

smoke detector batteries.



Infections as of March 7 3.421 Infections as of Feb. 26 3.294



Football kicks off on Friday for GCHS

Page 12



Fundraiser for N.S. Soup Kitchen

Page 14

VOL. 30 NO. 11



LAST APRIL. KERRI Scanlon, Glen Cove Hospital's executive director, center, updated team members outside a unit converted to treat Covid-19 patients.

Glen Cove Hospital and Covid, one year later

By LAURA LANE

llane@liherald.com

Toni Kessel said she remained grateful for her husband, William, and considers herself fortunate he retired in December. She also appreciates her boss, County Legislator Delia DeRiggi-Whitton, for her continual support. But most of all, Kessel said, she's thankful she's alive

A victim of Covid-19, Kessel, 60, first experienced symptoms on Christmas day. Three davs later she was bedridden in her Glen Cove home, with a temperature of 104 and the worst headache she had ever

experienced. For eight days her health spiraled downward, and she was unable to get out of bed. She remembers little, except that her husband encouraged her to drink Gato-

Finally, William rushed his wife to Glen Cove Hospital, where doctors said she was severely dehydrated, and she was diagnosed with pneumonia and Covid-19. She remained in the Covid ward for a week, where she was given oxygen but was not put on a ventilator. Her husband and their two adult daughters, Kimberly and Brittany, also came down with the virus, but

their symptoms weren't nearly as severe as Toni's.

"In the Covid ward, you're by yourself," she recounted. "I didn't know what was going on. It's amazing that this little virus can do so much damage to people."

Two months have passed since her hospitalization, yet Kessel said she continues to have symptoms that include headaches, exhaustion, heart palpitations and body aches. She is unable to return to work, and, she said, her life is difficult.

A year ago on March 11, the World Health Organization **CONTINUED ON PAGE 7**

North Shore libraries ask for support

message

library is.

Library

KATHIE FLYNN

Director, Glen Cove

By JENNIFER CORR

Over the past year, North Shore libraries have been there for their patrons, whether offering curbside book pickup, hosting

educational and fun virtual programs or promoting a wide selection of digital resources, like e-books.

But in order to provide services, libraries need state funding. Although the New York Library Association requested \$123.1 million in funding for fiscal year 2020-21, library aid totaled \$94.1 million. with 20 percent withheld because of the ongoing pandemic.

For the upcoming fiscal year, Gov. Andrew Cuomo, according to the NYLA, proposed cutting library aid by an additional 7.5 percent in his executive budget. The proposal comes after an NYLA survey found that libraries have incurred an average of more than \$6,500 in Covid-19 related expenses.

"These prospective cuts to library operating aid in the budget that's being negotiated right now are really going to threaten the ability of our communities to recover from Covid-19," said Caroline Ashby, the director of the

Nassau Library Sys-

In times of crisis, e're just Ashby said, people often turn to their trying local libraries for social support, workto get the force development, entertainment, education and other proacross of how grams important the

The Nassau Library System reached out to library fans on Feb. 11, asking them to support their local libraries by sending virtual postcard telling Cuomo and the

State Legislature what those libraries mean to them. Nearly 700 postcards have been sent thus

Glen Cove Public Library Director Kathie Flynn said that postcards that referred to her library were on display there.

"Today is advocacy day at the

CONTINUED ON PAGE 5

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GCPD releases 2021 reform plan, per executive order

By JENNIFER CORR

icorr@liherald.com

Americans watched in horror as George Floyd of Minneapolis panted that he could not breath as Minneapolis Police Department officer Derek Chauvin kneeled on his neck for eight minutes and 46 seconds.

"I said it right from the second I saw that video," said Glen Cove Police Department Chief William Whitton. "That guy deserves to go to jail, that's where he belongs, that's where he should go."

Gov. Andrew Cuomo passed an executive order titled "New York State Police Reform and Reinvention Collaborative" in June to prevent police brutality tactics, like what Chauvin did to Floyd on May 25.

A part of the executive order included a directive that all police departments, in collaboration with community members and officials, must release a police reform plan no later than April 1. The GCPD released its draft on Feb. 25, which will be open for public comment on March 23. The Glen Cove City Council will cast its vote on the report, which is still subject to change, on March 23.

"Getting a little bit better is a moving target," Whitton said. "I want to improve, I want to get better, I want to find the next best thing that we can do here."

The GCPD's report includes areas of reform such as additional training and resources that the department will gain, as well as a dedication to secure funding for body cameras and footage storage.

As for current practices, the GCPD never utilized chokeholds or maintained traffic stop quotas for its officers. The department often exceeded the state's standard hours of training in implicit bias and in procedural justice, which translates to being transparent in policing.

City of Glen Cove Mayor Tim Tenke emphasized the importance of implicit bias and de-escalation training, as it benefits the entire community. "Every single police officer has a four-year college degree here in Glen Cove as well," Tenke

Community engagement is also a priority of the police department, evident in its many programs, such as having an officer liaison for the Glen Cove Senior Center, hosting a National Night Out and providing the PRIDE program, which stands for peer resistance instruction and drug education, for Glen Cove's fifth graders.

"Now that the limelight is on the police world, I'm excited to show what we've been doing," Whitton said, "and what we've been doing, in my opinion, has been great."

The following displays some, not all, of policing methods and issues included in the reform plan draft, followed by the GCPD's current practices and what the department plans to reform.

Systematic or implicit bias – The concept that racial bias impairs the perceptions, judgment and behavior of police personnel.

■ Current practices: The GCPD address-



Christina Daly/Herald

THE GLEN COVE Police Department, pursuant to Gov. Andrew Cuomo's executive order, released a draft of its police reform plan on Feb. 25.

es systematic and implicit bias through policy and training. All officers receive diversity training while in the academy, as well as education about implicit bias, for a total of 16 hours, exceeding the state standards of three hours. The GCPD prohibits police practices that involve profiling or other biased-based decisions.

■ Police reform plan: The academy has added an additional eight hours of training to address anti-bias, morality, ethics and cultural diversity. The GCPD will also be implementing a program called NYS TraCs when issuing traffic summonses, joining Nassau County in gathering traffic stop data.

Stop and frisk – Refers to a police practice whereby a person is detained for a brief moment of questioning and patted down for a search of weapons.

