-week unemployment insurance subsidy, the generous grants and loans to businesses large and small, the Supplemental Nutrition Assistance Program and Medicaid benefits — all have kept our economy on life support until the world's scientists can produce a vaccine to finally beat back the pandemic.

In New York, Gov. Andrew Cuomo, local leaders and health care professionals at all levels have worked valiantly fighting this virus. New York faced down

the earliest and deadliest wave, and while we're still not entirely out of danger, we're mercifully ahead of much of the nation on the road to recovery.

So where do we go from here as we face the latest signs that the virus isn't an easy enemy to defeat? We double down on our determination to beat it. Congress is considering another round of financial relief for the nation. It needs to think and act intelligently.

Rather than blindly throwing trillions more at the pandemic, the next round of relief should be focused on bolstering our health care system to fight the virus, directing "job bonuses" to workers to get them back to work, helping small businesses hang on, helping state and local governments maintain vital services, and getting our kids back to school.

Here on Long Island, that last item — the safe return of students to the classroom — should be priority No. 1. Cuomo has laid out clear guidance to get our schools up and running. Our teachers will be on the front lines of this next battle. We must encourage and reward their bravery.

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

And here on Long Island, safely returning students to schools should be priority No. 1.

Breaking news: President discovers gravity

After months of denying that gravity exists, President Trump dropped a golf ball from the White House roof and declared that Isaac Newton was right.

Likewise, the president has discovered the germ theory of disease, and not a moment too soon. In fact, it's nearly 150,000 American Covid-19 deaths too late. As of last week, he was thinking the virus was starting to be a problem.

He pronounces from the podium that hand-washing and social distancing are good ideas.

Watching him endorse health precautions during a global pandemic that has already spread to nearly every country on earth is a bit like watching Linda Blair, in "The Exorcist," with her head spinning 360 degrees. One minute he's ridiculing people who wear masks, declaring the virus will disappear, and the next minute his head is spinning, and he's saying the opposite.

You can't say one thing one day and contradict it the next day, especially when

lives are at stake, and especially when you're the elected leader responsible for keeping people safe. You can't say the virus is inconsequential when the consequences of your bad advice are bodies piled up in refrigerated trucks.

"Mixed message" doesn't begin to describe the damage caused by Trump's about-face. It's a relief that he's now suggesting masks and distancing, but how do we forgive him for pushing states to open for business before they were ready? How do we forgive him for the suffering and death that might have been averted if he had evolved a bit more quickly?

He says what is most expedient in the moment, and it doesn't matter at all that he contradicts what he said a moment before. Life in the rabbit hole gets stranger and stranger.

Somehow, it feels more personal than political. When you lead the United States in battle, during a health or financial or foreign crisis, your very least obligation is to keep yourself informed, and help people stay safe and healthy and knowledgeable about the risks they face. You need to tell the truth. That's not a particularly high bar, but it's one that Trump

doesn't clear.

Of course, for Trump, *everything* is political, from Goya beans to the British Open. If it doesn't serve his own needs, it doesn't fly.

I had a dream a few weeks ago that I fear was prophetic. In it, the president suddenly did what he was actually doing last week: He put himself out front and center as the pandemic fighter in chief. He started to wear a mask every time he saw a camera pointed his way. He spoke from the White House press room, lamenting the terrible surge in Covid-19 cases and hinting that it was the governors' fault. Remember when he ceded leadership

to the states, forcing them to scrounge for ventilators and PPE and hospital beds? That was so he could blame them when the virus grabbed us by the throat and began to shake.

That's where we are now, barely able to breathe in Florida and Texas and California and Alabama, Louisiana, Mississippi and North and South Carolina. Trump has wiped clean from his brain any memory of pushing these states to open for business while the virus was still raging. People died because he

doesn't know how to lead in a crisis, and he doesn't know how to delegate.

In my dream, he becomes the newly responsible, sane and sober voice from the Oval Office, suddenly urging people to take precautions. When they do, and the Covid-19 numbers start falling, he takes full credit for getting it under control. He applauds himself long and loud. And too many people buy what he's selling. And he gets re-elected.

That's my nightmare.

To be clear: If the virus is subdued due to the president's efforts, it would be an unqualified blessing for humanity. Let DJT take the credit.

The moral imperative, however, still requires us to vote Trump and his side-kicks out of office and into the dustbin of history. He is a proven liar and a morally bankrupt human being.

He miraculously discovered the protective powers of wearing a mask last week, when it was politically expedient. Suddenly, he agrees it may not be a great idea to draw thousands of people together for a nominating convention in Jacksonville.

Any minute now he will invent the wheel.

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**RANDI
KREISS**

In my dream, he put himself out front and center as the pandemic fighter in chief.

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HERALD EDITORIAL

We'll say it again: It's time to fix the SALT cap

U.S. Rep. Tom Suozzi, a Democrat from Glen Cove, has campaigned relentlessly to eliminate the \$10,000 cap on deductions of state and local taxes imposed by the 2017 Tax Cuts and Jobs Act, which President Trump shepherded through Congress. That single act has cost many Long Islanders thousands of dollars.

