



to all our readers of the Christian faith

# GLEN COVE HERALD Gazette

**CALL TO GET A QUOTE**  
**AUTO • HOME • LIFE**  
 Allstate  
 You're in good hands.  
 We are open regular hours during this time.  
 Personal service for all your insurance needs.  
**CELESTE GULLO**  
**516-466-2111**  
 60 GLEN HEAD RD  
 GLEN HEAD  
 Cgullo@allstate.com  
*Wishing You A Safe & Happy Holiday Season!*

**CORONA VIRUS**  
**COMMUNITY UPDATE**

Infections as of Dec. 21  
**1,727**  
 Infections as of Dec. 14  
**1,635**



**Toys for Tots a huge success**  
 Page 7

**\$1.00** **DECEMBER 24-30, 2020**



Courtesy the Waters family

## Slip-slidin' away

Days after the nor'easter, Glen Covers Aidan, front, and Dan Waters, 14 and 10, spent hours playing in the snow, the first of the season. More photos, Page 4.

# North Shore residents plan to lobby for local skate park

By JENNIFER CORR  
jcorr@liherald.com

Jason Lane spent much of his youth, in the 1980s and early '90s, skateboarding in the streets of Port Washington, which didn't win him and his friends many fans among fellow residents.

"There were no skate parks anywhere on Long Island," Lane said. "Coming from a household

where my father didn't believe in cable television, I read all about skating in magazines. I was just a Long Island kid that enjoyed skating."

Today Lane, 42, lives in Glen Cove. He often tells his children, Devin, 12, Drayer, 10, and Stokely, 7, who live in Locust Valley with their mother, Emily Lane, about his skateboarding days when he was their age. During the pan-

demic, they had extra time on their hands, and they wanted to learn how to skate. But much to their father's disappointment, there were no skate parks in Glen Cove or the surrounding area to take them to.

"They'd always see the skateboard paraphernalia I have, and there was a skate park built in Bethpage," Lane said. "My kids

CONTINUED ON PAGE 2

# City Council rejects director salary increase

By JENNIFER CORR  
jcorr@liherald.com

On Tuesday, at the last Glen Cove City Council meeting of the year, council members voted 4-3 against approving an additional \$10,000 in salary for Glen Cove Youth Bureau Director Spiro Tsirkas next year.

Councilwoman Marsha Silverman and Councilmen Gaitley Stevenson-Mathews, Rocco Totino and John Perrone voted against raising Tsirkas's \$90,000 salary. Councilwomen Danielle Fugazy Scagliola and Dr. Eve Lupenko Ferrante, and Mayor Tim Tenke, voted for the raise.

To consolidate departments to save money, the city parks will be managed by the Department of Public Works in 2021, and recreation will be managed by the Youth Bureau. Tsirkas will remain its director, and take on the duties of Parks Department Director Darcy Bel-

yea. The city's \$64.3 million 2021 budget, passed on Oct. 27, included the layoffs of Belyea and other city employees in the new year.

Tenke made a motion toward the beginning of the almost two-and-a-half-hour virtual meeting to discuss Tsirkas's proposed salary increase. In the 2021 budget, his salary was upped from \$72,480 to \$90,000, reflecting an increase in workload, Tenke said. But the director's salary needed to be increased further, the mayor reasoned, because it should have been \$100,000.

**MARSHA SILVERMAN**  
 Glen Cove City Councilwoman

**I** just don't see how we could do this responsibly at this time, when we're in the financial situation we're in.

"There is a tremendous amount of work, between the camps and the sports run by the Youth Bureau, and now the Recreation Department, that I believe the salary would be a proper compensation for the amount of work that he [will be] doing," Tenke said. "Nothing has

CONTINUED ON PAGE 5

## Ask The Expert: MOLLY DEEGAN



### The Diversity Wave - lifting all ships

Let's just put it out there—this has been an awful year. Yet I see light and hope at the end of what feels like a long and VERY challenging tunnel. So, on that note, here is my parting holiday thought as we mercifully say goodbye to 2020. It used to be that the true hubs of diversity were our big cities – New York, Los Angeles, San Francisco. But as someone who was born and raised on the North Shore of LI, and is raising a family here, I have to say that has changed. Our local communities are now more diverse than ever, and this is fantastic news because a diverse community truly is a stronger community.

In real estate, I am always meeting people from different cultures and backgrounds, all seeking the same thing—a place to settle and raise a family. A place to belong. Yes, these are polarized times, but I am also witnessing just the opposite—connection through common needs and goals—the things we all seek as human beings, especially when it comes to creating a home. All you have to do is look at the marketplace for evidence of this. Multi-generational households are on the rise for the first time in decades. Friends and chosen families are buying houses together here in the burbs. Some buyers are upgrading to bigger spaces to accommodate elderly parents. The percentage of single, female first-time homebuyers is second only to married couples, and the percentage of minority, first-time home buyers continues to rise.

This is all very interesting and noteworthy!

So as 2020 begins to fade into our rearview mirrors, let's look towards 2021 with positivity and hope in building our communities to be stronger and kinder.

If you have any questions about selling or buying a home, feel free to reach out to one of our knowledgeable Branch Real Estate Group agents at [info@branchreg.com](mailto:info@branchreg.com).

Wishing everyone a safe, healthy and happy holiday season.



203 Glen Cove Avenue • Sea Cliff  
516.671.4400  
[www.branchreg.com](http://www.branchreg.com)

1110976

# A local skate park would benefit the North Shore's children, residents say

CONTINUED FROM FRONT PAGE

said, 'Hey, Dad, can we go there?' and I said sure. So I bought them some skateboards and took them skating, and they took a massive liking to it."

Bethpage's skate park was one of just a handful in Nassau County that were open during the pandemic, so it got crowded, Lane said. And while he was happy to see that Long Island had skate parks for enthusiasts like him and his boys, he knew that a crowded skate park can be a dangerous one.

"Most of the parks allow BMX [bikes] and inline skating as well as scooters and skateboards," Lane said. "You have BMX kids crashing into skaters, and a 60-pound bike, no matter how slow it's going, is still a big deal."

The crowding at some of the parks, Lane said, "got to the point that they're not even fun anymore because there's just too many people." And he began to see more and more accidents.

A solution, he believes, is to build a skate park for North Shore residents. He'd particularly like to see one in Glen Cove. So he took to the "Glen Cove Neighbors" Facebook page to see if anyone else agreed, and found several residents who did.

"This town doesn't have much in the way of entertainment for the kids," said Glen Cover Janine M. Grech, adding that she'd love to see a skate park in the city to take her daughter to. "The parks are beautiful, but Morgan Park, you can't ride your bike there or skate."

The closest skate park is one in Port Washington — which closed indefinitely because of the pandemic — and other skate parks like Bethpage's are 40-minute drives, Lane said. If he can't persuade the City of Glen Cove to build one, he added, he will try to get it done privately, with the help of nonprofits or businesses looking to sponsor or franchise a skate park. "I've definitely got a lot of support," he said. "It's just about now trying to fig-



Courtesy Jason Lane

**DEVIN AND DRAYER** Lane, 12 and 10, have spent much time during the pandemic learning how to skate.

ure out how to use that support to achieve our goals."

Fellow North Shore resident Alex Greenberg is also working to get a skate park built in the area. His goal is to see one at Tappan Beach, a Town of Oyster Bay park in Glenwood Landing. He published a petition on [change.org](http://change.org), and so far it has collected almost 1,000 signatures.

"Skateboarding has been a part of my life since I was six years old," Greenberg wrote on the petition. "It has had an incredibly positive influence on my life and directly gave me opportunities that made me a better person."

Greenberg said he wanted to share the positive impact skating can have with res-

idents of Sea Cliff, Glen Head, Greenvale, Glen Cove, Locust Valley and the surrounding area. Once the petition reaches the 1,000-signature goal, he plans to take it to the Town of Oyster Bay, Nassau County Legislator Delia DeRiggi-Whitton of Glen Cove, State Sen. James Gaughran of Northport and Town of Oyster Bay Supervisor Joseph Saladino.

"I'm for anything that enriches people's lives, and a skate park would be just that," Grech said. "If you build it, they will come."

To sign Greenberg's petition, go to [www.change.org/p/town-of-oyster-bay-build-a-skatepark-at-tappen-beach](http://www.change.org/p/town-of-oyster-bay-build-a-skatepark-at-tappen-beach).

## Northwell Health's Office of Academic Affairs launches new app to deliver teaching tips to trainees and faculty

Northwell Health's Office of Academic Affairs has launched its Just in Time Teaching Tools app to aid in the advancement of medical education knowledge and teaching skills of students, trainees and faculty. The app is now available in the Apple Store.

The new app uses the Just-in-time teaching model — a pedagogical approach that involves close interaction between instructors and their classrooms — to better provide timely and relevant teaching tips to trainees and faculty who need to actively engage with their instructors, specifically for those in the patient care setting.

Alice Fornari, EdD, RDN, the associate dean of educational skills development at Zucker School of Medicine at Hofstra/North-

well and vice president of faculty development at Northwell, developed the app.

"The Just in Time Teaching Tools app allows for a more robust teaching and learning environment for everyone in the classroom," she said. "The use of technology-enhanced learning platforms are feasible and accessible to learners across the continuum of medical education and are especially useful in geographically dispersed academic health systems. This new app makes that model even stronger."

In a pilot study — which used email to distribute JiTT infographics — trainees and faculty reported overall satisfaction with the content and technology and a positive perception by trainees' of their enhanced teaching skills. Faculty

expressed the JiTT infographics were useful reminders to refresh and guide their teaching skills with trainees and students. Perhaps most important, it can be reported with certainty that the JiTT infographic program can be incorporated into busy diverse teaching and clinical settings.

JiTT infographics are adaptable to an array of clinical specialties and include foundational teaching principles in areas such as setting expectations, feedback and coaching, questioning techniques and bedside teaching. Clinically specific teaching techniques include content pertaining to internal and family medicine, pediatrics, obstetrics and gynecology, surgery psychiatry and neurology. Sub-specialties are also included.

## OBITUARY

# G.C. remembers crossing guard Sgt. Michael R. McCauley

By JENNIFER CORR

jcarr@liherald.com

Flowers were placed by Officer Ryan McCauley at the crosswalk of Maple Avenue and Dosoris Lane. It is where for years his father, Sergeant Michael R. McCauley, would help children and their families cross the street before and after school days as a crossing guard for the City of Glen Cove's Auxiliary Police.

"It was important for Ryan to pay tribute to his dad and as a way of thanking him for his years of devoted service to the City of Glen Cove," the City of Glen Cove Auxiliary Police said in a statement. "Thank you both. The sarge is pleased."

On Dec. 12, McCauley died suddenly at the age of 68. The lifelong Glen Cove resident was well known to residents, as he'd serve at city events and a crossing guard for the YMCA Summer Day Camp, Friends Academy and Deasy School.

"He just loved helping people," Travis McCauley, Michael's son, said. "I see a lot of things about him on Facebook that are very nice. People left flowers at his crossing guard position out on Dosoris Lane and Friends Academy also."

Michael was outgoing and kind, Travis said. He was always looking to help, as he had a big heart. When asked to describe his father, Travis called Michael the "greatest man ever" who was always there for him. Even in Michael's later years, he'd often go on adventures with his son as an enthusiast of hiking, biking and the outdoors.

Perhaps one of Travis's favorite memories with his father was when they traveled to Ireland to meet family members. "Me and him took a little pilgrimage trip and we climbed the mountain of Saint Patrick's together," Travis recalled. "He enjoyed it. I enjoyed it. We got to the top."