- Current practices: The GCPD presents officers with clear guidelines regarding Investigative Field Stops, or Terry Stops. The department does not tolerate stops based on a less than reasonable suspicion and does not permit random stops and frisks.
- Police reform plan: The GCPD utilizes a field interview report to document the stops, including the facts and circumstances that led to the stops. A GCPD order also requires that offices record information such as the person's race and gender, along with what actions were taken by the officer upon the stops.

involves the targeting of resources and activities to places where crime is most concentrated.

- Current practices: The GCPD uses Intelligence-Led Policing strategies including hot spots, which is indentified through intelligence gathering and crime analysis. One component of Intelligence-Led Policing is obtaining information from the community and in doing so; the department is able to engage the community in its effort in reducing crime.
- Police reform plan: The GCPD will continue this practice and is currently upgrading its crime analysis software to better identify crime prone locations.

Prohibited race-based 911 calls – New York State Civil Rights Law was amended to establish civil penalties for a person who intentionally summons a police or peace officer without reason to suspect criminal conduct or threat to a person or property, because of a bias.

- Current practices: The GCPD distributed legal guidance to all officers regarding the amended law.
- Police reform plan: The amended law will be an included topic during in-service training to further educate department members who may in turn educate the community.

Mental health and homelessness - The GCPD responds to all medical emergencies where people are suffering a mental or emotional crisis, responding to and

assisting approximately 250 people in distress a year.

■ Current practices: All officers in the department undergo 20 hours of mental health training. GCPD officers must make sure they have adequate assistance when responding to a mental health related call. If the situation is likely to result in serious harm, NCPD Emergency Service Unit is called.

If the officer determines that the person is not a threat to themselves or others, but are in need of evaluation, the officer will refer available resources. If the person is an imminent threat to themselves or others, the officer, under state mental hygiene law, can take the person into protected custody.

When an encounter involves a suicidal person, a barricaded individual or person held against their will, the NCPD Hostage Negotiation Team is available to the GCPD and will be assigned, The GCPD also has four officers who are certified hostage negotiators.

■ Police reform plan: The GCPD will institute a program with Mobile Crisis beginning in April. The Mobile Crisis Outreach Team will be notified of all instances involving a mental health crisis and mental health professionals will respond to assist people in need.

To read the entire Glen Cove Police Department Reform Plan draft, visit www.glencoveny.gov.

Hot-spot policing - A strategy that

CRIME WATCH

NEWS BRIEF

Arrests

■ On Feb. 28, a 26-year-old Glen Cove female was arrested for third-degree criminal mischief and third-degree menacing on Sunset Avenue.

- On March 1, a 29-year-old Glen Cove male was arrested for two counts of criminal possession of a controlled substance in the fifth degree, criminal possession of a controlled substance in the seventh degree and criminal possession of marijuana in the second degree on Eldridge Place.
- On March 2, a 20-year-old Glen Cove

male was arrested for fourth-degree grand larceny, petit larceny and fourthdegree criminal possession of stolen property on Brewster Street.

- On March 4, a 19-year-old Glen Cove male was arrested for fourth-degree criminal mischief on Elm Avenue.
- On March 5, an 18-year-old Glen Cove male was arrested for third-degree assault and obstruction of breathing on Charles Street.
- On March 5, a 56-year-old Glen Cove female was arrested for third-degree assault and third-degree menacing on Elm Avenue.

CVS expanding Covid-19 vaccine availability

CVS pharmacies are now expanding community access to the Covid-19 vaccine at the following sites within the Heralds' coverage area:

- Baldwin
- Bellmore
- Cedarhurst
- East Rockaway
- Glen Cove
- Glen Head

- Hewlett
- Lvnbrook
- Oceanside
- Oyster Bay
- Valley Stream
- Woodmere

All of these sites' appointments were fully booked by press time on March 10.

For eligibility requirements or to make an appointment, go to https://www.cvs.com/immunizations/covid-19-vaccine.

Off-duty GCPD officer saves man from burning car

At the intersection of Cottage Row and Roosevelt Street, a Glen Cove resident was driving home during the afternoon of Feb. 22 and unbeknownst to him, his entire engine was on fire.

Off-duty Glen Cove Police officer Darren Pittman was driving by and noticed a car in the oncoming lane that was smoking. After pulling over to try to assist the driver, whose name has not been released, he noticed that the man was having trouble opening the car door.

While the front of the car was engulfed in flames, Pittman ripped open the driver's side door to help the man get out of the car before he sustained any injuries, potentially saving his life.

This is not the first time that Pittman put himself in harm's way to save someone's life. In November of 2019, he received a distressing text message from a friend who is a Nassau County Police Department officer. After talking with him on the phone, Pittman concluded that he was contemplating suicide and called the GCPD for backup. Then Pittman, still in his pajamas, drove to his friend's home.

He found him in a vehicle holding a handgun. Realizing that the officer was about to take his own life, Pittman lunged for the gun and wrestled it away. The officer became hostile, but was subdued by backup

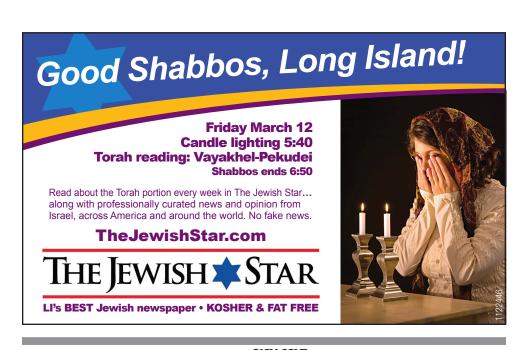
GCPD officers and taken to a hospital for evaluation.

The officer is currently receiving treatment but has made a full recovery and is back at work.

"Pittman always conducts himself in an exemplary manner," Glen Cove Police Department Chief William Whitton said. "He always goes the extra distance for the community. We are extremely fortunate to have him."

City of Glen Cove Mayor Tim Tenke said that Pittman always makes the city proud.

"During a recent conversation with him, I asked 'What size cape should I order you?" Tenke remarked. "He truly is one of Glen Coye's superheroes."





HERALD

HOW TO REACH US

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CONTINUED FROM FRONT PAGE

libraries," Flynn said on Feb. 26, the day members of the library community traditionally take a trip to Albany. This year, they had virtual discussions with lawmakers about issues libraries are facing.

"We're just trying to get the message across of how important the library is,' Flynn said. "We weren't closed during the pandemic. We went online, mostly. But we still tried to meet the needs of the community. We still had people asking questions online; we were doing research for them."

