

GLEN COVE

# HERALD

## Gazette



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\$1.00

NOVEMBER 19 - 25, 2020

VOL. 29 NO. 47



Courtesy U.S. Rep. Tom Suozzi

**U.S. REP. TOM** Suozzi voted with his wife, Helene, and their youngest son, Michael, on Election Day. After most of the absentee ballots were counted, Suozzi was declared the winner of the 3rd Congressional District race on Tuesday.

## Suozzi, Gaughran come from behind to win re-election

By **LAURA LANE** and **MIKE CONN**  
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When U.S. Rep. Tom Suozzi held a news conference on Monday in Glen Cove, he said he was confident he would win his bid for re-election, but wasn't ready to claim victory. Less than 24 hours later, he was.

"George Santos called me

this morning to concede and congratulate me on my victory," Suozzi stated in a news release on Tuesday. "I thanked him for his call."

Santos had not returned calls requesting comment as of press time.

Suozzi, the Democratic incumbent, was behind in the vote count on election night, with 49 percent, while Santos,

his Republican challenger, garnered 51 percent. That was based on in-person voting. But Suozzi said at the time that he was confident he would win, based on the larger-than-ever number of absentee ballots that still needed to be counted.

As of Nov. 5, two days after the election, there were 48,097

CONTINUED ON PAGE 5

# Helping the homeless amid the pandemic

By **JENNIFER CORR**  
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For 22 years, Thanksgiving Day has marked the start of the North Shore Sheltering Program at First Presbyterian Church in Glen Cove, which welcomes local homeless men to stay the night and escape the cold.

This year, however, the program, which traditionally runs through the beginning of spring, will be unable to operate because of the coronavirus pandemic. Even after hours of brainstorming, volunteers came to the conclusion that it was simply impossible to house the men without potentially exposing them and the volunteers to Covid-19.

"The way that we've been functioning for the past 22 years is, we rent a big room in the church," said Gustavo Gitlin, the cantor of Congregation Tifereth Israel and the president of the program's board of trustees. "Up to 25 to 30 men sleep in one

room. For 22 years it wasn't a problem. It was warm, and we fed them dinner and a breakfast and kept them safe and warm."

This year, volunteers for the program, which is funded by private donations, plan to keep in

**O**ur mission is to keep them safe and alive. That's what we're sticking to.

**GUSTAVO GITLIN**  
President, North Shore Sheltering Program board of trustees

touch with the men and let them know about other options. "We've been reaching out to the men, our clients, and we're trying to help them relocate for the winter," Gitlin explained. "We have different options, and we already found rooms for six or seven. We're paying for those rooms, and we're offering [guidance] on how to go to [the Nassau County Department of Social Services] and find other shelters in Hempstead and to make plans, not to wait until the last minute."

Gitlin said that volunteers have been able to reach most of the men the program usually works with and help them find shelter this winter, while others

CONTINUED ON PAGE 21

# Positive Covid-19 cases rise in Glen Cove

By JENNIFER CORR  
jcorr@liherald.com

Nassau County Executive Laura Curran released the latest updates surrounding Covid-19 on Monday, such as a 3.4 percent infection rate and 133 Covid-19 hospitalizations across Nassau County's hospitals.

In Glen Cove, there have been roughly 189 positive Covid-19 cases since the end of September. Since March, there has been a cumulative 1,204 cases.

"These are the highest numbers we've seen since we began reopening in late May," Curran said. "Let's continue to wear our masks, wash hands, practice social distancing, and avoid large gatherings to save lives, keep kids in school and ensure businesses can stay open."

City of Glen Cove Mayor Tim Tenke, said he would meet with Glen Cove Hospital faculty on Friday to discuss rising cases and Covid-19 prevention. The meeting will be recorded and available to the public.

Dr. Bradley M. Sherman of Glen Cove Hospital said that hospital staff have seen an increase of Covid-19 cases, although not nearly as many cases as had been

seen in the spring.

Tenke said that as residents approach the holiday season they must remember to take the necessary precautions. "I have Covid-19 fatigue just like everybody else does and I get it," he said, "that it's annoying to have to do all these things, but in the long run it benefits everyone in the community by following the rules."

At a state level, Gov. Andrew Cuomo has ordered that bars, restaurants and gyms or fitness centers, as well as any State Liquor Authority-licensed establishments, close at 10. Restaurants will still be allowed to provide curbside, take out or delivery after 10 p.m., but will not be to serve alcohol to go. Cuomo has also limited indoor and outdoor gatherings at private residences to no more than 10 people.

"This is the calibration that we've talked about: increase economic activity, watch the positivity rate — if the positivity rate starts to go up, back off on the economic activity," he said. "It was never binary — economic activity or public health. It was always both."

Glen Cove residents had mixed reactions about the governor's orders.

"I personally know over 30 people who have been infected from March through

last week and many of them lost their lives," said Glen Cove resident Nicole Loizides. "After the increased cases in Canada over their holiday and increased cases here in Glen Cove and Sea Cliff after Halloween, I think restrictions are absolutely necessary."

Loizides added that she knows people from other countries who were under mandatory quarantine for months with large fines if caught outside their homes without a permit to go to the store.

"If we're to have any freedom to make choices of our own, we obviously need guidance in doing so," she said. "The more risks we take the less chances our entertainment and tourism industries have at recovering. That's trillions of dollars and hundreds and thousands of jobs globally."

Glen Cove resident Barbara Peebles said she was upset to see these restric-

tions put in place right before Thanksgiving, which also happens to be her birthday.

"There is absolutely nothing we would do to put any of our family at risk," she said. "If there ever was a time when loved ones should be able to gather in appreciation, it would be Thanksgiving 2020."

While resident Christine Brown said she is sad this holiday season will not be the same, she is remaining optimistic.

"My extended family will not be celebrating for the first time in decades and my grandma just turned 90 so everyone is worried about her understandably," Brown said. "She will be going to my aunt's house who has been very cautious. I'm definitely sad. I love holidays with my family and I miss them, but it will be my first time cooking Thanksgiving dinner and I'm excited to do that for my husband and son."

**A**s county executive, I will continue to do everything I can to keep schools and businesses open.

**LAURA CURRAN**  
County Executive

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**SAFE HARBOR**  
AT THE REGENCY

A Memory Care Neighborhood

# Keeping seniors engaged at Atria Glen Cove

By JENNIFER CORR

jcarr@liherald.com

Throughout the pandemic, staff at the Atria Glen Cove, an assisted living agency, have worked to ensure that residents remain connected, despite their isolation from their families and each other in order in an effort to protect themselves from Covid-19.

“Right from the beginning [of the pandemic] the Atria purchased a large screen tv on a rolling cart and an iPad so that our department could keep the residents engaged with their family through FaceTime visits,” said Jody Lloyd Weber of the Engaged Life Department for Atria Glen Cove.

Susan Rush, the nursing case manager of the Atria Glen Cove, said that it was during this quarantine that some residents changed mentally, physically and emotionally. “It was hard,” Rush said. “We couldn’t have physical therapists in the building, initially.”

But now, residents are allowed out of their rooms for small, socially distant and safe gatherings and they can receive care including physical therapy.

This past Veterans Day, a lunch and dinner of “surf n’ turf” was held for veteran residents as “Old Glory,” by Jerrod Niemann, played on the television set. A special ceremony was held for them, Lloyd Weber said, and City of Glen Cove Mayor Tim Tenke distributed proclamations.

“We have social distancing, meaning only 10 people can eat in the dining room at a time,” Lloyd Weber said. “We had two ceremonies, one for lunch and one for dinner. The ladies got corsages and the men got boutonnières and it was lovely.”

Resident Josephine Jencorelli was there to entertain fellow residents with her piano skills as well. “My favorite thing to do is play the piano because it’s a very relaxing and happy time for me,” she said. “I enjoy the singalongs we have too.”

Even with the slight increase in cases, Rush said that residents are remaining hopeful. “They live more in the moment,” she said. “Then too far ahead. So they’re happy in the moment and I think that’s where we need to stay with them.”

Painting pumpkins, watching movies, ice cream cart visits, a Fourth of July car parade by the agency, bingo, socially distant happy hours, outdoor musical entertainment and many more activities have made the most of these days for Jencorelli.

“We went through a tougher time,” Rush said. “Back even in March, when they were really sequestered to their rooms, it really was hard for them. But the funny thing that I noticed over the time, in a few weeks, people can change a habit and become accustomed to it.”

To help the residents stay connected, Rush explained that the staff went around to rooms every day for care, food, snacks, activities and encouragement. “Activities even changed, when they did things on a screen,” Rush said. “When they are able to leave their room like they are now, they are limited still to how many times they can eat in the dining room. So, it has to be scheduled.”

When residents were finally able to



Photos courtesy Atria Glen Cove

**ATRIA GLEN COVE** resident Gloria Damico enjoyed dining at Atria Glen Cove from a social distance.



**ATRIA GLEN COVE** resident Josephine Jencorelli often provides musical entertainment for fellow residents at the piano.

come out of their rooms, Rush said that some did not want to leave. “They were used to it,” she said. “And the television, of course, didn’t help. Everything on the television was Covid, Covid, Covid.”

For Jencorelli, seeing the lobby after climbing down the stairs was refreshing. “It was amazing,” she said. “It was just the happiest experience. But still we’re doing the six feet of distancing and we can’t have any family members in yet, so that will be the day.”

Lloyd Weber knows just how important it is to keep these residents, who are spending more time by themselves, engaged. “In the afternoon I have virtual live entertainment,” she said. “Throughout the pandemic we have a number of virtual lectures. We have virtual entertainment. We have exercise classes every day, twice a day. We have movies in our theater.”

On Thanksgiving Day, Lloyd Weber explained, there will also be live entertainment and residents will be able to enjoy a Thanksgiving meal in small groups. “Before Thanksgiving we’re doing a



**ATRIA GLEN COVE** staff member Yvonne Henry, left, made sure to give resident Alberta Maggio a special birthday amid the pandemic.

Friends-giving, where we’ll go around from room to room with a cart with different hors d’oeuvres and different types of treats for them.”

Lloyd Weber said she is really looking forward to a recital that the residents will be putting on after engaging in a class called “Vitality in Motion,” where professional dancer, Vanessa Woods, will choreograph a dance routine performed seated. Dancers, Lloyd Weber explained will be socially distant and wearing masks during their routine.

“Keeping the residents engaged everyday, mentally, physically, emotionally, cognitively,” is a priority, she said. “Right now the residents are allowed out of their

room. We have small group programs, no more than 15 per group. They are not allowed to play games or anything that they’re going to touch. So any crafts they do, they have to have their own individual supplies. That’s why I try to do things that they are not touching.”

Rush said that the Atria Glen Cove is still not open to the public, but families can come for scheduled limited visits.

“I don’t know any [plans] for Christmas yet, but I do know my husband and I will have Thanksgiving here,” Jencorelli said. “My daughter lives in Glen Cove, but we decided to just make sure we keep safe and they keep safe and stay put. So, we will be here for Thanksgiving. That will be fun.”

# A Thanksgiving food drive to benefit G.C. families in need

Glen Cove City Councilwoman Marsha Silverman, Chef Morris and Elsa Del Valle of Morris Café, in partnership with Steve Vaccaro, the executive director and host of radio show "The Chapters Rap" are hosting a Thanksgiving food drive to benefit families in need in Glen Cove.

"During this ongoing global pandemic, it is so very important to pay-it-forward to everyone that is challenged with unemployment and putting food on the table," Vaccaro said. "So, when Councilwoman Marsha Silverman, Chef Morris Café and my Chapters program decided to put this Thanksgiving food drive together, we were all in. It's about supporting one another, one community at a time."

Food will be distributed to on Wednesday, Nov. 25 from 4 p.m. to 7 p.m. at Chef Morris Café, located at 8 School St. in Glen Cove.