Michael was someone who deeply cared for his family, Travis said, keeping photos of his three grandchildren in his patrol car.

"Mike was a team player who showed up to work every week and welcomed



Courtesy Tab Hauser

**LOCAL PHOTOGRAPHER TAB** Hauser said Sergeant Michael R. McCauley was well liked in Glen Cove. Hauser said he will miss saying hello to McCauley when he was on traffic duty.

working all our details," the City of Glen Cove Auxiliary Police said in a statement. "He was always friendly, hard working and kind. Mike also served with honor and pride in the military. He will be sorely missed by all."

"He was involved in a lot," Travis remarked. "The man had quite a record."

The City of Glen Cove Auxiliary Police offered their condolences to McCauley's family, adding that his service to both his country and the residents of Glen Cove will not go forgotten.

Glen Cove City School District students also paid tribute to Michael during last Friday's edition of the student-run news program GCTV News. "All of us have probably seen Sergeant McCauley here in town at Deasy School, the YMCA and just about every event in town," said Reese Comitino a Glen Cove High School senior. "We wish the family well and thank him for his years of service."

City of Glen Cove Mayor Tim Tenke expressed his condolences and prayers to the McCauley family on behalf of the city's entire staff. He will be greatly

missed, Tenke said, also noting his decades of service to the people of Glen Cove.

"He had a very big heart," Travis said. "Anyone in need, no matter what it was, if someone had a flat tire or someone lost their dog, or needed help with anything, my dad would help them out."

Michael R. McCauley is survived by his wife Valarie; his children Travis (Delmy), Ryan and Shauna; his grandchildren Angie, Kimberly and Jayla; and is also survived by several nieces and nephews.

## Memories of Sergeant Michael R. McCauley

George Davidson: "RIP Mike. Thanks for feeding the stray cats at Cantiague Park [where he was a Parks and Recreation employee]. Going to miss you and your guitar."

Richard Potter: "Me and Mike go way back. He is [definitely going to be] missed. 2020 is the year we lost so many. Sleep well my brother."

Danielle Viteretti: "I've seen Mike for years now from the windshield of my big bus. He always was helpful and smiling while doing his job as a crossing guard. I just saw him this past Friday afternoon. I am in shock and very sad at his passing. One evening a few years ago, we were

both at a local open mic at Coco Moco. He played guitar and later on I did also. Not too long ago, there was just a bit of time to talk. He came to my bus window and told me that on Friday night he brought his guitar downtown and met up with a clarinet player and a saxophone player and they jammed. He was clearly so happy about that event taking place. [The years] 2017 and 2018 I had to make a turn every afternoon from Dosoris Lane onto Maple Avenue in my big bus. Thanks to him I never had any concern. He always helped, always with a smile. What a great guy. I will miss him so very much. He was a good part of my work day."

Cathy Sinowitz: "My big brother. He was there for me from the moment our mother brought me home. He was so excited that he fed me M&Ms. When my mom saw what he was doing, she nearly passed out. I was three days old. He always took care of me. He was always kind and shared with everyone. He was the father of three beautiful children who he loved and adored. He was over the moon with love for his granddaughters. He loved to play his guitar for anyone who would listen. Never was there a kinder heart. I'm sure when he got to Heaven they had the doors held wide open for him and he has taken his place in God's glorious kingdom."

# HERALD NEIGHBORS

## Glen Cove turns into a 'Winter Wonderland'



Jill Nossa/Herald Gazette

WITH THE DAY off from school, local children spent the day sledding.

**A**t 7:50 a.m. last Thursday, 14-year-old Aidan Waters came down the stairs of his home donned in winter gear. "He said, 'OK I'm ready,'" recalled his mother, Sarah Cecilie Finkelstein Waters, who hadn't even had her cup of coffee yet. "He was all dressed up. I said, 'Ready for what?' He said, 'I'm ready to go sledding.' He didn't want to waste a minute."

A powerful nor'easter had whipped across Nassau County Wednesday, Dec. 16 into the following Thursday morning, dumping 3 to 6 inches of snow on the South Shore and 4 to 8 on the North Shore. The snow, at times, mixed with light rain, left a thin sheen of ice atop the white stuff.

Aidan, along with his 10-year-old brother Dan Waters, spent the day sledding at Morgan Memorial Park, Deasy School and anywhere they could find a hill. "They were out all day," Finkelstein Waters said. "My kids were born in Norway, so they're born with skis on their feet. They were just racing to get out there in the snow. They wanted to take advantage of every moment of it."

The Glen Cove City School District closed for all in-person and remote instruction on Thursday and cancelled the parent-teacher conference scheduled for the day as well. Information regarding a re-scheduled parent-teacher conference is forthcoming, the district stated on its website.

"It's so important to keep what ever traces of normalcy we can keep," Finkelstein Waters said. "That was one of the joys before Covid. that a snow day was a snow day."

She added that she would have understood whatever choice the district made regarding a snow day, but her family was pleased to have the day to play in the



Courtesy the Waters family

**AIDAN WATERS, 14**, was ready to go sledding after the storm.

snow. "The kids were the happiest of them all," she said.

Stacey Karathanasis said she was also happy that her kids got to be kids.

"My husband took them out to clear the area and the two cars," she said. "They disappeared for at least four hours. There was so much snow outside. They went out. They enjoyed the snow and made a snowman. They had a snow fight. We had hot chocolate. All the stuff that comes with a snow day."

-Jennifer Corr

# FOREST IRON WORKS



YOUR RAILINGS AND METAL SPECIALIST



516-671-4161



3 Elm Street Locust Valley, NY 11560  
www.ForestIronWorks.com

*Wishing Our Customers  
and Our Community  
a Happy and Healthy  
Holiday Season!*



1112822

GLEN COVE  
**HERALD**  
Gazette

HOW TO REACH US

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

**MAIN PHONE: (516) 569-4000**

- **WEB SITE:** glencove.liherald.com
- **E-MAIL:** Letters and other submissions: glencove-editor@liherald.com
- **EDITORIAL DEPARTMENT:** Ext. 327 E-mail: glencove-editor@liherald.com Fax: (516) 569-4942
- **SUBSCRIPTIONS:** Press "7" E-mail: circ@liherald.com Fax: (516) 569-4942
- **CLASSIFIED ADVERTISING:** Ext. 286 E-mail: ereynolds@liherald.com Fax: (516) 622-7460
- **DISPLAY ADVERTISING:** Ext. 249 E-mail: sales@liherald.com Fax: (516) 569-4643

The Glen Cove Herald USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$50 for 1 year within Nassau County, \$60 for 1 year out of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2020 Richner Communications, Inc. All rights reserved.**

# City is consolidating departments to save money

CONTINUED FROM FRONT PAGE

changed. We've been working with him, and the amount of work that is involved with this is a lot."

Stevenson-Mathews said he was concerned by a discussion of personnel issues outside executive session. He made a motion to accept the \$90,000 salary and then go into executive session to discuss the proposed additional \$10,000, but no one supported him.

Some attendees objected to Tsirkas's proposed raise, given the pending layoffs in January. "We did have layoffs, so I don't understand how you can tell us in one breath that we're under financial distress and then give giant raises like this," said Glen Cove CSEA President Maureen Pappachristou. "You have layoffs, mayor."

Others, including members of the Friends of the Glen Cove Youth Board, supported the additional money, saying it reflected the additional work accompanying Tsirkas's new responsibilities.

"This is above what was in the budget," Silverman said. "We need to scrutinize every penny of discretionary spending. I just don't see how we could do this responsibly at this time when we're in the financial situation we're in."

Perrone said that while he understood that Tsirkas was taking on a sizable workload, because the measure wasn't a budgeted item, he had to vote "no." "I wish that this wasn't the case," Perrone added.



Christina Daly/Herald Gazette

**THE GLEN COVE** City Council voted 4-3 not to approve a salary increase for Spiro Tsirkas, the incoming recreation director, who will also continue his job as Youth Bureau director.

Fugazy Scagliola said she voted in favor of a raise because she wanted to solidify Tsirkas's position, in line with other department heads. And Lupenko Ferrante said, "I really want to see this whole program to succeed. There's been a lot of changes in the programs this year due to Covid, and I understand [Tsirkas]

is taking on a lot more responsibilities, so I vote 'yes.'"

Patricia Telese, vice chair of the Friends of the Glen Cove Youth Board, described the work that Tsirkas has done for the city as "priceless." "I can guarantee you," Telese said, "that you will not find someone who, for \$27,000, would

come in and support this city and take over that part of that department the way that Spiro is going to take care of that department."

Silverman emphasized that the votes were not personal, but were based on financial considerations, because the additional \$10,000 was not budgeted.

*Happy Holidays!*

MAY YOUR HOME BE FILLED  
— with —  
LOVE AND LIGHT  
BEST WISHES TO ALL IN THE NEW YEAR!

**Gaitley Stevenson-Mathews**  
Glen Cove City Councilman

1113890

Paid for by Friends of Gaitley



**Come Find Your Treasure!**

**Glen Head Tag Sale Warehouse**

**We're Open & Can't Wait To See You!**  
Unique consignments and antiques, including lovely jewelry, furniture, collectibles, china, crystal and so much more!  
*Items change weekly – so please visit often!*  
Open every day till Christmas  
10am to 6pm

**5 School St., Glen Head, NY 11545**  
(Off Railroad Ave.)  
**516-277-2557**

111787

# COMMUNITY UPDATE

## Thursday, Dec. 24

### Catholic Christmas Eve services

Glen Cove Catholic: St. Patrick's Church, 235 Glen St., Glen Cove, and Church of St. Rocco, 18 3rd St., Glen Cove. Christmas Eve service times will range from 4, 5:30 and 7 p.m., as well as 12 a.m. at St. Patrick's. At St. Rocco's, service times will range from 3, 4, 5:30 p.m. and 12 a.m. For more information, visit [www.glencovecatholic.org](http://www.glencovecatholic.org) or call (516) 676-0276 for St. Patrick's and (516) 676-2482 for St. Rocco's.

### Christmas Eve service

First Presbyterian Church, 7 North Lane, Glen Cove, 7 p.m. In person with social distancing and masks or over Zoom for a Christmas Eve service with live music for meditation and reflection, scripture readings, a Christmas sermon and candle lighting. (516) 671-0258.

## Friday, Dec. 25

### Christmas Day mass

St. Dominic Catholic Church, 93 Anstice St., Oyster Bay. Mass times are at 7:30, 9 and 10:30 a.m., as well as 12 noon. Reservations are required for attendance. Visit [www.stdoms.org](http://www.stdoms.org) to make a reservation. For more information, call (516) 922-4488.

## Saturday, Dec. 26

### Online Dancercise

Virtual event hosted by the Locust Valley Library from 9:30 to 10:30 a.m. Start the day on an active note with Dancercise instructor Carol Rodriguez. Ten sessions cost \$50. Consecutive sessions will be held Jan. 2, 9, 16, 23 and 30, 2021, as well as Feb. 6 and 13, 2021. Checks can be made payable to Locust Valley Library and can be mailed to Locust Valley Library, 170 Buckram Road, Locust Valley, N.Y., 11560 (to the attention of Michael Vinas). Cell phone numbers must be included on the check, as Rodriguez texts participants 15 minutes prior to sessions with a Zoom invite attach-



Adrienne Daley/Herald Gazette

## New Year's Eve 'Eve'

Join the Glen Cove Senior Center on Dec. 30 at 6 p.m. for a virtual celebration of the New Year, including a musical performance by songwriter and performer Valerie Rose. The performance will be live-streamed on the senior center's Facebook page. Call (516) 759-9610 for more information.

ment. Call (516) 671-1837 or visit [www.locustvalleylibrary.org](http://www.locustvalleylibrary.org) for more information.