Throughout the pandemic, the Sea Cliff Village Library has offered story time for socially distanced children three times a week, outdoors when possible, even during the winter. Story times are also recorded and offered online.

When libraries were ordered to close last March, Locust Valley Library Director Kathleen Smith recalled, her staff immediately created a website on the library's webpage suggesting activities to keep people occupied while they were largely confined to their homes. The library offered a wide range of virtual programs, like exercise classes and book and movie discussions, throughout the year.

Meanwhile, the Locust Valley facility is over 100 years old and, Smith said, it needs maintenance and upgrades. Funding for repairs comes from the state.

Funding for library construction had been stagnant for over a decade until invest-



WHILE THE GLEN Cove Public Library has limited in-person use of its facility, and its public computers are idle, the library offers a wide range of virtual services.

ment by the State Legislature in 2018, according to the NYLA. Last year, however, funding was slashed by \$20 million, and this year Cuomo has proposed only \$14 million for the program, which would severely impact over half of the state's libraries that are over 60 years old.

Ashby said there are also costs that patrons are not aware of, like the cost of providing digital resources, which accounts for a large chunk of the Nassau Library Systems' budget. In 2020, use of digital resources like e-books have grown dramatically.

"Research goes way beyond the walls of

the library," said Michele Vaccarelli, the director of the Oyster Bay-East Norwich Public Library. "The library offers a plethora of online research, databases from auto repair to genealogy and other databases. Beyond those walls we have e-books and audio books that are also available 24/7.'

Being a part of the Nassau Library System also allows a facility like the Gold Coast Public Library, in Glen Head, to request media that a patron may be looking for from other county libraries.

"[State] funding primarily funds the library systems," explained Mike Morea,

Did you know?

- Library usage and demand for services are surging statewide.
- Libraries are a core component of the state's educational infrastructure.
- Libraries are critical for access and equality.
- Library systems are models of shared services.
- Every state dollar invested in a library returns \$7 to its community.

-New York Library Association

the director of the Gold Coast library. "For us that means the Nassau Library System. We are one of 54 libraries in Nassau County, and we work together through the system that provides us things like the ability to purchase resources, like the Nassau Digital Doorway, the e-book and audio book platform that we all share."

The best way to support local libraries, Ashby said, is to use them, and to write letters of support to the governor and state lawmakers. To send a postcard in support of a local library, go to www.facebook.com/ NassauLibrarySystem/.

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Throughout the pandemic, healthcare workers, first responders, grocery and pharmacy personnel, and so many others, have been dedicated to supporting and assisting our community. They are true heroes who deserve our respect, praise and recognition.

As many remain on the front lines in 2021, we invite you to nominate a Hometown Hero to be featured in Herald newspaper editions throughout the year.

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COMMUNITY UPDATE

Thursday, March 11

"Unorthodox" virtual discussion

Virtual event from Congregation Tifereth Israel in Glen Cove at 1 p.m. Deborah Feldman, author of the best seller "Unorthodox: The Scandalous Rejection of My Hasidic Roots," will lead a free virtual discussion of her book. Feldman's book, published in 2012, went on to be the basis for the highly popular, award-winning 2020 Netflix series, "Unorthodox," and a companion documentary, "The Making of Unorthodox." The program is free, the public is welcome to attend. RSVP for a Zoom link to office@ctionline.org. Donations for the event are accepted on CTI's website. For more information, (516) 676-5080.

Q&A with Ed Hearn of N.Y. Mets

Virtual program from the Glen Cove Senior Center at 2 p.m. There will be a Q&A with New York Mets world champion Ed Hearn, who has remained one of the more memorable Mets in the franchise. Hearn also operates a charity called Botton of the Ninth, a mentorship program for children, and he has written an autobiography entitled 'Conquering Life's Curves - Baseball, Battles & Beyond." He resides in Kansas with his wife and son. To tune in, visit www. facebook.com/GCSeniorCenter/. To learn more, call (516) 759-9610.

'New England Road Trip'

Virtual program from the Glen Cove Public Library at 7 p.m. During a time when most people are limiting their travel, let Ted Reinstein, a reporter and author of three books about New England, be the tour guide. Participants will go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield and Berkshire foliage to Fenway Park, all in one hour. There will be a Q&A at the end. For more information, visit www.glencovelibrary.org or call (516) 676-2130.

Friday, March 12

Haunted St. Patrick's

Bayville Scream Park, 8 Bayville Ave.,



ourtesy Wikimedia Commons

Visit Singapore through the Glen Cove Library

Through this virtual program courtesy of the Glen Cove Library, attendees will join travel lecturer Sheila Taub on Zoom and explore why Singapore is a top destination when visiting Southeast Asia. The adventure to the other side of the world starts at 2 p.m. on March 16. For more information, call (516) 676-2130.

Bayville, 8 p.m. Bayville Scream Park returns on Mar 12, 13 and 14 with three terrifying St. Patrick's themed haunted houses. Enjoy a three-course traditional Irish meal and a park full of haunts at this unique way to celebrate the holiday. For more information, call (516) 624-4678.

Saturday, March 13

Indoor Winter Farmers Market

Village Square, 100 Village Square at Bridge Street, Glen Cove, from 10 a.m. to 2 p.m. The Sea Cliff/Glen Cove Winter Market offers a selection of locally grown vegetables, eggs along with fresh baked bread and sweets, honey, maple syrup and other local goods. All products are grown or produced on Long Island or by Long Islanders.

Market is operating safely under state guidelines. For more information, call (516) 318-5487.

Painting at Planting Fields

Planting Fields Aboretum, 1395 Planting Fields Road, Oyster Bay, 1 p.m. Attendees will explore their creativity in paint at Planting Fields. The artists have created a custom design of the landscape at Planting Fields for participants to recreate on the canvas through a step-by-step demonstration. At the end of the session, participants will return home with their own painted version of Mai Coe's Teahouse in the Italian Garden. Masks must be worn for the duration of the program and paint stations will be stationed 6 feet apart from one another. Admission is \$42 for members and \$50 for guests. For more information, call (516) 922-9210.

Sunday, March 14

Mini photo sessions at T.R. Park

Theodore Roosevelt Memorial Park, 25 West End Ave., Oyster Bay. Starting at 9 a.m., participants can capture themselves and their loved ones, including pets, with a free 30-minute photoshoot at Theodore Roosevelt Memorial Park with one local photographers. For more information, call (973) 281-4503.