Donations can be dropped off at the following collection sites from now through noon on Wednesday, Nov 25:

Chef Morris Café -  
8 School St., Glen Cove.

Rosa's Pizza -  
43 Great Neck Road, Great Neck.

Roslyn Social -  
1363 Old Northern Blvd, Roslyn.

The Rust and Gold -  
70 Gerard St., Huntington.

"I am thrilled to work with Chef Morris, Elsa Del Valle and Steve Vaccaro to assist those in need, particularly during this challenging time of Covid-19," Silverman said. "'Giving is Getting' throughout the year and particularly during the holidays."

For more information about the food drive, to donate or volunteer call (516) 476-6271.

## Businesses contribute to success of Herald's Halloween contest

Herald Community Newspapers connected with local communities in a safe, yet festive Halloween by inviting readers to take part in a Boo-tacular Halloween Contest. Open to participants of all ages, including adults and pets, the categories ranged from Best Baby Costume to Most Original Costume.

The 18 winners, whose creative costumes can be seen in this edition of the Herald, all received gift cards from local businesses.

The Herald thanks the gift card sponsors, including Angela's Bakery,

Glen Cove; Elisa's Restaurant, Bellmore; Lenox & Park Italian Bistro, Rockville Centre; Mitchell's Restaurant, Valley Stream; Piccolo Ristorante, Bellmore; SaVino's Restaurant & Wine Bar, Lynbrook; Villa Maria, East Rockaway; and Vincent's Clam Bar, Carle Place.

Everyone at Herald Community Newspapers appreciates the enthusiastic support of these business partners. Their generosity allowed families to maintain Halloween traditions while safely navigating the "new normal."

GLEN COVE  
**HERALD**  
Gazette

HOW TO REACH US

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## CRIME WATCH

### Arrest

■ On Nov. 8, a 25-year-old Glen Cove male was arrested for menacing a police officer (4 counts), criminal contempt in the first degree (2 counts) and criminal possession of a weapon in the third degree on Smith

Street.

■ On Nov. 13, a 60-year-old Glen Cove female was arrested for cruelty to animals on Glen Cove Avenue.

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

## G.C. woman Delia Banos arrested for animal cruelty

Glen Cove Police arrested Delia Banos, 60, of Glen Cove, on Nov. 13, charging her with animal cruelty. She was then released on an appearance ticket.

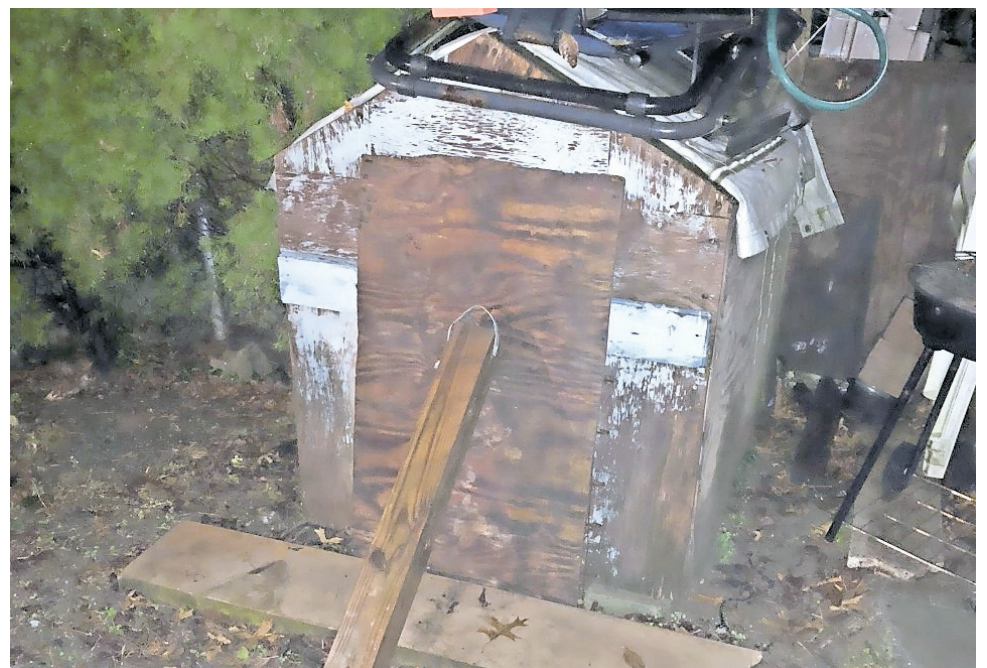
The day prior, police had responded to a residence on Glen Cove Avenue in Glen Cove for a barking dog call. Upon police arrival, a dog could be heard barking and crying sounding like it was in distress. After approximately 40 minutes the officers were finally able to make contact with the dog's owner.

Officers discovered the dog in the resident's backyard, inside a doghouse. The doghouse front door was blocked with plywood, there was no light, food, or water inside and the floor was littered with old feces. Upon inspection, the dog appeared dirty, disorientated and one of its eyes was swollen and shut. The dog was removed by the police and brought to the Glen Cove Animal shelter for an evaluation by a veterinarian.

The veterinarian found that the dog named Lassie was suffering from overgrown hair and nails, severe dental disease, four mammary tumors and a corneal eye ulcer. The dog is currently under the care of the Glen Cove Animal Shelter.



**A VETERINARIAN FOUND** that the dog named Lassie was suffering from overgrown hair and nails, severe dental disease, four mammary tumors and a corneal eye ulcer.



Photos courtesy Glen Cove Police Department

**OFFICERS DISCOVERED A** dog in a doghouse in the backyard of a Glen Cove residence. The doghouse front door was blocked with plywood, there was no light, food, or water inside and the floor was littered with old feces.



Courtesy State Sen. Jim Gaughran

**STATE SEN. JIM** Gaughran, his wife, Carol, and their dog, Corbin, were thrilled to see Long Island's absentee ballots put Gaughran ahead in the 5th District race.

## Suozzi, Gaughran finish strong and are re-elected

CONTINUED FROM FRONT PAGE

absentee ballots still to be counted in Nassau County, and 23,846 in Suffolk County, Northeast Queens, which is also part of the 3rd Congressional District, had 13,947 uncounted ballots. The registration of the remaining ballots was 51 percent Democratic, 17 percent Republican and 32 percent blank.

"I said I'd win by 20,000 votes on Election Day, but now I think I'll win by *over* 20,000 votes," Suozzi said on Monday. "Twenty-five percent of the ballots were absentee this year, which has never happened before."

On Monday there were still 70,000 ballots to count, the majority of them from Democrats. The counting began on Nov. 11 in Queens, on Nov. 12 in Nassau and on Monday in Suffolk. "We need to change the law in New York state so the winner will be declared more timely," Suozzi said on Monday.

After Santos conceded, Suozzi added, "It is a great honor to serve as a member of Congress, and I look forward to continuing to work on behalf of the people I represent. Our nation faces tremendous challenges, and the division is distracting us from accomplishing our goals."

Suozzi, an attorney and a certified public accountant, said he would like to continue to pursue his constituents' goals by making the most of his membership on the House Ways and Means Committee and his position as vice chair of the bipartisan Problem Solvers Caucus.

"I will work to try and bridge the divide and address the Covid pandemic, our unstable economy, the climate crisis and the need to rebuild our middle class," he said. "I will never stop fighting for

Long Island and Queens and the people of our state and country."

After two weeks of being behind in the vote count, incumbent State Sen. Jim Gaughran, a Democrat from Northport, announced on Wednesday that he had been re-elected to his 5th Senate District seat. On Election Day, Gaughran had just 44 percent of the Nassau County vote, while his Republican challenger, Edmund Smyth, had 56 percent.

At press time on Wednesday, however, Gaughran had taken the lead as more absentee ballots were counted. He had roughly 52 percent of the Nassau County vote, to Smyth's 48.

Gaughran had also pulled ahead of Smyth in Suffolk County, 51 percent to 49.

"I am humbled to be re-elected by the residents of the 5th Senate District, and I thank them for their support," Gaughran said "During my first term in office, I worked tirelessly on behalf of Long Islanders, and I am proud to have delivered real results, from a permanent property tax cap to support for small businesses navigating the Covid-19 pandemic. I will keep fighting for my constituents, for Long Island and for all of New York State, and I thank the voters for giving me the opportunity to continue to serve them."

There were an estimated 7,000 to 8,000 absentee ballots still to count in the 5th District contest. Those ballots were expected to have a Democratic-to-Republican ratio of 2-to-1, so Gaughran needed only to take 30 percent of them to secure his victory.

Calls to Smyth had not been returned at press time.

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**HERALD**  
Gazette

The Herald Gazette is proud to be a sponsor of this important event to fight hunger and help families in need this holiday season.

# HERALD Covid-19 HOMETOWN HEROES

## KIT RAPER

GLEN COVE

**PRESIDENT AND CO-FOUNDER,  
PORCH PANTRY  
GLEN COVE**



One of the teachers at Finley Middle School, [co-founder] Kirsten Kenney, ran the school's food pantry during the last school year. So, the big thing for us at the beginning was there was no way for a lot of kids to use the pantry starting in March. They couldn't go to school, so they didn't get the free lunch program anymore. A lot of families and kids depend on the free lunch program just for survival.

We recognized very early that the Covid situation was unique because it hindered people from being able to get together, so we took it upon ourselves to start collecting food and organizing the families. Then we got volunteers, and we have about 50 of them right now.

We collect food all week and put meals together. We try to create at least enough food for multiple meals during the week with things like pasta, milk, eggs — all the staples they would need for meals. We started putting these things together; then we had volunteers who would come to [co-founder] Kim Valentzas's house to pick up the bags and drop them off at the locations we give them. We're currently serving about 250 families.

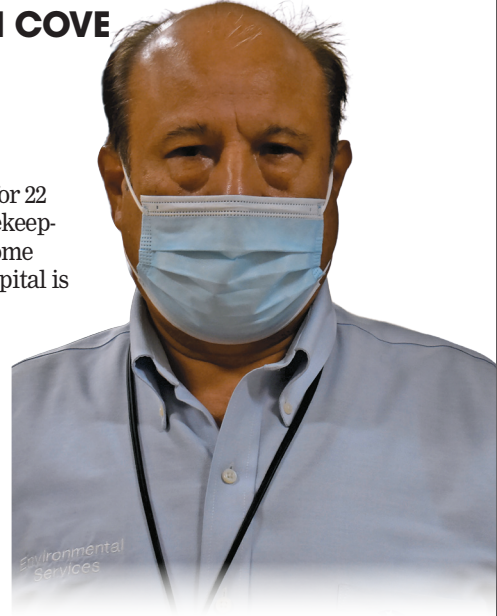
It makes me have a real perspective about what's important in life and what people's real basic needs are. My kids are very fortunate, and I try to bring them along with me to make sure they see what's really happening out there and to bring attention to the fact that there are a lot of families out there who don't have food for the next day.

**HERALD HOMETOWN HERO**

## WASHINGTON PULELLO

GLEN COVE

**GLEN COVE HOSPITAL  
HOUSEKEEPING**



I've been working at Glen Cove Hospital for 22 years. In my department, which is housekeeping, three of us got Covid. Two have now come back, which I am happy about. And the hospital is much better now too.

No one got Covid in my family, not my 26-year-old son or wife. I have to admit, I was afraid when the coronavirus hit. I am 63 years old. I think my wife was afraid that I was working during that time, but she didn't tell me anything.

During Covid, I had to clean the floor in the patient's room where people died. I had to disinfect the rooms too. I was around patients for sure more when Covid first hit hard. That made me nervous, but I always had personal protection equipment, including gloves and the gowns. I had everything I needed to be protected. I would leave my uniform at the hospital, and when I got home, I left my shoes outside on the porch. I always took a shower right away. During this time, I didn't lend my car to anyone, and no one was allowed to come over to my house.

