

CORONA VIRUS
COMMUNITY UPDATE
 Infections as of Feb. 14
3,093
 Infections as of Feb. 8
3,005

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Thanking DPW for snow removal
 Page 18



St. Patrick's Day parade canceled
 Page 18



Christina Daly/Herald

How to satisfy a sweet tooth

Kristan Newman, a co-owner of Wonderful Wedding Cakes, put the finishing touches on one that was for Valentine's Day as well as a birthday. Story, Page 3.

Young chef joins his elders on YouTube

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

"What's cooking, everybody? This is Chef Panagiotti, and today we're making chicken Parm with spaghetti," 10-year-old Panagiotti Karathanasis of Glen Cove said as he introduced his YouTube video "Chicken parmigiana with salad, garlic knots and ice-cream."

This video was like no other. The young chef, who has been cooking an array of foods, from octopus to chicken potpie, from Greek recipes to desserts, on his YouTube channel, "Chef Panagiotti Karathanasis," has garnered almost 2,000 subscribers. For the video, he teamed up with chefs from well-known restaurants across the city to make a classic chicken Parmesan.

Jeanine DiMenna, from the View Grill; Michael Lezamiz, from Amalfi Pizzeria and Restaurant; and John Zozzaro, of Downtown Café, were among the 10 participants in Panagiotti's video. Each had a specific task, with a "passing of the spoon" —

sautéing the onions and garlic, breading the chicken, adding the sauce or preparing the salad, garlic knots and ice cream that accompanied the meal.

"I had notes on who was doing what, so each chef, they had already prepared their part," said Panagiotti's mother, Stacy Karathanasis, who has been helping her son with his cooking videos since last spring. "... When they were finished, the next chef took over and did their part. Like the sauce — it was already made at the Downtown Cafe."

Once Stacy finished recording, she combined the clips to create an interactive experience for participants and viewers. "She's great with that," DiMenna said. "She did a fantastic job. She had a vision and she just ran with it."

Even though the chefs couldn't be in the same room together, they were making the same meal, which happens to be Panagiotti's favorite dish to order at an Italian restaurant (along

We want to see each other succeed.

JEANINE DIMENNA
 The View Grill

CONTINUED ON PAGE 2

Fundraiser for NOSH, N.S. Soup Kitchen a success

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

In keeping with Valentine's Day, area residents had the chance to express their love for one another at a fundraiser called Share the Love on Feb. 14. Held on Zoom, it benefited NOSH, a program of the North Shore Soup Kitchen, and collected over \$3,500. "It was magical,"

said Stephanie Sobel, a producer of the event.

NOSH, an organization that feeds approximately 600 families a week in Bayville, Glen Cove, Glen Head, Lattingtown, Locust Valley and Sea Cliff with emergency meal kits called NOSH bags, has been serving the North Shore since last March. The North Shore Soup Kitchen, originally housed at First Baptist

Church of Glen Cove but now operating in the Church of St. Rocco in Glen Cove, "adopted" NOSH as its program in last July.

"I think redefining love is really important," Courtney Callahan, a founder of NOSH, said. "NOSH is built on friendship. It's knowing how to walk in someone's shoes."

Share the Love didn't just cel-
 CONTINUED ON PAGE 4

Ask The Expert: Jenna Williams



One common hurdle in the house hunting process is a lack of vision. Too often I have clients who cannot see past the current aesthetic of the home – and really, the taste of the current owner. A helpful exercise is to walk around and imagine the walls empty and white. A blank slate that invites creative ideas.

Art and design elevate our living spaces into some combination of what we find beautiful, comforting and interesting. Whether you are looking to maximize your sale, adorn your new home, or want to reimagine an existing space, here are a couple of helpful tips:

Choose something that speaks to you personally.

Art, furniture, tiles, lighting. Do not get caught up in trying to fit within a theme or match other elements. Bold and unexpected choices will make your home striking and personal. I've seen houseboats that are more beautiful, memorable, and inviting than overly designed, massive houses simply because they incorporate personal touches.

Consider scale.

A large art piece or mirror can make a statement and become the focal spot of a room. A collection of small light fixtures can add dimension and interest. A mosaic tile adds texture.

Use your experiences to inform your design decisions.

Travel has always been a personal source of inspiration. On a recent trip to Mexico City I saw amazing street art and started following the artists on Instagram. I have since purchased an enchanting piece and cannot wait to figure out how to incorporate it into our space.

Art and design do not have to be intimidating – not with all of the amazing resources out there. For me, [artsy.net](https://www.artsy.net) is a fantastic resource that provides access to a whole world of galleries and artists at a range of price points. Consider tapping your own community for artists – local stores and galleries are a great place to find pieces that will add character to your home while supporting your new community. In the end, if you love a piece it will fall into place!

For questions regarding the current real estate market please feel free to reach out to me at: JennaWilliams@Branchreg.com



203 Glen Cove Avenue • Sea Cliff
516.671.4400
www.branchreg.com

1120997

Chicken Parmigiana with Salad - Garlic Knots and Ice-Cream



Photos courtesy Stacy Karathanasis

CHEFS FROM GLEN Cove restaurants were featured "passing the spoon" with Panagiotti Karathanasis.

Young Glen Cove chef teams up with elders for YouTube video

CONTINUED FROM FRONT PAGE

with penne alla vodka).

The finished product, Glen Cove's chicken Parmesan, was very good, he said.

"When the video was completed, he was so excited," his mother said. "He gave me a hug, and the excitement on his face makes me [want to] go on and . . . make more of these, make him more happy, and it was so good to see everybody's response."

The video featured appeals from the participating chefs, telling viewers about the struggles that restaurateurs have faced through the pandemic and emphasizing that they were still here, providing safe takeout, delivery and even dine-in service.

"All the people in that video, we all care about each other and help each other, and most of us have been here a long time and we all support each other," DiMenna said. "We want to see each other succeed. The community is small. We've all gone to school together, at least had interactions together."

Seeing himself working with chefs from restaurants he's been going to his whole life was exciting, Panagiotti said. His mother said that his fellow chefs were happy to take part in the video, which not only promoted their businesses and the importance of supporting local restaurants, but also helped support the dreams of a young chef.

"I felt really excited about it," DiMenna said. "He's a great kid. He's very passionate."

Mario Bencivenni, the owner of Delicious Pizza, said he was a bit camera shy, but he didn't want to turn down the chance to be a part of something so special for the community, and for Panagiotti. "I think it's



PANAGIOTTI KARATHANASIS, 10, has been cooking creatively since last spring, teaching viewers on YouTube a variety of recipes.

great he's having fun with food," Bencivenni said. "It's something he can do with his hands, and it comes from the heart. He likes what he's doing."

"He's doing something creative," DiMenna said. "He's using his mind. He's using his hands. He's making things. He's really taking the bull by the horns. He's serious, at [10 years old]. It took me to about 14 until I knew what I wanted to do."

Since the video came out on Jan. 27, DiMenna has collaborated with Panagiotti to make a "golden meal," with a 24-karat gold-leaf-encrusted steak, baked potato and beets, in another YouTube video.

"I think he has an army of chefs behind him that are going to do everything they can for him and teach everything they can

to him, all the things they've learned and I've learned," DiMenna said. "Pass it on."

Making cooking videos has been a way to stay positive in a challenging time, both mother and son said. "I had no idea what was going on because we were so busy with our videos," Stacy said. "The cooking, how we were going to put the videos together, the setup, getting everything ready for the videos. It kept us busy, and that was a great thing during this difficult thing."

She promised that there's more to come. Panagiotti will be creating his own recipes, and more videos with local chefs. Find him, and all his cooking videos, on Facebook, at <https://www.facebook.com/cookingwithpanagiotti>.



Photos by Christina Daly/Herald

KRISTAN AND HER wife Jennie make more than wedding cakes. Recently they made cookies that looked like soccer balls for a drive by birthday party.



CO-OWNER OF WONDERFUL Wedding Cakes Jennie Newman, said she envisions what a cake will look like before decorating.

Wonderful Wedding Cakes honored: Best of Long Island

By **LAURA LANE**

llane@lherald.com

Dawn Pologruto said she was desperate. Her 3 year old son was allergic to raw eggs and his birthday was approaching. How could she order a cake and not allow the birthday boy to have a taste? Wandering into Locust Valley's Wonderful Wedding Cakes, she asked co-owner Kristan Newman if she could help.

"She was so kind," said Pologruto, who lives in Laurel Hollow. "Kristan really is a wonderful person. She made a cake for us without eggs and it was delicious."

Wonderful Wedding Cakes won first place in Bethpage Federal Credit Union's Best of Long Island in the category of Best Wedding Cakes for 2021. The competitive business awards program accepts votes cast by the public for their favorite people and businesses.

This isn't the first win for the custom cake shop. Wonderful Wedding Cakes was also awarded second place in 2012 and first in 2013, 2014, 2015 and 2016 for Best Wedding Cakes.

Specializing in couture cakes, cupcakes, cake pops and favors made to order, the custom cake shop only uses the finest imported chocolates and natural ingredients in its baking, which is always from scratch. A limited number of orders are booked each week so every cake can receive the individual attention to detail it deserves. And Kristan, 41, strongly believes that every cake should taste as good as it looks.

There are photographs on the Wonderful Wedding Cakes website of beautiful wedding cakes with all types of trimmings and simpler cakes too. Customers tend to return, said Kristan, 41.

For eight years, she and her wife Jennie Newman, 43, have continued to make cakes for the Pologruto family.



CO-OWNERS OF WONDERFUL Wedding Cakes Kristan, left, and Jennie Newman won first place in Bethpage Federal Credit Union's Best of Long Island in the category of Best Wedding Cakes.

One year Dora came in cake-form to one of the children's birthday parties, as did Super Mario a few years later. The three Pologruto children have had magical birthday parties each year, which is all due to the Newmans, Pologruto said.

"Kristan has made so many cakes for us," Pologruto said. "She makes all of my children's favorite characters."

Kristan's love for cake design began when she attended Glen Cove High School. She worked at the local Carvel, where the manager immediately recognized Kristan's talent. She loved the job so much that she continued to work there once she attended Johnson and Wales University in Providence, R.I., driving home on the weekends.

"They let me do what I wanted," she

explained. "I would make little snowmen for the flying saucers and made all kinds of decorations on the ice cream cakes. They got fined, but the owner paid it because I got him so much business."

After earning an associate degree in baking and pastry arts, Kristan returned to Glen Cove and started working at Kakes By Karyn in Glen Head, first as the assistant pastry chef and later, as executive pastry chef.

When Kakes By Karyn closed in 2002, Kristan was hired at the Metropolitan, a wedding venue in Glen Cove, as its executive chef. She met Jennie in 2007 and fell in love. The couple, who live in Glen Cove, married in 2011.

Kristan asked Jennie, whose background was as a makeup artist, to help

her at the Metropolitan in 2010. It was around that time that Kristan said she began to dream of owning her own cake shop.

Jennie liked working at the Metropolitan. "It was second nature to me," she said. "Cake decorating is very different than makeup, but it's very creative and I get to sculpt."

Admitting that she always liked playing with Play Doh, Jennie compared cake decorating to her childhood passion. Soon she cut her hours working in the makeup industry to be at the Metropolitan more often.

When the couple opened Wonderful Wedding Cakes in 2014 they were busy, since they had a dedicated following at the Metropolitan. They are also able to obtain many new customers from word of mouth and social media, Kristan said.

The couple work well together, both said. "It's easy to do this because we get along," Jennie said. "We don't even have to talk sometimes because we know what the other person is thinking."

Kristan bakes everything and decorates the buttercream cakes and Jennie decorates the fondant orders. Both said they put a great deal of thought into what they create.

"I think a lot about a cake before I start," Kristan said. "I consider what the cake should feel like. I enjoy the creative aspect of this, taking someone's idea and creating a cake based on the theme of their event. Sometimes people come in and know what they want but the best cakes come out when I have full reign of the cake."

Jennie said she too thinks before she begins to decorate. "When someone tells me of their idea I make a scene in my head and I make the details, like little flowers," she said. "I prefer to work my own idea, for someone to let me do what I want. People usually love what I make."

Wonderful Wedding Cakes

296 Forest Ave., Locust Valley

(516) 671-6932

www.wonderfulweddingcakes.com

An event by the community, for the community

February 18, 2021 — GLEN COVE HERALD

CONTINUED FROM FRONT PAGE

celebrate the work that NOSH volunteers have been doing throughout the pandemic. It was an opportunity to celebrate the musical and artistic talents of the community, and feature more than 30 local musicians and artists.