Virtual Sunday with Survivors

Virtual event from the Holocaust Memorial & Tolerance Center of Nassau County at 1 p.m. the HMTC presents the next in a series of presentations by Holocaust Survivors. In this program, Survivor Rachel Ruth Mermelstein will share her testimony, describing her prewar life in Romania, her survival at Auschwitz and her liberation from Bergen-

Belsen. For more information, call (516) 571-8040.

Roger Silverberg Trio performance

Glenwood Life Center, 71 Grove St., Glenwood Landing, 6 p.m. Join Roger Silverberg and his band for an evening of heart, soul and groove. Silverberg's music tends to be hooky, melodic, witty, often sincere, sometimes snarky and often sprinkled with a bit of social commentary. It is all in the spirit of the best mainstream music of the '60s and '70s. Bringing some instrumental fullness to Roger's songs are Steve Blatt on bass and Steven Cafarelli on drums and vocals. For more information, call (516) 399-2575.

Wednesday, March 17

Covid-19 updates

Virtual program from the Glen Cove Library at 4 p.m. Rabbi Dr. Aaron Glatt, Chair of Medicine and Chief of Infectious Diseases, Mount Sinai South Nassau Hospital, will explain the latest news and insights regarding the virus, with an emphasis on what it means to residents of Nassau County. For more information, call (516) 676-2130.

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
inossa@liherald.com

5 things to know about your town

- The Sea Cliff Village Election will take place on March 16.
- The Glen Cove City Council will hold a pre-council meeting on March 16 at 6:30 p.m.
- The Sea Cliff Village Library is looking for a new member of its Board of Trustees.
- The Town of Oyster Bay will host a food and supply drive for pets starting March 15.
- Oyster Bay-East Norwich School District business meeting on March 16 at 7:30 p.m.

Nurse recalls, 'I could see their fear. I felt helpless.'

CONTINUED FROM FRONT PAGE

declared the Covid -19 outbreak was a global pandemic. Since then, more than half a million people in the United States have succumbed to the virus, for which there remains no cure.

When the virus was first reported early last year, doctors and nurses were learning about it, said Kerri Scanlon, 51, a registered nurse and GCH's executive director. They were bewildered, unable to prevent so many people from dying, she said.

GCH's first Covid patient

Lucianne Fenza, 33, a nurse in the hospital's intensive care unit, was assigned to its first Covid patient. "I remember being told, 'Luci, he's positive,' and I wondered what that meant for me and my family," she said. "There were so many unknowns then. We didn't think he would make it."

But the patient survived. "He was one of our successes," said Fenza, who lives in Northport. "When he came back to our rehab he thanked us all, he wanted us to know that he heard us, even when sedated. He thanked us for giving him a second chance on life."

What was most important to her, Fenza said, was to keep Covid-19 patients off ventilators, because only 10 percent of those who were put on them survived. Covid-19 attacks the lungs, she said. When patients are put on one it is easy for them to get tears in their lungs because it is difficult for them to synchronize their breathing with the ventilator.

To avoid the ventilator, it's important for patients to be calm. Fenza said she decided to get creative. To gain a patient's attention, she would dance while holding up signs with words of encouragement. She told them to keep moving from side to side so "the Covid would not settle." Fenza was determined to do anything to help them survive, she said, but it all took a personal toll.

"I could see their fear," she said. "I felt helpless after a while."

Fenza remembered how hard it was to lose her first Covid-19 patient. He was young, she said, with a wife and an autistic son who also had Covid, but didn't need to be hospitalized. No matter what the doctors tried, the man was unresponsive.

"We all felt it when he died," she said. "We tried so hard to keep him alive. After the doctor pronounced him, we gathered in a circle for a moment of silence and then cried together."

A year later, Fenza has received her Covid-19 vaccine, and said she feels more comfortable working and confident she is

As the number of Covid patients steadily increased, Scanlon said, she had to take charge, which was her job, but this experience was different. She couldn't handle it alone. "This was a marathon, and I had to learn how to manage it and hand the baton to the next person," she said, adding that the pressure was tremendous. "At the end of the day, I could not let that baton drop."

Teamwork was essential, Scanlon

explained, with professional collaboration more important than ever. Doctors, nurses, care managers and respiratory therapists all needed to communicate to give Covid-19 patients the best chance to survive.

Kristen Geissinger, 27, GCH's emergency room managing nurse, agreed that teamwork was vital, because staffers knew better than anyone else what their colleagues were going through. "But telling family members they couldn't come in, couldn't see their mom or dad, was the hardest part," she said. "The families didn't understand, and the patients didn't either. When you're sick, you want your family with you."

'We couldn't let them . . . say goodbye'

One of her most painful memories is of two women who were nurses. One had guit her job to take care of her father, who was dying of Covid at GCH. "We couldn't let them come in to say goodbye," Geissinger said. "I felt awful. The daughter quit her job to make sure her father didn't get it from her, and he got it anyway.'

The experience made Geissinger think more about her own father, who she worried might catch the virus from her. They both live in Centerport, had always been close, and she lived next door. She made the difficult decision not to see her father for the entire month of March, and as it turned out, she remained isolated from him until May.

Geissinger contacted the virus a week before Easter, when what began as a bad fever developed into debilitating weakness. She stayed in her bedroom for a week, taking vitamin C and doing everything she told her patients to do.

She talked to her father on the phone every day, but their separation was difficult. "It was my first Easter that I didn't see him," she said.

Having the virus has been life-changing for Geissinger. "I honestly feel more of a need to communicate with the family members of patients than I used to," she said. "It gets so busy in the ER, you can't always come to the phone to speak to them. I make it more of a priority to talk to them now, to give them the updates they need."

Scanlon learned from the experience that everyone, including her, had to care for themselves to get through the pandemic. What she said she continues to miss most is the human contact. "In health care, we're very touchy feely people," she said. "The hardest thing is not to be able to do

Having Covid has affected Kessel emotionally, she said. Now, when she entering a crowded supermarket, she has to fight off panic. And she still can't believe that she got infected with the virus.

"It takes you back," she said. "I'm old now. I find that I think more of my future. I wonder how long I want to work."

For Geissinger's children, ages 41/2 and 2, Covid is a part of their lives. "My son loves dressing up," she said, "so he likes to wear a surgical mask. He thinks he's Spider-Man. As for my daughter, she says little but now says, 'Mask, mask.'





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Listen up!

Lifelong hearing health starts with you

earing is the gatekeeper to human communication — it is one of the primary ways in which we connect with other people. Those of us who hear clearly probably cannot appreciate how difficult hearing loss can be. It can even lead to isolation and withdrawal from many pleasurable activities.