I didn't talk to the patients much because I was afraid of exposure. I'd say, "Good morning. How are you feeling?" Maybe the patient isn't supposed to talk too much so I don't talk too much to them.

Everyone was very professional at the hospital during Covid. Safety was always the most important thing during this time. I worked overtime during that time.

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## LIA DI ANGELO

GLEN COVE

**PRESIDENT, ARGENTINE CIVIC COMMITTEE  
OWNER, WESTBURY FLORAL DESIGNS**



Comité Civico Argentino was founded in 2019 to do good for communities local and abroad. And during the pandemic, I've been shopping each week for 26 families through Comité Civico Argentino to provide them with groceries and other essentials.

We had a GoFundMe [that] was to help feed the people through the pandemic, and with that, we've delivered about \$3,500 worth of food since April and until now. We're really happy about what we've done. We have been able to help families in need, but not just with food, but with diapers, baby formula and baby food and wipes and some essential products as well.

Sometimes I'll be in the car or hanging out with my kids, and I'll get a text from one of the families that we've been helping saying, "Señora Lia, Ms. Lia, do you think you can help us out once again with food? My husband has been only working two or three days a week or I have not been able to get any work, and I don't have any diapers for my kids."

I don't think I'm ever going to be a wealthy person because when you have a charity or a heart, you spend money that's not from the organization to make things happen. And that's OK. I'll go to sleep better knowing that these people didn't go without food this week.

We created a second GoFundMe where we're trying to continue to raise money not only for feeding people through the pandemic, but also to buy wheelchairs, making water wells, building a small school in the Northern part of Argentina.

**HERALD HOMETOWN HERO**

## LISA CASHMAN

SEA CLIFF

**PROJECT MANAGER, HEPA VIKING OUT FUNDRAISER REGIONAL**



I knew the district was working as hard as they could to build up the air filtration in the buildings, and I was still concerned about the kids and the classrooms and the air quality there. When I found out that the HEPA filters were approved late in the game, I wanted to see if we could get them for kids.

When I found out it was only going to cost \$130,000, I thought, "What would it take to get this done?" I happened to have had previous experience fundraising in the community, so I know how generous [people] are, and I raised my hand to pitch in.

I have relationships with some board members of the Viking Foundation, and I talked to [North Shore Superintendent Dr. Peter Giarrizzo] and got the sense that this is something that would be welcome. I also had a phone call with the leadership of the Viking Foundation, [President] Maureen Denley. She circled the other board members together, and a week later, they came to us with a "yes" and that they would be the fundraising arm to help with the infrastructure that was needed for the donations. That is enormous — without the support of the Viking Foundation and all they brought to the table, there's no way we would have gotten it done as quickly as we did.

I hope it's enough to keep school going and to keep everyone safe, and I know it will be worth the investment in the long-term.

**HERALD HOMETOWN HERO**



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# BOO-TACULAR HALLOWEEN COSTUME CONTEST WINNERS

**H**alloween's thrills and chills were a bit different this year, but one thing remained the same — we dressed up in costume to celebrate. To make the festivities a bit more special in our "new normal," the Herald invited readers to participate in a Halloween Costume Contest.

We are pleased to announce the winners and share their Halloween style with our readers. Winners received gift certificates from local businesses.

Congratulations to all the winners and thank you to our valued business partners for their support.





## Tony Jimenez appointed to State Advisory Council for Fire Prevention and Control

Glen Cove's Anthony P. Jimenez was appointed to the New York State Advisory Council for Fire Preventions and Control, a department of the New York State Division of Homeland Security and Emergency Services.

Assemblyman Charles Lavine had requested that Jimenez's appointment to the State Advisory Council. "These are positions that really call for the appointment of our best citizens with knowledge of emergency services," Lavine said. "Tony Jimenez and I have been friends for a very, very long time and we served on the City Council together. Tony is someone whose integrity and dedication are the upmost."

Jimenez, who served in the U.S. Army and is a Vietnam War veteran, was awarded the Purple Heart for his service. Jimenez was also awarded the Commendation Medal for Valor, the Combat Infantry Badge and the Vietnam Gallantry Medal with two Bronze Stars. He was also a first responder for the Sept. 11 attacks.

Since his time in the service, Jimenez has been heavily involved in the Glen Cove community from serving as a Glen Cove City councilman to serving as chief of the Glen

Cove EMS. He served as a N.Y. court officer, earning the Medal of Honor for Heroism and three Medical Life Saving Awards.



**TONY JIMENEZ**

"I know that he will serve our state in this capacity with the same amount of dignity and passion and dedication that he has served our nation during the years he served in Vietnam, during the years he was court officer, during the years he served as a chief of our Emergency Medical Services Department and the list goes on and on," Lavine said.

Jimenez initiated statewide implementation of the implementation of defibrillators in all courthouses throughout the state. He is vice-Commander of American Legion Post 1765 and is director of Veterans Affairs

for Glen Cove.

"This is a nice appointment by the state that recognizes not only his commitments to the community and to Glen Cove, but they also recognize his value to the state," Mayor Tim Tenke said. "They are bestowing this on him because Tony always gives from the heart and Tony is a great choice for this position."

## GC Downtown BID welcomes Chef Moris Café at ribbon cutting ceremony

The Glen Cove Downtown BID on Oct. 15 formally welcomed Chef Moris alongside friends, family, elected officials and other esteemed members of the community for a ribbon cutting ceremony at Chef Moris Café.

Despite the obstacles new and old businesses alike currently face with a record number of business closures and shutdowns, Glen Cove's downtown has been fortunate enough to welcome Chef Moris Café; one of four new businesses opening in the downtown area.

Chef Moris Café is a Salvadorian owned espresso bar and bistro located at 8 Glen St. Glen Cove. Originating from El Salvador, Chef Moris' appreciation for not only Salvadorian culture but a blend of many shine through his dishes and flavors.

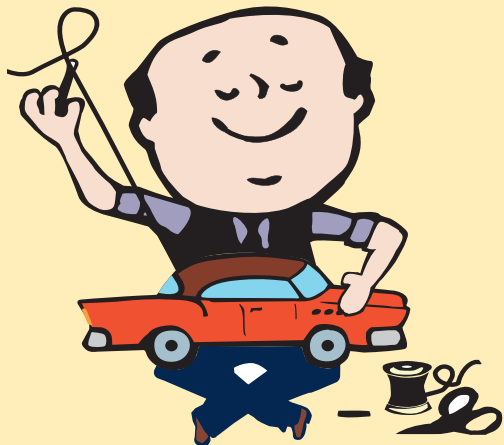
Chef Moris received several citations from The Glen Cove Downtown BID, The Glen Cove

Chamber of Commerce, Mayor Tim Tenke, Senator Jim Gaughran and Legislators Delia DeRiggi-Whitton and Rose Walter, just to name a few.

However one of the more notable citations was from the Office of Minority Affairs and the North Shore Hispanic Chamber of Commerce, who expressed great pride in welcoming another Hispanic business into the area, especially during Hispanic Heritage Month.

Yet, the most heartfelt expression of appreciation was from Chef Moris himself as he stood beside his wife and children. "I want to thank everyone for coming. It has always been a dream to open up my own place and today that dream has come true. We thought about where to open for a long time and as residents of Glen Cove, there is no better place to than right here in Glen Cove," said Chef Moris.

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# The Herald remembers

On Saturday, Nov. 14, all of us at Herald Community Newspapers were deeply saddened by the untimely death of our dear friend and colleague, Timothy J. Denton, senior editor of the Wantagh and Seaford Herald Citizen papers. "Tim," as many knew him, was previously editor of the Franklin Square-Elmont and Valley Stream Heralds and assistant editor of the Glen Cove Herald Gazette.

Beyond being a talented and fiercely intelligent journalist, he was a good human being who enjoyed helping people in and out of the newsroom. His deep insight into so many subjects aided his in-depth reporting. At the same time, he became a respected mentor to many young reporters and editors over his three-year Herald tenure. Always quick-witted, honest and eager to talk, he was respected not only by all of us, but by his sources and readers. The following is a collection of quotes from members of the Herald editorial team and employees at Richner Communications Inc.

"My favorite response to Tim was, 'Of course.' Whenever our talks would stray away from work and into cultural conversations, I pretended I knew all of the historical and anecdotal references he made. Of course, most of them, I didn't, but I tried to keep up. A smarter and more worldly man, I did not know. He made me a better journalist and a more introspective thinker. At first, he was my editor. Then, he was my editor, but we were friendly. Once the pandemic came and we were out of the office, we inadvertently were forced to actually speak even more regularly than before. I can't quantify how much I've learned from him, but I think I can proudly say with confidence that Tim no longer was just my editor. He became a mentor; and he became my friend."

J.D. Freda, Reporter,  
Wantagh and Seaford Herald Citizen

"Tim welcomed me into the Herald as my first editor as we both began our reporting of Franklin Square and Elmont. I was very nervous at first, seeing as this was my first job in print media, but Tim was always there to lend a helping hand and guided me to success. He always pushed me to do better, and I would always read his stories to find examples of excellent reporting. As an Elmont resident myself, I felt incredibly happy whenever Tim tackled an issue that everyone else seemed to ignore, from the unexplained high rates of cancer in the area to the real socio-economic impact of the Belmont Arena project. I've always tried to do the same since and will do so in the future because of Tim."

Ronny Reyes, Editor, Freeport Herald

"Tim had been the editor of major

financial publications, but had been out of journalism for about a decade when he came to us three years ago wanting to get back into reporting. While interviewing him, I was struck by his keen intelligence and perceptiveness. Over time, I came to understand what a kind-hearted human being he was, always looking out for other people and, as a journalist, always seeking to give voice to the voiceless. The entire Herald team will miss him, but we are all better for having known him. He was a friend and mentor to us all."

Scott Brinton, Executive Editor,  
HeraldCommunityNewspapers

"I am extremely saddened by Tim's untimely passing. The Long Island community, as well as our company, were better off because of Tim's presence. He was a compassionate, intelligent and generous person, an esteemed colleague and a valued mentor to our staff. He will be greatly missed by all."

Stuart Richner, Publisher, Richner Communications

"Pre-pandemic, I spent quite a few mornings just chatting about the state of the world with Tim in the break room while brewing a cup of coffee. It wouldn't take long for the discussion to turn toward how to get the best price on a coffee pod. No matter the topic, Tim was always insightful. I have missed, and will continue to miss, those seemingly mundane conversations that will unfortunately now be impossible."

Michael Bologna, Vice President Operations,  
Richner Communications

"I'm so saddened by this news. Tim and I had conversations in the kitchen all the time, most often about music and current events. He was smart and sensitive and truly liked by the people in all the communities he served."

Rhonda Glickman, Vice President Sales,  
Richner Communications

"Whenever I thought of Tim, I imagined a twinkle in his eye and heard an infectious chuckle. If Santa Claus were a lot slimmer and more of an intellectual, he'd be Tim. We got a couple of glimpses of his cat during Zoom meetings, and each time, as a fellow cat lover, I couldn't help thinking, that's gotta be one the happiest cats you'd ever meet."

Jim Harmon, Copy Editor

"I enjoyed all the times we talked in the newsroom. I tried to act smarter so I could keep up with him and learned much from hearing his perspective from what was a life well lived."

Jeff Bessen, Senior Editor, Nassau Herald

"No matter the topic, Tim always seemed to be knowledgeable and could seemingly hold a conversation about anything. He was kind-hearted, easy to talk to and had a signature laugh that I will never forget. What I'll remember him most for is his passion for what he did and how talented he was as a journalist. His work ethic is something that we should all strive to have. He was a very nice person, and we will miss him greatly."

Michael Smollins, Senior Editor,  
Oceanside-Island Park Herald,  
Lynbrook/East Rockaway  
Herald

"Tim is irreplaceable. He was the most interesting, knowledgeable and gracious journalist you could ever hope to meet, let alone work with. His limitless wisdom was evident in the stories he told in print as well as around the office. Any time he shared an anecdote from his life — from his momentary career as a musician to his time living in Europe — you couldn't help but marvel."