## Monday, Dec. 28

### Beaded string bookmark craft

Oyster Bay-East Norwich Public Library, 89 E Main St., Oyster Bay. Stop by the library and pick up a craft to make a beaded string bookmark. All materials, as well as instructions, will be provided. Visit [www.oysterbaylibrary.org](http://www.oysterbaylibrary.org) to register with an email address to receive a time to pick up the craft. For more information, call (516) 922-1212.

### Virtual game time

Virtual event at 9 a.m. While this event is not hosted by the Locust Valley

Library, the library is promoting this virtual activity that is fun for all. Visit [www.locustvalleylibrary.org](http://www.locustvalleylibrary.org) for the link and call (516) 671-1837 for more information.

### Online morning yoga

Virtual event hosted by the Locust Valley Library held from 9:30 to 10:30 a.m. Join instructor Morgan Rose for a soothing start to the week. Ten sessions cost \$40 and consecutive classes will be held on Jan. 4, 11, 18 and 25, 2021, as well as Feb. 1, 8 and 15, 2021. Checks should be made payable to the Locust Valley Library and should be mailed to the Locust Valley Library, 170 Buckram Road, Locust Valley, N.Y. 11560 (to the attention of Michael Vinas). Email addresses should be included on the check to receive a Zoom meeting link. For more informa-

tion, visit [www.locustvalleylibrary.org](http://www.locustvalleylibrary.org) or call (516) 671-1837.

## Tuesday, Dec. 29

### Erik's Reptile Ed-ventures

Virtual event hosted by the Glen Cove Public Library at 2 p.m. Families with children of all ages will enjoy meeting Erik's reptiles and hearing about his Ed-ventures with animals. Visit [www.glencovelibrary.org](http://www.glencovelibrary.org) to register and receive the Zoom link. Call (516) 676-2130 for more information.

## Wednesday, Dec. 30

### Teens paint night

Virtual event hosted by the Locust Valley Library for ages 10 to 17 at 9 a.m.

Registration closes Dec. 27. Teens are invited to join the virtual company of their peers and paint the Northern Lights with the guidance of a Claynation instructor. Materials will be provided for pickup prior to program. Contact Leslie Armstrong at (516) 671-1837 or [larmstrong@locustvalleylibrary.org](mailto:larmstrong@locustvalleylibrary.org) for more information.

## Thursday, Dec. 31

### New Year's Eve family party

Bayville Adventure Park, 8 Bayville Ave., Bayville. Times vary. Bayville Adventure Park's Winter Wonderland has several offerings for families to go out, have fun and celebrate the last day of 2020. From lunch parties to dinner parties that include appetizers, drinks, desserts, party favours and entres, as well as a fun house, holiday express train ride, miniature golf and a New Years Eve countdown, this will be a New Year's the kids will never forget. Visit [www.bayvillevinterwonderland.com](http://www.bayvillevinterwonderland.com) or call (516) 628-8697 for more information, times, offerings and to make a reservation.

## HAVING AN EVENT?

Items on the Community Update pages are listed free of charge. The Herald welcomes listings of upcoming events, community meetings and items of public interest. All submissions should include date, time and location of the event, cost, and a contact name and phone number. Submissions can be emailed to [jcorr@liherald.com](mailto:jcorr@liherald.com)

## 5 things to know about your town

- Glen Cove Public Library now has social work interns.
- Rapid Covid-19 mobile testing open at OB Fire Company.
- Sea Cliff Architectural Review Board meets Dec. 28 at 7p.m.
- Bayville sanitation schedule changes for week of Dec. 21-25.
- Town of Oyster Bay 2021 calendar sent out to residents.

# North Shore elected officials take part in Toys for Tots

By JENNIFER CORR

jcarr@liherald.com

John Zozzaro, the owner of Glen Cove's Downtown Café, has been hosting a Toys for Tots box for years. This holiday season, with the Covid-19 financial crisis impacting families across Long Island, he said that ensuring every child has a special Christmas morning is especially important to him.

"A long time ago I was presented with [a Toys for Tots box] and I said sure, why not," he said. "A lot of customers from Downtown Café came and brought a lot of presents."

Among those who dropped a toy off was State Assemblyman Charles D. Lavine. He makes it a point every year to donate toys, he said.

The pandemic forced Lavine to cancel his annual toy drive this year. But last year's drive was so successful that after toys were delivered to those in need people continued to donate more toys, even after the holidays.

"We had a number of wonderful toys sitting in our office," Lavine said, "and it was only right that we helped to distribute them this year to those kids that are in need."

Every child should experience the joy of receiving a gift, he said, adding that he is thankful to not only Toys for Tots for making that possible for children all across the nation, but also for Downtown Café for taking the initiative to collect toys.

Zozzaro said he appreciated Lavine stopping by, helping to fill the box with toys. "I've always said it's better to give than receive," Zozzaro said. "You get more satisfaction out of it."

Toys for Tots, a program run by the United States Marine Corps since 1947, distributes toys to families in need. According to Toys for Tots' website, local campaigns are conducted in over 800 communities covering all 50 states, the District of Columbia, Puerto Rico and the Vir-



Courtesy Peter M. Budraitis

**NASSAU COUNTY LEGISLATOR** Delia DeRiggi-Whitton helped to fill trucks up with toys that would help children have a good Christmas morning.

gin Islands.

The Nassau County Toys for Tots campaign is based in Garden City, run by Gunnery Sergeant John Sardine. Last year, 221,351 toys were distributed and 219,000 children were supported.

"Toys for Tots is very well established and for many, many years for decades, has been a source for joy not only for those who receive the toys," Lavine said, "but for those of us fortunate enough to be able to donate and contribute the toys."

Lavine said he is hoping to bring light and joy to families this holiday season, even as many are suffering physically, financially and emotionally.

"We're all facing heartbreak and every day those of us

who are more fortunate owe it not only to our friends, family and neighbors who are less fortunate, but to our own selves to be as generous and as helpful as possible," he said. "That's the only way we're going to get through this."

Nassau County Legislator Delia DeRiggi-Whitton shares the same spirit as Lavine. She helps host a massive Toys for Tots drive, organized by Joe Mac LaPadula of Martino Auto Concepts, in the parking lot of Nassau Coliseum in Garden City. DeRiggi-Whitton said she did not expect to see cars upon cars lining up all the way to Hempstead Turnpike to donate toys that would fill up multiple trucks. Photographer Peter M. Budraitis, who captured photos for the legislator, said on Facebook that he had never seen so many toys in one place.

"We had to get special permission from the governor this year with Covid being an issue," DeRiggi-Whitton said. "We had strict criteria that we had to follow regarding masks and the number of people that were volunteering. We had to lower that number substantially and everyone abided and I was happy about that."

Nassau Coliseum were also very gracious in allowing the parking lot to be used as a massive toy drop location, DeRiggi-Whitton said.

"We normally collect 50,000 toys and this year we collected over 100,000," DeRiggi-Whitton said of the annual toy drive in its 10th year. "People were so generous. It really was beautiful to see."

People from as far away as Philadelphia and New Jersey came out to support the cause, DeRiggi-Whitton said. But what really stood out to the county legislator was a man who pulled up to offer a matchbox car. "He said, 'I'm sorry I don't have any money but I want to give you this,'" DeRiggi-Whitton said. "A lot of people know that they're lucky to be okay during this time and they see that there are a lot of families that are really struggling. They want to make sure the kids have a good Christmas."

## "MYALERTS SAVES ME WORRY."

**MY SAVINGS. MY ACCOUNT.**

Get MyAlerts, 1-Click Bill Pay, Paperless Billing, and much, much more, all with one fast, easy enrollment. What will you save with your My Account?

Enroll today at  
**[PSEGLINY.com/MyAccount](https://PSEGLINY.com/MyAccount)**



1113705

# This **Holiday** Season

Give a **FREE GIFT** of **LOCAL NEWS** to a friend, family member or neighbor!



Order online at [www.liherald.com/freelocal](http://www.liherald.com/freelocal) or call 516-569-4000 press 7

## Support Local News

Please consider supporting this local newspaper by making a donation. An invaluable investment in one of your community's most trusted institutions.

[www.liherald.com/local](http://www.liherald.com/local)



Stay connected with the community and support local journalism.



# Experts discuss benefits of 5G at Inside LI webinar

By **ANDREW GARCIA**

agarcia@liherald.com

“It’s safe,” Dr. Purna Prasad, chief technology officer at Northwell Health, said of recent advancements to 5G technology.

Thus was the resounding opinion given by experts during the latest episode of the Herald Inside LI webinar series, “The Power of 5G,” in which Prasad and other professionals in the technology field spoke about 5G’s increasing role in public and professional connectivity.

Panelists alongside Prasad included Ana Rua, the government affairs manager at Crown Castle; Caitlin Brookner, spokeswoman for New Yorkers for 5G; and Fan Ye, associate professor of electrical and computer engineering at Stony Brook University.

Skye Ostreicher, of Herald Community Newspapers and RichnerLive, moderated the discussion. She kicked off the episode by naming a number of the devices that already use 5G technology, including household security systems, pet and baby monitors, and GPS guidance applications in cars.

The potential for 5G is far-reaching, Ostreicher added, such as monitoring elderly parents’ blood pressure while they are in Florida and you are in New York.

“The technology has been peer reviewed — both nationally and internationally by renowned and reputable organizations — and it has been found safe,” said Rua, noting the Food and Drug



**THE LATEST EPISODE** of Herald Inside LI, “The Power of 5G,” featured, from left to right from top row: moderator Skye Ostreicher; New Yorkers for 5G spokeswoman Caitlin Brookner; Crown Castle Government Affairs Manager Ana Rua; Stony Brook University Associate Professor of Electrical and Computer Engineering Fan Ye; and Northwell Health Chief Technology Officer Dr. Purna Prasad.

Administration, the National Health Institute and the American Cancer Society have deemed the technology safe.

On the electromagnetic spectrum, 5G exists in the realm of visible light, with wavelengths similar to other harmless wavelengths commonly found in households. These exist within the non-ionizing spectrum of wavelengths that are low-energy and low-frequency. In contrast, the ionizing spectrum, which includes gamma rays and X-rays, can harm a person.

The debate and discussion surrounding the implementation of technology like 5G has been happening for decades, Prasad said. In the 1990s, he authored a study on the topic and found no evidence of nega-

tive effects. Those findings, he added, have not changed.

5G technology was developed from its four predecessors. When 2G was the norm, mobile phones were basically no different from any others, as they were primarily used for making calls. The era of 3G, however, turned mobile phones into computers, giving unlimited access to the internet, explained Ye.

5G “is just naturally the next step,” Ye said, “because people are always asking for a higher data rate with lower loss and lower latency.”

Certain advances are only possible with the assistance of 5G, such as augmented reality, which requires streaming high-

quality video, Ye explained. Doctors can also perform operations on patients thousands of miles away if remote surgery is able to rely on 5G.

5G connectivity allows for the bandwidth needed for advanced medical services. An ambulance responding to an emergency call, for example, can use the full set of tools at its disposal, connect to a doctor via 5G and treat the patient at the scene, Prasad said.

“It’s going to save lives,” Prasad said.

Although 5G offers an enhancement of 4G technology, 4G isn’t going anywhere, Rua said. The 4G network that exists across Long Island will be the foundation for 5G developments, allowing for public and professional use between the two.

“4G is not going to go away — we need to enhance that current infrastructure for 4G and build on top of it for 5G infrastructure,” Rua said.

“High speed connectivity really impacts every facet of our lives and will have a large effect on almost every industry out there,” Brookner said.