Now Suozzi is finally getting an assist from a powerful ally in the Senate, Minority Leader Chuck Schumer. It's about time. Thank you, Senator Schumer, for advocating for the elimination of this provision.

Most Long Islanders are hurting because of the coronavirus pandemic. Many have lost their jobs: At the height of the crisis in April, Nassau County's unemployment rate climbed to nearly 16 percent, before declining slightly. The loss of thousands of dollars in federal tax deduc-

tions has dealt a severe blow to too many families at a time when they are feeling most desperate. It's time that Congress and the president recognize — and repair — the damage they have done to those families, and to Long Island's economy.

In its most recent coronavirus package, the House called for the elimination of the SALT deduction cap. The Senate should follow suit. If passed by Congress and signed by the president, such a measure would put thousands of dollars back into many Long Islanders' pockets. That would mean real and lasting relief.

New York, and Long Island in particular, deserves better than the tax plan hastily prepared by the president in 2017. According to Suozzi:

■ New Yorkers already subsidize other states by paying \$36 billion to \$45 billion

more in taxes than we get back from the federal government. Other states, like Kentucky, home to Senate Majority Leader Mitch McConnell, are the beneficiaries of this largesse.

■ Limiting the SALT deduction to \$10,000 results in double taxation by imposing federal taxes on the income used to pay state and local taxes.

■ Limiting the deduction drives wealthier people to other states and leaves middle- and lower-income taxpayers to pay for school, police, and other essential state and local tax burdens.

Passage of the Tax Cuts and Jobs Act has led to an uneven, unfair taxation system that treats states like New York as cash cows. Now, not later, is the time for a fix.

Young people: Cut out the big gatherings

About a thousand people — most young people — gathered on the beach in Long Beach on July 18, in clear violation of the state's current ban on gatherings of more than 50 people, which is intended to help stem the tide of the coronavirus pandemic.

Forgive us for saying this so bluntly, but that was just plain foolish. As Forrest Gump would say, "Stupid is as stupid does."

Covid-19 loves big, dense groups, where it can easily spread. Most of the young people gathering on the beach after dark did not wear masks. It was, potentially, a perfect flashpoint for further spread of the disease.

Now the city has imposed an 8 p.m. curfew, after which people will not be permit-

ted on the beach, and 9 p.m. for the boardwalk, and only Long Beach residents will be allowed on the beach over the weekend.

It's a sad but necessary step to ensure public health.

There will be those who will point to the recent Black Lives Matter — and, on a smaller scale, Blue Lives Matter — protests and wonder why they are not receiving the same criticism and crackdown. Fair point, except during the protests, most people wore masks, and social distancing was at least attempted to one degree or another.

It's only natural that young people would want to get out and congregate after four months of confinement. We get it. *Everyone* is itching to leave their homes and return to normal life, and for many

young people, that means big parties.

This isn't the time, however. We remain solidly in the middle of a pandemic not seen in this nation since 1918. If we are to defeat the coronavirus, we must remain strong — we must keep up our resolve.

Parents, you play a key part here. Many of the revelers in Long Beach were teenagers or in their early 20s, by all appearances. Teens often don't listen, we know. But in times of trouble, they will defer to their parents. You're still their guide.

So talk to them about staying safe. Discourage them from congregating in large groups, and encourage them to wear masks, stay six feet apart and wash their hands often. They'll probably grumble, or even talk back to make a show of it, but most will listen.

LETTERS

Thanks you Mike Emmert

To the Editor:

We would like to recognize Mike Emmert, who for the past 22 years has selflessly contributed to the North Shore community. He recently announced his retirement from coaching the North Shore High School wrestling team.

Unlike most coaches, Emmert is not a teacher at any school in the district. He is the

owner of his own business, Golden Eye Construction. As such, his contribution to this community is extraordinary.

There were countless hours that he and his wife, Lauren (whose cookies were a favorite treat on tournament days), and their three children have generously given to our children.

Wrestling tournaments often go on for hours (a fact that leads to a saying in the wrestling community: If you only have one day left to live, let it be at a wrestling tournament — it will feel like the longest day of your



OPINIONS

What a poet can teach us about death – and life

I was out for a drive in mid-April, rounding the corner from Beach Street to Merrick Road in Merrick, when Emily Dickinson's words suddenly came to my mind:

*I heard a Fly buzz — when I died —
The Stillness in the Room
Was like the Stillness in the Air —
Between the
Heaves of Storm —*



**SCOTT
BRINTON**

With the coronavirus crisis spiking at the time, death was all around. As a Herald editor whose job it was to report on the daily death toll, I couldn't escape it.

I hadn't thought of Dickinson's eerily beautiful

poem since 11th-grade English class at Longwood High School, in Suffolk County, 36 years ago. It had lain dormant in the recesses of my brain all those years, until the pandemic exploded.

I remember feeling haunted by her words as a 16-year-old. How, I wondered, could the writer have heard a fly buzz if she had died? Driving that overcast day, it struck me: She wasn't dead. She was imagining the moment of her death.

"I heard a Fly buzz" just takes your breath away. Close your eyes and recite its opening stanza slowly aloud, then feel the

chill in your spine.