Alyssa Seidman, Editor, Bellmore Herald Life,  
Merrick Herald Life

"I live in Wantagh and always looked for interesting news to feed Tim. Whenever I did, we would talk about the impact to the neighborhood, and Tim's insight always took a spin that I may not have thought of. Tim was always receptive, and I enjoyed our chats."

Lori Berger, Digital/Specialty Products,  
Richner Communications

"I always saw him as our wise old sage. Whenever you'd be upset or stressed or having a rough day, he'd say the perfect thing or make the perfect joke, and it would just make everything better."

Brian Stieglitz, Editor, East Meadow Herald

"Tim was a remarkable person whose intelligence, thoughtfulness and breadth of experience were rivaled only by his compassion. I've never met anyone quite like him."

Peter Belfiore, Editor, Franklin Square  
Elmont Herald, Valley Stream Herald

"Wherever Tim went, he would always light up the room with his presence. He was always a very wise and excellent writer. I appreciate everything that Tim brought to the Herald. He was a very positive people-person. Tim was always willing to help others and would always help his co-workers when they needed an extra eye to look over their writing."

Nicole Alcindor, Reporter, Valley Stream Herald,  
Lynbrook/East Rockaway Herald

"Tim and I didn't work together for too long, but I always appreciated our conversations in passing in the office. Whether it was about life or journalism, he provided great insight to me. I was proud to be a colleague of his."

Matthew Ferremi, Reporter, Five Towns Herald

"Tim is one of the most knowledgeable journalists I've ever met. I'm going to miss his insightful anecdotes."

Nakeem Grant, Editor, Malverne/West Hempstead Herald

"I got a chance to work with Tim on a story about bail reform. Although we were colleagues for several months, that was the first time I was able to have an in-depth conversation with him. He was incredibly smart and was fully devoted to his craft, which as a young journalist was inspiring to see."

Darwin Yanes, Reporter, Long Beach Herald

"Tim was a beloved co-worker who will be sorely missed by all of us at the Herald. He had a passion for the job and was not only an excellent editor and reporter but also a mentor for the younger staff members. I'll definitely miss our conversations about sports and life in general. He was a great guy."

Tony Bellissimo, Herald Sports Editor

"Tim always seemed to have insight to offer on any number of topics or had an interesting anecdote to share. He was a good, kind person, and his knowledge and wit will be missed."

Jill Nossa, Editor, Rockville Centre Herald

"Tim always served as a calming, grounded presence in the Herald's newsroom. He was never short on valuable input from a professional standpoint and was able to dispense personal wisdom at the drop of a hat. Whether he was talking about journalism or regaling us about his countless adventures throughout his one-of-a-kind journey through life, he was an expert at catching people's ears and improving their mindset."

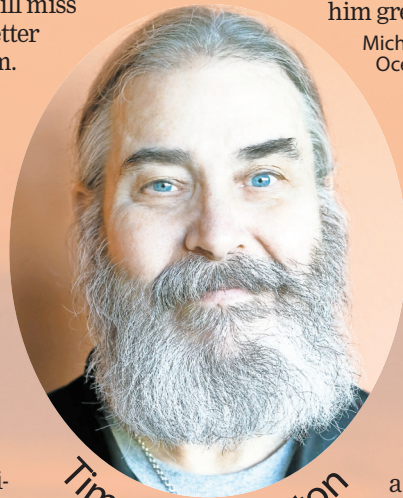
Michael Conn, Assistant Editor, Sea Cliff  
Glen Head Herald, Glen Cove Herald, Oyster Bay Herald

"Tim was so many things, but what always stood out for me was his curiosity. He liked people and cared and used his curiosity to find an abundance of ways to help. And it would often lead him to encourage those who needed it and make people feel good about themselves. As journalists we need to be curious, but Tim's curiosity was 24/7. His generosity of spirit, candor and intelligence will definitely be missed."

Laura Lane, Senior Editor, Glen Cove Herald Gazette,  
Sea Cliff/Glen Head Herald Gazette

"Tim was an inspiration and so full of life. Every time I talked to him he told me about another incredible life experience or adventure, and if I could do even a quarter of what he did, I would have lived a full life. His intelligence and kindness touched everyone, and the hole he leaves in the Herald family is huge."

Christina Daly, Photo Editor



Timothy J. Denton

# H

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*Community Newspapers*

November 19, 2020

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# Be prepared — and protect your family's future

## Five things you must include in your will

By James F. Burdi, Esq.

Astoundingly, only 40 percent of adults in the U.S. have Wills. Whatever your wealth or family circumstances, you should have a Last Will and Testament. And it should be part of an overall plan, considering the following:

A Will, with designated beneficiaries to receive your assets upon death, and an Executor to carry out your directions.

Trusts, when appropriate, to manage and protect the inheritance and stipulate any conditions. The trust can be created in the Will or in a separate document. Discuss with your attorney which is most advantageous for you.

A Health Care Proxy, with a designated Health Care Agent to make medical decisions for you in the event you are unable to make them yourself and to provide your family with directions regarding extraordinary medical care.



James F. Burdi, Esq.

A Power of Attorney naming an agent to make legal, financial, and business decisions for you. This will help avoid the cost and delay of court proceedings in the event you are incapacitated.

Appointment of Guardians, both in your Will and with a standby designation, for any children with disabilities or minors, in the event of your death, incapacity, or absence.

Whether you're creating a multimillion-dollar trust for your grandchildren or just making sure your house is evenly divided among your children, don't put off your Will. Don't let the

courts and the default provisions in the law determine you and your family's future. Be proactive and create a good estate plan. The time to plan for tomorrow is today.

*James F. Burdi, Esq. is a partner in Vishnick McGovern Milizio LLP's Trusts and Estates and Elder Law Practices. He can be reached at jburdi@vmmlegal.com and (516) 437-4385.*



## Can you hear me now?

### Old age and modern life can affect our hearing

By Marilyn Murray Willison

I've had two friends who've struggled with hearing loss, so I know how profoundly this health challenge can negatively affect every aspect of your life. According to many experts, hearing loss — which is now being referred to as "America's silent epidemic" — is more harmful to quality of life than many forms of cancer, diabetes, obesity or a stroke.

For years, loss of hearing was considered to be a harbinger of old age, but the advent of loud rock music and ear-splitting live performances, and the overuse of ear buds have introduced audio deficiencies to an entirely younger generation. According to the World Health Organization, 1.1 billion teenagers and young adults are currently at risk for hearing loss, and the numbers are expected to rise with each passing decade. In fact, U.S. government data estimates that approximately 5.2 million children ages 6 to 19 have already suffered permanent damage to their ears' inner hair cells due to repeated exposure to loud noises.

Age is, however, an undeniable factor when it comes to hearing loss. About 30 percent of people in their 50s, close to 50 percent of those in their 60s and nearly 70 percent of those in their 70s will notice a measurable decrease in their ability to hear correctly. And this unwelcome development is further complicated by the fact that the average older American postpones — for seven to 10 years — getting a hearing aid or device. Sadly, the longer people refuse to address their hearing loss, the greater the risk — to the brain! — of losing the ability to translate what someone says into usable speech.

A variety of factors can contribute to losing our ability to hear properly. They include the following:

✓ Changes in blood flow to the ear.

- ✓ Changes in the structure of the inner ear.
- ✓ Changes in the way our brain processes sound or speech.
- ✓ Damage to the tiny ear hairs that transmit sound to the brain.
- ✓ Diabetes.
- ✓ Exposure to loud noises.
- ✓ Family history of hearing loss.
- ✓ Impairment of the nerves responsible for hearing.
- ✓ Poor circulation.
- ✓ Smoking.
- ✓ Use of certain medications.

Currently, there are three theories regarding why we hear less as we grow older. One is the wear-and-tear assumption that with the passing years, our mechanisms for hearing correctly simply "age out." Other scientists believe in the free radical theory, which asserts that a lifetime accumulation of free radicals can irrevocably damage our hearing mechanism. And yet others insist that a genetic predisposition explains why some people can hear well into their 90s, while others struggle as soon as they hit the half-century mark.

Since the ability of the brain to translate sound is so essential to hearing well, there are a few mental-gymnastics programs specifically designed to keep the brain supple enough to hear well as we age. The first is the Posit Science Brain Fitness Program, an online program comprised of six exercises that target auditory processing and memory. And the other is Lumosity, which only takes 10 minutes a day to help the brain's neural pathways.

Above photo: Untreated hearing loss can be as harmful to quality of life as cancer and other diseases.

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# Social security setup

## Getting retirement benefits start date right

By Tom Margenau

I get many emails from readers confused about which date to choose as the starting date for their Social Security retirement benefits.

The confusion essentially centers around the fact that Social Security checks are paid one month behind. For example, the Social Security payment for November will be sent to you in December. That's a relatively straightforward rule, but it leads to all kinds of problems, especially when people are filing for their Social Security benefits online. Here is a typical example:

**Q:** I will be 66 in February 2021. I don't want any reduced benefits, so I want to make sure my checks start at age 66. The online application is asking me which month I want to start my benefits. I know checks come one month behind, so I'm afraid if I put down February as my starting month, that will be the January Social Security check, meaning I will get a reduced amount for starting my benefits before age 66. So should I indicate March as my starting month?

**A:** You turn 66 in February. So if you want your benefits to begin when you are 66, you should indicate February as your starting month.

In other words, don't concern yourself with the month your Social Security check is actually delivered to you. The application question isn't asking, "Which month do you want your first check to be sent to you?" Instead, it is essentially asking you this: "Which month do you want to be your first month of eligibility for Social Security benefits?" And again, in your case, that is February 2021.

In some cases, people sent me their questions after the fact. And it's causing them all kinds of undue stress. Here is an example of that:

**Q:** I was 65 in September, and that's when I wanted my Social Security to start. But the question on the online form confused me, and I thought if I indicated August as the starting check, knowing that it would come in September, then September would be my starting month. But then I got a letter from Social Security telling me that my benefits had started in August, one month before my 65th birthday, meaning I now will get a reduced benefit for the rest of my life. Please help me. What can I do about this?

**A:** What you can do is relax. You made a little goof. You can correct it if you want. But really, it's not that big a deal, so you may want to just let things ride.

You didn't give me your benefit amount, but let's assume your age 65 benefit rate would have been \$2,200 per month. But you mistakenly started your Social Security at age 64 years and 11 months. Retirement benefits are reduced five-ninths of 1% for each month they are taken early. So your monthly rate

(with an August start date) might be about \$2,185 or so. In other words, you will lose around \$15 per month forever. But on the plus side, you got that one extra \$2,185 Social Security check for August. It will take you about 145 months, or more than 12 years, before you come out on the short end of the stick by making this minor error in your starting date. Or to put that another way, you will be 77-years-old before this mistake catches up with you.

If I were you, I wouldn't worry about it, and I'd just let things go. But if it is going to bother you, you can contact the Social Security Administration and tell them you want to withdraw your original claim and file a new claim with September as your starting date. If you do that, you will have to return the Social Security checks you've already received.

Now here is a question from someone who also made a mistake, but in the opposite direction:

**Q:** Oh, my gosh! I turned 66 in September. The online form asked me when I wanted my checks to start, and I said October, knowing that the September check comes in October. I just got a letter telling me that October is my starting month, with my first check coming in November. Because of this mistake, I'm missing my September check. What can I do?

**A:** As I advised the previous reader, you could go back to the SSA and tell them you want to withdraw that claim you made and file a new claim with September as your starting month.

Or, you could just let things go the way they are. Because you started your Social Security benefits one month after your full retirement age, you will get a little something extra in your monthly checks. It's not much. You get a two-thirds of 1 percent increase. It's called a "delayed retirement credit." (For people who wait until age 70 to start their benefits, those delayed retirement credits add up. You get 32 percent added to your monthly check if you wait that long.)