"All of this was just way beyond anybody's expectations," said Sobel. "I think it really was the power of a caring community that is seeking to collaborate creativity to make a difference."

Callahan said she was "blown away" by the talent and kindness in the community, adding that the camaraderie is something she believes is rare. "They all did it for love," she said. "They're sharing their gifts for people who are vulnerable and scared. It's scary not being able to have enough money left over for food."

A video slideshow featured paintings, drawings, sculptures, photography and other works of art. It was accompanied by local musicians playing and singing "Get Together," by the Youngbloods.

"People were so willing, even though all of these people have a full schedule," Sobel said. "Everybody is from the community that North Shore Soup Kitchen serves, so everyone feels connected."

Local musician Frank Ferrara directed the music portion of the video and Roger Street Friedman did the sound mixing. Victoria Chong edited it, and Tracy Warzer and Kathleen DiResta helped integrate the art into the video.

DiResta pointed out that the fundraiser did more than raise awareness and support NOSH and the North Shore Soup Kitchen. It also provided local artists and musicians with an opportunity to share their creative skills with a wider audience.

"This was a community love project," said Warzer. "We're all friends. Everyone involved in the project knows each other. I think, above anything else, it's an example of community-building and how people can pool their energy for a good cause to make a difference."

Sobel and Callahan agreed that despite the fact that everyone was watching the event separately, from their homes, they felt a sense of unity in the art and the music, and the desire to make sure that no one in the community goes hungry.



Courtesy Stephanie Sobel

THE BAND PEACELOVE, comprising, from left, Frank Ferrara, Stephanie Sobel, Lori Spielberger-Klein and Stephen Gronda, was featured in the "Share the Love" video.

"Having delivered food myself for so long, I can tell you we deliver food to people who aren't very far from our homes, or down the hill in Glen Head, in Sea Cliff," Callahan said. "The thought of not befriending them makes no sense."

State Assemblyman Charles Lavine, Nassau County Legislator Delia DeRiggi-Whitton, Glen Cove Councilwoman Marsha Silverman and Sea Cliff officials were listening in, Sobel said, joining an audience of roughly 150 people.

The idea of a Share the Love fundraiser began to formulate as she practiced with her band LovePeace, she explained. "We really couldn't perform, and we were practicing, and the song 'Get Together' came to mind, [which is] so inspiring," Sobel said. "We started to think about what we could do to help."

She and her bandmates had performed at an event for the North Shore Soup Kitchen at the K. DiResta Collective in the past, she said, which was when they became acquainted with the organization. "Two of us went to go see what they were doing over there at St. Rocco's, at

NOSH," Sobel said. "We were just inspired, and said, 'Wow, this is really great. Let's do something wonderful.'"

As word of a virtual concert spread through the community, Warzer suggested including art in the virtual display. She also came up with the name for the event. Then other community members, along with volunteers from NOSH and the North Shore Soup Kitchen, formed a group to meet virtually to plan it.

"It was amazing how all these really talented people just want to help," Sobel said. "Everybody wanted to do something to help to make it more effective, to lend their creative talent."

The artwork that was featured in the slideshow is now on display and for sale at K. DiResta Collective, 212 Sea Cliff Ave. in Sea Cliff. All the proceeds will go to NOSH.

"Sharing the love," Sobel said, "is really what it's about."

Visit www.Facebook.com/NOSH.NorthShoreFoodHelp/ for more information about NOSH and the Share the Love event.

CRIME WATCH

Arrests

- On Feb. 10, a 47-year-old Glen Head male was arrested for aggravated harassment in the second degree on Chestnut Street.
- On Feb. 12, a 30-year-old Glen Cove male was arrested for criminal mischief in the third degree on Bella Vista Avenue.

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

Good Shabbos, Long Island!

Friday Feb 19
Candle lighting 5:16
Torah reading: Terumah
Shabbos ends 6:26

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Jennifer Corr/Herald

THOSE WHO WILL be honored at the Glen Cove Downtown BID annual meeting have gone the extra mile in helping local businesses stay afloat during this pandemic.

BID to honor four business advocates at annual meeting

The past year has been hard on local businesses in the downtown area, but the Glen Cove Downtown Business Improvement District has continued to promote support of the local economy and found ways to bring people safely downtown throughout the pandemic.

The BID will hold their annual meeting virtually on Feb. 22, at 6:30 p.m. over Zoom, inviting the community to join in for an opportunity to learn more about what it did for the community in 2020, and what the BID's plans are for the coming year.

The meeting will also include guest speakers U.S. Congressman Tom Suozzi, Nassau County Legislator Delia DeRiggi-Whitton and Glen Cove Mayor Timothy Tenke. The BID Executive Director Patricia Holman will provide a review of the Downtown BID's special events, capital improvements, economic developments, marketing and financial summary of 2020.

Naturally, last year looked quite different from a typical year, Holman said. "We had to put more emphasis on advocating for our businesses during the pandemic," she explained. "This included finding a resource for funding, initiating street closures to extend outdoor dining for our restaurants, making sure the businesses had information about funding and the pandemic immediately and simply, but almost most importantly, letting them know that the BID is there for them."

Holman said she is proud of the downtown businesses and how they've helped each other transform how they conduct business. Those who will be honored at the annual meeting have gone the extra mile in helping local businesses stay afloat during this pandemic, Holman said.

In addition to the annual report, several people will be honored during the meeting for their dedication over the course of the pandemic. The BID will honor Fred Guarino, owner of Tiki Recording Studio; Matt Nartowicz of American Community Bank; Councilwoman Danielle Fugazy-Scagliola, who owns a business downtown; and John Zozzaro, owner of The Downtown Café.

Holman said that the Downtown Sounds Committee did not want the downtown to go without music over the summer, so they discussed making it virtual. Guarino made

this a realization, and the BID brought live music – via livestreaming and television monitors – to the streets of downtown in July.

Nartowicz of American Community Bank "came to the rescue of many of our downtown businesses," said Holman, to help them receive the Paycheck Protection Program funding.

"It was clear early on that many of our small businesses were going to be left out of the PPP funding," Holman said. "Not only did Matt help with these applications, but helped these businesses within days, and for some businesses, within hours."

Holman said that from day one, Fugazy-Scagliola voiced her concern over what was happening to the downtown businesses and was willing and ready to help where she was able.

"As she was dedicating time at the Glen Cove food bank, she was on call for the BID whenever we needed something for our downtown businesses," Holman said, noting that Fugazy-Scagliola helped with the BID's proposal of closing the streets for the downtown restaurants, lighting up School Street with string lighting, bringing Santa Claus to the annual Holiday Festival and parking regulations for the Brewster Street garage.

Holman said that Zozzaro was also very helpful with the street closings to allow for outdoor seating and getting the string lights for School Street. He found ways to not only help his own restaurant survive, but provided support for others.

"During the pandemic, John evaluated the situation and thought outside the box to ensure that his restaurant survived," Holman said. "Each and every time John did something for his restaurant, he shared his knowledge with neighboring restaurants. It was through John's insightfulness that he and I met with Legislator Delia DeRiggi-Whitton regarding the exorbitant fees that third party delivery services charge to restaurants that are struggling during the pandemic. John has always proven to be available and lend a hand for the betterment for our downtown."

To attend this BID event via zoom please go to www.glencovedowntown.org and RSVP to the invitation.

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The IAC is saluting our founder Ms. Rhoda Finer



Member Agencies of the Month:



North Shore Historical Museum



St. Paul's Episcopal Church



Tiegerman School



City of Glen Cove

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COMMUNITY UPDATE

Thursday, Feb. 18

Stress management seminar

Virtual seminar from the Oyster Bay-East Norwich Public Library at 7 p.m. Presented on behalf of Assemblyman Michael Montesano, there will be a virtual stress management seminar. For more information, visit www.oysterbaylibrary.org or call (516) 922-1212.

Friday, Feb. 19

'Winter Birds Walk & Bird Feeders'

Garvies Point Museum and Preserve, 50 Barry Drive, Glen Cove at 11 a.m. and 1 and 3 p.m. Learn about interesting adaptations as participants discover resident birds who live at the preserve all winter long. Participants will also learn how to attract birds to ones yard using birdfeeders. Included with museum admission; adults for \$5 and children from 5 to 12 for \$3. Free admission for members. Event recommended for ages 5 and up. For more information, visit www.garviespointmuseum.com or call (516) 571-8010.

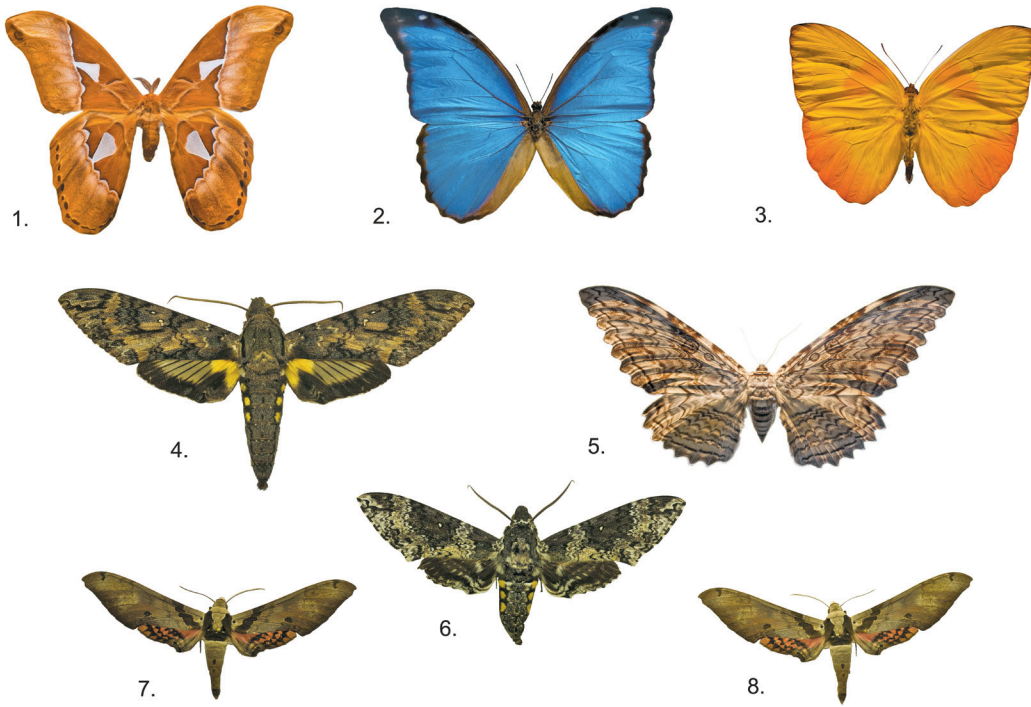
Saturday, Feb. 20

Geology preserve and beach walk

Garvies Point Museum and Preserve, 50 Barry Drive, Glen Cove at 10 a.m., 12 and 2 p.m. The beach at Garvies Point Museum and Preserve is an unaltered, natural beach with fascinating local geology. Included with museum admission, which is \$5 for adults and \$3 for children 5 to 12. Free admission for members. Recommended for children 6 and up. For more information, visit www.garviespointmuseum.com or call (516) 571-8010.

Family yoga with Yogi Beans

Planting Fields Arboretum, 1395 Planting Fields Road, Oyster Bay from 11 a.m. to noon. Bring the family to experience movement and meditation at Coe Hall. Partnering with Yogi Beans, Planting Fields is introducing an immersive, all-levels yoga class for parents and children ages 3 to 10. Bring mats and



Wilfredor via Wikimedia Commons

'Spectacular Nature: Butterflies & Moths'

Virtual lecture through the Glen Cove Senior Center on Feb. 25 at 3:30 p.m. Steve Fratello will show his collection on rainforest butterflies and moths, many of which were collected during his expeditions. The SAGE Foundation is sponsoring this event. Watch the event live at www.facebook.com/GCSeniorCenter. Call (516) 759-9610 for more information.

blankets to class. Mats must be socially distant and masks are a must. General admission for children is \$12 and \$20 for adults. Cost for members is \$10. For more information, visit www.planting-fields.org or call (516) 922-9210.

Saturday evening social

Virtual event from the Sea Cliff Wine, Beer and Food Social Club at 7 p.m. Join wine, beer and food-loving neighbors via Zoom for a night of fun. No cost. To join, visit www.meetup.com/Sea-Cliff-Wine-Beer-Food-Social-Club. For more information, call (303) 842-0474.