While not all types of hearing loss are preventable, there are steps you can take to lower your risk of developing age-related hearing loss and/or noise-induced hearing loss. It's never too early — or too late — to begin wearing hearing protection around loud noises. And adopting a healthy lifestyle and following your doctor's advice can go a long way to protecting your hearing health.

Your inner ear contains delicate hair-like cells that are quite sensitive to changes in blood flow. If these cells are damaged, you experience hearing loss. The healthier you are overall, the better you can prevent hearing loss — or preserve the hearing you do have, if you already have hearing loss.

Manage your blood pressure and cardiac health

High blood pressure and heart disease can damage the fragile mechanisms that help you hear. If you have high cholesterol or blood pressure, follow your doctor's treatment orders to get it under control.

Stop smoking and vaping, and limit drinking

Studies definitively show that cigarette smoke — whether directly, secondhand, or even in utero — can have a big impact on a person's hearing health. Likewise with heavy alcohol use, which can create a toxic environment in the ear. Vaping and hearing loss isn't as well-studied, but there are anecdotal reports linking it to sudden hearing loss.

Keep diabetes under control

Research has shown that people with diabetes are twice as likely to have hearing loss. Just as with high blood pressure, diabetes can damage the cells in your inner ears. Keep your blood sugar under control and follow your doctor's orders for managing diabetes.

Exercise and practice stress reduction

What isn't exercise helpful for? Exercise improves blood flow and helps your body — and your ear health — in countless ways. Just be careful about loud music while working out and incorrect

weightlifting; both are linked to hearing damage. And because chronic high levels of stress aren't good for your hearing (or the rest of you), do what you can to keep stress levels under control.

Eat foods high in certain vitamins and minerals

Did you know that certain vitamins, especially B12, are vital to good hearing? The same is true of minerals including potassium and magnesium. Iron-deficiency anemia is also linked to losing your hearing.

Know your family history

While knowing your family history won't directly prevent hearing loss, it will help you know if you're at elevated risk. Catching it early can reduce your risk of the negative impacts of hearing loss, such as cognitive decline, depression and social isolation

Be aware of drugs that cause hearing loss

Hundreds of over-the-counter and prescription drugs are linked to hearing loss. These ototoxic drugs range from ordinary, over-the-counter medications like aspirin to chemotherapy drugs and IV antibiotics. In some cases, you may be able to take an alternative drug to reduce your risk of drugrelated hearing loss.

Lower your risk of noise-induced hearing loss (NIHL)

Even if you're as healthy as an Olympian, you still risk hearing damage if you don't protect your hearing in noisy environments. Regardless of your age or your hearing status, it's always a good idea to protect your hearing when you're going to be exposed to loud sounds.

Noise-induced hearing loss can have many sources. Blasts, like gunfire or fireworks, can cause immediate hearing loss. Less explosive sounds, such as airplane engines, rock concerts, or even high-pitched dentist drills, still cause damage, just more slowly. Either way, the damage is almost always irreversible and cumulative.

One common source of hearing damage you might not even realize? Your earbuds and headphones, especially if you don't take the right precautions when you listen to music.

Above photo: Hearing loss prevention begins with healthy habits like regular exercise.



Living with hearing loss

No need to fear communications breakdowns

Hearing loss can seem daunting, with its ability to affect relationships, selfconfidence, physical health, and more. Taking charge of it, however, can go a long way toward keeping you feeling empowered and engaged.

There are many different cues that we receive that help us to understand speech and language. People with normal hearing don't always receive all the cues, but the English language has enough redundancies that they often get enough cues to correctly identify the message. However some cues are unheard due to the hearing loss.

Increased reliance is then placed on the remaining cues to understand conversation. This becomes more difficult when hearing is compromised and frustration often occurs between family members as everyone struggles to understand the rules of communication.

Instead of getting frustrated, use the following tips to help you communicate more effectively and take your hearing loss in your own hands.

Be an advocate for yourself

Others cannot guess what you need. By hiding a hearing loss you will miss conversation and may respond inappropriately and cause further miscommunication.

Ways to be an advocate:

- √Tell others if you are having difficulty understanding.
- √ If you don't understand what someone has said ask him or her to rephrase the message, not just repeat it.
- $\sqrt{}$ Educate others regarding hearing loss.

Many do not understand why you can hear that they are talking but cannot understand what they are saying. They also don't know what they can do to help. Ask others to talk more slowly and clearly and not to obstruct their mouths.

Manipulate your environment to your advantage.

Hearing clearly when there is background noise is probably the biggest challenge for people with hearing loss. When you can, choose quiet listening environments. In a restaurant, request to be seated in a quiet area away from the door and the kitchen. Partitions and low ceilings may be helpful to reduce noise. Also carpet and upholstery may help to reduce echo, which may help you to understand speech more clearly. Good lighting may also be helpful so that you can see the speaker's face and gestures.

- $\sqrt{}$ If you have a good ear, place yourself so that it is facing the speaker.
- √ Different environments pose unique challenges. Get creative and make each environment work to your strengths.
- √ When attending a meeting, get an agenda so that you know the topics that will be discussed. This will give you a few key words to work from when listening.
- √ In a lecture, record the speaker so that you can review the details later if you missed something.

Investigate assistive listening devices.

These devices often allow the listener to receive the sound directly from the source, thereby eliminating background noise. They are often available at many theaters, churches and other public venues and are free to use.

You may also purchase personal assistive listening devices for use at home or elsewhere. These may include amplified telephones, smoke detectors and alarm clocks, as well as personal devices to listen to the TV. Your audiologist may be able to help you investigate these devices.

You may need plenty of hands-on experience with these devices to become comfortable using them outside of home, but once you are comfortable with them, they offer dramatic results in terms of improved communication, increased self-esteem, and reduced negative feelings surrounding communication.

Above photo: Better hearing requires more than just hearing aids. Hearing your best means having the right technology — fit specifically to your unique hearing needs — for the environments you find yourself in most often, and maximizing that technology with better communication strategies.



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Eastern Audiology: Spring is in the 'ear'

HEALTH MEMO

pandemic on the horizon we're all ready for life to become more normal. Socializing with friends and family, going out to dinner, and returning to daily activities all seem closer than ever. And with the renewal of spring just weeks away, what better time to renew your hearing to ready yourself for all of these interactions. At Eastern Audiology Resources, we're committed to helping our patients improve their quality of life in every aspect through better hearing.