You didn't give dollar amounts, but let's say your age 66 benefit would have been \$2,500 per month. With this one extra delayed retirement credit, you might get 20 bucks or so added to your check each month. That's the good news. The bad news is that you lost one check (the September payment). It's going to take you about 10 years to make up that one benefit payment you lost. So, if you think you're going to live past age 76, you will actually come out ahead because of this mistake you made.

*Tom Margenau writes a syndicated weekly column, "Social Security and You."*

Above photo: There's a little nuance to starting Social Security benefits. Be sure you're aware of all that's involved to make sure your check arrives right when you want it.



# The sky is falling

## Ways to take the 'I' out of anxiety

By Marilyn Preston

Are you worried about how much you worry? These days, with our world turned upside down, as we continue to struggle through a life-altering pandemic, there's plenty to worry about, even for those who tend not to be worriers.

Uncontrolled anxiety is a giant obstacle to personal happiness. No surprise. Worry causes stress, and stress saps our strength, disturbs our sleep, fries our brain and constantly undermines our best efforts to stay healthy, relaxed and optimistic.

Naturally everyone's list of worries will be different to varying degrees, but we all share a need to deal with our anxiety in clever and effective ways.

That's why I want to offer some proven coping strategies recommended by psychologist Robert L. Leahy, the director of the American Institute for Cognitive Therapy, an author and editor of 26 books, including "Anxiety Free: Unravel Your Fears Before They Unravel You."

Some sound truly weird, and those are some of my favorites. Dr. Leahy has seen these methods work wonders. His blog on psychologytoday.com is a constant source of simple and powerful methods for dealing with your worries:

**Turn your anxiety into a movie.** One creative way to let go of a worry is to disconnect yourself from it, Dr. Leahy says. Imagine your anxiety, your fear, presented to you as a film or a theater piece. You're in the audience. You're listening to the guy in the goofy hat sing and dance about your overdrawn bank account or your underwhelming relationship.

He's acting out your worries, all right, but you're detached. You are the witness. And that trick literally takes the drama out of it. From that calm, detached place, you're able to take more effective action.

**Set aside worry time.** Worries show up, constantly and unannounced. You're taking a walk — a wise and wonderful thing to do — and the whole time, you're worrying about all the things you should be doing instead a very silly thing to do.

Here's Leahy's suggestion: Set aside a specific time every day to worry about your worries. Pick, say, 6 p.m. If it's morning and a worry hits, jot it down and decide to focus on it later. Do that all day

long. By the time 6 p.m. rolls around, many of your worries will seem too silly to deal with, and you'll have spent most of the day worry-free.

**Breathe it out.** The mind attaches to the negative. Know that and be ready. Next time you feel tense, notice your breath. You're probably holding it. Ask yourself: Where is my breath now? Where is my attention? Link them by listening to your inhalations and exhalations, an easy and ancient strategy for calming your nerves. Breathe in, breathe out. (SET ITAL) consciously (END ITAL). When anxiety knocks — and it will — answer it by bringing your attention back to your breath. No harm doing this 10 times a day if you need to.

**Don't fight the craziness.** It's normal to have crazy thoughts, says Dr. Leahy. He had a client, a lawyer, who kept imagining she'd lose control and start screaming in court. Our minds are creative, he told her. Sometimes our little synapses make wacky connections and a crazy thought results. It happens to everyone. Don't judge yourself. See your anxiety as though it were a curious object on a shelf, he says. Notice it, but don't react to it in negative ways.

**Take your hand off the horn.** When you make a stupid comment, do you play it back over and over? Stuck in heavy traffic, is that you blasting your horn? What is, is, Leahy points out. Some things just cannot be controlled ... like rush hour. He teaches his clients to surrender to the moment. It's a paradox: The more you surrender to the moment, the more in control you actually feel.

**Let it pass.** When you're a worrier, everything can feel like an emergency. And yet, every feeling of panic comes to an end. Next time you feel your anxiety building to a crisis, ask yourself, "How will I feel about this in a week? In a month?" So why not drop it now?

And, of course, if self-help techniques aren't working, then it's time seek professional support.

Above photo: Life is filled with uncertainty, especially at times like this. While many things remain outside your control, your mindset is key to coping with difficult circumstances and facing the unknown.

## Attend a virtual Medicare Advantage Prescription Drug Seminar: Learn About your Medicare Plan options

**A**nnual Enrollment Period (AEP) is when Medicare beneficiaries decide whether to remain in their current Medicare Plan, choose another Plan or return to what is commonly referred to as Original Medicare or Medicare Fee for Service. Medicare beneficiaries can receive additional value and benefits through enrollment in a Medicare Advantage Prescription Drug Plan.

AEP starts Oct. 15 and runs to Dec. 7.

Now is the time to evaluate a Medicare plan that's right for you. Attend a virtual no-cost Medicare Advantage Prescription Drug Plan seminar hosted by AgeWell New York and learn about different plan options for individuals with Medicare, both Medicare and Medicaid and a Medicaid Advantage Plus Plan for those who need community based long term care services and supports in the home.

Medicare Advantage Prescription Drug Plans offer health and wellness benefits over and above Original Medicare. These plans may include Dental, Vision, Hear-



ing, Over The Counter (OTC) cards, Prescription Drugs, Telehealth, Alternative Therapies and/or access to a Wellness Coach or Care Manager who can assist with navigating and coordinating health care services.

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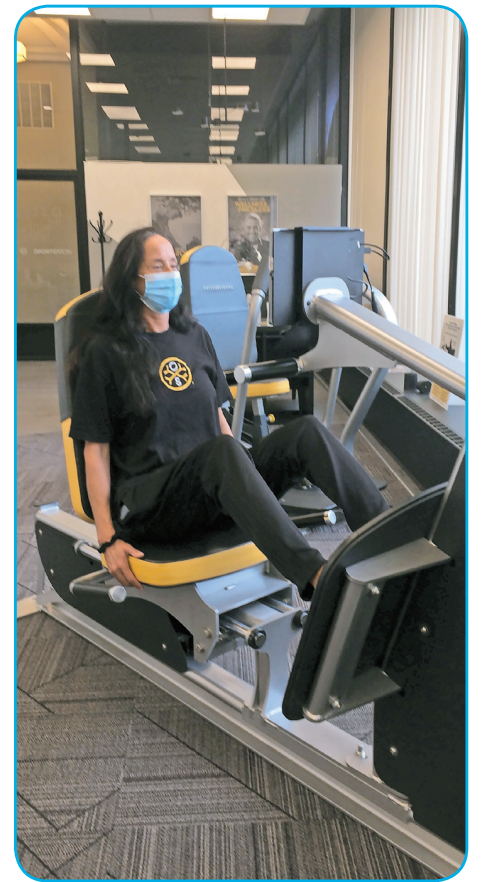
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## Twelve NSPC Brain & Spine Surgery physicians named to 2020 Castle Connolly list

**T**welve of the 27 physicians associated with Neurological Surgery, P.C. (NSPC Brain & Spine Surgery) have been named to the latest edition of Top Doctors: New York Metro Area, an annual reference guide published by Castle Connolly Medical Ltd., a New York City research and information company.

They are: Jeffrey A. Brown, M.D. (Neuropathic Facial Pain Surgery), Jonathan L. Brisman, M.D. (Neurovascular and Brain Surgery), Benjamin R. Cohen, M.D. (Spine Surgery), Vladimir Y. Dadashev, M.D. (Spine Surgery), Zachariah M. George, M.D. (Spine Surgery), John A. Grant, M.D. (Pediatric Neurosurgery), Sundeep Mangla, M.D. (Endovascular Neuroradiology), Stephen T. Onesti, M.D. (Spine Surgery), Sachin N. Shah, M.D. (Spine Surgery), John Pile-Spellman, M.D. (Endovascular Neuroradiology), Brian J. Snyder, M.D. (Pain and Parkinson's Surgery), and Alexandros D. Zouzas, M.D. (Spine Surgery).

"It's a pleasure to congratulate our colleagues and partners for receiving this honor," said Michael H. Brisman, M.D., the chief executive officer of Rockville Centre-based NSPC. "Our practice has provided patients from Long Island, and elsewhere, with the most compassionate and comprehensive brain, back,

and neck care available for over 60 years. The selection of these twelve physicians to the 2020 Top Doctors: New York Metro Area confirms a tradition of clinical, and patient-centered excellence, at NSPC."

For decades, Castle Connolly Medical Ltd. has been conducting a peer-review survey to select the region's top doctors based on the theory that medical professionals are best qualified to assess the qualifications of other practitioners. Licensed physicians vote online for those doctors they consider outstanding. A Castle Connolly doctor-led research team then counts the nominations and vets the nominee pool with the aid of a number of screens, including confirming board certifications and investigating disciplinary histories.

The firm's Top Doctors: New York Metro Area guide lists those whom Castle Connolly has determined to be in the top ten percent of the region's physicians — approximately 6,000 in all.

**About Neurological Surgery, P.C.**  
**(NSPC Brain & Spine Surgery)**

Founded in Freeport in 1958, Neurological Surgery, P.C.

(NSPC Brain & Spine Surgery) has grown to become one of the largest, private neurosurgical groups in the U.S. with six conveniently located offices on Long Island. The practice's experienced neurosurgeons and interventional neuroradiologists are experts in "Bloodless" brain and spine surgery, including laser spine surgery, endoscopic spine surgery, ultrasonic spine surgery, radiosurgery, and other advanced minimally invasive techniques which are used to treat brain tumors, brain aneurysms, trigeminal neuralgia, herniated disc, spinal stenosis, chronic back pain, and other conditions. Please visit [www.nspc.com](http://www.nspc.com) to learn more.



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# Vitality during the ‘new normal’

There are ways to stay active and thrive

**T**he coronavirus pandemic has turned life upside down for just about everyone, and still seriously impacts our everyday lifestyle. Older adults — at a higher risk of serious complications from Covid-19 — are more likely to restrict their activities significantly to reduce their chances of contracting coronavirus.

Although it's important for older adults to protect their health during the Covid-19 pandemic, it's also vital to stay physically and mentally active. While it can be challenging for seniors to find appropriate social distancing activities, there are certainly ways for older folks to remain active while following social distancing guidelines.

## Walking

Now that the colder weather is upon us, there are few moments to take a walk outside. So capture the opportunity on the days when the weather still cooperates. A walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood- and immune-boosting benefits. If you or your loved one must stay indoors, walking around the house or marching in place can increase daily step counts.

## Exercise and strength training

Yoga, Pilates, tai chi, and stretching can help seniors stay fit at home during the pandemic and can improve balance, flexibility, core strength, and overall mobility. Many instructional videos can be found online, and some are even tailored specifi-

cally for older adults. Another option is joining a virtual class hosted by an area exercise studio or senior center.

Strength training is also important for seniors — and it doesn't necessarily involve lifting heavy weights at the gym. Many strength-training exercises for older adults can be done at home while sitting or lying down. Seniors only need their body weight and a few simple exercises to get started. If desired, they can use everyday household items such as soup cans to add weight for exercises.

## Dancing

Known for its cardiovascular benefits, dancing is a fun, low-impact way to exercise and boost endurance during long days of social distancing. As an added benefit, listening to some favorite music may even encourage your loved one to exercise their mind by taking a pleasant “walk” down memory lane.

## Gardening

Gardening can enhance outdoor spaces while burning calories and providing a healthy dose of fresh air. During late fall/winter, consider alternatives to reap the benefits of gardening. Potting small plants or herbs to be maintained indoors or decorating an enclosed porch or patio can provide an afternoon's diversion and keep you moving and active.

## Arts and crafts

Older adults who have limited mobility can stay active at home by participating in arts and



crafts. Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help maintain their dexterity and cognitive skills.