This episode of Herald Inside L.I. — the final episode of the first season — was sponsored by New Yorkers for 5G and Crown Castle. All 14 episodes of the premiere season can be found at [liherald.com/insideli](http://liherald.com/insideli).

The first episode of the second season of Herald Inside L.I. is set to stream on Jan. 7, 2021 — “Set your calendars,” Ostreicher said. “We have a lot of things planned.”

*Wishing you a holiday season  
filled with joy and hope*

*Your Friends at:*  
**HERALD**  
Community Newspapers

Stuart Richner, Publisher  
Scott Brinton, Executive Editor  
Rhonda Glickman, VP Sales

# HERALD Inside LI

# Staying Local for College

MODERATOR



**Skye Ostreicher**  
Herald Community  
Newspapers

With the risks of COVID in the middle of a second wave, should you send your child away to school?

Is it worth being away at college without the socialization aspect?

Do the benefits of staying home outweigh the experience of going away to college?

Local colleges are accepting students on rolling admission to accommodate those making the last-minute decision to stay local for the Spring semester.

*Hear What Students Have To Say*

**Have questions?**  
Email [insideli@liherald.com](mailto:insideli@liherald.com) or ask them live during the webinar.



**FREE LIVE WEBINAR**



**REGISTER @ [LIHerald.com/StayingLocal](https://LIHerald.com/StayingLocal)**

**CAN'T MAKE THE LIVE WEBINAR? REGISTER AND YOU'LL RECEIVE THE RECORDING!**



To sponsor a webinar or for more information contact Amy Amato at [aamato@richnerlive.com](mailto:aamato@richnerlive.com) or 516.569.4000 x 224

# H

**HERALD**  
Community Newspapers

December 24, 2020

body / mind / fitness

# *your* HEALTH

Focusing on

*Mental  
health*





# **WE'VE GOT YOU COVERED**

*NSPC is proud to announce that all of our world-class physicians are now in-network, participating providers with the New York State Health Insurance Program (NYSHIP). We're available for expert treatment of all brain and spine conditions.*



**NSPC**  
Brain & Spine  
Surgery

nspc.com | (844) NSPC-DOC  
In-Network with The Empire Plan (NYSHIP)

Advanced Treatment Starts Here

# You are not alone

## Emotional well-being during the pandemic

**T**hese are unprecedented times. We need to work extra hard to manage our emotions well. Expect to have a lot of mixed feelings. Naturally we feel anxiety, and maybe waves of panic, particularly when seeing new headlines. Our anxiety — while uncomfortable — can be bonding, especially if we manage it well. At the same time, we must make an effort to prevent panic contagion and create periods when we can be screen-free and calm, engaging our attention in normal daily activities. Seize opportunities to share lightness and humor. Laughter right now is a relief for all of us!

You can also find moments of hope and resilience all around us despite the uncertainty.

It may be helpful for you to make a list of what you can and cannot control right now. Mental health experts suggest radical acceptance of the situations we cannot control, and focus on what we can do.

### Stay physically safe from the virus

In this case, the biggest safety behaviors (physical distancing and hand washing), which decrease transmission of the COVID-19 virus, are also an integral part of anxiety management. Stay home when you can. When outside the home, wash your hands thoroughly and frequently.

To help us make the thorough hand-washing a new habit, try this: "Wash as if you just chopped up a jalapeno pepper (without gloves) and you now have to put in your contact lenses." Don't forget the sides of each and every finger, the back of hands, palms, the creases and nail beds, and the back of nails. Wash for at least 20 seconds — as long as it takes you to silently hum the Alphabet Song, Happy Birthday, or recite the Loving Kindness Prayer. If you are a speedy hummer, say it twice.

### Limit media to reduce anxiety

By now you have heard this recommendation many times and there is research behind it: Watching or scrolling through the media makes us even more anxious. An excess of news and visual images about a traumatic event can create symptoms of post-traumatic stress disorder and poor health years later, according to research by UC Irvine's Roxy Silver, Ph.D., and others.

Try to limit Covid-19 media exposure to no more than twice a day (i.e. checking for updates in the morning and before dinner) and try to avoid news about Covid-19 before bedtime. Take a vow to not forward (and thus propagate) alarming headlines to friends and family.

### Get and provide warm, comforting, social support

Find and encourage support by video, phone, or text. This is critical! Taking time to share your feelings and to listen and support others will go a long way.

Talking with others who have our best interests at heart makes us feel safe. Use phone, video, text, or email. Fortunately these new highways of social contact are unlimited resources. More than just providing social support about the current crisis, it is a good idea to use these connections to talk about the things you normally would — host your book club online, for example — which can create feelings of connectedness. Host a dinner using FaceTime or Zoom so you can talk while you eat (and talk about some positive things, not just this crisis). Loving and caring for our pets can be phenomenal stress reduction for us too!

### Find ways of expressing kindness, patience, and compassion

Be extra kind to yourself. This is a hard time for everyone. Humans across the world are sharing this experience with you. We are all in this together and we may all emerge with a renewed appreciation for our interconnectedness. Helping others in need is both critical to get through this well, and also creates more purpose to our days and well-being.

Donate blood if you are able. The American Red



Cross faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Eligible and healthy donors are strongly urged to make an appointment to donate and help ensure that lifesaving blood products are available for patients.

### Create new routines and keep practicing health behaviors

Routine and ritual are restorative to us. Our brain wants predictable activity so we can relax our vigilant nervous system. Go to bed early and go outside each day to be active. Remember that our activities, thoughts, and mood are closely linked. If you want to change your mood, change your activities and/or your thoughts.

### Eat well

Good nutrition helps our mood. Stress makes us seek comfort foods, and in turn high carbs and sugars impact our mood. Many population-based studies show that a Mediterranean diet has been linked to better mental health and stress resilience, whereas a junk food western diet is linked to depression and anxiety. Try to fill your home with fresh produce, frozen vegetables, and whole foods when possible.

### Work well enough from home

Working from home may be new to you and can have its own challenges, especially in a small home with children. Don't expect to have the same type of productivity as usual. We are all distracted and needing to cope with a different daily life now, while helping others. Reduce your goals for typical work that is not urgent, if possible. Here are some recommendations on how to stay focused and productive during work hours:

Confine your workspace to a specific clear area in your home so your job doesn't intrude on your personal needs. Use this same space regularly to work. This will focus your mind and increase your productivity.

Control sound. Use noise cancelling headphones or earbuds, or use music or fans to create white noise.

End the workday with clear boundaries. Put away electronic devices and work tools at the end of your workday and set clear hours in the day for work.

Have a morning or evening check-in with a colleague or supervisor to reduce social isolation and provide structure to your day. Use video communications when you can. Seeing faces provides more social connection and information than just talking.

Above photo: Covid-19 has disrupted our routines and made everyday activities, such as work and caring for loved ones, challenging. Those changes, on top of the general uncertainty around this pandemic, has resulted in increased stress even for those who are generally not prone to stress-related concerns.



## Staying in control in a world that's out of control

### Coronavirus stress takes many forms but can be managed

The Covid-19 pandemic has affected nearly every aspect of our lives, from health and exercise to work, school, parenting and socializing. According to the American Psychological Association (APA), many Americans are experiencing considerable stress related to the coronavirus. While you can't control the virus, you can take steps to control how you respond to it.

### Coronavirus-related stress takes many forms

Covid-19 has impacted many aspects of our lives, so it makes sense that our reactions to it vary widely. Many people experience physical symptoms, such as headaches, digestive problems or muscle tension. Some may have problems sleeping or may sleep too much. Others may lose their appetite or overeat.

Coronavirus-related stress can also have psychological effects. People whose income has been affected, for example, may be anxious about paying their bills or supporting their families. Working remotely and distance learning can take a toll on both adults and children who thrive on social interaction, leading to feelings of isolation and loneliness. Depression and irritability are common reactions.

If you don't get a handle on your stress, you can raise your risk of more health issues.

"When we're stressed, our blood pressure goes up naturally," says psychologist Dr. Elizabeth Brackin. "That puts you at higher risk of having a heart attack or stroke, or even developing cancer."

### How to deal with stress

The pandemic has left many feeling a loss of control over their lives. The usual routines have been disrupted indefinitely, and the future seems uncertain. Coping techniques help. Dr. Brackin offers some tips to help you feel more in control of your life and keep your stress level in check.

**Maintain routines.** No matter what your age is, it can be helpful to create some type of structure in your day. If you exercised before work, for example, try to continue to do so. Have meals at the same time as you did before the virus. Try to maintain familiar routines for yourself and your family. Of course, there will be

some changes, but attempt to create normalcy where you can.

**Stay in touch.** Social distancing requirements have significantly changed how we connect with our friends, coworkers and even our own family members. Except for those in your household, you probably aren't seeing family as often as you used to. Children and teens may find it particularly difficult to be isolated from their friends and sports groups.

It's important to continue to find ways to connect with people when you can't see them in person, says Dr. Brackin, such as scheduling weekly phone calls or meeting virtually on Zoom.

Getting outside of the house can help relieve feelings of isolation, and spending time in nature has been shown to help reduce stress. Arrange to walk with a friend or get together in the yard while maintaining a safe distance.

**Get adequate rest.** If stress makes it difficult to fall asleep or you find yourself waking up in the middle of the night, take a look at your sleep habits. Avoid looking at your phone, tablet and other screens for an hour before you go to bed. Not only can texting, watching news videos or playing games stimulate your mind, the blue light from screens can interfere with sleep.

Having a glass of wine may help you relax, but it can also disrupt sleep later. If you wake up and can't get back to sleep right away, it can help to leave the bedroom and read or do something else relaxing until you feel sleepy again.

**Breathe.** Any time you feel stressed, take a few minutes to practice deep, mindful breathing. Focusing on your breath can interrupt your body's stress response, slow your heart rate and lower your blood pressure. Take a slow deep breath in for three seconds, hold it for a count of four, exhale for three seconds. Repeat this a few times until you feel calmer.

"Mindfulness meditation is a wonderful intervention to give yourself a sense of peace, regardless of what's happening externally," says Dr. Brackin.

Above photo: Pandemic-related stress affects people in different ways. It depends on age, coping skills, genetics, even a person's financial situation.

## Eastern Audiology Sharing the gift of hearing!



Dr. Susan Bressi Hamilton shares the gift of hearing with her mother, Lucy

For the past 31 years, Dr. Susan Bressi Hamilton has been helping her patients at Eastern Audiology Resources, located in the heart of Glen Cove, find their way to better hearing. This holiday season, she wants to share the gift of hearing.

During the Covid-19 pandemic, even mild hearing loss has become more of a burden than ever before. Masks, while essential, can muffle voices and obscure the listener from picking up on lip movement, which can be a critical cue to understanding words in everyday conversation. The prevalence of isolation for those at higher risk also makes the value of hearing and conversation that much more.

Dr. Hamilton's Healthy Hearing Initiative focuses on tailoring state-of-the-art hearing solutions, to help encourage her patients be more comfortable both in everyday interactions with friends and loved ones, and in using modern technologies to stay in touch with them. Call us to schedule a free screening and start your own journey to better hearing today!



**EasternAudiology.com**

70 Glen St., Suite 100, Glen Cove • 516-674-9300

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

## NSPC surgeon performs cutting-edge epilepsy treatment at local hospital

Neurosurgeon Brian J. Snyder, M.D., operated on a young man suffering from refractory seizures with a new deep brain stimulation (DBS) technique at a local Long Island hospital. He implanted the Medtronic DBS System for Epilepsy to reduce the frequency of his patient's seizures. Dr. Snyder is a partner and attending neurosurgeon with Neurological Surgery, P.C. (NSPC Brain & Spine Surgery), Rockville Centre, NY, and a fellowship-trained, board certified expert in neuromodulation, surgery for epilepsy, movement disorders, and refractory pain.