Monday, Feb. 22

'History of Jews in New York City'

Virtual lecture series from the Holo-

caust Memorial & Tolerance Center of Nassau County from 7 to 8 p.m. Museum and Programming Director Dr. Thorin Tritter will focus on the history of Jewish people in New York City. Tritter will explore the work and other aspects of life for immigrants in the Jewish Lower East Side. Cost is \$10 for non members and free for members. For more information, visit www.hmtcli.org or call (516) 571-8040.

Virtual bingo for all

Virtual bingo hosted by the Glen Cove Senior Center from 7 to 9 p.m. This event is free. To play, visit www.glencoveathome.com or call (516) 759-9610 for information.

Tuesday, Feb. 23

Savvy social security planning

Virtual program from the Glen Cove Public Library at 7 p.m. Baby Boomers are realizing that their time to collect Social Security is coming soon - and the decisions made now can have an impact on the amount of benefits one may receive. Join Evan Levy from Nest-Egg Advisors to learn how to maximize benefits. Register online at www.glencovelibrary.org or call (516) 676-2130 for more information.

Wednesday, Feb. 24

A canister of Zyklon B

Virtual "Curator's Corner" from the Holocaust Memorial and Tolerance Center of Nassau County from 12 to 1 p.m.

Dr. Thorin Tritter, HMTCL's museum and programming director, will talk about the poison that was used by the Nazis to murder millions in the gas chambers of German killing centers. This is a free event. For more information, visit www.hmtcli.org or call (516) 571-8040.

'Minecraft Mania'

Virtual program through the Bayville Free Library on Feb. 24 from 4 to 5 p.m. for ages 8 to 12. Go on a Minecraft adventure over Zoom. Register for the event on www.bayvillefreelibrary.org or for more information call (516) 628-2765.

Thursday, Feb. 25

Virtual play time

Virtual play time for children ages 18 months to 5-years-old from the Gold Coast Public Library at 10 a.m. Time For Kids will leads children and their parents/guardians though an educational experience that will help children gain school readiness and developmental growth skills. For more information, visit www.goldcoastlibrary.org or call (516) 759-8300.

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

5 things to know about your town

- Nassau County taxes extended to March 12.
- North Shore School District BOE Budget Review on Feb. 25 at 7:45 p.m.
- Sea Cliff Zoning Board of Appeals meeting on Feb. 24 at 7 p.m.
- Emergency Glen Cove Council Meeting and Pre-Council Meeting March 2 at 7:30 p.m.
- Town of Oyster Bay has introduced walk up services for Building Department.

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Be good to your heart

Don't miss a beat for cardiovascular health

February is about far more than conversation hearts and romantic rendezvous: the month of love also marks American Heart Month, which calls major attention to heart health. And for good reason: as the fifth largest and most important organ in your body, your heart beats a hundred thousand times a day, pumping blood to all of your organs and enabling you to perform everything from driving a car to performing downward facing dog. In other words, when your heart is in jeopardy — of the physical sort, mind you — so is your life.

Indeed, heart disease — which affects more than 43 million American women per year — is the number one killer in both men and women, rendering it a greater hazard than breast and prostate cancer.

While genetics may play a role in your predisposition to heart disease, a quarter of deaths from cardiovascular failure are preventable. Lifestyle changes can reduce your risk of heart disease by a whopping 80 percent. What's more? Key tweaks to your daily activities allow for a richer, more fulfilling existence.

Here are some leading changes you can implement today to keep your ticker safe tomorrow.

Skip the pasta

Italian might be more your thing, but the point is this: eating more fish — specifically low-mercury fish — can be a boon for your heart, thanks to its healthy doses of omega-3 fats. Take it from the American Heart Association: "Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of—or who have — cardiovascular disease. Research demonstrates that omega-3 fatty acids decrease the risk of arrhythmias (abnormal heartbeats), which can lead to sudden death." Further, upping your consumption of fish supports normal blood pressure.

Low-mercury is critical here, however. Mercury — a heavy metal found naturally in the environment and absorbed by fish — can irritate the lining of your blood vessels and serve as a potential cause of atherosclerosis, a hardening of the arteries that may render you more susceptible to stroke. Salmon, freshwater trout, herring, tilapia and tuna are all excellent choices, while high-mercury choices like ahi and tuna, King mackerel and swordfish should be minimized.

Floss your teeth

Studies have shown that periodontitis raises your risk of heart disease, in part because of inflammation and the increased thickness of blood vessels in the neck. While further research remains to be done, oral health — accomplished by brushing after meals and flossing once a day, preventative care and cleanings — is often indicative of how well a person takes care of themselves in general.

Forgo the salt

Let's get one thing out of the way: salt is critical for life. It's an essential mineral for every cell in the body — it helps regulate your heartbeat, blood pressure, nerve transmission, muscle contraction, stomach acid and pH balance.

The problem, however, rests in the average American's consumption of salt, which exceeds the daily recommendation of 1,100 to 3,300 mg of sodium each day for adults. (To picture this, one teaspoon of salt gives you 2,300 mg of sodium.) And, as you probably know, high amounts of salt in the

diet have been associated with high blood pressure, which can cause ischemic heart disease.

The solution lies not in removing salt from your diet completely but in finding the right balance of sodium to potassium — two components that work together in a unique way to regulate your water balance, which, in turn regulates your blood pressure. Indeed, studies demonstrate that when sodium is decreased and potassium is increased, blood pressure can drop.

In short, aim to increase the potassium in your diet by eating plenty of fresh fruits and vegetables, which are rich in potassium and low in sodium. At the same time, be mindful of the type of salt you consume. Commercial salt goes through a dramatic metamorphosis before it reaches your dinner table — it's heated, bleached, stripped of its minerals and oftentimes treated with anticaking agents that contain aluminum. Reach for unrefined salt that comes from the sea instead, and use it sparingly.

Dine early

A wholesome diet is crucial for maintaining (or improving) heart health. But recent research suggests that it isn't just what you eat but also when you eat that matters.

According to the American Heart Association, eating more calories earlier in the day and fewer calories at night may decrease your chances of stroke, heart attack or other heart and blood vessel diseases.

Take it from Marie Pierre St. Onge, a nutrition researcher at Columbia University. "We may not process sugars as well at night as we do during the day, and studies of shift workers have linked this schedule with a greater risk of obesity and heart disease than a typical day job," she says, going on to cite that 30 percent of Americans skip breakfast. Which is a shame, given that eating breakfast is associated with lower weight, a healthier diet overall and a lower risk of heart disease.

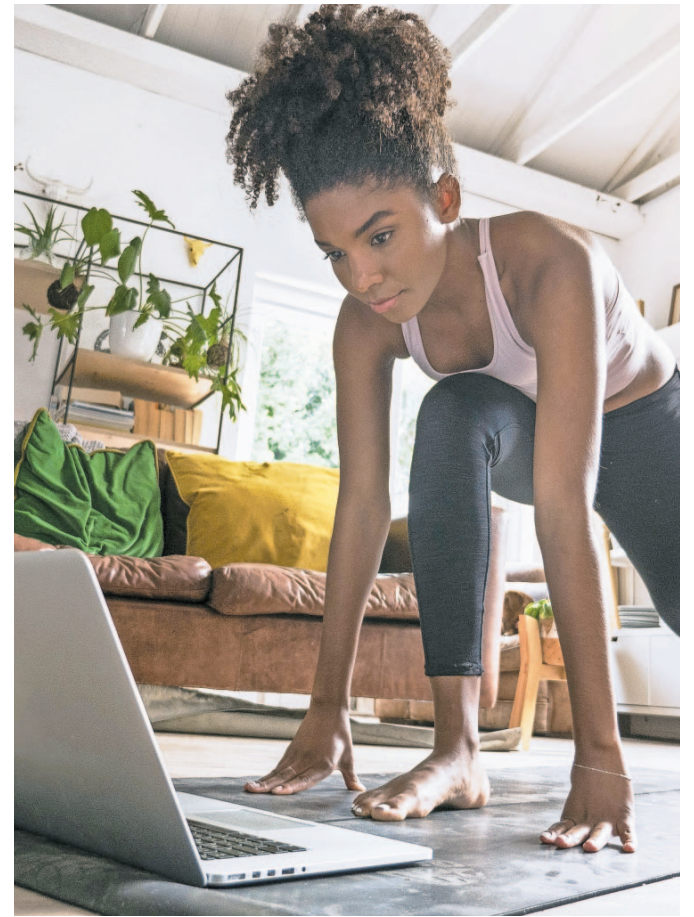
Join the healthier side of the statistic by making your morning meal a priority. Aim to eat protein, fruits and/or veggies, and some heart-healthy omega-3s. One dish that hits all three? A slice of chia-seed or whole wheat toast topped with nut butter and a sliced banana.

Schedule in some 'me time'

The link between chronic stress and heart disease cannot be underemphasized. Such negative stress has a profound impact on your body, from higher levels of stress hormones like adrenaline and cortisol, to changes in the way your blood clots. What's more, chronic stress — whether derived from a grueling work schedule or troubles at home — tends to spur lifestyle changes that may further increase your risk for heart disease, including over-eating, under-exercising, smoking and over-imbibing.

To mitigate the stress in your life, it's imperative that you carve out time for you — and you alone. "Me time," however that may be defined, allows you to catch your breath, decompress, assess where you are (physically, spiritually and emotionally) and enjoy life's riches.

Above photo: Caring for your heart through a healthy diet and regular physical activity is the secret weapon. While many may assume that popping a few pills that your healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle,



Exercise matters

Find a routine you'll stick with

Exercise, along with heart healthy eating, is essential if you want to keep your ticker at its best. To get heart-healthy benefits, you need to get your heart rate up. There are dozens of activities you can do to help your heart. Whether it is a structured exercise program or just part of your daily routine, all physical activity adds up.

Consider these tips from personal trainers to get the most out of your exercise program.

Pick up your pace

Aerobic exercises done 30 minutes a day is excellent for increasing your heart rate. Climbing the stairs, a brisk walk, cross trainer exercise machine or treadmill, anything to get your heart rate up.

Any moderate-intensity exercise like swimming, jogging, zumba and yoga is good. Exercising your heart muscle means exercising your body. You don't need a gym, just a bit of motivation and a good pair of walking shoes.

Tone up

Strength training is a great complement to aerobic training and helps to prevent age-related bone and muscle-mass losses. Keep in mind that strength training doesn't increase heart rate but does increase stamina. Use it to target areas where muscle-tone is needed and don't forget the other muscle groups.

If you already do a vigorous aerobic routine or enrolled in an exercise class, then three days a week for 20 minutes a day is good.

For adults that are 65 and older or anyone with chronic conditions or limited mobility, you need the same amount of exercise as younger people — the activity can be less intense. Use good judgment and follow your doctor's advice.

Stick to a schedule

If you "don't have time" then fit shorter but more frequent periods of time, like 5-10 minutes several times a day throughout your day. Take the stairs, park your car further away from the door, and definitely count in those house chores such as mowing the lawn, vacuuming, or a short brisk walk around the block at lunch or for a break.

With any plan, start strength training slowly and build up to heavier weights and repetitions especially if you are new or out of shape. The old adage "no pain, no gain" is more often inappropriate and can be dangerous.

Stretching exercises done twice a week helps keep flexibility, which is very important. Consider 10 minutes of stretching twice a week to improve your flexibility.

With any exercise program, it's good to start slowly by warming up, then increasing the pace. A good cooling down afterwards is also equally important.

Above photo: It's easier than you might think to improve your health with exercise. You don't have to jog for an hour a day. In fact, some studies have shown greater health benefits from light to moderate exercise simply because people are more likely to stick with it.



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HEALTH MEMO

Neurosurgeon Yusef Mosley joins NSPC Brain & Spine Surgery

Yusef I. Mosley, M.D., a neurosurgeon specializing in complex and minimally invasive spine surgery, has joined NSPC Brain & Spine Surgery. With seven offices on Long Island, and 22 neurosurgeons available to see patients, NSPC is one of the country's largest private brain and spine surgery practices.

"Dr. Mosley is an outstanding addition to our practice," says Michael H. Brisman, M.D., Chief Executive Officer (CEO) and a senior partner at NSPC. "He's an experienced neurosurgeon who most recently was Associate Director of Complex & Minimally Invasive Spine Surgery at the Saint Luke's Marion Bloch Neuroscience Institute in Kansas City, MO. Dr. Mosley's arrival further enhances our group's ability to provide," he notes, "highly-specialized, university-level care in a community setting."



Yusef I. Mosley, M.D.

Dr. Mosley uses the most innovative procedures to ensure that his patients recover faster, experience less post-operative pain, and return to their normal lives as soon as possible.