## Always be mindful of safety

Reduce the risk of falls by exercising on flat surfaces that are free of tripping hazards while wearing proper footwear

Don't overdo it. If you or your loved one is new to exercise, ramping up a fitness routine too quickly can lead to injury. Be mindful to start with beginner-level exercises and take it slow and steady.

Stay hydrated. Older adults can become dehydrated quickly, so seniors need to drink

plenty of water before, during and after exercise.

Keep someone informed. Older folks should let someone know when they are exercising, especially if they are leaving the house or will be by themselves — not just for accountability, but to protect them in case of a fall or another injury.

Above photo: In addition to finding creative ways for seniors to communicate during social distancing, it's just as important to stay active to maintain well-being. With a little imagination and motivation, seniors can stay healthy and safe during the pandemic while getting the exercise and activities so needed.

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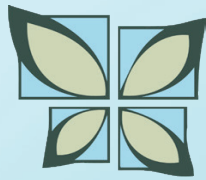
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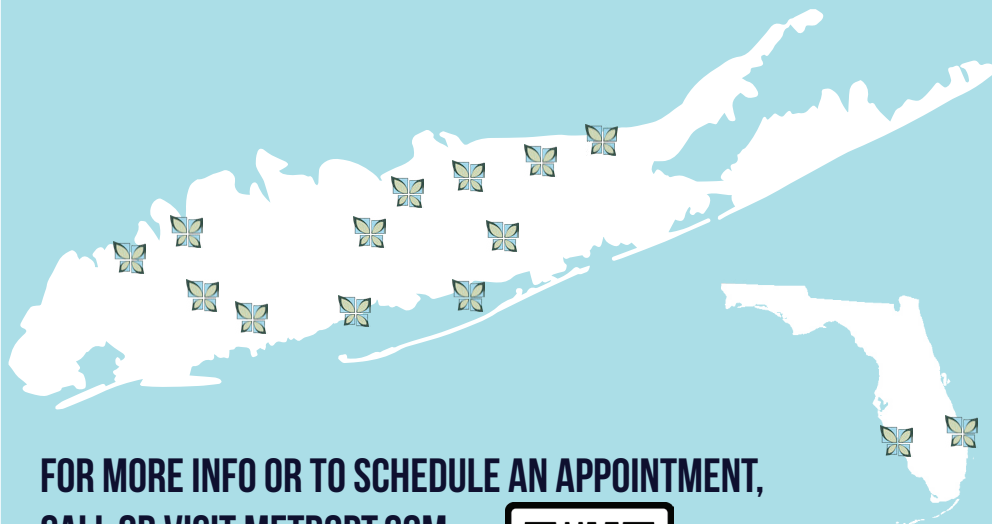


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SCAN ME





## Make the lifestyle leap into the best of your life

By Michele Biggart, Director of Sales, Fountaingate Gardens

**T**here are many living options available to today's seniors including 55+ communities, assisted living communities, and life plan communities. But, how do you balance what you want now with what you may need in the future? Let's compare them and find out.

While 55+ communities may seem like the perfect option as you age, they offer little more than similarly aged neighbors who often are not engaged as a community. The grounds are well-kept, but home maintenance isn't included. And residents who need care have to look elsewhere to meet those needs at their own cost.

Assisted living communities are needs-based rental communities that provide a one-room suite or small apartment, activities, meals and some care. More complex care requires a move to a rehabilitation or nursing care center.

Life plan communities (62+) are independent living communities focused on health, engagement and well-being. Luxurious facilities, myriad amenities and life-enhancing programs foster a healthy, active lifestyle. Seniors' health and financial future are secure, with many levels of care available on campus and defined expenses for a lifetime.

It's time to change how we view retirement living. A life plan community offers the safety and comfort of your own home, a secure future, and the ability to be part of a community built with your health and engagement in mind. If your lifestyle no longer fits your needs, make the leap to the best of your life today!

Michele Biggart, a certified geriatric care manager, is director of sales at Fountaingate Gardens in Commack. Contact her at (631) 715-2693 or mbiggart@gurwin.org.



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Senior Memos are supplied by advertisers and are not written by the Herald editorial staff.

## Metro Physical & Aquatic Therapy addresses senior living communities' needs

**M**etro Physical & Aquatic Therapy, a leading provider of comprehensive therapy and wellness services with locations across Long Island (and in Florida), is providing a sound solution to senior living communities' goal of limiting the number of healthcare providers entering their facilities. Given all of the pandemic-related uncertainties and risks posed to residents of assisted living communities, nursing homes and memory care facilities, administrators have been taking every precaution to protect their residents. By giving them the option to have one provider such as Metro Physical Therapy offering both Part A and Part B homecare services, these senior living communities can significantly reduce their exposure.

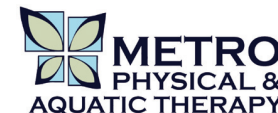
"These are extremely challenging times for everyone, but especially for those charged with caring for and protecting the lives of those most vulnerable to the Covid-19 virus among which seniors clearly are," stated Metro Physical Therapy CEO Michael Mayrhoth, DPT, OCS. "Through a partnership we have established with Certified Home Health Agencies, we are able to significantly reduce the number of providers entering communities and the associated risks, including potential contamination from workers traveling to and from many different locations."

Metro Physical Therapy can place clinicians exclusive to a community, offering yet another layer of protection. "We can assure the continuity of care in transitioning services from Part A to Part B, optimize long-term treatment planning for reduced hospitalizations,



and efficiently align treatment philosophies and plans between nursing and physical therapy. It's a much more effective model of care on multiple fronts," Mayrhoth said. Under certain circumstances, Metro also can assist patients whose insurance is not taken by other providers.

For more information, contact Michael Mayrhoth, DPT, OCS, at (516) 745-8050 or michaelm@metropt.com.



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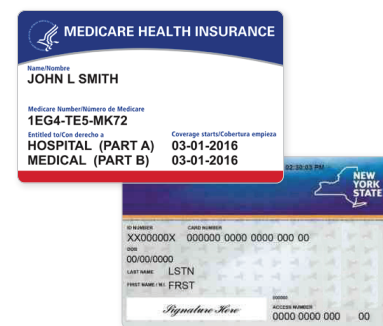
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# HERALD NEIGHBORS

## A busy day at Village Square

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

With temperatures reaching approximately 70 degrees, Village Square was nothing short of vibrant with the Sea Cliff Farmers Market and Glen Cove Yoga as part of the Fitness in Village Square program setting up shop on Nov. 7.

City of Glen Cove Mayor Tim Tenke said it was good to see residents utilize the space for activities like yoga, and that he is looking forward to the Christmas tree lighting and Hanukkah celebration that will take place there this year.

"It was great," said Patricia Holman, the executive director of the Glen Cove Downtown Business Improvement District. "We've been doing Fitness in Village Square since the beginning of October and that's to highlight our fitness businesses in the downtown area. It was the perfect fit to be doing yoga in Village Square. We had a great turnout this week."

After the yoga session, Holman

said, she went over to the Sea Cliff Farmers Market to get some local products.

Amy Peters of the Sea Cliff Farmers Market said that it was RXR Realty that invited the market to operate from Village Square. "It went really well and it was well attended," Peters said. "It's a great way for people to support local, shop local, shop safe and it's a nice way for people to come together."

Eighty percent of the vendors that attended, Peters said, are local to the area and all who she spoke to said they enjoyed the day on Saturday.

Michael Schoudel of Conscious Kitchen, a vegan food delivery service that serves Nassau and Western Suffolk, said he enjoyed setting up a table at Village Square.

"Interest in plant based food is certainly increasing and this is our home base," Schoudel, a Sea Cliff resident who operates his business from Glen Cove, said. "We do a lot of business in this area and we had a good day."



Photos by Ronnie Epstein

**COUNCILWOMAN MARSHA SILVERMAN**, right, picked up some farm fresh eggs stopping to say hello to Amy Peters of Sea Cliff Farmers Market.

### From our family to yours



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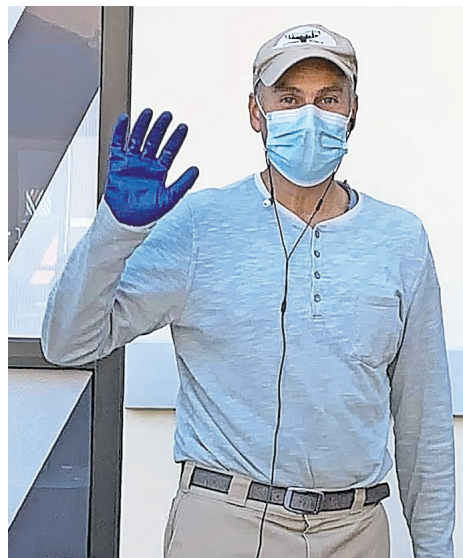
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**SIXTA PORTILLA**, of Maris Stella Oysters, offered fresh oysters at the Sea Cliff Farmers Market at Glen Cove Village Square.

**A PRIORITY** of the Sea Cliff Farmers Market in the days of Covid-19 is to keep patrons and vendors safe.

**MICHAEL SCHOUDEL**, of Conscious Kitchen, left, and his assistant Genevieve, enjoyed the day at Village Square.

# Closed shelter program still provides support

CONTINUED FROM FRONT PAGE

have alternative plans.

“It’s always unpleasant to be homeless, but in the winter it just becomes almost life-threatening,” said Christine Scaffner, the program’s senior counselor, also a volunteer. “. . . Myself and a coworker are continuing to meet with the guys. If they do have phones, we’ve found pretty creative ways to reach them. We use [Facebook] Messenger or email, as some of them aren’t on social media.”

Besides discussing resources with the men, Scaffner and another volunteer have provided them with sweat-shirts, sleeping bags and other necessities.

Among the greatest challenges for the men this year is finding a place to go during the day. Before the coronavirus spread to New York, they spent time at coffee houses or cafés, the Glen Cove Public Library or the Glen Cove Senior Center. Most of those places are no longer available.

“Now, quite a few of them are off the streets because of our help or the [Department of Social Services],” Scaffner said. “Walking into any store or buying a coffee or whatever, or even just sitting there for a while, that’s not an option for them so much anymore. They’re kind of just walking the streets, the ones that remain homeless.”

Finding jobs during the spring, summer and fall was also a challenge for some of the men. “A few of them have said that when they look into landscaping and things like that, they’re told that they don’t want to take on new people because they would rather just keep the people they have,” Scaffner said. “They know who they are and where they’re going. [But] quite a few of them have found work — at least temporary work.”

The North Shore Soup Kitchen, which used to serve the men, among others in need of food assistance, was



Jennifer Corr/Herald Gazette

**FOR THE PAST** 22 years, the First Presbyterian Church has housed the North Shore Sheltering Program, which provides the local homeless population with a warm place to sleep. This year, the program is a casualty of the pandemic.

forced to shut down because of the pandemic. “So we made an arrangement with a local deli to give the homeless men [meals] three days a week just like we used to at the kitchen,” said Madeline Rubenstein, the board chair of the soup kitchen.

Rubenstein was unable to provide the name of the deli that the soup kitchen has been paying to provide the men with meals.

“Our mission is to keep them safe and alive,” Gitlin said. “That’s what we’re sticking to. We’re trying to make sure that they’ll be fine and that they’ll be safe over the wintertime.”

To donate to the North Shore Sheltering Program or to learn more about it, go to [www.northshoresheltering-program.org](http://www.northshoresheltering-program.org).



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# BOO-TACULAR HALLOWEEN COSTUME CONTEST WINNERS

**H**alloween's thrills and chills were a bit different this year, but one thing remained the same — we dressed up in costume to celebrate. To make the festivities a bit more special in our "new normal," the Herald invited readers to participate in a Halloween Costume Contest.

We are pleased to announce the winners and share their Halloween style with our readers. Winners received gift certificates from local businesses.

Congratulations to all the winners and thank you to our valued business partners for their support.