Known as bilateral stimulation of the anterior nucleus of the thalamus (ANT), the technique uses electrical impulses delivered by electrodes placed in critical portions of the brain to block the onset of seizures. The electrodes are powered by a battery placed just under a patient's collar bone.

Affecting nearly 50 million people, worldwide, epilepsy is one of the most common neurological diseases. "Studies have shown," observes Dr. Snyder, "that treatments such as deep brain stimulation (DBS) can reduce seizures in epilepsy patients for whom other therapies have failed." An expert in DBS, Dr. Snyder has implanted more DBS systems on Long Island than anyone else.



**Brian J Snyder, M.D.**

**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 seven conveniently located offices on Long Island, including offices in West Islip, Commack, Port Jefferson Station, and Riverhead.

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.



Where Patients Come First.

100 Merrick Rd., #128w, Rockville Centre  
516-255-9031 • [nspc.com](http://nspc.com)

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

## Metro Physical & Aquatic Therapy expands

Metro Physical & Aquatic Therapy, a leading provider of comprehensive therapy and wellness services with locations across Long Island and in Florida, is on the move again, expanding its facilities and rebranding others to reflect its high end, spa-like facilities. Most recently, on Sept. 21, 2020, the organization opened the doors of its Greenvale/Roslyn facility on Glen Cove Road. This was a relocation from the previous facility inside the nearby Roslyn JCC.

On Mondays, Wednesdays and Fridays, the new facility is open from 8 a.m. to 7 p.m.; on Tuesdays and Thursdays, 8 a.m. to 1 p.m. Metro officially introduced this office to the Roslyn/Greenvale community on Oct. 29, 2020 during a ribboncutting ceremony sponsored by the Chamber of Commerce of Roslyn.

According to Metro Physical Therapy CEO Michael Mayrhoen, DPT, OCS, "We have been part of the Roslyn JCC community for over 20 years. It was a great experience, but due to Covid-19, increasing patient demand and physician referrals, we needed a standalone space. Our new space affords us the opportunity to serve more patients in the Greenvale community, while also offering the same top-notch facilities and amenities with the addition of parking spaces located right outside the

facility." Metro Physical Therapy will provide its comprehensive physical, occupational and speech therapies, as well as acupuncture, chiropractic, massage and aquatic therapies. Services are provided by experienced, certified manual therapists who provide one-to-one therapy services for each patient to facilitate the best outcomes.

"We are receiving and want to continue receiving a steady increase in patient referrals from area physicians who recognize the value in one-on-one patient care. In addition, we are treating over 100 patients in a week and are looking forward to watching that number grow," added Mayrhoen. "It is a testament to the high caliber of our medical team and the emphasis we place on quality care. All treatments are performed by experienced healthcare professionals and not assistants. Our goal is to elevate the healthcare experience through a culture of caring, quality, safety, service and innovation."



50 Glen Cove Rd., Greenvale • (516) 626-8787 • [www.metrophysicaltherapy.com](http://www.metrophysicaltherapy.com)

Health memos are supplied by advertisers and are not written by the Herald editorial staff.



# Unpredictable can become unmanageable

It all seems different — because it is

**S**tress in these unpredictable times is a normal reaction but you can implement techniques that can help you, your coworkers, employees, and friends and family get through these challenging times.

The unfolding of this pandemic can lead to individuals experiencing a range of emotional reactions with accompanying symptoms that can occur at varying levels of severity. You may find yourself shocked, scared or traumatized by this experience. You may even cycle between these feelings, going from being scared for what the future might hold to later noting how well you can adapt to the new normal.

Your response and the responses of people in your life can vary based on a multitude of factors including perceived risk from Covid-19 to yourself and others, financial status, mental health history, familial/social support, and those helping with the Covid-19 response such as health care providers.

Common reactions can include:

- ✓ Denial, shock, numbness
- ✓ Feeling vulnerable, unsafe
- ✓ Anxiety, panic, worry
- ✓ Difficulty concentrating
- ✓ Withdrawal, isolation
- ✓ Remembering other life traumas
- ✓ Headaches, fatigue, sleep disturbances
- ✓ Helplessness, hopelessness
- ✓ Sadness, crying, despair
- ✓ Irritability, anger
- ✓ Appetite changes
- ✓ Being hyper-alert

### Managing emotional response

Stress and anxiety are common responses to scary events like Covid-19. It's important to remember that psychologically speaking, anxiety and stress are not emotions. Anxiety and stress are physiological responses to physical or emotional threats. Our bodies get into fight or flight mode when we experience psychological danger just as it does when we experience physical danger. The more we can become aware of our emotions and effectively process them, the more you can effectively manage your anxiety.

Times like these can provoke a lot of fear, but how we manage our fear can make a big difference in how much psychological distress we experience. Many of us are prone to excessive worried thinking without the Covid-19 pan-

democ, but it may be even more likely given the current global situation.

As much as possible, try to be aware of your thoughts, your emotions and what your body is experiencing. Much of the time we are on autopilot and not aware that our minds are going around and around on the same issues.

Take a slow deep breath in and out. Check in with your body and see if you are holding tension in your shoulders, chest or jaw. What is your body telling you? Are you feeling fear, sadness, helplessness? What is the narrative going through your mind? Are you worried about the future or catastrophizing? Slow down, breath and count to 10. Now is a good time to remember that there are things that you can control but many that you can't. Try to let go of the things that you can't change and change the things that you can.

Some other good practices to cope with in these uncertain times:

**Talk about your feelings.** Use the time that you may have been commuting to work to talk to friends or family about your feelings. Instead of texting a friend you haven't seen in a while, give them a call. Social distancing means that it is more vital than ever to make sure that you are still connecting socially by phone, video chat or in-person (as appropriate).

**Take care of yourself.** Feeling scared can make you act more impulsively. Take care of your body by watching what/how much you eat; your use of alcohol, drugs, caffeine, nicotine, sugar, and medicine. Be sure to get regular exercise by walking around your neighborhood or instituting a daily workout in your home. Now is also a great time to try out that meditation or mindfulness practice.

**Practice gratitude.** Try to find things that you are grateful for. Try to reframe the shelter in place as an opportunity to spend more time with family, catch up on home projects or get outdoors and exercise.

**Utilize self-compassion.** Try to give yourself latitude and kindness during this time. Don't expect that your level of energy and focus on everyday tasks will be the same as it was before. Expect that some days will be better than others.

Above photo: The emergence of Covid-19 and subsequent major changes to our day to day lives has affected our emotional health.

# What happened to 'normal'?

Covid-19's impact on mental health

**D**uring the Covid-19 pandemic, surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety and depression during the pandemic, compared with surveys before the pandemic. And for those already dealing with mental health disorders, including anxiety and depression, their emotional health can worsen.

It's important to learn self-care strategies and get the care you need to help you cope.

### Take care of your mind: Reduce stress triggers

**Keep your regular routine.** Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.

**Stay busy.** A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home, identify a new project or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.

**Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.

**Use your moral compass or spiritual life for support.** If you draw strength from a belief system, it can bring you comfort during difficult times.

**Set priorities.** Don't become overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.

**Recognize what's typical and what's not.** Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily during this crisis can push you beyond your ability to cope.

Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious or afraid. You may have trouble concentrating on typical tasks, changes in appetite, body aches and pains, or difficulty sleeping or you may struggle to face routine chores.

When these signs and symptoms last for several days in a row, make you miserable and cause problems in your daily life so that you find it hard to carry out normal responsibilities, it's time to ask for help.

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help and be upfront about how you're doing.

## EASTERN AUDIOLOGY RESOURCES, Ltd. Happy Holidays from Glen Cove!

### Are You Having Trouble:

- Hearing the TV?
- Hearing loved ones at the dinner table?
- Ringing in your ears?

### If you said yes to any of these.....

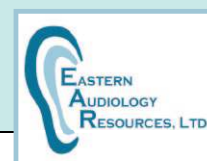
Schedule a Free Hearing Screening Today!

### FOLLOWING ALL COVID-19 PREVENTION METHODS



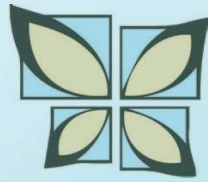
Call (516) 674-9300

for more information or to schedule a **Tele-Health Visit!**



Dr. Susan Bressi  
Hamilton  
Au.D., CCC-A, FAAA

70 Glen Street, Suite 100, Glen Cove, NY, 11542  
CALL 516-674-9300 FAX (516) 674-9345  
ear70@optonline.net EasternAudiology.com



# METRO PHYSICAL & AQUATIC THERAPY

**EXPERIENCE MULTIPLE THERAPY SERVICES**

**SPACIOUS SPA-LIKE SETTINGS**

**1 ON 1 PATIENT CARE**

**EXPERIENCED THERAPISTS FOR ALL AGE GROUPS**

## SERVICES OFFERED

**PHYSICAL THERAPY  
OCCUPATIONAL THERAPY  
SPEECH THERAPY  
AQUATIC THERAPY**

**IN-HOME THERAPY  
NEUROLOGICAL THERAPY  
PILATES THERAPY  
VIRTUAL APPOINTMENTS**



**IN-HOME TREATMENT AVAILABLE FOR LONG ISLAND, THE 5 BOROUGH, UPSTATE & FLORIDA**

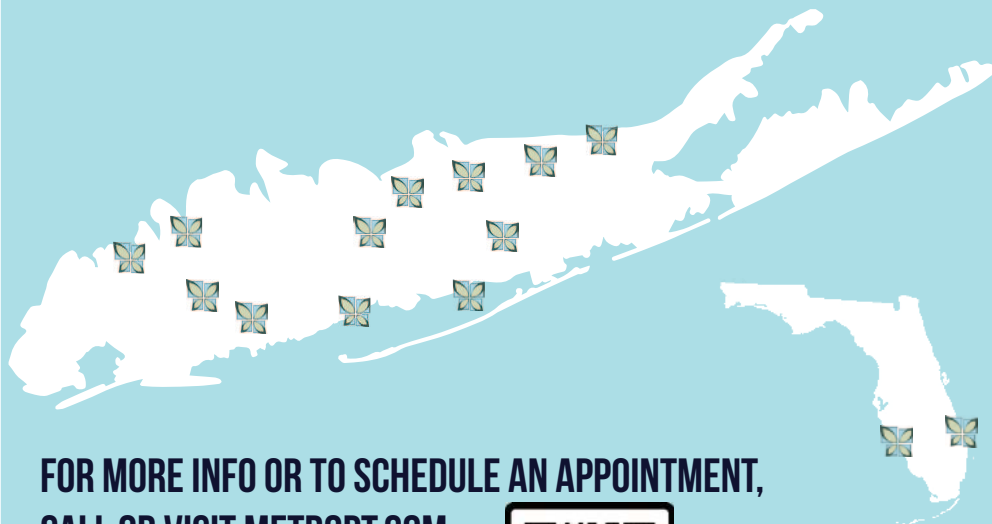


## COVID POLICY

**TEMPERATURES TAKEN AT FRONT DESK  
SCREENING ON CONTACT & TRAVEL  
MASKS MUST BE WORN AT ALL TIMES  
TREATMENTS ARE 6 FEET APART  
EQUIPMENT IS ROUTINELY SANITIZED**



## 12 DIFFERENT LONG ISLAND OUT PATIENT LOCATIONS + 2 FLORIDA LOCATION



- AMITYVILLE | 618 Broadway | 631.608.8874
- BELLMORE | 616 Bedford Ave | 516.586.5533 (POOL)
- COMMACK | 74 Hauppauge Rd #43 | 631.486.6060 (POOL)
- GARDEN CITY | 800 E Gate Blvd | 516.745.8050 (POOL)
- GREAT NECK | 1000 Northern Blvd #150 | 516.466.9730
- GREENVALE | 50 Glen Cove Rd | 516.626.8787
- HUNTINGTON STA | 259 Walt Whitman Rd | 631.683.5455
- PATCHOGUE | 322 W Main St | 631.228.4977
- PORT JEFF STA | 1500 NY-112 Building 9 | 631.849.6688 (POOL)
- ROCKY POINT | 745 Route 25A | 631.849.6000 (POOL)
- SELDEN | 1312 Middle Country Rd | 631.732.0700 (POOL)
- SMITHTOWN | 127 E Main St | 631.880.7577 (POOL)
- LAKE WORTH, FL | 9130 Hypoluxo Rd | 561.898.9869 (POOL)
- TAMPA, FL | 12401 N 22nd St | 813.975.5454

**FOR MORE INFO OR TO SCHEDULE AN APPOINTMENT,  
CALL OR VISIT METROPT.COM**



SCAN ME



# Give Yourself the Gift of Luxury



The M Model

## And enjoy unparalleled resort-style living in Nassau County

Country Pointe Plainview is an extraordinary community of exquisite brand new homes and exceptional amenities. Offering impeccable designs, superior construction and zero maintenance – you'll effortlessly fuel an unparalleled, more rewarding life every single day.