When he's not treating patients on Long Island, Dr. Mosley has a passion for volunteer work. Each year, he joins a group of neurosurgeons who spend two weeks providing operative care to adults and children at the Black Lion Hospital in Addis Abba, Ethiopia. Dr. Mosely has also traveled to

hospitals in Guatemala, China, Tanzania, and Ghana to perform complex pediatric and adult spine cases.

Dr. Mosely sees patients in Rockville Centre. He will perform surgery at Oceanside's Mount Sinai South Nassau and Mercy Medical Center in Rockville Centre.

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The Power of Play: How to Make the Most of Your Children's Playtime

Engaging in playtime with your kids can be more powerful than you think! By seeing play for the skill-building practice that it is, getting involved with your kids when they do it, and expertly crafting your toy toolbox, you can unlock the power of play for your family!



Photo: Pond Saksit via shutterstock.com

You may have heard that "play is the work of children" (famously touted by one of the first child development experts, Jean Piaget). Not only do we trust our kids to have fun while playing, but we also know that through play, they learn countless skills. But did you know that playing with your children is also one of the best ways to communicate? We're breaking down the why, how, and what of creating growth and connection through play.

Why Should Children (and Parents!) Play?

Play isn't a broad category for anything that's "not learning;" on the contrary, play allows children to practice what they've learned and experiment with new skills and ideas. You may have noticed your children playing games that reflect other aspects of their life - your 6-year-old uses Legos to build a summer camp (he's missing his camp friends), or your 8-year-old is always on a superhero mission (her new friends at school love Marvel). Watching your kids play can be like a window into their world. Better yet? Playing with your children will give you a foot-in-the-door; you'll suddenly be an active participant in their most important work, and this role will give you credibility and insight when you need it to work through future situations.

How Play Builds Skills

Giving your children space to play not only introduces some fun but also allows them to explore feelings, thoughts, and questions that may be too complex for words. It's often easier to see what a toddler learns from play

- fine motor skills, colors, object permanence. What's more challenging is seeing the value that comes from an older child's playtime: when kids play low-stakes games, they can freely practice high-importance skills. When play is self-directed without an adult agenda, children are more likely to persist when confronted with challenges. Practicing patience, persistence, and resilience ultimately lead to success and confidence-building. Similarly, risk-taking during games can help kids learn what it feels like to forge ahead even when scared and seek out resources during difficult situations. Playing with others is a prime space for navigating social roles and developing empathy. And when kids play with their parents? They learn that adults can have fun and make mistakes, and that communicating with their parents is not always adversarial.

What if I Don't Like Playing?

You can see why play is central to a child's development and that your role in play is crucial for building connection and communication, but what if you don't like to play? You're not alone. Many parents find that playing pretend or collecting your 100th Pokémon isn't an enjoyable way to spend time - and that's okay. You don't have to love playing these games, and you're not a "bad" parent if you'd rather do something else. Just keep three things in mind:

1. Negotiating is one of the skills that your child learns through experience, so feel free to collaboratively decide what's on the agenda.
2. You don't necessarily have to play for a long time for it to be meaningful, so opt for short 10-minute sessions of your least favorite games.
3. You get to choose what games and tools are in the house, so make the most of this power by choosing wisely!

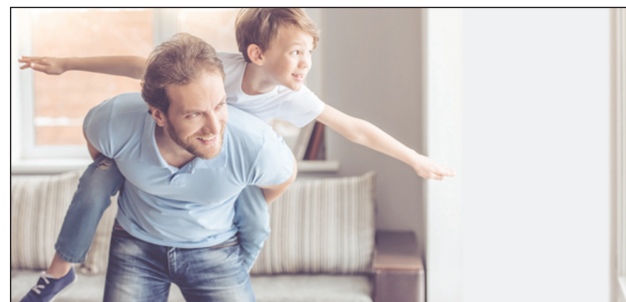


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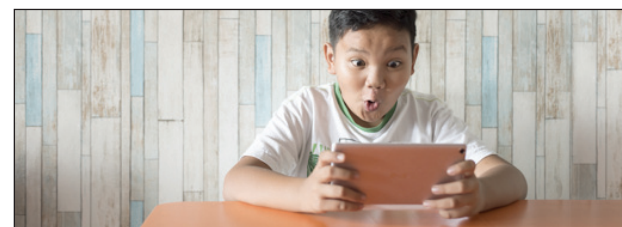


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Choosing the Right Tools

Play can happen spontaneously or at a planned time, with toys or without, alone or in groups - its versatility means that there are almost infinite tools available that market themselves as "the best." Because play provides so much of your child's foundational experience and creates a way to build connection and communication, it's important to spend time thinking about the tools that you provide for playing.

Consider a few questions when building your home's play toolbox:

1. Are there tools and opportunities for outside play?
2. Is this toy open-ended or is it limited in scope?
3. Do we have toys and tools that address various aspects of learning (social, emotional, physical, etc.)?
4. What are my child's interests, and do we have ways for them to explore these?
5. Feel like you're "supposed to" shy away from digital tools/games?

Don't! Often, online games provide an approach that can help fill in the gaps. When choosing digital options, look for things that are created by child development experts. A great example of a digital tool is Mightier. A research-backed video game platform that helps kids to practice navigating emotions through play. Along with teaching emotional regulation skills, it can help to enrich play and communication between kids and parents in a way that's often hard to target through traditional toys.

If the work of children is to play, then it's up to parents to provide the best tools for the job. By actively participating in our children's play and offering games and opportunities for exploring a whole range of skills, we can ensure that they are well-equipped to continue their most important work of growing up!

To learn more about Mightier, go to our website at www.mightier.com/newyear

Sponsored Content

Inside LI webinar focuses on estate planning

By **NICOLE ALCINDOR**

nalcindor@liherald.com

The coronavirus pandemic has, like never before, demonstrated to families that they must prepare now, not later, for any eventuality. Herald Inside LI recently held a webinar, “2021 Estate and Medicaid Planning,” to provide guidance to Long Islanders on how to do just that.

The event, sponsored by Family Care Connections LLC and by D’Angelo Law Associates, included guests Frank D’Angelo, of Family Care Connections, and his daughter, Stephanie D’Angelo, of D’Angelo Law Associates.

Stephanie, who has been a trust and estates attorney for 10 years, spent the first 30 minutes speaking on the importance of having a will. “Everyone should have a will, and if you have a bank account, it makes you able to distribute your finances,” she said. “If you don’t have a will, you will have to go through a process called administration—which means the law dictates where your money goes. With a will, you can distribute the assets in the way you want to.”

Be sure, she said, to store a will in a fireproof box when keeping it at home, and keep it in good condition, without staples or tears.

“We look to see if the will is in good

condition, and this impacts how we view the person’s intent, and just because you wrote something out does not make it a will,” she said. “People should create a will with an attorney that focuses and specializes in this area of law.”

D’Angelo advises married couples with children to meet with a trustworthy attorney to review their estate and draft a will. D’Angelo added that adult children with disabilities would require special treatment in a will.

“Look for a power of attorney for that person with disabilities, and you may have to get guardianship over that child if they can’t vouch for themselves by signing documents,” she said. “People can get a special-needs trust for their children to protect their child’s finances.”

D’Angelo said that despite the difficulty of talking about death, it’s vital for people to hold conversations about their wills with loved ones. “We all know that at some point our parents will be gone, and if your family doesn’t normally talk about things like this, go to an attorney and then reach out to your elderly loved ones,” she said.

After, Frank shared about his work at Family Care Connections helping people qualify for Medicaid, which provides medical insurance for low-income people. Eligible populations include chil-

dren, pregnant women, single individuals, families, and individuals certified blind or disabled.

“Family Care Connections is a comprehensive service that aims to aid people who are facing many things that come with aging,” he said. “Generally, a home-care Medicaid application is processed in about one to two months tops, which includes eligibility and getting the care.”

For 2021, he said, a single individual who is 65 years or older must have an income of less than \$2,382 per month to qualify for Medicaid. This applies to nursing home Medicaid, as well as assisted-living services,

“This number went into effect last January, and the qualifications for Medicaid change every year at the beginning of the year,” he said. “If you make a higher income than the Medicaid qualifications, then you have the option to do a pooled income trust—which is a trust that can be set up with a nonprofit organization where you can put your income, and then you identify your monthly income and expenses, and expenses get paid through that income.”

For the pooled income trust, D’Angelo said, people are typically required to pay a monthly fee for trust management. The trust allows people to take their excess income and apply it to monthly expenses or payments, and

then qualify for Medicaid.

“People always come to me wondering what they should do with their additional income,” he said. “My answer is usually, ‘You need to transfer all assets, which will enable you to qualify for Medicaid. And, of course, always talk to your financial adviser to know what the parameters are.’”



LET US KNOW

News Brief items including awards, honors, promotions and other tidbits about local residents are welcome. Photographs may be emailed as well.

Deadline for submissions is noon Thursday, week prior to publication. Send to execeditor@liherald.com

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DR. CHARLES GAMBINO

GLEN COVE

Internal Medicine Specialist,
North Coast Internal Medicine
Sea Cliff



From the initial Covid attack that we had, we were virtual for a small period of time, but we went live again as soon as the staff started feeling comfortable. Since the summer, my role has been the same: I've been going to nursing homes, the hospital and doing house calls as people were becoming more comfortable with having doctors come to their house.

We've been taking care of Covid patients as if they were all other patients. We've been seeing a lot more outpatient care for Covid now within the past month or two, as opposed to the inpatient we initially saw with the Covid onset last year.

The outpatient care of Covid entails seeing the patient, taking blood — we have blood markers that we've been following on patients with Covid to see how bad the disease is, and

if it's getting better or worse — and chest X-rays, which are all working out well. We started them out on cocktails of medicine to build up their immune systems with vitamins, supplements and antibiotics. Now, the onset of monoclonal antibody infusions has kept a lot of patients out of the hospital. As far as being able to access patients and treat them aggressively, that's gotten a lot better.

As physicians, we deal with life and death every day, but now we see how fragile life really is. We have patients calling up and saying they feel fine when they test positive, but three days later they're on a ventilator. That, I think, has changed my outlook on life. I've learned not to expect anything anymore and to be ready for everything that could possibly happen.

HERALD HOMETOWN HERO

CHRISTINE BASILE

GLEN COVE

Residential manager at
AHRC Nassau



I'm charged with the oversight of the residential program where people with developmental disabilities reside. Our field, our job, was hit pretty hard much like the nursing homes.

Because the individuals that live in our home were shut out from their families, we became the people that were in constant contact with their families, using FaceTime. It was scary for the families that had people who lived in the group home.

People with developmental disabilities that live in group homes are four times more likely to contract Covid-19. It's been tough for them. We've been able to put in virtual programs, virtual groups, where the people in the homes can see each other who they haven't seen. They were locked in the house, they were not

allowed to leave until the summer.

I have a very good support system at home, because my husband and my children understand the importance of the work that I do and they understand that we're in a crisis. They know that most of my time is going to need to be spent outside of my own home, so it affected me because I was at work more.

For the staff that worked with me, they were scared to come to work because people at home have elderly parents, they have their own underlying medical conditions, but every single one of the staff that worked with me and my program came to work diligently every day and said 'we are all in this together.'

I'm really proud of our team and I'm really proud of the work that we've done trying to keep everyone safe.

HERALD HOMETOWN HERO

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DR. SHARI ANDREWS

GLEN COVE

Emergency Room
Physician, Glen Cove
Hospital



The emergency room at Glen Cove Hospital was Covid land from March to June. When Covid hit, I was anxious. With other illnesses we knew what it sounded like, looked like and what to do. The level of uncertainty with Covid made it uncomfortable for all of us. Covid has evolved over the past year and is continuing to do so with the vaccines and new strains. As health care providers, we are evolving too. One of the changes that I have experienced personally is that my level of vigilance. Because I have to be there to care for others, I have to be a steward for myself. I'm careful at home and at work. I am conscious of everyone around me.

My father contracted Covid early on, but fortunately he wasn't very ill. Dad was quarantined. During that time, not knowing

what we know now, I moved my mother into my home. It was hard. I quarantined myself. I'm a single mom of a 10-year-old boy. I was living on the ground floor, and mom was taking care of my son. After a while, I found a new normal. I still take off all of my clothing in the garage before I come into the house. The pandemic is really exhausting. I have felt anxious, burned out and have been concerned about my mental health. I miss getting a massage and going out with friends to a movie, all of which I used to do to unwind. Now I cook, play music or curl up with a good book instead.