Dickinson wrote it in 1862, when she was 32, living in her parents' stately home in Amherst, Mass. It was a place of peace and safety, with a lush flower garden that she spent hours planting and tending to. Beyond her sanctum, however, death loomed.

Tens of thousands of men were dying in the Civil War, killed by bullet or bayonet or taken by dysentery, malaria, pneumonia or typhoid. In all, an estimated 630,000 men died.

Driving that day, I felt as though I finally understood Dickinson and her seemingly morbid work. As a teenager, I had wondered why she was seemingly so fascinated by death, in particular her own. Now, facing a pandemic that was claiming hundreds of lives a day, I could fully appreciate her work. She was writing about what she saw and heard — what she knew.

As a nation, we hadn't experienced a pandemic like the coronavirus crisis since 1918, when flu swept across the globe, infecting 500 million people and killing 50 million. Dickinson had died 32 years earlier, in 1886, at age 56.

She knew pandemics. Three waves of cholera, a potentially deadly intestinal infection, struck the United States between 1832 and 1866, killing an estimated 5 to 10 percent of people in large cities. There was scarlet fever, too, and measles

and mumps.

Life expectancy in America during the 1800s was 40 — 35 during the Civil War.

Before Covid-19, in the U.S. at least, we mistakenly believed we had defeated the type of worldwide pestilence that has now overtaken us, despite articles, books and movies — including the 2011 film "Contagion" — warning us that we had not.

From Smithsonian magazine in 2017: "We are arguably as vulnerable — or more vulnerable — to another pandemic as we were in 1918. Today public health experts routinely rank influenza as potentially the most dangerous 'emerging' health threat we face."

Now, looking back, it's glaringly apparent that we missed the signs, or refused to see them.

I was taught in English class that Dickinson was considered eccentric by Amherst townfolk. She was reclusive, living most of her life at the family homestead and rarely leaving it later in life. She never married. She is said to have worn white all the time. (She wore it often, but not every day.) She was buried in a white coffin, dressed in white.

I might not have gotten Dickinson in 1984, but I believe I do now. Perhaps she was just leery of venturing into a world where death caused by mysterious illnesses lurked around every corner. Germ theo-

ry — first proposed by French biologist Louis Pasteur in 1860 — was not widely accepted until the late 1800s. Before then, people believed that a noxious form of foul-smelling air, which they called miasma, caused serious illnesses like cholera. Before Pasteur, there was no clear understanding of microorganisms, or their ability to kill.

Perhaps Dickinson stayed home to shelter in place and preserve her life. Perhaps she wore white as a way of warding off death — black being the traditional funeral garb. In writing "I heard a Fly buzz," she confronted death itself.

In the end, she is said to have died of hypertension, brought on by the loss of many family members and friends whom she loved dearly. She likely suffered heart failure.

As of this writing, the viral death toll in the U.S. stands at more than 140,000, and 625,000 worldwide. Dickinson's life and work implore us to face death — and do all we can to sustain our lives.

We now understand — and most of us accept — germ theory, and how to stop microorganisms from infecting us. Wear a mask. Wash your hands often. Stand six feet apart from others. Avoid large crowds.

I'm certain Emily Dickinson would agree.

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

LETTERS

life). Every wrestler on the North Shore High School team has learned the importance of hard work, dedication and sacrifice from Emmert.

Wrestling is humankind's oldest sport, being depicted on cave drawings over 15,000 years ago. You don't "play" wrestling; there's no bat, ball, racket, glove, helmet or stick. Wrestlers learn that it's just you out there, and if you worked hard enough, hopefully you are rewarded on the mat with a win, which is an individual achievement, but will contribute to the team's success. But if you lose, you have the satisfaction that you gave it your best and left it all on the mat, and the other guy was just better that day.

Thanks Mike, for 22 years of leadership, coaching, teaching and mentoring our wrestlers.

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Hojnowskis, Millers, Capparellis, Millers, Culkins and the Recines

Congratulations to the Heralds

To the Editor:

Congratulations to the Herald Community Newspapers on their performance in the Press Club of Long Island's 2020 Media Awards competition!

From winning first place for Best Editorial for a poignant piece Executive Editor Scott Brinton wrote about mental health parity — a vital issue I'm fighting for in Albany — to being awarded second place for the Herald's powerful, in-depth series on racism on Long Island, this year's performance was impressive. The Heralds' litany of recognitions speaks volumes about the newspapers' first-rate coverage of and dedication to our communities.

I wish the Herald continued success as your editors and writers keep our communities informed about the news that matters to us.

TODD KAMINSKY
State Senator, 9th District

FRAMEWORK by Christina Daly



Two red-bellied woodpeckers make friends — Oyster Bay

CORRECTION

The caption for the photo on page 10 of last week's issue of the Herald Gazette, accompanying the front-page story "NSHS grad earns award for teamwork," misidentified the subject of the story,

Jack Gottfried, a winner of the 2020 Dr. James Tolle Hero/Heroine Award. Gottfried was wearing jersey No. 15. The Herald Gazette regrets the error.



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