Priced from the upper \$600,000's\* | Condominium suites, villas & townhomes

Walking distance to Country Pointe Shops | 29,000+ sq.ft. clubhouse

Two outdoor heated pools | Fitness center | Bocce & Tennis courts | Professionally staffed

Adjoining over 50 acres of park, the Greenbelt and walking trails

Call now for year-end pricing | 55+ resort style community

Open 7 days a week for in person or virtual appointments



**BeechwoodHomes.com | 516.341.6230**

1427 Old Country Road, Plainview, NY 11803



\*Prices, taxes and availability subject to change without notice. The complete terms are in offering plans available from the Sponsors. File No. CD16-0218, CD16-0219, CD16-0342, CD16-0343, CD16-0348 and CD17-0106. †Actual onsite photos. Equal housing opportunity.

# A Christmas message

December 24, 2020 — GLEN COVE HERALD GAZETTE

Greetings neighbors of Glen Cove and the surrounding communities from Trinity Lutheran Church. I am the pastor of Trinity Lutheran Church and have been serving in Glen Cove for over six years.

At this time of the year, I would be preparing for a fantastic packed church filled with people eager to hear the Christmas Story. No, I am not talking about Ralphie and his family on Christmas. I am talking about a certain story from 2,000 years ago.

Christians will be hearing about our Lord and Savior, Jesus Christ. Although this year something is quite different. We should be gathering together in the church, in restaurants and in homes but as most of you are aware, this year is an abnormal weird year. No one expected a pandemic to hit, and no one expected how it could change society. We see how hard people are suffering from lack of physical contact, mental concerns and emotional instability. Everyone in our community has suffered due to this pandemic. Congregations and churches have also felt the effect of this virus.

When congregations suffer, they look to their Savior Jesus Christ. We hear the account of Joseph and Mary being forced to take a short trip. A trip in which they had to depart while Mary was in her ninth month of pregnancy. It was not something that they planned. We know it was all according to God's

plan to have Jesus be born in a certain town. Our savior was to be born in the town of Bethlehem, just as King David was. Christians will always hear this message: "For unto you is born this day in the city of David, a Savior, who is Christ the Lord," from Luke 2:11.

Churches have had to adapt to proclaim Jesus as their savior in a socially distant world. Our church continues to stream our services via Facebook and upload them to Youtube. Even this

Christmas Season, we will not let Covid stop us from spreading His word. We will continue to live in a socially distant way of life to care for our neighbors. You are important to us. This is our Christmas Gift for all of you. As you read this please know that we will continue to pray for all of you: the essential workers in our community, the doctors and nurses in the hospitals and nursing homes

and everybody who lives in our communities.

We might not all know each other, but that does not mean God does not know each of you. He gave you a great gift that starts in a manger and ends at the cross. As the angels sang: "Glory to God in the highest, and on earth peace among those with whom he is pleased." May God bring you peace as we finish 2020.

*The Rev. Travis Yee of Trinity Lutheran Church*



**The Rev. Travis Yee**

## THE GREAT BOOK GURU

### 52 weeks of suspense

**D**ear Great Book Guru, My friends and I have been watching and discussing lots of films over the last months and we all agree that Alfred Hitchcock's are spellbinding. We have decided to focus on his works on a weekly basis. Do you have any books to suggest that will help us on our journey?

—Hooked on Hitchcock

Dear Hooked on Hitchcock,

I have the perfect book for you: "A Year of Hitchcock," by Jim McDevitt and Eric San Juan. The authors have organized this book into 52 chapters covering 68 works of Hitchcock. Starting with his silent films ("The Lodger" and "The Farmer's Wife"), they analyze his entire body of works, week by week, including some episodes of "Alfred Hitchcock Presents," which appeared on TV from 1958 through 1961. Each week

follows the same format: key film facts, a synopsis, trivia, recurring themes, things to look for, awards and a critical appraisal/ranking. "Rear Window" and "North By Northwest" are mentioned as standouts in a career of spectacular successes, but each week offers insight into yet another of Hitchcock's films. Because it is chronologically organized, you can see the progression and development of common themes, which the authors define in the appendix. Like you, my friends and I are planning a weekly virtual Hitchcock discussion group starting in January and work-

ing our way through 2021 . . . with this book in hand!

Would you like to ask the Great Book Guru for a book suggestion? Contact her at [annmdipietro@gmail.com](mailto:annmdipietro@gmail.com).



**ANN  
DIPIETRO**

## OBITUARIES

### Michael R. McCauley

Michael R. McCauley, 68, lifelong resident of Glen Cove, died suddenly on Dec. 12. Beloved husband of Valerie; loving father of Travis (Delmy), Bryan and Shauna; dear brother of Cathy (Jack); cherished grandfather of Angie, Kimberly and Jayla; also survived by several nieces and nephews. McCauley was a retired U.S. Army Veteran and was employed by the City of Glen Cove as Auxiliary Police for many years. He was a Parks and Recreation employee at Cantiague Park. McCauley enjoyed the outdoors, hiking and biking. Visitation at Dodge-Thomas Funeral Home, Glen Cove on Thursday from 2 to 4 p.m. and 6 to 8 p.m. Service on Thursday at 7 p.m. at Dodge-Thomas Funeral Home. Interment at Calverton National Cemetery on Friday at 1pm.

### Thomas J. Conlon

Thomas J. Conlon, 72, of Glen Cove, died on Dec. 4. He is survived by his adoring son Ti; his wife of 40 years Mimi; brothers Gerard (Annie) and Danny (Maureen); sisters Dolores (Mark), Teasha (Pat) and the late Maryann (Jim); a small army of nieces and nephews; countless friends and extended family.

Conlon was born on Aug. 1, 1948 in Brooklyn, N.Y. to Thomas E. Conlon and Dolores Flynn Conlon. He grew up in a large Irish Catholic family with two brothers and three sisters. Conlon was known by many names: TC, Uncle Tommy, Tommy Bobby and perhaps most famously "Jubbly". Jubbly is a term coined by the man himself and is meant to express an unbridled amount of joy and happiness, something he embodied wherever he went and shared with whomever he encountered.

An avid storyteller, Conlon could light up the darkest of rooms and liven the dulllest of parties with his mere presence. He loved the game of basketball and would regale any and everyone with tales of playing against Lew Alcindor, aka Kareem Abdul-Jabbar. Conlon was able to dunk a basketball during pregame warm ups his freshmen year and hit the game-winning shot against Bishop Ford.

Conlon attended St. Francis Prep for High School and later graduated from St. Francis College in Brooklyn. He went on to form many business ventures that enabled him to never work for anyone but himself.

From his youth growing up in Park Slope, with summers on the beaches of Breezy Point to his days at the Mayflower Hotel, to his many travels culminating in settling on Long Island, being around Conlon meant never a dull moment.

He also greatly revered the game of golf and played up until his final days. He recently made his first career hole-in-one (206 yds.), the exclamation from which can still be heard echoing around the ninth hole at the Glen Cove Golf Club.

He can currently be found on the 19th hole of Heaven sipping on rose' with a cigar in hand whilst exploring ways to lower his handicap. He was taken from his family and friends too soon, but his love for life and for people will live on for eternity.

A Memorial Wake will be held at Dodge-Thomas Funeral Home in Glen Cove on Dec. 10.

### Francine Johnson

Francine Johnson, 70, of Glen Cove, died on Dec. 8. Beloved wife of Michael B; loving mother of Donna, Mark, Lorraine, Lisa and Cheryl; dear sister of Edith Brown and Gertrude Leake; also survived by many grandchildren, great-grandchildren, nieces and nephews. Johnson volunteered at the Glen Cove Senior Citizen Center in the Rose Center. She was a collector of toy elephants. Service at Dodge-Thomas Funeral Home. Interment is Private.

### Phyllis W. Belyski

Phyllis W. Belyski, 83, of Surfside Beach, S.C. and formerly of Glen Cove, died on Nov. 24. Beloved wife of the late Richard R. Belyski; survived by her two sons, Richard (Mary), Kevin Belyski, and granddaughter, Kayla Belyski. Belyski enjoyed art, jewelry, photography, gardening, and watching birds. Funeral service was private, interment at Locust Valley Cemetery. Online memorial McLaughlin Kramer Megiel Funeral Home.

### Umberto Telese

Umberto Telese, 81, of Glen Cove, died on Nov. 17. Beloved husband of Maria; loving father of Roberto (Regina), Davide (Patricia), Marco (Sengsanpan) and William (Kaitlin); dear brother of Agnese (the late Michele), the late Rocco (Maria), the late Mario (Immacolata) and the late Angelo (Antonietta); proud grandfather of Michael, Joseph, William, Matthew, Olivia and Sara; also survived by many nieces and nephews. Telesa loved to work and provide for his family. He was an avid hunter and gardener. He adored his time with his family. Visitation at Dodge-Thomas Funeral Home of Glen Cove. Mass at the Church of St. Rocco. Interment Locust Valley Cemetery.

### Antonio Esposito

Antonio Esposito, 67, of Glen Cove, died on Nov. 10. Former husband of Caroline "Gina," loving father of Nancy Ricciardi (Vito) and Nick; dear brother of Richie (Raffaella); proud grandfather of Joseph, Carolina, Antonio, Vito and Antonio; special uncle of Nancy, Mena and Nicky. Esposito enjoyed singing Italian songs, playing soccer, gardening and most importantly, loved his family. Visitation was at Dodge-Thomas Funeral Home of Glen Cove. Mass was at the Church of St. Rocco. Interment East Hillside Cemetery.



Daniel

Gale

Sotheby's  
INTERNATIONAL REALTY

May the holiday spirit be with you  
and your family today and throughout the year.  
We are so grateful to have neighbors like you.

*Happy Holidays*

from Daniel Gale Sotheby's International Realty


**Sea Cliff Office**

266 Sea Cliff Avenue, Sea Cliff, NY  
516.759.6822

**Glen Head/Old Brookville Office**

240 Glen Head Road, Glen Head, NY  
516.674.2000

[danielgale.com](http://danielgale.com)

Each office is independently owned and operated. 