HERALD HOMETOWN HERO

GEORGE CHOY

EAST MEADOW

SECOND LIEUTENANT,
EMFD RESCUE
COMPANY 5
EAST MEADOW



We provide EMS service to our community and have two ambulances and about 20 members. A lot of our calls were reduced in the beginning of the pandemic because people were afraid to go to the hospital. Our membership went down for a time too because some of our members are older and were afraid of getting Covid-19.

Now, our numbers are back up because we know more about what to do regarding staying safe and using personal protective equipment. I don't think anyone in the East Meadow Fire Department got Covid-19 from responding to a call. That shows that we are doing a good job of protecting ourselves. It's also thanks to the great work of our chiefs and commissioners. We are very cautious and mindful, but it was tough.

Most of our meetings are hands-on and involve interactive training with EMS members. It's impossible how to teach some of that stuff on Zoom, but we had to work our way through it. We're doing more in-person meetings now. We do what we have to do to get our members up to par. When we're in-person, I say that the most important thing to worry about is not bringing anything home. I have a 5-year-old at home, and a lot of people live with vulnerable family members. A lot of our members are not professional EMS, but are volunteers coming from all walks of life.

I also work at the fire marshal's office at Nassau University Medical Center as a paramedic EMT instructor, and I train paramedics, EMTs, nurses, doctors and police officers from the police academy.

HERALD HOMETOWN HERO

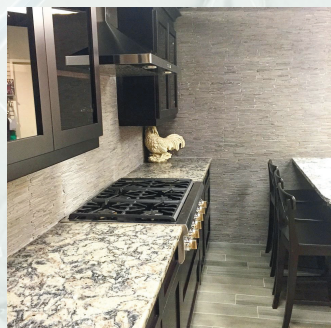
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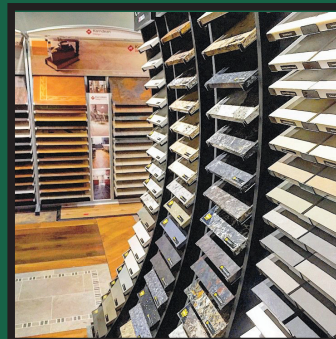
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Mary Trump leads quiet life in RVC

Best-seller on her uncle, the former president, catapulted her into the spotlight

By JAMES BERNSTEIN

jbernstein@liherald.com

Although she is a member of a wealthy and well-known family, Mary Trump, niece of former President Donald Trump, has led a quiet life in Rockville Centre for the past two decades, putting her daughter through local schools, dining at North Village Avenue eateries and riding her bike through local parks.

Life was peaceful, she said. Then, last summer, her blockbuster best-selling book, "Too Much and Never Enough: How My Family Created the World's Most Dangerous Man," was published.

Instantly, Mary Trump, 55, became a household name, and she started appearing regularly on cable TV news programs.

Despite her virtually overnight fame, Trump generally shies away from the spotlight. She enjoys spending time at home, including reading the Rockville Centre Herald. "I'm a regular reader," she said. "It keeps me up to date."

In an interview with the Herald last Friday, Trump said she came to the village in 1998, from Garden City, because she had heard good things about the schools.

Amid the Co-vid-19 pandemic, she rarely ventures outside, and "has lots of stuff ordered." She said she has not publicly encountered hostility from her uncle's supporters on village streets. But, she said, "I get some of that on Twitter."

When she does leave the house, Trump wears double masks and sunglasses, and thus she is rarely recognized.

A clinical psychologist who earned a doctorate from Adelphi University, Trump no longer practices. Instead, she is working on a second book, about the trauma caused by the pandemic and how people might overcome it.

"Hopefully, the book will be timely and helpful," she said, adding that she planned to include the trauma that has resulted from the attack on the Capitol in Washington on Jan. 6.

"When I was wrapping up my first book, George Floyd was killed," she said. Her first book had to include the killing of the unarmed Black man at the hands of the Minneapolis police last May.

The recovery from the pandemic and the Jan. 6 insurrection will be slow, Trump emphasized. "It's as if this country were at war, and we were all called up at the same time and we all came back at the same time," she said. "That should be helpful — that we're all in this together — but we have to mobilize resources" both psychological and social.

"And we've never been good in [this] country mobilizing psychological resources.

"The trouble is in this long pandemic, we've forgotten how to be social beings," she said, and getting back to



MARY TRUMP, NIECE of former President Donald Trump, has lived in Rockville Centre for the past two decades.

normal "will depend on how dedicated we are and how the current administration responds to the crises." She worries that once many people receive their Covid-19 vaccinations, they will believe everything is back to normal, and it really won't be.

When her book was published, Trump said, her own life would have changed more had it not been for the sheltering that the coronavirus forced on her. "Everything's at home now," she said.

Asked if she regretted not having written the book sooner, to alert the public about her uncle's behavior, she said, "If I had written it before, it wouldn't have made a difference. Donald was getting away with everything."

She acknowledged that it's impossible to know whether her book played a role in his loss in November's election. "I hope it did," she said.

Trump said that she and her uncle got along when she was growing up, but "I can't say we were close." He hired her to work on his second book, "The Art of the Comeback," but neglected to inform his publisher, who had another writer in mind, ending her involvement in the project.

Donald Trump has insisted he won the election in a "landslide." Does she believe he really believes that?

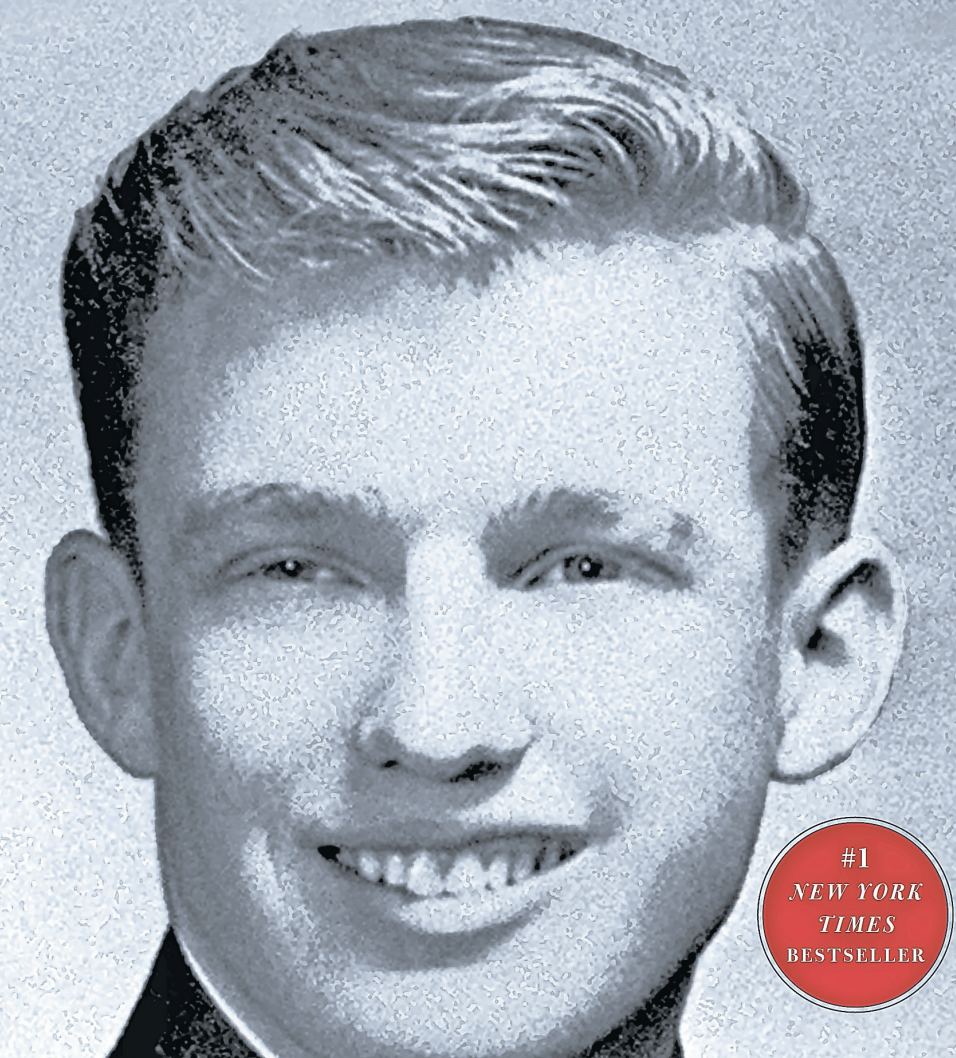
"It's not that he believes it," Mary Trump said. "But it's that he can't believe he lost. That's not acceptable in my family. It's hard to underestimate the [influence] my grandfather has had on Donald."

In her book, she writes that Fred Trump Sr., ruled the family with an iron fist, and was extremely harsh to his oldest son — her father, Fred Trump Jr., whom the senior Trump had pegged to take over the family real estate busi-

MARY L. TRUMP, PH.D.

TOO MUCH AND NEVER ENOUGH

HOW MY FAMILY CREATED THE WORLD'S MOST DANGEROUS MAN



Photos courtesy Mary Trump

MARY TRUMP'S BEST-SELLER, "Too Much and Never Enough: How My Family Created the World's Most Dangerous Man," brought her widespread acclaim — and some derision on Twitter.

ness. But as Fred Jr. drifted away from the business, becoming an airline pilot, his father turned to Donald, his second son. It wasn't a happy choice, Mary Trump wrote: "When things turned south in the late 1980s" for the family business, "Fred could no longer separate himself from [Donald]'s brutal ineptitude," but "had no choice but to stay invested."

Fred Jr. died of a heart attack in 1981, at age 43.

Her uncle, she said, is "psychologically disordered" and became "more unhinged" after his election loss.

She described feeling "miserable" about the impeachment trial last week,

because many Republican senators did not appear to be listening, and some even consulted with the former president's lawyers on the case.

Jan. 6, Trump said, "was not a joke. People died. A police officer was murdered." She believes her uncle must be held accountable for his role in riling up the mob before the riot.

Work on her second book, she said, will take up much of her time. And now that her daughter is away at college, she is thinking of moving back to Manhattan, where she attended Columbia University, to earn a master's in English literature.

FREE LIVE WEBINAR

Long Island's Black Leaders:

Building Community Connections

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District begins preparing budget for next school year

By JENNIFER CORR

jcorr@liherald.com

At the Glen Cove City School District Board of Education meetings in January and on Feb. 10, the draft budget for the 2021 to 2022 school year was presented.

The budget, which is in its preliminary stages, currently has a gap of \$536,797. Superintendent for Business Victoria Galante said she would present a balanced budget in March.

Multiple aspects that are Covid-19 related come to mind when looking at this budget, including state and federal aid, a higher demand on the Information Technology Department and mental health services, along with the uncertainty of what exactly the future will look like.

"This happens to be the start of a new season in the school district and that's called budget season," Glen Cove City School District Superintendent Dr. Maria L Rianna said. "It begins very early on and actually building principals have spoken and submitted requests in staffing."

Included in the next school year's budget is the hiring of Assistant Superintendent for Human Resources Kim H. Rodriguez, two additional nurses, a new psychologist, two new social workers to replace recent retirees, a new I.T. Department hire, the hiring of a new, more experienced treasurer and new curriculum coordinators.

"I'm really happy that we're increasing nurses," Board of Education trustee Maria Venuto said. "I'm also a big proponent of increasing school based mental health services. I think this year we've seen a lot happen with our students that they're going to need our support."

The funding for co-curricular activi-

ties — \$173,300 — is down about \$1,100 from last year's budget. But spending on interscholastic athletics — \$855,920 — is the same as last year's budget.

"Athletics has been limited this year," said Galante. "So depending on what happens next year, I believe we'll have enough in the budget for the coaches and the other expenses."

As for capital outlay projects, there was a \$250,000 increase in district expenditures, which Galante believes should help fund one or two big projects.

"We're been trying since we started doing this to raise it every year," Galante said. "Last year, we had wanted to bring it up to \$850,000, but we didn't because we wanted to stay below the 2 percent tax cap, or at the 2 percent tax cap."

Galante said that at this time, the district is presenting the budget as if the next school year will be normal.

"When we develop a budget, we look back on usually three years of data to see what's happening," Galante said. "I'm going to be honest with you, that is

becoming difficult because when I look back at [the 2019-2020 school year], a lot of things had changed. We were in session in school, but remotely. There were no sports, there were no clubs, so expenses were not the norm. All that has to be taken into consideration."