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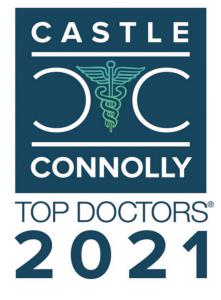
Twelve NSPC Brain & Spine Surgery physicians named to 2021 Castle Connolly list

welve of the 28 physicians associated with NSPC Brain & Spine Surgery have been named to the latest edition of Top Doctors: New York Metro Area, an annual reference guide published by Castle Connolly, a New York City research and information company.

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

"It's a pleasure to congratulate our colleagues and partners for receiving this honor," said Michael H. Brisman, M.D., the chief executive officer of Rockville Centre-based NSPC. "Our practice has provided patients from Long Island, and elsewhere, with the most compassionate and comprehensive brain, back, and neck care available for over 60 years. The selection of these twelve physicians to the 2021 Top Doctors: New York Metro Area listing confirms a tradition of clinical, and patient-centered excellence, at NSPC."

For decades, Castle Connolly has been conducting a peerreview survey to select the region's top doctors based on the



theory that medical professionals are best qualified to assess the qualifications of other practitioners. Licensed physicians vote online for those doctors they consider outstanding. A Castle Connolly doctor-led research team then counts the nominations and vets the nominee pool with the aid of a number of screens, including confirming board certifications and investigating disciplinary histories. Last year, Castle

Connolly was acquired by the Everyday Health Group, a division of J2 Global Inc.

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

About NSPC Brain & Spine Surgery

Founded in Freeport in 1958, NSPC Brain & Spine Surgery has grown to become one of the largest, private neurosurgical groups in the U.S. with seven conveniently located offices on Long Island, including offices in Lake Success, Rockville Centre, West Islip, Commack, Port Jefferson Station, and Riverhead.

The practice's experienced neurosurgeons and interventional neuroradiologists are experts in "Bloodless" brain and spine surgery, including laser spine surgery, endoscopic spine surgery, ultrasonic spine surgery, radiosurgery, and other advanced minimally invasive techniques which are used to treat brain tumors, brain aneurysms, trigeminal neuralgia, herniated disc, spinal stenosis, chronic back pain, and other conditions. Please visit www.nspc.com to learn more.



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HERALD SPORTS

It's kickoff time for football

By TONY BELLISSIMO

tbellissimo@liherald.com

Are you ready for some Nassau County high school football?

A six-week regular season kicks off Friday night with three games, including Oyster Bay at Carle Place and Glen Cove at Hewlett, while 46 additional teams will be in action this Saturday for the first time since the fall of 2019.

Only the top four finishers in each of the four conferences will advance to the playoffs. Here's is a rundown of the four north shore teams in the Herald's coverage area. For schedules, visit www.secviii.org.

Glen Cove Big Red

Glen Cove has its work cut out as the bottom seed in Conference II. Senior linebacker/O-lineman Phil Aguilar is an outstanding three-sport athlete who led the team in tackles in 2019 with 40. Coach Steve Tripp said senior Darren Bonet is moving from running back to quarterback while remaining at safety on the defensive side. Senior David Milanese is a slot receiver/cornerback, while juniors

Gio White (wideout/safety) and Andrew Guster (O-lineman/linebacker) assume larger roles.

Following the opener at Hewlett, the Big Red schedule includes Division, Valley Stream North, Mineola, Roosevelt and Valley Stream South.

Locust Valley Falcons

Seeded fourth in Conference IV, the Falcons boast no shortage of starpower and they'll look to challenge defending champion Seaford and newcomers Wantagh and North Shore for top billing. Coach Casey Neilly features three returning All-County performers – senior running back/safety Ben Ferrara (15 touchdowns in 2019), senior defensive end Sean Murphy (conference-leading 8 sacks) and senior linebacker Luke Paniagua (100 tackles.) There's also senior wideout/cornerback Logan Liatonio.

The Falcons will take on Wantagh, West Hempstead, Seaford, Clarke, East Rockaway and North Shore.

North Shore Vikings

The Vikings come off a trip to the Con-

ference III semifinals and will try to do the same against a new set of rivals in IV. The status of senior slot receiver/free safety Jack Ledden (7 touchdowns in 2019) is up in the air but coach Dan Agovino has senior All-Conference fullback/defensive end Aiden Mandell, senior All-Conference linebacker/O-lineman Lorenzo Racine, who had 40 tackles and 8 sacks, and senior tailback/linebacker Phil La Rosa.

North Shore faces Seaford, Carle Place, Wantagh, Cold Spring Harbor, Lawrence and Locust Valley.

Oyster Bay Baymen

The Baymen, coached by Dan Rudkowski and seeded No. 13 in Conference IV, are spearheaded by senior All-Conference slot receiver/safety Zacchary Hornosky, who found the end zone 7 times in 2019. Junior Michael Barbera takes over as the starting quarterback and plays linebacker. Senior Aidan Russo is a two-way lineman, and senior Moises Maldonado will line up as a fullback and tight end on offense and at defensive end.

Following the opener at Carle Place, the Baymen's schedule includes Friends



GLEN COVE'S PHIL Aguilar

Academy, Island Trees, East Rockaway, Cold Spring Harbor and Malverne.

Glen Cove students return to a five-day schedule

By JENNIFER CORR

jcorr@liherald.com

Glen Cove City School District students have started to experience some sense of normalcy as they have begun to transition to having in-person classes five days a week.

"That was a little bit of a surprise to us," said GCCSD parent Marisa Macnow. "We got a letter about the elementary schools, so we knew about that, but then for the middle school we got a letter during vacation. We were very surprised."

And very excited, her seventh-grade Robert M. Finley Middle School daughter Natalie Macnow chimed in. She was already planning ahead on how she would carry around all her schoolbooks.

Students in kindergarten through first grade, as well as students in third through fourth grade, transitioned to a full, in-person schedule on Feb. 22. Children in grades second and fifth began their new schedules on March 1.

"We're doing that because there are a lot of components to bringing students back safely. One of those components will be transportation, others will be lunch, attendance and set up in these other areas," said Glen Cove City School District Superintendent Dr. Maria L. Rianna during the Feb. 10 Board of Education meeting. She added that phasing

students back into a full schedule would be the safest way in doing so.

At the secondary level, senior students were invited to have class five-days a week on Feb. 22 and middle school students returned March 1. Parents and guardians did have the option of having their children learn from home. They will remain with the same teacher they've had since the start of the school year.