# HERALD Market Place

TO PLACE  
AN AD CALL  
516-569-4000 PRESS 5

1113735

**black forest** Brian E. Pickering  
auto works  
20 Cottage Row, Glen Cove 676-8477  
982525

**WIREMAN/CABLEMAN**  
 • Flat TVs Mounted • All Wires Hidden  
 • High Definition Television Antennas Installed  
 • Camera & Stereo Systems Installed & Serviced  
 • Telephone Jacks, Cable TV Extensions & Computer Wiring Installed & Serviced  
 • Surround Sound / Sound Bars  
 • Commercial & Residential Repairs  
**CALL DAVE davewireman.com**  
**516-433-9473 (WIRE)**  
**631-667-9473 (WIRE)**  
**516-353-1118 (TEXT)**  
 Veterans 10% Off  
**FREE Estimates**  
 Lic 54264-RE  
 All Work Guaranteed  
 Credit Cards Accepted

15-YEAR RESIDENTIAL WARRANTY  
**ONE DAY GARAGE FLOORS**  
**iPaint** CONCRETE COATINGS  
 • 4X STRONGER THAN EPOXY  
 • NO HOT TIRE PICK-UP • 1 DAY INSTALLATION  
 • WON'T CHIP OR PEEL • EASY TO CLEAN  
 516.676.8469 • iPaintFloors.com  
 1107857

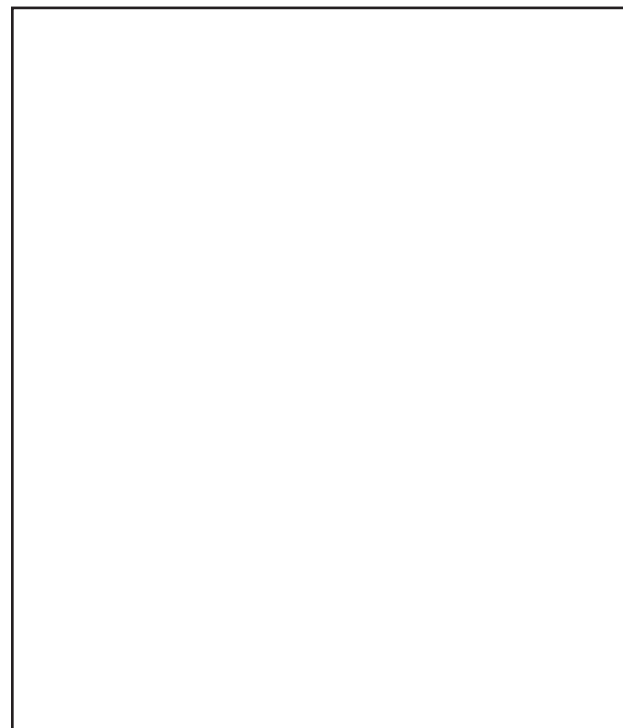
Family Owned & Operated  
 Serving the North Shore Since 1988  
**Madison Taxi**  
 24/7 SERVICE  
**WE GUARANTEE ON TIME ARRIVAL**  
 • LOWEST PRICES  
 • LOCAL & LONG DISTANCE  
 • AIRPORT SERVICES (PICK-UP & DROP-OFF)  
 • MULTI-LINGUAL DRIVERS  
**\$5 off ANY AIRPORT TRIP**  
**516-883-3800** www.MadisonTaxiNY.com  
 1103343

**Back to Balance**  
 Dog Training & Rehabilitation  
 We can help with: jumping, destructive behavior, biting, running away, pulling on leash, separation anxiety, puppy behavior & more  
**backtobalancetraining.com**  
*because your dog is worth it.*  
 1027201

**DEMOLITION AND JUNK REMOVAL SERVICES**  
 1107939

*We Buy Antiques, Fine Art and Jewelry*  
 Same Day Service  
 Free In-Home Evaluations  
 40 Year Family Business  
 Licensed and Bonded  
**Immediate Cash Paid**  
**Syl-Lee Antiques**  
 www.syl-leeantiques.com  
 516-671-6464  
 1096202

**Dr. Efrat Fridman, LCSW**  
 Psychotherapist  
 Individual, Couple and Family Therapy  
 2 Pinetree Lane  
 Old Westbury, NY 11568  
 718-887-4400  
 1046648



## OPINIONS

## ‘Long Way Up,’ a deeply satisfying travelogue

**L**anding in Bulgaria nearly 30 years ago, I felt as though I had stepped through a portal into another dimension. After a 24-hour trip, I at last arrived at Sofia International Airport — then a dim, decrepit facility, a far cry from the modern airport that it is today.

There was, at the time, a definite divide between West and East. The Soviet Union had crumbled only a year earlier, and Bulgaria, a satellite of the USSR, was reeling, politically and economically. Food and gasoline were in short supply and rationed. In the airport, which was hot and sti-



**SCOTT  
BRINTON**

fling without air conditioning, you realized fast that you were leaving behind the modernity of the West and taking a step back in time to a still developing nation.

Bulgaria, where I served two years as a Peace Corps volunteer, has since opened to the world and modernized. Its economy is now fully globalized. But I will never forget those first startling, heart-wrenching steps onto Bulgarian soil.

Recently watching the wonderful Apple TV+ series “Long Way Up,” with the hosts Ewan McGregor and Charley

Boorman, I was instantly taken back to that steamy June day in Sofia. For the series, McGregor, who played Obi-Wan Kenobi in the middle three “Star Wars” films, among many other roles, and Boorman, also an actor, rode custom-made Harley-Davidson electric motorcycles for 13,000 miles from Ushuaia (pronounced oo-SWAY-a), Argentina, practically the southernmost tip of South America, to Los Angeles in 2019.

Toward the end of the 11-episode series, as the pair pass from Mexico into the United States, the stark difference between the two countries is glaringly obvious. At the border, they meet refugees who had fled narco-violence and were camping out in makeshift tents, hoping, praying, to enter the U.S. It is a squalid scene, full of desperation. Then, after a bit of chaos at the border crossing, McGregor and Boorman appear, as if by magic, in America, and all is suddenly well as the two ride, surrounded by a pack of motorcyclists, into Los Angeles. The road is pristine. There is order, a sense of lawfulness.

“Long Way Up” shows us the clear socioeconomic differences between the U.S. and the nations south of its border. McGregor and Boorman never intended to play politics, they have said, but they show us the reasons why so many have

fled their homelands in South and Central America and Mexico in search of a better life in the U.S., despite the terrifying uncertainty of the journeys they must undertake. At the same time, our intrepid hosts show us the unwavering resiliency of people living on the edge.

**A** TV series reminded me of going from one world to another.

“Long Way Up” is a reality TV documentary that is one part travelogue and one part buddy film. It’s about the close friendship between McGregor and Boorman, but more so, it’s about their relationship to the road and the people they meet serendipitously and befriend along the way.

They ride through some of the most unforgiving regions of the Western Hemisphere — particularly in Peru and Chile, where they pass through the Andes Mountains and the Atacama Desert, which is so dry that NASA uses it for Mars simulation exercises.

Traversing treacherous terrain, the two fall off their motorcycles *a lot*, and stall occasionally. But they have a capable backup team in producers David Alexanian and Russ Malkin, who travel behind them, though far out of sight most of the time, in two 2.6-tonne Rivian electric pickup trucks.

They also bring three stellar videographers — Claudio von Planta, Jimmy Simak and Anthony von Sek — along for

the ride. With drones, the three capture the breathtaking beauty of the terrain through which the team travels.

“Long Way Up” is a perfect antidote for the pandemic cabin fever so many of us are feeling. The show is all about motion — moving from one stage of the journey to the next in rapid-fire succession. McGregor and Boorman never stop anywhere for long before they’re off to their next destination.

They linger only when they stop to promote projects undertaken by the United Nations Children’s Fund, ranging from providing schooling for Indigenous people previously denied an education to sheltering orphaned children fleeing violence. McGregor and Boorman have featured UNICEF projects in each of their three travel series — the first two were “Long Way Round” (from London to New York via Central Europe, Eurasia, Russia and Canada in 2004) and “Long Way Down” (through Europe and Africa in 2007). I never realized how much good UNICEF does around the globe. I had to make a donation.

“Long Way Up” offers lessons in geography and culture. More so, though, it is a lesson in basic humanity that I would highly recommend watching for yourself, along with its two companion series.

*Scott Brinton is the Herald Community Newspapers’ executive editor and an adjunct professor at the Hofstra University Herbert School of Communication.*

## 2020: What did you do while you waited?

**F**or me, the theme of 2020 has been *waiting* learning to wait, summoning the B (balance) C (courage) and D (determination) that Type A’s struggle to find.



**RANDI  
KREISS**

If someone had told me in February that I would wait months to see my children and grandchildren, that I would wait more than a year to score a Shake Shack burger, that I would wait, mostly in my home, to hug a friend . . . I would not have

found it credible.

Our collective big wait has been for a viable Covid-19 vaccine, and now that it’s here, we’re waiting for our turn in line. I remember when the Salk polio vaccine was administered in my public school in 1955. They told us kids to line up in size order in the cafeteria, and I knew I would be first. Now we wait based on other criteria: age and general health and value to the community as front-line workers.

We wait, too, on the political front.

Every process, from the Mueller investigation to the impeachment, to the election and now to the inauguration, has dragged out in agonizingly slow fashion. “Breaking news” generally means we will live with a story for countless days

and weeks with little or no resolution. The Trump presidency has forced us to learn patience. Some of us have been waiting for more than four years for the foolishness of the conspiracists and the racists and the ill-informed to be swept into the past. Now it seems more patience will be required.

As we wait, we hope this is the beginning of the end of the pandemic. It sinks in slowly that more than 320,000 of our fellow Americans have died in the past year from the disease. As we wait, we come to realize that many might have been saved if we had acted sooner. As we wait, we grieve the personal loss of friends and family and the suffering of 17 million who have struggled with the challenge of raising kids, going to work and getting health care while sick with the coronavirus.

There are epic stories of waiting. My

favorite is from the novel “Waiting,” by Ha Jinn, which won the National Book Award in 1999. Based on a true story, it recounts the life of an Army doctor in China who waits 18 years to get a divorce from his wife in their home vil-

lage so he can marry the woman he loves, a nurse who serves with him. While you’re waiting, you might give it a try.

How ironic that we are the children of the instant-gratification culture. From Amazon addiction to Door-Dash to the ability to connect to others in a heartbeat, we have been trained to be impatient. We expect immediate satisfaction of our needs. We impatiently waited to ride bicycles and then to drive cars and to graduate from schools, and we wait to get through treatments and to dance at landmark birthdays and anniversaries.

But 2020 pushed back. The demands of this year forced our attention outside ourselves. Think about this remarkable year, the year we hope to survive, the year we will never forget.

It is said that the lesson of nature is patience, as we wait for seeds to sprout

and babies to talk and trees to flower. During the days and weeks and months of waiting, we have become keener observers of smaller things. When you are homebound forever, you notice fluttering red wings outside the window that never caught your eye before. You take the many hours of a day to put together the ingredients of bread, feeling the stretch and pull of the dough because you actually have time to think about it.

For women, the iconic wait of our lives is pregnancy, the time we go inward and focus attention on the seed of life growing inside. The young women I know who have had babies this year seem more intensely focused on this life event, more careful, and now they are waiting patiently to introduce their new children to the world outside and to other people. For many toddlers, life has been confined to rooms. We are all waiting for them, and the teenagers, to bust loose.

I have tried to find music and art and conversation to get me through. But I am desperately awaiting 2021. I want to quietly close the book on 2020 and leap into a fresh new year.