The district lost an income that came from the federal CARES Act, but may gain around \$3 million in Covid-19 stimulus. It is unclear if this funding will have to be spent on pandemic-related expenses.

The district also took a hit in interest and earnings, from \$250,000 to \$45,000.

"We have reserves and I want to thank the community for their support year after year of our budget," Galante said. "So when we come into bad times like now, and the following year or two, they're seeing it's going to take three to five years to crawl out of this dark hole a lot of people are in, we do have the reserves to fall back on. And that's a very good thing."

The school district should receive \$14, 393,688 in state aid, including

\$9,003,827 in State Foundation Aid. As the district was preparing the budget last year, Gov. Andrew Cuomo had said there could be a 20 percent cut in Foundation Aid.

"The district took an approach and we actually presented the budget with a 10 percent cut, figuring that if there is a 20 percent cut, it will not be as bad if we have to now find 10 percent to balance the budget," Galante said. "Well that didn't happen, which is good news."

At the next Board of Education meeting on Feb. 24, the tax levy limit for the 2021-2022 school year will be discussed, as well as capital outlay projects and an update on the revenue budget.

"When I presented the revenue budget, we didn't have the executive budget in yet from the state, now we do and I will have a better tax levy number on that budget," Galante said.

For an exact breakdown of the 2021-2022 budget, visit www.glen Cove.k12.ny.us.

2021-2022 Draft Revenue Budget

Description	2021-2022 Draft Budget	2020-2021 Budget	Variance
Tax levy	\$71,603,632	\$70,894,685	\$708,947
PILOTS	\$4,286,707	\$4,083,997	\$212,710
Tax on consumer utility bills	\$1,100,000	\$1,375,000	(\$275,000)
Interest and earnings	\$45,000	\$250,000	(\$205,000)
State aid	\$14,393,688	\$12,859,526	\$1,534,162
CARES Act (federal funding)	0	\$622,467	(\$622,467)
Other revenues	\$580,000	\$621,000	(\$41,000)
Reserves	\$2,400,000	\$2,390,000	\$10,000
Total	\$94,409,027	\$93,096,675	\$1,312,352

2021-2022 Draft Appropriations Budget

Description	2021-2022 Draft Budget	2020-2021 Budget	2019-2020 actual expenses	Notes
Capital	\$8,859,247	\$9,310,843	\$8,485,429	Includes operation and maintenance of plant, bond-principal and interest and transfers to capital fund, among other costs.
Administrative	\$7,754,767	\$7,059,657	\$7,072,937	Includes Board of Education and district meetings cost, administrative personnel salary and curriculum development, among other costs.
Programs	\$78,331,810	\$75,647,584	\$70,670,700	Includes teacher salary, computer assisted instruction, health services, co-curricular activities, athletics and mental health services, among other costs.
Total	\$94,945,824	\$92,018,084	\$86,229,066	

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THE GREAT BOOK GURU

The perfect family?

Dear Great Book Guru,
We have just had an interesting week of holidays: Lunar New Year, Valentine's Day, Presidents' Day and Mardi Gras. Yes, all in one week. Now that the festivities are winding down, I am looking for a novel, one with a good story line, generations of characters, and a lovely setting. Any ideas?

—Happy Holiday Enthusiast



**ANN
DIPIETRO**

grown children, each with an interesting story. Always present, always in the background is the family au pair/housekeeper, Ingrid.

The story line swings back from present to past and back again many times. We are there when Alison and Charles meet and decide to marry. We are present at the many elegant family parties Alison orchestrates, and we are there when the secrets that color the family's history are finally revealed. Throughout, we have Allersmeade, and Alison's dream of a perfect home for the perfect family. It's obviously, the

recipe for the perfect nightmare. This is a fast weekend read, but a story you will find hard to forget. Highly recommended!

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

Dear Happy Holiday Enthusiast,

A long time ago I read a book that I enjoyed immensely and it meets all your criteria. The book is called, "Family Album," by Penelope Lively.

The story opens in the present time as a young couple drive up to Allersmeade - a lovely somewhat shabby Edwardian family home outside London. They are greeted by Alison and Charles, the parents of six



Courtesy John O'Connell

THE ANNUAL GLEN Cove St. Patrick's Day will not be making its way down the streets of Glen Cove this way.

Glen Cove St. Patrick's Day Parade cancelled again

The annual Glen Cove St. Patrick's Day Parade, run by Glen Cove Parade Inc. scheduled for March 21, has been canceled due to the continuing Covid-19 pandemic.

"As organizers of the parade, we feel morally obliged to avoid any chance of endangering our families, friends, guests and the community at large by continuing with plans for this year's parade," Glen Cove Parade Inc. wrote in a release. "We look forward, instead, to marching again on March 20, 2022."

The members of Glen Cove Parade Inc. wrote that they appreciate the continuing understanding and support of the community for its decision, as well as the generous financial response it has received for the St. Vincent DePaul Society, the parade charity chosen by Grand Marshal Gerard Herbert and his aides, Carolyn McGillicuddy and Eric Hill.

For further information, visit www.glencoveparade.com or the Facebook page at www.facebook.com/glencoveirishparade.

NEIGHBORS IN THE NEWS



Courtesy Gaitley Stevenson-Mathews

DEPARTMENT OF PUBLIC Works Sanitation Supervisor Alberto Calderon, left, Councilman Gaitley Stevenson-Mathews and General Foreman Manny Grella share a moment of gratitude after the winter storm earlier this month.

Saying 'thank you' to DPW workers

After the Nor'easter earlier this month, Glen Cove City Councilman Gaitley Stevenson-Mathews stopped in at the Glen Cove Department of Public Works to drop off breakfast from Glen Cove's Long Island Bagel Café and to thank the crew

for their hard work in clearing roads.

Stevenson-Mathews also expressed his gratitude to John Compitello, and his staff, at Glen Cove's Long Island Bagel Café for always providing great food and great service.

OBITUARIES

Orlando V. Grella

Orlando V. Grella, 89, of Glen Cove, died on Feb. 12. Husband of Maria Rosa "Rosina;" father of Rocco (Laurie), Nancy (Antonio), Rosetta (Javier); grandfather of Mike, Geradina (Michael), Andrew, Emily, Peter and Sarah; great grandfather of Charlotte; also survived by many nieces and nephews. Grella was a long time employee of C.W. Post, now LIU Post, and also was an avid hunter and fisherman. Arrangements entrusted to Dodge-Thomas Funeral Home. Entombment Holy Rood Cemetery.

Alexander Adamcewicz

Alexander Adamcewicz, 68, formerly of Glen Cove, died on Feb. 5. Beloved father of Stephanie (Alex Karageorges) and Michael (Emily Glenn); loving son of Bertha and the late Alex; cherished grandfather of Michael Jr. "MJ"; dear brother of Linda (Peter), Thomas (Cathy), Deborah (John); also survived by aunts, uncles, nieces and nephews. Adamcewicz was an avid golfer and had a labor of love for cars. Interment at Locust Valley Cemetery. Arrangements entrusted to Dodge-Thomas Funeral Home.

Russell J. Treiber

Russell (Russ) J. Treiber, 84, of Glen Cove, died on Jan. 31. Son of the late Russell and Helen; father of Lois J. Treiber-Curran and Russell J. Jr (Janet); brother of Jean Speirs; grandfather of Shawn (Tatiana), Ashley and Olivia; great grandfather of Giuliana; uncle of Karen, Robert and Laura Speirs. Proud U.S. Army veteran. Treiber entered the U.S. Army on Feb. 20, 1956 and took his basic training at Fort Dix, N.J. and advance basic at Fort Hood, Texas. He was assigned to an anti-aircraft unit at Englewood, N.J. before going abroad. He served his term in Germany. Prior to entering the service, he was associated with the John Treiber Insurance Agency in Ridgewood, Queens. Treiber loved driving, camping, gardening, going to garage sales and doing crossword puzzles. Interment Nassau Knolls Cemetery. Arrangements entrusted to Dodge-Thomas Funeral Home.

PUBLIC NOTICES

**LEGAL NOTICE
TOW COMPANY
APPLICATION**
Ray's Towing, located at 15 10th Avenue, Sea Cliff N.Y. 11579 and owned by Ray's Towing Service Inc., has made an application for a Tow Company License for 2 vehicles in the City of Glen Cove. Anyone with interest in this matter may submit a written statement to the Chief of Police of the City of Glen Cove by February 26, 2021.
124735

**LEGAL NOTICE
NOTICE OF PUBLIC
HEARING**
CITY COUNCIL OF THE CITY OF GLEN COVE
PLEASE TAKE NOTICE that a public meeting will be held virtually via Zoom by the City Council on Tuesday, February 23, 2021 at 7:30 p.m. to afford citizen of the City of Glen Cove and all interested parties an opportunity to be heard concerning a proposed amendment to Section 265-49 and 265-54 of the City Code of Ordinances. The proposed amendment will relocate one accessible parking space to the west side of School Street north of Glen Street, impose a fifteen-minute time limit on two parking spaces along the east side of School Street north of Glen Street, and update certain parts of the Code to reflect current, and existing parking restrictions in the vicinity of School Street and Glen Street.

Due to COVID-19 concerns, the public will only have virtual access to the meeting, pursuant to NYS Executive Order 202.1, and subsequent orders thereafter. The hearing may be accessed by following www.zoom.us/join and entering webinar ID number 813 4127 2303 and passcode number 667129. The hearing may also be accessed through a computer link located on the home page of the Glen Cove web site (<https://glencove.ny.gov/city-council-meeting-livestream/>), which link will be posted on the web site in advance of the meeting. Anyone wishing to provide public comment can submit comments to svulin@glencoveny.gov in advance of the hearing. Public comments received prior to the commencement of the

public hearing will be made part of the public record. In addition, live public comment may be received during the duration of the meeting by telephone, by dialing (929) 205-6099 and entering webinar ID number 813 4127 2303 and passcode number 667129. Please note that although all interested persons who dial in will be given an opportunity to speak, all telephones will be muted until such time as the particular individual is authorized to speak.

If you have any questions about accessing this hearing, please contact Shannon Vulin via email at svulin@glencoveny.gov. The agenda, resolution, and supporting documents may be viewed at <https://glencoveny.gov/city-council-documents/>. If you are unable to access the document, please contact Shannon Vulin via email at svulin@glencoveny.gov. 124736

**LEGAL NOTICE
PUBLIC NOTICE
GLEN COVE CITY SCHOOL DISTRICT**
The Glen Cove City School District (District) is requesting proposals from energy service companies for the implementation of energy conservation measures on a District-wide basis (RFP). Proposals must be received at the District Offices no later than April 19, 2021 at 2:00 p.m. Late proposals will be unopened and returned. You are invited to submit a proposal in accordance with the District's RFP for the following Project:
RFP#: 20/21-011
DISTRICT-WIDE IMPLEMENTATION OF ENERGY CONSERVATION MEASURES ON A PERFORMANCE CONTRACTING BASIS AT THE GLEN COVE CITY SCHOOL DISTRICT
The District's RFP, together with the appendices and documents referenced therein, may be obtained from The ECG Group, 811 West Jericho Turnpike, Suite 202W, Smithtown, New York 11787 by contacting Michael Carlson, Project Engineer, via email at Michael@theecggroup.com or by fax at (631) 360-0277, commencing on February