"It is not as if we're going to compromise on the current set-up of six feet, masks and barriers," Rianna said. "But we are going to be looking at, in some cases, movement of classes. In other cases, there will be an overflow room in another area where we'll take the number of desks that can not fit in a particular classroom."

Overflow students would be sent to a room, which is planned to be in large areas like school auditoriums, on a rotating basis. Students in these overflow rooms will participate in their class through Google Meet. Additional staff was hired as well to monitor the students sent to these rooms.

If the number of students attending school in-person does not require the use of an overflow room, it will not be utilized, Rianna said.

"The teacher that was their teacher of record, that was working with them, will

continue to work with them, even if they're in the overflow room for that particular day or particular period," said Dr. Michael Israel, the assistant superintendent for curriculum, instruction and technology.

Karen Ferguson, the vice president of the Board of Education, said she was concerned about the idea of having the students sent to an overflow room. She was also worried that students, even if they were returning to a full schedule, would remain spending much of their time in front of a screen.

"I don't even want to be on Zooms anymore," Rianna said. "My eyes are killing me and it's one meeting after another after another. It allows me to talk to my staff in two buildings at one time without being in one room, but the bottom line is nobody wants kids to stay on computers all day."

If the facilities had regulation-sized classrooms, Rianna reminded the board, utilizing an overflow room would be unnecessary.

"It's all because we want to get kids in the buildings," Rianna said. "We want them to have that connection with their classmates, their teachers and the building staff in a more realistic manner."

Macnow said she was a bit nervous about the idea of having her daughter sent to overflow rooms. "Everybody was buzzing about that," Macnow said. "They're all going to be in different classes, different grade levels, all in that overflow room. At least she'll get to socialize with other people."

Formerly, students were alternating between in-person and remote school days as part of a hybrid schedule.

"Teachers, I don't think have ever had a year they have had this year and I have to say that they have been wonderful in changing their motive in instruction, looking at alternative strategies, to ensure the effectiveness of the instruction this year," Rianna said.

Administrators, Rianna added, have also worked "tirelessly" in looking through the elementary, middle and high school buildings to ensure students and staff are safe, ultimately allowing the students to return to a new-normal. Students, too, have soared above the challenges they have faced and have continued to follow directions.

While students will get to experience in-person interactions with their teachers and classmates Monday through Friday, their days will not look the way it did before March 2020. Mask wearing will still be mandated, as well as social distance and other pandemic related guidelines.

VACCINE UPDATE

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Photos courtesy Buffy MeMe Peterson

MANY PRIZES ARE up for grabs through this raffle benefiting NOSH, a program of North Shore Soup Kitchen.

NEIGHBORS IN THE NEWS

Wine Fairies host raffle-fundraiser for NOSH/NS Soup Kitchen

By JENNIFER CORR

When Glen Cove resident Buffy MeMe Peterson heard that local food relief program NOSH, a program of North Shore Soup Kitchen, could use a deep freezer, she wanted to get to work right away.

"I wanted to be part of the solution, not the problem," Peterson, who has done some deliveries for NOSH, said. "So I called my friend Damary [Mercado] and I called my friend Sharon [Levin] and we got together to make 22 baskets and four grand prizes.

They were able to garner support from local sponsors like Downtown Café, Pampered Chef, Glen Cove United Inc. and Belinda Basaca, an Arbonne independent consultant. The prizes range from products one could use to relax, like a tea and blanket set, to a basket that can be used for spring cleaning featuring Clorox products.

So far, the fundraiser has raised over \$500 and it is not too late to add to the pot, as the drawing will take place on March 16.

Peterson, Mercado and Levin are all part of a Facebook group called "Wine Fairies of Glen Cove, Glen Head, Sea Cliff, GWL and Locust Valley," a group of North Shore women who drop off gifts to one another, shared the fundraiser with their fellow "wine fairies," and excitement around it just grew even stronger.

"Everyone is taking part and I am grateful," Peterson said. "Legislator Delia DeRiggi-Whitton is taking part also."

Pamela Jane, with her brother James Pascucci, the only male member of the group who the members often refer to as the "King of the Wine Fairies," said they would pay visits to anyone who committed to purchase at least \$25 or more in raffle tickets. "King James is very excited about helping the community," Jane said.

Courtney Callahan, a NOSH founder, said that Peterson is a saint and she has enjoyed working with her since NOSH began last spring.

"She is so creative and gets a project done with spirit and style," Callahan said. "Refrigeration and cold storage is the real secret of food dignity. From chicken to eggs to yogurt and milk you need cold storage.'

Peterson will be at the Glen Cove Panera Bread, 1 Village Square, Glen Cove, on March 14 from 3 to 6 p.m. to sell tickets. Tickets can also be bought from the comfort of home. Contact Peterson at (516) 591-9434 to buy tickets.



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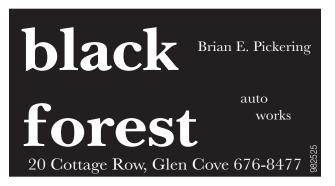
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OF THE GLEN COVE
PUBLIC LIBRARY

NOTICE IS HEREBY GIVEN that a Special meeting of the qualified voters of the Glen Cove Public Library will be held pursuant to the provisions of Section 260 and 2007 of the Education Law of the State of New York at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, in said District on March 30, 2021 between the hours of 9 a.m. and 9 p.m. meeting will be held for the following purposes: To vote on the following

proposition: RESOLVED that proposed budget of the Glen Cove Public Library, Glen Cove City School District, as prepared by the Trustees of the said Public Library, for the year 2021/2022, and as the same may have been amended, be and hereby is approved; and that the amount thereof, less receipts, be raised by the

taxable real property in the said School District. For the purpose electing; one (1) Trustee for the Glen Cove Public Library. For a (5) five-year term. The vote on the aforesaid

levy of a tax upon the

matters will be cast by ballot in a ballot box.