*Copyright 2020 Randi Kreiss. Randi can be reached at randik3@aol.com.*

Established 1991  
Incorporating  
Gold Coast Gazette

**LAURA LANE**  
Senior Editor

**MICHAEL CONN**  
Assistant Editor

**JUDITH RIVERA**  
**ANGELA CALVO**

Advertising Account Executives

**OFFICE**

2 Endo Boulevard  
Garden City, NY 11530

Phone: (516) 569-4000

Fax: (516) 569-4942

Web: glencove.liherald.com

E-mail: glencove-editor@liherald.com

Twitter: @NSHeraldGazette

Copyright © 2020

Richner Communications, Inc.

**HERALD**

COMMUNITY NEWSPAPERS

Robert Richner

Edith Richner

Publishers, 1964-1987

**CLIFFORD RICHNER**  
**STUART RICHNER**  
Publishers

**MICHAEL BOLOGNA**  
Vice President - Operations

**SCOTT BRINTON**  
Executive Editor

**JIM HARMON**  
Copy Editor

**CHRISTINA DALY**  
Photo Editor

**TONY BELLISSIMO**  
Sports Editor

**KAREN BLOOM**  
Calendar Editor

**RHONDA GLICKMAN**  
Vice President - Sales

**ELLEN REYNOLDS**  
Classified Manager

**LORI BERGER**  
Digital Sales Manager

**JEFFREY NEGRIN**  
Creative Director

**CRAIG WHITE**  
Production Coordinator

**CRAIG CARDONE**  
Art Director

**DIANNE RAMDASS**  
Circulation Director

**HERALD COMMUNITY NEWSPAPERS**

Baldwin Herald  
Bellmore Herald Life  
East Meadow Herald  
Franklin Square/Elmont Herald  
Freeport Leader  
Glen Cove Herald Gazette  
Long Beach Herald  
Lynbrook/East Rockaway Herald  
Malverne/West Hempstead Herald  
Merrick Herald Life  
Nassau Herald  
Oceanside/Island Park Herald  
Oyster Bay Herald Guardian  
Rockaway Journal  
Rockville Centre Herald  
South Shore Record  
Valley Stream Herald  
Wantagh Herald Citizen  
Sea Cliff/Glen Head Herald Gazette  
Seaford Herald Citizen

**MEMBER:**

Local Media Association  
New York Press Association  
Published by

Richner Communications, Inc.  
2 Endo Blvd. Garden City, NY 11530  
(516) 569-4000

# HERALD EDITORIAL

## It's time for renewed vigilance over the virus

**T**he Food and Drug Administration last Saturday issued an emergency-use authorization for the Moderna Covid-19 vaccine, which is administered in a series of two shots one month apart. Announcement of the EUA came after a whirlwind week of media coverage following the EUA for the Pfizer vaccine.

We can only say bravo to the vaccine researchers who developed these two treatments at breakneck pace, taking months to produce what, in the past, has taken years. The science behind the vaccines seems futuristic, but it's very much in the here and now. Both use genetic material, rather than the virus itself, to trigger an immune response by the body.

Amid the jubilation that so many of us felt as the vaccines were rolled out,

new Covid-19 cases — and deaths — continued to skyrocket. On the same day that the EUA was issued for the Moderna vaccine, the U.S. recorded more than 250,000 new cases — more than on nearly any other day since the coronavirus was first reported here in early March. That same day, some 2,800 people died of the virus. The day before that, nearly 3,300. The day before that, 3,600.

We would be foolish to believe we are seeing the light at the end of the tunnel. It will be months before we understand the true effect of the vaccines. The coronavirus became so widespread in the U.S. that it is now ubiquitous across the land, and is truly inescapable, except through mask wearing and social distancing.

We cannot believe that we can, at this moment, magically return to normal life

— to our holiday gatherings, full of family members and friends. We are a long way from that.

We are not likely to begin a staged return to our pre-pandemic lives until we see a precipitous drop in the infection and death rates, which Dr. Anthony Fauci, the federal government's leading infectious disease expert, warns could come in April, at the earliest.

Over the weekend, we also received word from Great Britain that the coronavirus may have mutated into a new strain there, causing countries around the globe to ban travel from the United Kingdom in the hope of stopping the spread of the mutated virus.

No, this is no time for apathy. It is a time of hope, yes, but we must not be lulled into a false sense of security. We've been down that road before.

## Finally, Congress offers relief

**A**t long last, Congress members agreed on a \$900 billion Covid-19 relief package that will, we hope and trust, bring desperately needed aid to Americans reeling from the continuing coronavirus crisis.

We are closing in on 10 months since the start of the pandemic in the U.S., and job losses remain unacceptably high. The national unemployment rate was 6.7 percent in November, but without the relief package, it could have climbed back up into the double digits.

The unemployment rate peaked at nearly 15 percent in April before drop-

ping steadily in the following months, though the pace of job creation has slowed since September. By infusing another \$900 billion into the economy, lawmakers hope to stabilize many of the small and medium-sized businesses that are on the edge of collapse, while continuing to drive down the unemployment rate.

We can only say, it's about time, and what took you so long? Providing relief to the American people at such a dire time should have been a bipartisan no-brainer, but instead it became a protracted battle of political wits that bene-

fited no one, most especially the American worker.

The new aid package will provide a \$300-per-week supplemental job loss benefit and, for most Americans, a \$600 direct stimulus payment. As President-elect Joe Biden noted, such a package is a good start, but more will be needed if the pandemic carries on longer than expected.

That is why it's about time that members of Congress set aside their partisan differences and stop playing games with the health and welfare of the American people.

## LETTERS

### Remembering pets in verse

To the Editor:

Reading Randi Kreiss's column about the end of life of her daughter's dog, and Randi's tribute with Mary Oliver's poem, reduced me to tears ("Saying goodbye to a force of nature on four paws," Dec. 10-16). It really hit home, and was so well written. This year I had to put my 17-year-old cat to sleep, so I'll share my poem.

Mittens

Such a small loss  
Amidst overwhelming chaos.

Such a minor tragedy  
In this present time of losses.

Does the weight of a dying cat  
Equal one pound of human flesh?

How does one measure a life so small



# OPINIONS

# Our promise to never forget means we must wear our masks

I want you to remember waking up on the morning of Sept. 12, 2001 — that is, if you had slept at all the night before. Recall how you felt about your country, your neighbors, and especially our lion-hearted first responders, whose bravery, selflessness and sacrifice we promised never to forget. Remember how you felt in the weeks and months



**SARA DIRECTOR**

that followed, when first responders and volunteers from Long Island and throughout the nation gathered at ground zero to search for survivors and victims and start the difficult task of rebuilding.

We were rightly in awe of our first

responders, mourning those who had laid down their lives for us, and profoundly moved by their devastated brethren, who spent months digging through the rubble, atop a smoldering pile of pulverized concrete and glass, dioxin, PCB, benzene,

asbestos and other deadly toxins. There was nothing we would not do for them.

Those first responders, and indeed the downtown community of office workers, students, construction workers and residents who returned after the attacks, are now disproportionately filling operating rooms, chemotherapy rooms and oncologists' offices. They are struggling to breathe, fighting cancer, fighting lung disease, fighting for their lives. Since 9/11, 68 cancers have been linked to the toxins, as well as numerous respiratory diseases.

Today, the 9/11 community is in the grips of a health crisis. We have lost more people to diseases that arose in the aftermath of the attacks than we lost that day.

What does our promise to Never Forget require of us now? The answer is simple: wear a mask.

Many members of the 9/11 community have compromised immune systems and serious co-morbidities that make them especially vulnerable to the effects

of Covid-19. The men and women who sacrificed so much for us, who rushed to answer the call and who eventually rebuilt New York City's financial heart, are all around you. They are behind you at the supermarket, picking their kids and grandkids up from school, on your train, on your bus — they are every-

where. Yet if you just look at them, they are unidentifiable. You may not know that your child's teacher taught in a school in Lower Manhattan on Sept. 11 and now, as a result, suffers from chronic asthma. Or that your co-worker was a volunteer firefighter who answered the call of duty on 9/11, eventually resulting in a diagnosis of lung cancer.

If today were Sept. 12, 2001, and Long Islanders

were asked to wear masks to protect the 9/11 community from the spread of a virus, we would not hesitate. We would wear our masks with pride — pride for those first responders, and pride for our country. And we would be proud of our-

selves, for coming together and protecting those who protected us.

Whether you're a Republican, Democrat or Independent, we are all Long Islanders. Whether you believe that masks can stop or help slow the spread of the coronavirus or not, we are all Long Islanders. Whether you are a member of the 9/11 community or not, we are all Long Islanders.

And we now have an opportunity to demonstrate the same unity we did 19 years ago, by following the safety precautions recommended by public health officials: wearing masks, socially distancing, washing our hands frequently and staying home when we're not feeling well or showing any symptoms of Covid-19.

We can protect our families and communities, particularly those with pre-existing conditions, and we can and will crush this virus. The 9/11 community did its part. It is time for us to do ours.

Never Forget.

*Attorney Sara Director, a native of Glen Cove who now lives in Locust Valley, is a partner at Barasch & McGarry, which has represented more than 20,000 9/11 first responders and survivors.*

# LETTERS

In the huge universe?

Can the tiny paw petting my arm  
Or her face tilted to mine

Be important enough to earn one day  
Of mourning among a year of lamentations?

These questions hang in the air,  
The answer written in tears.

EVERLYN KANDEL  
*Nassau County poet laureate  
Glen Cove*

# Stop the LIRR's fare hikes

To the Editor:

The Metropolitan Transportation Authority is planning to raise fares yet again, during a global pandemic, no less. Just as we return to work and our daily commutes on the Long Island Rail Road, the MTA plans to ask us to cough up even more cash to take the train each day.

That's unacceptable and unconscionable. We need to fight back and make sure the MTA rejects its wrongheaded plan.

The MTA needs help from Washington, but it also must make the tough, necessary choices to trim fat, cut waste and deter fraud. But fare hikes always seem to be its answer, no matter the problem, or the decade, or whether service is good or bad.

The cost of a monthly pass from any of our communities to Penn Station over the past two decades has doubled, far outpacing the rate of inflation. Indeed, a monthly pass that sold for roughly \$150 in 1999 now costs nearly \$300. What's more, hiking the cost of an LIRR ticket at this juncture would do nothing to boost ridership, and frankly could dissuade

# FRAMEWORK by Alyssa Seidman



Read all about it! — Merrick

many commuters from coming back. Now is the worst possible time to contemplate yet another fare hike, when trust in public transit is low.

I spoke out at a recent hearing against the fare hikes, but when we speak loudly with one voice, we can accomplish anything. So please log on to <http://bit.ly/fightthefarehikes> to submit your testimony to the MTA in opposition to its

proposal to charge us more for an LIRR ride. Together we will fight the fare hikes, and work toward fairness and affordability for Long Islanders.

TODD KAMINSKY  
*State senator, 9th District*



**ENCORE**  
LUXURY LIVING

A SENIOR RENTAL COMMUNITY

# WARM HOLIDAY WISHES

FROM ALL OF US AT ENCORE LUXURY LIVING

---

Elegant apartments, exquisite dining venues, exceptional amenities and impeccable service all set the new standard for senior living on Long Island. Live a life well-deserved at Encore Luxury Living.

Live year-round, or take advantage of our short-term stay options. Fully furnished turnkey apartments are available for both.

**CALL FOR MORE INFORMATION  
OR TO SCHEDULE A TOUR**

516.271.4488  
encoreluxuryliving.com  
300 Jericho Turnpike, Jericho, NY 11753



AN ENGEL BURMAN COMMUNITY



Equal Housing Opportunity