26, 2021 between the hours of 9:00 a.m. and 4:00 p.m., excluding holidays. The RFP may also be obtained by contacting the District's Assistant Superintendent for Business and Finance, Victoria Galante, at vgalante@glencoveschools.org.
To prevent opening by unauthorized individuals, the proposal should be identified on the envelope or other wrapper as "RFP#:20/21-011 - Request for Proposal, Energy Performance Contract for Glen Cove City School District". Proposals may be mailed or hand delivered. No proposal will be accepted by electronic mail or facsimile transmission. Please submit one original and one hard copy of your proposal in the proposal format provided within this RFP. All proposals should be in the form required in the RFP and addressed to: Victoria Galante Assistant Superintendent for Business and Finance Glen Cove City School District Dosoris Lane Glen Cove, New York 11542
Please also submit one hard copy and one electronic USB copy of your proposal in the proposal format provided within the District's RFP to:
Michael Carlson
The ECG Group
811 West Jericho Turnpike, Suite 202W
Smithtown, New York 11787
A pre-proposal review of the proposal requirements and introductory meeting will be held virtually on Friday, March 5, 2021 at 1 p.m. All prospective proposers are urged to attend and should contact Jackie Mushorn at jackie@theecggroup.com to RSVP and an invite will be sent for the virtual meeting to all prospective proposers that RSVP. At this meeting, additional information will be distributed dealing with maintenance costs, energy costs, building data, state aid ratio, etc. In addition, arrangements will be made for walk through inspection/tours of facilities subsequent to the pre-proposal introductory meeting. Specific arrangements for walk throughs can be made by contacting Victoria Galante, Assistant Superintendent

for Business and Finance via email at vgalante@glencoveschools.org. All correspondence to Ms. Galante must have Michael Carlson of ECG copied at Michael@theecggroup.com. All meetings shall be arranged in advance. The District reserves the right to amend its RFP for any reason or based upon questions and issues raised at the pre-proposal meeting and/or received in writing during the proposal process. Participating ESCOs represented at the pre-proposal meeting will receive any such amendments in writing. If you have any questions concerning this RFP, please contact Michael Carlson by email at Michael@theecggroup.com or by fax at (631) 360-0277, with a copy to Victoria Galante at vgalante@glencoveschools.org. The RFP does not obligate or commit the District to award a contract, pay any cost incurred in the preparation of a proposal in response to the RFP, or to procure or contract for services. The District intends to award a contract on the basis of the best interest and advantage to the District, and reserves the right to accept or reject any or all proposals received as a result of the RFP, to negotiate with all qualified ESCO Proposers/Respondents (hereinafter referred to interchangeably as "Proposer" and/or "Respondent"), or to cancel the RFP in part or in its entirety, if it is in the best interest of the District to do so. The District may select as the successful Proposer that proposal which, in the District's sole discretion and with whatever modifications the District and the Proposer may mutually agree upon, best meets the District's requirements whether or not that proposal is the lowest priced. No Proposer shall have any legal, equitable, or contractual rights of any kind arising out of its submission of a proposal.
BY: BOARD OF EDUCATION,
Glen Cove City School District
Dated: February 12, 2021
124737
Place a notice by phone at 516-569-4000 x232 or email: legalnotices@liherald.com

ON THE ROAD WITH A TAKEOUT QUEEN

Takeout and a movie

By CATHI TUROW

While I'm eating, I love to watch movies about food. Even if a movie isn't about food, I notice what the actors are eating. So, this month I matched some of the newest takeout options in town with movies that go with them. Here's what to view while you chew.

■ **Basari Market** (2 Main St., Roslyn; basarimarket.com) In the classic film "When Harry Met Sally," Meg Ryan pretends to be aroused while eating a turkey sandwich. Why not watch that scene while eating one of the eight types of turkey offered in this highest quality Glatt kosher meat and treat shop? Grab a sandwich filled with anything from smoked turkey to Mexican turkey, or Romanian turkey or turkey pastrami. You can even get brisket pastrami and beef bacon. The head butcher told me, "I'm doing beef jerky with my own, unique flavors." There's maple beef jerky, coca cola jerky and a Dr. Pepper jalapeno flavor in the works. The head butcher has also created a line of Kosher for Passover dog food. Since many dog foods contain bread, this version will accommodate families who traditionally remove bread from their homes during Passover. Even better, it's healthy for dogs all year. Of course, that includes dogs that are not Jewish.

■ **Culinary Architect Catering** (28 Chestnut St., Greenvale; culinaryarchitect.com) The movie "Father of the Bride" is your munch match. Owner/chef Alexandra Troy's first love is designing events ranging from small gatherings to weddings. Then, she and her staff create all the dishes from scratch. So, as Alexandra continues to come up with brilliant ways to pull off parties during the pandemic, she also offers a new monthly takeout menu. Some of my favorites are chicken parm pizza, and pigs in blankets

wrapped in Alexandra's homemade puffed pastry. Alexandra will also make any lunch or dinner you dream up. Her Pandemic Cookie Hearts put the biggest smile on my face. Freshly baked heart shaped cookies say, "Wear a mask," or "Social Distance." One mom personalized hers. She sent cookies to her daughter in college that said, "Do your laundry."

■ **Schultz's** (265 Bayville Ave., Bayville; facebook.com/longislandrawbar/; to open in March) Restaurant owner/longtime Bayville resident James Schultz has been catching fish since he was 12, so seafood is truly his specialty. James is excited about presenting a mostly-seafood-menu for lunch and dinner (though burgers, steak and pasta will also be offered). He's creating seafood sauces we won't find anywhere else. Ginger wasabi soy sauce will compliment shellfish, and basil fondue will accompany shrimp cocktail. Raw bar and lobster buckets will be ready for take-out. Just add water or beer to the bucket, pop it

on your stove or barbecue, and steam up a meal! While you eat, watch the movie "Julie and Julia." Who remembers the scene where Amy Adams freaks out when she steams a lobster?

■ **Youngs Farm** (91 Hegemans Lane, Glen Head; youngs.farm) During the movie "Baby Mama," Tiny Fey does her best to chew yeast balls in a vegan restaurant. Too bad she couldn't have ordered the new vegan pot pie from Youngs Farm instead. Fresh carrots, peas, kale and mushrooms bask in a creamy (but not too creamy) sauce. Everybody sits below a thin slice of vegan pastry. Amazing.

So that's it. By the way, any meal is a match with "Cloudy with a Chance of Meatballs." See you next month!

The Takeout Queen is now on Facebook. Search for Oyster Bay Herald Guardian, Sea Cliff/Glen Head Herald Gazette or Glen Cove Herald Gazette.



CATHI TUROW

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OPINIONS

Finding peace again, post-Trump

We lost our sense of normalcy in recent years, didn't we? Nearly every morning of his presidency, Donald J. Trump treated us to one outlandish tweet after another, one more extreme, more incendiary, than the next, until finally that routine became our new normal.



**SCOTT
BRINTON**

We were conditioned, as if in a Pavlovian experiment, to jeer or cheer, depending on party affiliation, when his tweets appeared in big, bold letters on the TV news, usually first thing in the morning. So we began each day feeling angry and despondent, or

elated and victorious, depending on whether we disagreed or agreed with the president's rhetoric.

I, like so many others, felt fear in my heart when the U.S. appeared on the brink of nuclear war with North Korea. I felt helpless rage when babies, many the children of narco-violence refugees, were ripped from their parents' arms and separated and caged in sterile detention facilities. I felt numb last summer when the president sent federal forces to disperse peaceful Black Lives Matter protesters near the White House with tear gas and rubber bullets so he could stage a photo op, holding up a Bible, then simply walk-

ing away.

And I felt mournful and depressed — and, again, helpless — as I watched him mock basic hygiene measures to prevent the spread of the coronavirus, and convene mass rallies to boost his already hyper-inflated ego, while hundreds of thousands of Americans died and the economy tanked.

Since he first announced his candidacy for president in June 2015, it has been all Trump all the time.

The circus should have ended Nov. 3, the day Joe Biden was elected our 46th president with the largest popular vote in the nation's history — more than 81 million ballots cast for him. It didn't, however. Trump sought, by any means necessary, to overturn an election that, by all official accounts except his, was an efficient and lawful exercise in democracy.

Many had predicted that violence would erupt. When you condition a dog to maul, it will when called on to do so. On Jan. 6, the mob of Trump supporters, conditioned by the president's continual tweeting and provoked by his now infamous "fight like hell" speech, attacked, unleashing collective fury on a Congress that had gathered to count the Electoral College votes and once and for all certify the results of the election.

And so, last week, when we should have been focused on Covid-19 vaccine distribu-

tion and economic stimulus, Trump was once again front and center in the national consciousness. None of us were happy about it. His detractors felt deep loathing. His supporters, I imagine, were riled up, angrier than ever to see him tried in the Senate for the second time.

For those who oppose Trump, the impeachment trial was a necessary exercise in futility, knowing there likely wouldn't be 17 Republican senators courageous enough to vote to convict him, but believing he should at least be shamed publicly for his role in the Capitol insurrection. For those who love Trump, meanwhile, the trial was yet another occasion to revel in

his seeming invulnerability, no matter what he might have done.

The question is, how do we recover from the past five years of uninterrupted political turmoil, and now very real death and destruction? How do we find peace again?

I, for one, desperately want to feel normal again. I hate feeling angry and depressed. I need to start enjoying my life once more, without a sense of impending doom. I want to wake up feeling free — free of Trump and the angry mob of Jan. 6. We must end the coronavirus pandemic for any of us to feel entirely free again, but resolving our political differences would go a long way toward restoring our sense of normalcy.

How do we recover from the past five years of uninterrupted political turmoil?

Personally, I want what we had in America long ago, before House Speaker Newt Gingrich and Fox News declared war on our political establishment in the 1990s, leading us down a slippery slope that, over time, sent us hurtling into the Trump presidency, which ended, predictably, with Capitol rioting.

I want what I had as a teenager and young 20-something back in the 1980s and early '90s — the ability to debate critical issues — abortion, environmental regulation, monetary policy — with friends and acquaintances, of all political stripes, and then hang out over pizza and a game of basketball.

Politics played an important role in people's lives back then, but it wasn't the center of our universe. Trump, as the nation's first shock-jock president, forced his firebrand politics into the very core of our being. His presidency became our national psychosis.

Setting politics aside, what I love about Biden thus far is this: He doesn't need to be the center of our collective attention at all times. Day by day, he is quietly leading, offering straight talk, and perhaps — perhaps — that is how we recover from the recent years of fear and rage: four years of honesty and compassion.

Let the healing begin.

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

Grab your ladle: The soup's on the table

This column is back by popular demand. Well, in truth, only one reader, shivering through the freezing weather, remembered that I once wrote about winter soups, and asked me to do another one. My pleasure.

I cook every night, and over the years, I've gathered a collection of recipes, tweaked to a healthier way of eating. Mind you, we aren't fanatics, but I'm happy to avoid any soup made with cream or excessive amounts of butter. Also, there's no meat in these preparations.



**RANDI
KREISS**

These days, weeks and months through the pandemic, I have been making big, and I mean big, pots of soup, and then, before my husband can see how much is there, I siphon off a quart or more and hide it in the freezer. This neutralizes his portion-control issues and addresses my what-if fears, like if we both get sick at the same time, how will we eat?

But let's not go down that dark path. Let me share a few faves:

Manhattan clam chowder

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 red or green pepper, diced
- 2 celery stalks with leaves, diced
- 2 small cans chopped clams, including juice
- 2 bottles clam juice
- 1 16-ounce can crushed tomatoes
- 1 bay leaf
- ½ teaspoon dried thyme leaves
- ¼ teaspoon dried marjoram leaves
- 1/8 teaspoon black pepper

In large pot, heat garlic, add onion, celery, peppers and sauté. Drain clams and set aside. Add all other ingredients and simmer 30 minutes. Add clams and adjust seasoning. Serve with wedges of toasted homemade sourdough bread, which is another whole story.

Chicken tortilla soup

- Buy a roasted or rotisserie chicken, or use raw chicken thighs or breasts, cut into pieces (about 3 cups)

- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 cloves garlic, minced
- 8 cups chicken broth
- 1 large can chopped tomatoes
- 1 teaspoon cumin
- 1 can fat-free refried beans
- 1 can mild green chilies
- 1 tablespoon lime juice
- ¾ cup diced avocado
- ½ cup chopped cilantro
- ½ teaspoon pepper
- ¼ teaspoon salt
- Parmesan cheese

Sauté onion and garlic in olive oil. Add all the other ingredients and simmer for 30 minutes. Serve with tortilla chips broken into the soup. Add more spices and cheese to taste.

Mushroom barley soup

- 14 cups chicken stock or broth
- 1 ¼ cups pearl barley
- 3 tablespoons olive oil
- 3 cups chopped onions
- 1 pound fresh mushrooms, sliced
- 4 cloves garlic, minced

- 1/3 cup chopped dried shiitake mushrooms
- 1 carrot, peeled and thinly sliced
- 1 parsnip, peeled and thinly sliced
- 2 stalks celery, thinly sliced
- Salt and pepper to taste

Sauté garlic and onion in olive oil. Add fresh mushrooms and sauté 5 minutes. Add sautéed mix with all other ingredients to large pot of chicken stock. Rinse barley before adding. Simmer for 1 hour. Adjust spices.

Spinach egg drop soup (can be doubled)

- 4 cups chicken broth or stock
- 1 bag fresh spinach
- 4 cloves garlic, minced
- Juice of 1 fresh lemon
- 1 egg, beaten
- Salt and pepper
- Fresh parsley or cilantro to taste

Sauté minced garlic. Add all ingredients except egg to broth and simmer 5 or 6 minutes. Just before serving, pour egg into simmering soup, forming the egg drop threads. Serve immediately.