1ST PLACE



Best Sibling Costume  
Ian and Haley - West Hempstead

2ND PLACE



Best Sibling Costume  
Carmine and Ryan - Glen Cove

1ST PLACE



Best Adult Costume (ages 20+)  
Jeffrey and Katherine - Bellmore

1ST PLACE



Scariest Costume  
Isabelle - East Meadow

1ST PLACE



Most Original Costume  
Finn - East Rockaway

1ST PLACE



Best Pet Costume  
Charlotte - Merrick

2ND PLACE



Best Adult Costume (ages 20+)  
Billy - Bellmore

2ND PLACE



Scariest Costume  
Christopher - Glen Cove

2ND PLACE



Most Original Costume  
Susan - Merrick

2ND PLACE



Best Pet Costume  
Max - Glen Cove

## ON THE ROAD WITH A TAKEOUT QUEEN

# Thanksgiving meals for Zoom meetings

By CATHI TUROW

This year, I'll be munching on Thanksgiving dinner at a family Zoom meeting. We'll virtually eat together and chat. At first, I was worried. How was I going to position my massive meal around my laptop without getting cranberry sauce and sweet potatoes all over the keyboard? Thankfully, I figured it out. I found compact versions of Thanksgiving dinners prepared by chefs in our local eateries. And so, I'm proud to present the first Thanksgiving Zoom meeting mini meals. Which one is a fit for you?



CATHI TUROW

■ Sweet Tomato, 91 Audrey Ave., Oyster Bay, mysweettomato.com. Try an all-in-one Thanksgiving Wrap or Thanksgiving-in-a-Bowl. Each wrap or bowl is filled with turkey, stuffing, cranberry sauce and gravy. Craving more turkey? Pick up the new sweet jerk turkey panini (jerk seasonings, melted gouda, bacon, lettuce, tomato, honey mustard).

■ Vito's Ristorante & Pizzeria, 91 Forest Ave., Glen Cove, vitospizzany.com. Have Thanksgiving dinner on a pizza! A pizza crust hosts a layer of mozzarella cheese topped with turkey, cranberry sauce, stuffing and gravy. Gobble down a slice-of-Thanksgiving while you're online. What could be better?

■ Stuey's Smokehouse BBQ, 50 Birch Hill Rd., Locust Valley, stueysbbq.com. Smoked or regular turkey, cornbread and sweet potatoes can be grabbed-to-go in a neat, three-sectioned container for one. This little meal is prepared with so much love and care. First, the turkey is covered with Stuey's signature rub of herbs and spices, then it's cooked on low for eight hours. The sweet potatoes are thin, bite-sized slices that taste almost like candy, and corn kernels peek out of the cornbread. Of course, you're not limited to a meal for one. You can order turkey, cran-

berry sauce and stuffing galore.

■ Gemelli Gourmet Market North, 716 Glen Cove Ave., Glen Head, gemelligourmetmarketnorth.com. If you'd rather eat just one Thanksgiving course while you're on Zoom, go for a bowl of Cinnamon Honey Apple Vegetable Soup. It's the Gemelli family's new, homemade recipe that includes carrots, celery and onions picked from their garden. The soup is one of many dishes on the Thanksgiving catering menu.

■ Organic Krush, 1508 Old Northern Blvd., Roslyn, organickrush.com. I've tried variations on tacos, but never tasted a sweet potato taco. It's a new special in this cafe, and you can hold it in one hand.

(Use your other hand to click around on your screen.) Three crunchy corn tortillas are filled with bits of sweet potato, refried beans, pineapple, guacamole, feta and cilantro. Enjoy other amazing choices on the Thanksgiving menu too.

■ Baskin Robbins, Oyster Bay, Glen Cove, Glen Head, baskinrobbins.com/en. The roast turkey made of ice cream has returned for Thanksgiving. It's a perfect Zoom Thanksgiving dish that combines turkey and dessert. Dig your spoon into a mound of ice cream shaped like a roast turkey with two sugar cone "legs." The bird is covered with caramel praline "gravy." Stuff your turkey with the flavor of the month: pumpkin cheesecake with ginger snap cookie pieces, or choose any flavor you like. Google a hysterical video on how to carve this thing at: How to Carve a Baskin-Robbins Ice Cream Turkey Cake.

So, that's it. I'm grateful to the talented chefs in our neighborhood for creating these brilliant dishes. May we all have a happy in-person, hybrid or virtual Thanksgiving. See you next month.



Christina Daly/Herald Gazette

GLEN COVE CITY officials and the Community Development Agency are working to spread awareness about the financial incentives for landlords who enroll in the Section 8.

## Financial incentives for Glen Cove landlords

By JENNIFER CORR

Jcorr@liherald.com

The Housing Choice Voucher Program, a federally funded program administered by the Glen Cove Community Development Agency and the Glen Cove Housing Choice Voucher Program, provides housing assistance to eligible families and a subsidy for a portion of each tenant's monthly rent.

"This is a ligature to our Section 8 program in which people with eligible vouchers are placed in housing in the city," Glen Cove CDA Director Ann Fangmann explained. "The issue with our Section 8 program is that we never have enough housing at hand to house everyone that has a voucher."

Now, with the federal Coronavirus Aid, Relief and Economic Security (CARES) Act funding, the Glen Cove CDA was able to kick start a landlord incentive program that would provide financial incentives to landlords who choose to join the city's Section 8 program and become Section 8 landlords.

Financial Incentives to landlords during Covid-19 include \$1,500 for the first apartment rented with the program and \$500 for each new unit thereafter. Current participating landlords are eligible for the \$500 incentive for each new unit leased with the program.

"It's a guaranteed financial incentive and number one, just to choose to be a Section 8 landlord in general, you're guaranteed payment," Fangmann said. "This incentive program, on top of that, guarantees an additional one time payment per unit to have units available at this time, during Covid. It's a financial [incentive] and you're doing your part for the overall community by making more housing available."

City of Glen Cove Mayor Tim Tenke announced the program to the public at the Nov. 10 Glen Cove City Council meeting, holding a public hearing to amend the current Section 8 Five Year Plan for

### What is the Housing Choice Voucher Program (HCVP)

■ Federally funded program administered by Glen Cove Community Development Agency, City of Glen Cove Housing Choice Voucher Program.

■ Provides housing assistance to eligible families.

■ Subsidy provided for a portion of each tenant's monthly rent.

■ The landlord is paid directly and promptly.

■ Glen Cove Housing Choice Vouchers receive additional HUD 10 percent exception, due to higher area market rents as follows: Studio: \$1,477; one bedroom: \$1,824; two bedroom: \$2,238; three bedroom: \$2,866; four bedroom: \$3,185 (minus the utility allowances). These rents went into effect Nov. 1.

■ For further information and to be included on the Glen Cove Section 8 Landlord List, call (516) 676-1625 or via email at fmoore@glencovecda.org

fiscal year 2020 through 2024. Public hearing on the matter will be closed on at the Nov. 24 Glen Cove City Council meeting,

"There's always a need for housing in Glen Cove," Tenke said. "If landlords are interested in this incentive program, we encourage them to do so. There's always a need and we have vouchers that we don't have apartments for. We are certainly able to accommodate more tenants if landlords are interested in the program."



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## OPINIONS

# The 2020 election: a mandate for moderation

The election is in the history books. As the dust finally settles on the presidential race, it appears that Joe Biden won with the same razor-thin margin by which Donald Trump did in 2016. In both cases, a shift of less than 100,000 votes in a few states could have tipped the election the other way. Maybe the biggest surprise was the



**ALFONSE  
D'AMATO**

polls predicting a Biden blowout that again missed the mark by wide margins, just as they did in 2016.

Given the devastating impact of the coronavirus on the nation's health and economy, it's amazing that President Trump was able to come so close to

being re-elected. He did better than polls predicted with Latino and African-American voters, who, I believe, may be less liberal than Democratic leaders think.

It's a tribute to Biden's steadiness that he wended his way to the presidency through a bruising primary thicket and Trump's strong closing campaign to win. And that Kamala Harris — a woman of Indian and Jamaican heritage — will serve as vice president is a historic first.

But if I could give my old friend Mr. Biden some advice, it would be to recognize that the results of the election do not confer a mandate to veer too far from the political center. Republicans did not lose a raft of Senate seats, as polls also incorrectly predicted. They suffered a loss of only one seat, and as things stand now they hold 50 seats, while the Democrats have 48.

There will be two runoff elections in January in Georgia to determine Senate control. Democrats need to win both of those races to create a 50-50 Senate tie, which could then be broken by Vice President-elect Harris's vote. That's a tall order in a closely divided state like Georgia. Look for voters there to send at least one of the two GOP incumbents back to the Senate, helping Republicans retain the majority.

The situation in the House is also instructive. It appears that far from losing seats there (as the polls and pundits again incorrectly predicted), the GOP didn't lose a single seat, and instead will gain as many as 12, leaving the House closely divided. Here on Long Island, Republicans fared well, with Trump winning both Nassau and Suffolk counties; a big win for U.S. Rep. Lee Zeldin; and

Andrew Garbarino winning the seat held by retiring Rep. Peter King.

Within the Democratic House majority are a significant number of moderate Democrats who are not eager to see their party move too far left. If Speaker Nancy Pelosi fails to heed this call for moderation, she could very well

lose her majority in the 2022 midterm election, as she did in 2010. It's worth noting that history is not on her side, as the sitting president's party has lost seats in every midterm election but one since World War II.

Republicans also exceeded expectations in states across the country. They picked up a governorship, didn't lose a single state

House, and flipped control of three formerly Democratic legislatures. In New York, GOP candidates did remarkably well. A successful effort led by prominent Republican Ron Lauder helped produce wins in several State Senate races, ensuring that GOP senators can play a significant role in key bills and in critical state budget negotiations requiring "supermajorities" to override gubernatorial vetoes.

All of this leads me to conclude that President-elect Biden would be well

advised to concentrate his efforts on defeating the coronavirus and rebuilding the U.S. economy. There's great progress being made on developing a safe and effective Covid-19 vaccine. Let's get it produced and distributed to every American. And there's still a need to help businesses and workers who are dealing with the frightening economic impact of the epidemic. Let's get them the help they need.

What will not be helpful is a misguided push to increase taxes on American businesses and workers during a fragile economic recovery. A vast majority of economists agree that raising taxes in a recession is counterproductive. Saddling American taxpayers with increased capital gains taxes that stifle investment would be especially damaging. And this is no time to hike business taxes, either.

The tax relief enacted in 2017 helped produce an economic boom only Covid-19 could undo. Biden's campaign slogan was "Build back better." Let's build on the economic progress we made before the coronavirus hit, and build on the American electorate's mandate for moderation.

*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.*

## Dinner for two at our Thanksgiving table

Is anyone else thinking about the Berlin Airlift? It is one of the great stories of American audacity in the face of political thuggery.

In case you're too young, to remember, after World War II, the United States was part of the Allied occupation of Berlin, which had been bombed into rubble. Berlin had been ground zero for the rise of Hitler, and in 1948 the streets still echoed with the cheers of Germans who had helped usher the Fuhrer into power.



**RANDI  
KREISS**

One of the other occupiers was Stalin's Soviet Union. With no warning, on June 24, 1948, Stalin moved to take over control of West Berlin and push out the U.S., France and England. Stalin precipitously blocked all access to the city, shutting down the rail lines, roads and canal access. The plan was to lock down and starve the Berliners until the U.S. backed off so the Soviets could take control of the city, with further designs on the rest of Germany.

It was the first macro-aggression of what would become known as the Cold War.

Only three years earlier, American forces had slogged through three years of bloody warfare in Europe. Some U.S. leaders called for an aggressive response, but President Harry Truman found another way. Under the leadership of General Lucius D. Clay, American forces began an airlift of supplies to West Berlin. Every day, planes landed bringing food, medicine and fuel — overall, more than 2 million tons of goods for Berliners over 15 months. On Sept. 30, 1949, Stalin gave up and lifted the blockade. Not a shot was fired.