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HERALD EDITORIAL

Vaccine distribution needs improvement

The rollout of New York state's Covid-19 vaccine distribution has been, at times, disorganized, even chaotic, but in fairness, the state has received a mere 300,000 doses per week, while the need is significantly greater than that — there are nearly 19.5 million people living in the state, and more than 7 million of them are currently eligible to receive the vaccine.

Three hundred thousand represents 1.5 percent of the state's population. The actual percentage of people receiving the vaccine, however, is less than 1 percent per week, as each person must receive two doses of the Pfizer-BioNTech or Moderna vaccine to achieve 95 percent immunity to the coronavirus.

So, at the current rate of vaccination, we would need more than 100 weeks — about two years — to vaccinate everyone in the state, and at least 60 weeks, or a little more than a year, to achieve “herd immunity.”

As is the case with all other states, New York's weekly allocation is determined by the federal government. Last week, President Biden announced that his administration had finalized deals to buy 200 million more vaccine doses from Pfizer and Moderna by this summer, so it appears increasingly likely that he will be able to make good on a promise to ensure that all Americans who choose to be vaccinated can be.

These are frustrating months. Life-saving vaccines started streaming into the public in early December, but slowly. That is behind us, though. Now we must focus on the future.

We urge people to be patient as more vaccine is manufactured and sent out to the states. Your turn will come — soon. In the meantime, keep following the critical

Who's next for an inoculation?

New York state began the second part of Phase 2b of its Covid-19 inoculation distribution plan on Monday. Those in the phase include women who are pregnant and people with:

- Cancer, current or in remission, including 9/11-related cancers
- Chronic kidney disease
- Pulmonary disease
- Intellectual and developmental disabilities, including Down syndrome
- Heart conditions, including high blood pressure
- Immunocompromised state (weakened immune system)
- Severe obesity (body mass index of 40

kg/m² or higher), obesity (body mass index of between 30 kg/m² and 40 kg/m²)

- Sickle cell disease or thalassemia
- Type 1 or 2 diabetes mellitus
- Cerebrovascular disease
- Neurologic conditions, including Alzheimer's disease and dementia
- Liver disease

Previous phases included health care and emergency workers, educators, essential workers and those over age 65. For more information and instructions on how to schedule your vaccine, go to the New York State Department of Health website, [covid19vaccine.health.ny.gov](https://www.health.ny.gov/covid19vaccine).

safety protocols that we have heard repeated again and again over the past year — stay home as much as possible, keep at least six feet of distance between you and others, wear a mask (or two) when in public (KN95 masks are five-layered and tight-fitting), wash your hands often and use hand sanitizer when you cannot. And even after you receive the vaccine, be sure to continue these measures.

We were surprised to see that food bank workers were not included in New York's staged vaccine distribution plan. Those who work at food banks, many of them volunteers, are doing God's work, feeding the hungry and the poor. If they don't show up to work, people don't eat, lowering their immune systems, making them more vulnerable to disease, including

Covid-19.

Clearly, food bank workers are among our most essential workers, and should have been included in any vaccine distribution plan. We are calling on Gov. Andrew Cuomo and our state legislators to rethink the plan — and include them in the current round of inoculations, labeled Phase 1b.

Finally, when your turn comes to be vaccinated, be sure to schedule your inoculation as soon as you can. People have reported reactions that include muscle soreness and mild to moderate flu-like symptoms, but these side effects pale in comparison with the virus itself, which, strangely, leaves some unharmed, while ravaging — and killing — others.

LETTERS

Remembering Glenn Howard

To the Editor:

If you are a Glen Cover and have attended any City Council meetings, Planning Board meetings, Zoning Board meetings or Board of Education meetings, then you knew Glenn Howard.

He was a man who had a wealth of knowledge, a depth of intelligence and a love of our community. He had an interest in all Glen Cove issues and a well-thought-out opinion on all of them. Whether or not you agreed with Howard, you always valued his opinions.

Many do not know that Glenn was passionate about community service and, among other civic organizations, a major force in the Glen Cove Rotary. As a councilwoman, I was invited to participate in many Rotary events. I was always impressed with the wonderful work of the Rotary, and told Howard that I would love to join.

My first Rotary meeting happened to be Howard's last



OPINIONS

Laura Curran is handling Nassau County with aplomb

There are many benefits to getting older, although I often wish that I were a lot younger. When it comes to Long Island politics, I have pretty good recall going back to the mid-1950s. As a fledging reporter for a weekly newspaper, I met County Executive A. Holly Patterson, and in later years had some



**JERRY
KREMER**

battles with his successors Ralph Caso and Fran Purcell. I served in the Assembly with the late Tom Gulotta, another former county executive, and of course know U.S. Rep. Tom Suozzi, who also occupied the executive's office.

While all of those characters had different personalities, by and large they were good county executives who performed their jobs responsibly. They made sure the streets were plowed after snowstorms and the potholes on county highways were filled. They all had their challenges, and like all human beings, they made their share of mistakes.

All of this leads me to some observations about current County Executive Laura Curran.

Nassau County, like all suburban counties, isn't an easy place to govern. It has a major police force, a large workforce and facilities all over the place. There are county parks and numerous recreation facilities. We are blessed with beautiful beaches and waterfront facilities, which require maintenance and supervision. But if I had to pick the toughest part of Curran's job, it is managing the county's finances, and that includes tax collections.

On the few occasions that I dealt with the county's tax assessment system, I usually met with some department employee who worked with old yellow assessment cards that looked like they'd been used since the Civil War. The agency has never been easy to run, and its assessment of homes has been a source of anxiety for Curran, as it was for her predecessors. There is no way to make any aggrieved homeowner happy, and Curran has done the best she could to keep the system from imploding.

Long before she came to the job, the county was in deep financial trouble. For years and years, it ran up major deficits, and for political reasons kept deferring any increase in real estate taxes. Executive after executive tried to paper over the

growing deficits, but eventually the chickens came home to roost.

In 2000, the county was near bankruptcy. In order to save it from itself, the State Legislature created the Nassau Interim Finance Authority to monitor Nassau's

finances and serve as the equivalent of a control board. NIFA is similar to boards that have been created for New York City, Yonkers and Buffalo. It keeps a close eye on the county's operations, and a mere threat from NIFA can give the county executive and the Legislature a major migraine. NIFA isn't a paper tiger. It has the ability to force dramatic changes in the county budget and oper-

ations.

The past two years have been especially tough for Nassau and Suffolk counties. Sales tax collections have been declining at the same time that mandated expenses have been ballooning. Expenses have increased dramatically during the pandemic, which no one could have anticipated. The county's share of Medicaid expenses is dictated by the federal and state governments, and there's no source of funds to counterbalance them. Just keeping the county afloat is enough to keep Curran busy.

The other criteria I use in judging any public official's performance is their public personality. Curran is bright, outgoing and genuinely pleasant. She is out in the community frequently, and when she faces the press, she is confident and factual. If she doesn't know the answers, she promises to get them, and keeps her word. I've seen her speak outside Long Island, and she gets high marks from total strangers who think she comes across as very professional.

I'm aware of one other facet of Curran's performance in office. She speaks her mind, and on occasion has tangled with Gov. Andrew Cuomo over county issues. It's hard to govern a county of over one million people and not have differences with the people in Albany or Washington.

I have no dealings with the Nassau County government, so I'm not seeking any special favors. After four years of President Donald Trump and a lot of Washington ineptitude, it's nice to focus on local competence for a change, and Curran is a good example of that.

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

LETTERS

one. He was working on a grant for a community project. I told him and the other members of the club about the Sgt. Ralph W. Young Memorial monument, which is in desperate need of refurbishment. Young was a 23-year-old African-American from Glen Cove who was killed in World War II.

For many years, Young's monument sat in front of City Hall, which is now police headquarters. It was moved to Monument Park by the Department of Public Works in 2018, and temporarily placed on the ground. The Rotary grant will help pay for necessary upgrades and the proper monument Young so deserves. This project has the full support of the Rotary Club.

Leaders of our local veterans organizations, Fred Nielsen, president of the Glen Cove Veterans Council, and Dave Hubbard, commander of Young Simmons American Legion Post No. 1765, are thrilled and ready to assist in this venture.

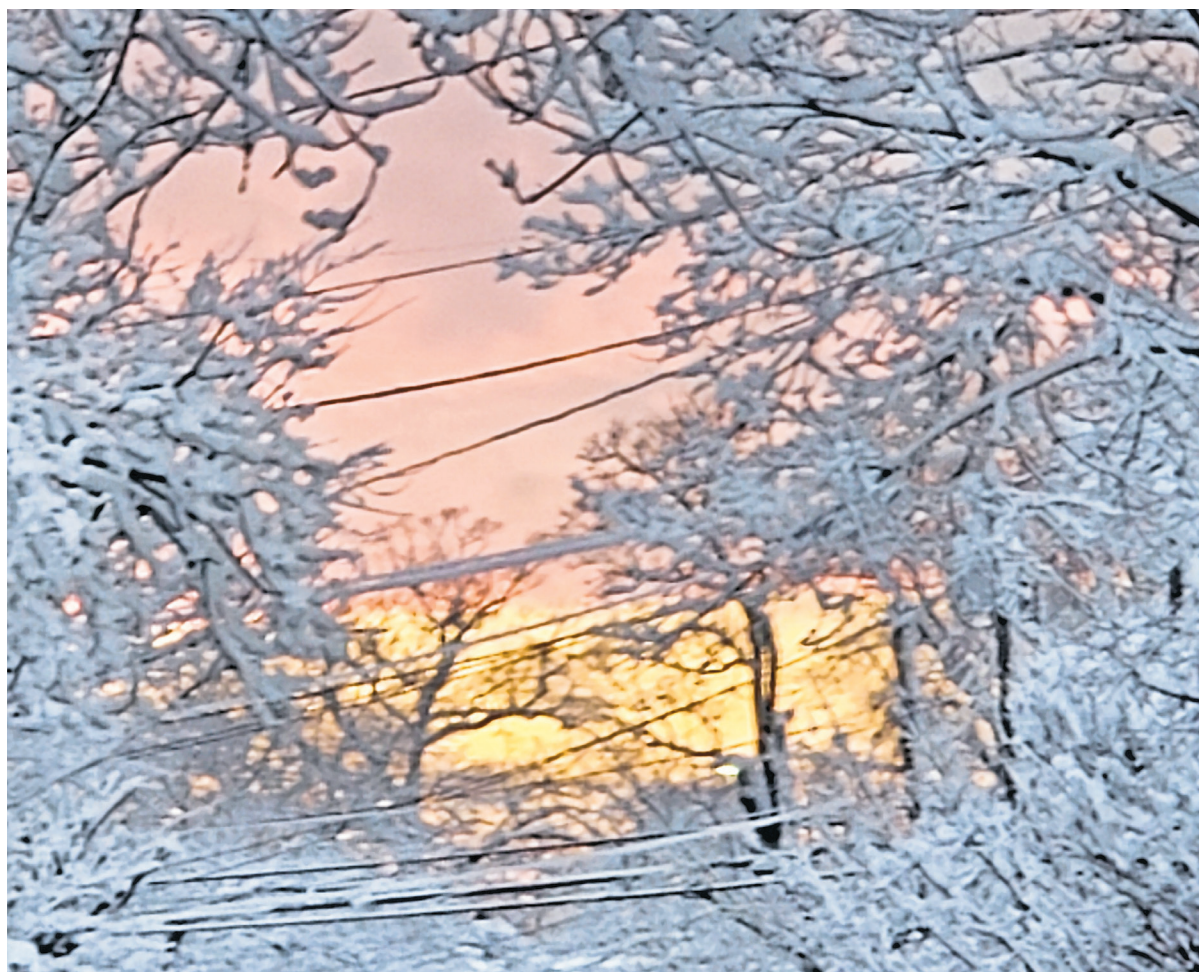
On Jan. 8 at 2 p.m., Howard, Jacki Yonick and I held a Zoom meeting to put the finishing touches on the grant application. Howard typed feverishly to complete the application for the Rotary president's signature. It was obviously imperative that Howard complete this task.

Within a couple of hours, we heard that he had died. Knowing him, and in disbelief, we thought the news might not be true, because he was quite the joker. Sadly, sudden death is the truth. The loss of Glenn Howard makes the completion of this project even more of a priority.

It is my thinking that he died the way he lived, in service of others, always thinking of how he could help. Rest in peace, Glenn. May all your good works be rewarded.

PAMELA D. PANZENBECK
Glen Cove

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The sky clears after another storm — Valley Stream



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