I feel inspired by this bit of history because it speaks to America's ability to rise up to a threat. Ingenuity and courage are homegrown assets, and we never needed these strengths more than we do today.

Our new enemy is Covid-19, which for reasons we all know is rampaging through our cities and states, killing people in increasing numbers and threatening our well-being and our prosperity. We

need to dig deep and summon the bravery to win this war.

We are the victims of missed opportunities to better control the spread of the virus. We missed the chance to get ahead of the firestorm, but we still have agency.

Every single one of us can still do the simple, effective things: wear a mask when near other people, maintain social distance and wait for the promising vaccines to become available. Don't gather at parties or bars or family events. It won't be forever, and it might save someone you love.

This Thanksgiving, I believe we must accept the sacrifice of a simpler occasion, without expecting family to board planes or sit around a table set for 15 or 20. We can do this. We can do it this year in the hope that next year we can be thankful for lives saved.

During World War II, there were four years of Thanksgivings marked by deprivation, loss and empty chairs. From the accounts I've read, people didn't complain; it would have been unpatriotic, considering the sacrifices being made by soldiers in the eye of the storm. Butter

and gasoline were rationed, some years turkeys were scarce, and people were asked not to book trains so as to save seats for soldiers on furlough.

We are in the throes of a catastrophic pandemic that is ruining lives and taking lives from coast to coast, north and south. We don't know exactly how or when it will end, but we must do what we can to stop the spread. The courage is in doing the right thing, one foot in front of the other, without knowing for sure what lies ahead.

When American pilots took off for the first flight into West Berlin in 1948, they didn't know if they would be doing the run for a week or a year or 10 years. They didn't know how long they could keep up the supply line, but they did it the first day, and they kept flying until the Soviets caved. We need to do what our medical experts and our president-elect are telling us to do: Find the grace to think of others. Don't gather with groups of family and friends. Have a good-enough Thanksgiving on our own, with the comforting compensation of knowing we are serving the common good, all of us Americans, fighting this fight together.

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# HERALD EDITORIAL

## Remember to shop locally this holiday season

**T**hanksgiving is only a week away, and the December holidays are fast approaching. We're supposed to be making plans to shop in our local downtowns or at the malls, but because of the coronavirus pandemic, we may be tempted to turn to the national online outlets instead.

Despite the crisis, we encourage you to consider patronizing our mom-and-pop shops, many of which now offer their goods online. Abandoning our local businesses would be devastating on so many levels.

First, we could see an even greater number of them go under than already have. That could lead to boarded-up storefronts and empty main streets, which would depress local property values and increase property-tax rates. Second, the businesses that have long supported our communities through donations to the Little Leagues

and the Boy Scout and Girl Scout troops would no longer be around to depend on. Third, your friends and neighbors would lose jobs and their livelihoods.

So we implore you to make a plan to shop safely — and shop locally. And please, keep patronizing area restaurants. Winter is almost upon us. You may not feel safe yet dining in — even though our local eateries are taking all mandated precautions — but you can certainly order from them and pick up your meals or have them delivered.

It feels like we blinked, and nine months have passed since Covid-19 hit New York. Here's what we wrote in our March 19-25 editorial, "Even now, patronize your local small businesses," 35 weeks ago. Not much has changed since then.

*"Coronavirus has swept across New York with astounding speed, leaving sickness, fear and uncertainty in its wake. Small*

*businesses, particularly restaurants and bars, have taken a beating over the past two weeks — yes, it's been only two weeks since the first coronavirus case in Nassau County was reported, though it feels like ages.*

*"Business at restaurants and bars was cut in half by the coronavirus — and that was before Gov. Andrew Cuomo banned gatherings of more than 50 people on Monday, forcing restaurants and bars to close, though take-out is now allowed, including alcohol from bars, distilleries and wineries.*

*"Many small businesses, which are the lifeblood of our downtowns, run on small budgets, with narrow profit margins. A steady downturn in sales, even for a few weeks, could kill a mom-and-pop shop.*

*"That is why we urge people to patronize their local small businesses, even during these frightening times."*

## Next week, limit your Thanksgiving gatherings

**W**ith the Covid-19 infection rate creeping up above 3 percent in parts of New York state, including Long Island, Gov.

Andrew Cuomo last week issued two executive orders. The first requires any establishment with a liquor license, including bars, restaurants, movie theaters, bowling alleys and pool halls, to close after 10 p.m. The second limits gatherings in homes to 10 people or fewer.

Thank you, Governor, for staying on top of this terrible outbreak and showing the courage to do what is potentially unpopular, but vital to maintaining public health.

The evidence is overwhelming that large gatherings lead to higher infection rates — and more deaths. Public health officials are pleading with families to abide by Cuomo's most recent restrictions. Many have said on social media and in other forums that the government cannot control what they do in their own homes. That's true. Law enforcement is not likely to come and bang on your door if 25 family members and friends attend your Thanksgiving get-together, provided the celebration doesn't spill into a public venue.

You would, however, have to live with the consequences if the disease were to

spread among your guests. So, please, stick to the rules. They were put in place to protect you and your loved ones. Think of it like this: Put off the big celebrations this holiday season so you can all get together in 2021.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said last Sunday that we could very well round the corner on this disease next April with a Covid-19 vaccine, which now appears within our reach. So please be patient until then and limit your social interactions, as difficult as that might be.

## LETTERS

### Thanks to those who think of others

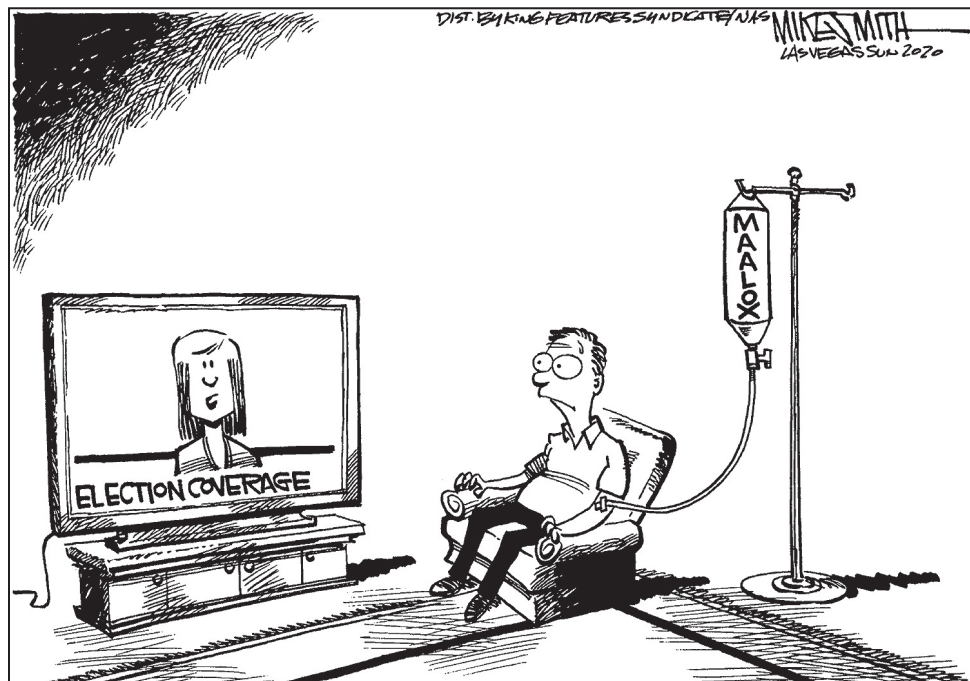
To the Editor:

During this season of gratitude, I want to offer my heartfelt thanks to all our neighbors who make helping others a priority in their lives. Their commitment to service takes on added significance as our communities face this global pandemic together.

I extend a special salute to our region's health care heroes who continue to sacrifice so much to help our region get through this crisis.

Every day I am humbled by our Red Cross volunteers, who share of themselves to help the most vulnerable prepare for and recover from life-changing disasters like fires, floods and building collapses. This year, following historic wildfires out West and relentless hurricanes along the Gulf Coast, many traveled far from home to deliver hope and help to thousands of families.

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## OPINIONS

# Will Trump come to Biden's inauguration? I don't care.

**H**aving run successfully for public office 13 times, I can readily understand why President Trump is having a hissy fit. My political mentor once reminded me that “winning isn't everything, but losing is nothing.” Trump doesn't like to lose, and according to his niece Mary Trump, losing was never allowed in the Trump family.



**JERRY  
KREMER**

The idea of being one of only 10 presidents who ran for re-election and lost must really be galling. In the private sector, Trump had numerous ways to avoid losing. He franchised his name to be put on dozens of buildings, with no lia-

bility. He filed for bankruptcy several times, and in almost every case emerged with no obligations to his creditors. There are dozens of ways to come out a winner in the business world, but in politics, you either win or you lose.

I am among those who really don't care whether Trump concedes his loss and calls President-elect Joseph Biden.

History tells us that it's the right thing to do. But it wouldn't bother me at all if Trump didn't show up on Jan. 20 for the Biden inauguration. My thinking about the departing president is colored by four years of Trump and everything he has done and stood for.

At this moment in time, well over 1,000 Americans are dying each day of Covid-19. Hospitals in so-called red states like Texas and Montana are running out of ICU beds, and the president is doing absolutely nothing. There is a coronavirus task force headed by Vice President Mike Pence, but its hands are tied because the administration doesn't want to do anything.

Weeks ago, we learned that more than 500 children were separated from their parents after being picked up at the Mexican border as part of Trump's crackdown on immigration. Biden called the situation a “national disgrace,” but the man who could do something about the tragedy, Trump, remains silent. I still remember then Attorney General Jeff Sessions pledging to enforce a “zero tolerance” policy on

immigration in which children would be separated from their loved ones, and no one tried to stop him.

I recall that after the protests and violence in Charlottesville, Trump uttered his famous words that there were “very fine people on both sides.” I have con-

tinuing visions of the president sending comforting signals to the white supremacy crowd while they were holding torch-light parades demeaning ethnic minorities. I haven't forgotten his slandering of the late Sen. John McCain or his cruelty toward a Gold Star family.

Over the years, Trump has reserved his greatest hostility for women. At his news conferences, he has gone out of his way to insult women reporters with taunts and mean-spirited comebacks. No president in American history has been accused by so many women of sexual assaults.

No president since Richard Nixon has refused to make any of his tax records public. “They're under audit,” Trump has said, ad nauseam.

He made many promises back in 2016 to win the support of the country's vot-

ers. His pledged that he was going to “drain the swamp.” Four years later, a number of his close associates and campaign advisers have been convicted of federal crimes. Lobbyists have been given open access to the operations of the administration, and many have become federal officials.

Generals with admirable war records have been recruited to serve in Trump's cabinet, and have been showered with insults when they chose to leave. Prominent corporate executives have been treated in the same ugly fashion. The conflicts of interest created by Trump's family businesses have frequently made headlines, with no effort to curb their excesses.

Jan. 20 isn't that far away, and it will be a happy day for those of us who have wished for a new occupant of the White House. There's no need for Trump to bother attending. His absence would be noted, but not missed.

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

**J**an. 20 will bring a new occupant to the White House, and we won't miss this one.

## LETTERS

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Wishing you all a happy and safe Thanksgiving. Let's continue to look out for one another.

NEELA LOCKEL  
CEO,

American Red Cross on Long Island

## Cheers mask column

To the Editor:

I applaud Dr. Eric C. Last's column in last week's Herald, “Surely we shouldn't be fighting over wearing masks.”

The coronavirus pandemic has grown to such proportions, both locally and internationally, that the closing words of Dr. Last's column cannot be over-emphasized in urging us in the community to develop good preventive habits against the virus:

“It's following the simplest guidance there is: Treat others as you'd want to be treated yourself. We owe one another nothing less.”

BOB PRAVER  
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