TAKE FURTHER NOTICE that the Library Board pursuant provisions of Section 260 2007 of Education Law hereby calls said Special District

Meeting. FURTHER NOTICE GIVEN that HFRFRY petitions nominating the candidate for the office of Trustee of the Glen Cove Public Library must be filed with the Clerk of the District between hours of 9 a.m. and 5 p.m., no later than March 1, 2021, thirtieth preceding the election, at which time the candidate so nominated is to be elected. Each nominating petition shall be directed to the Clerk of the District, must be signed by at least twenty-five by at least two..., (25) qualified voters of

residence of each signer, and must state the name and residence of the candidate.

forms of the petitions may be obtained from the Clerk of the District at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove,

NOTICE IS FURTHER HEREBY GIVEN that a copy of the proposed estimated expenditures to be voted upon shall be made available at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, between the hours of 9 a.m. and 5 p.m. each day other than Saturday, Sunday or Saturday, holiday, during fourteen days preceding

fourteen ua, such meeting.

THER NOTICE

The that FURTHER NOTICE IS HEREBY GIVEN that the Board of Trustees of the Glen Cove Public Library will hold a special budget hearing on March 16, 2021 at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York at 7:00 p.m. FURTHER NOTICE

HEREBY GIVEN that qualified voters of the District may register between the hours of 9 a.m. and 9 p.m. at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York. The final date to register for the meeting to be held on March 16, 2021 is March 1, 2021. If a voter has voted in any election within the last 4 years (2017) or if he or she is eligible to vote under Article 5 of Election Law, he or she is eligible to vote at this election. All other persons who wish to vote must register. registration prepared by the Board of Elections of Nassau County will be filed in the Nassau Office of the District Clerk of the Glen Cove Public Library, 4 Glen Cove Ave. Glen Cove, New York and open by will be for inspection qualified voter of the district between the hours of 9 a.m. and 9 p.m. prevailing time, on day after Tuesday, March 16, 2021, and each of the days prior to the date set for the Library Election and Budget Vote, except Sunday

Saturday, Sunua, holiday, including the date set for the meeting. ARSENTEE BALLOTS PLEASE TAKE FURTHER that for NOTICE application absentee ballot for the Library election and Library budget vote may be applied for at the office of budgét the District Clerk, of Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove Ave., Cove, New York. Such application must be received at least (7) seven days before the election if the ballot is to be mailed to the voter, or the day before the election if the ballot is to be delivered personally to the voter. No absentee voter ballot

shall be canvassed unless

received at the office of the District Clerk, Glen District Clerk, -Public Library, 4 York, not later than 5:00 p.m., prevailing time, on the date of the election. Gina Rant

124677

LEGAL NOTICE AVISO LEGAL AVISO DE UNA REUNION **BIBLIOTECA** DFI DISTRITO EL 30 MARZO 2021, DE IΑ BIBLIOTECA PUBLICA DE GLEN COVE PARA VOTAR EN EL PRESUPUESTO DE LA BIBLIOTECA PUBLICA Y PARA ELEGIR A UN JUNTA DE FIDEICOISARIO DE LA BIBLIOTECA POR MEDIO DEL PRESENTE SE NOTIFICA

que se llevara a cabo una reunion especial losvotantes calificados de la Biblioteca Publica de Cove conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion de Estado de Nueva York, en dicho Distrito el 30 de Marzo 2021 entra las 9am y las 9pm Dicha reunion ayunda para siguientes fines: Para votar sobre

siguientes prosiciones: SE HA RESUELTO que el presupuesto propuesto de la Bilioteca Publica de Glen Cove, Deistro Escolar de la Ciudad de Deistro Glen Cove segun preparado por Fideicomisarios de dicha Biblioteca publica para el ano 2021/2021, y segun se haya modificado, se apruebe por la presente; y que la cantidad de los menos aumenta recibos. mediante la recaudacion de un impuesto sobre bienes gravables inmuebles en dicho Distrito Escolar.

Con el fin de elegir; un

(1) Fideicomisario de la Biblioteca Publica de Glen Cove por un (5) mandato de cinco anos. votation sobre los

asuntos mencionados se emitira mediante urnas. POR FAVOR, TOME NOTA que la Biblioteca, la junta conformidad con dispuesto en la Seccion 260 y 270 de la Ley de Educación, convoca dicha Especial

Distrito. SE DA AVISO ADICIONAL, que las peticiones que nominan al candidato cargo r de nara el de administrator de la Biblioteca Publica de Glen Cove deben presentarse al secretario entre las horas de 9am y las 9pm., a mas tardar el 16 de marzo de 2021, el trigesimo dia anterior a la eleccion, momento en el cual sera elegido el candidato asi nominado. Cada peticion nominacion debe dirigirse

al Secretario del Distrito, debe estar firmada por al

menos veinticinco votantes calificados

residencia de cada firmante y debe indicar el nombre y la residencia del residencia candidato.

formularios muestra las peticiones se pueden obtener del Secretario de Distrito en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York

ADVISO ADICIONAL, que una los gastos de copia estimaados propuestos para ser votados estara disponible en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York, entra las 9am y 5pm todos lod dias, except los sabados, domingos durante festivos catorce dias anteriores a dicha reunion.

Δηνιςη DA ADICIONAL, que la Junta de la Biblioteca Publica de Glen Cove realizara audiencia especial sobre el presupuesto el 30 de Marzo 2021 en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave,. Glen Cove, Nueva York. a las 7pm ADVISO

DA

ADIOCIONAL, que los votantes califacados del Distrito pueden inscribirse entre las 9am y 4 pm. La fencha final para inscribirse en la reunion que se celebrara el 1 de Marzo. Si un votante ha votado en alguna eleccion en los ultimos 4 2017 o si elegible elegible para votar conforme al Articulo 5 de la Ley Electorial, el o ella es elegible para votar en este eleccion. Todos las personas deseen votar registrarse. La lista de registro preparade por la Junta de Elecciones de Condado de Nassau se Archivaran officina secretario de Distrito de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Glen Cove, Nueva York, y estara abierta a inpeccion por cualquier votante califcado Del Distrito entre las horas de 9am y 4pm hora vigente cualquier, dia despues del martes 1 de Marzo de 2021 y cada uno de los dis anteriores a la fecha establecids establecias para Eleccion de la Biblioteca y Votacion de para Presupuesto, except los sabados, domingos o dias festivos, incluida la fecha establecida para la

BOLETAS AUSENTES POR FAVOR, TOME NOTA, que las solicitudes de boletas de votacion en ausencia. Para la Eleccion de la Bibliotecs y la Votacion de Presupuesto se puede solicitar en las oficinas del Secretario del Distrito, de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Cove, Nueva York. Glen Tales solicitudes deben recibirse al menos (7) siete dias antes de las elecciones si se va a envir la boleta al votante. Ninguna boleta

OBITUARIES

Patricia Kempton

Patricia Kempton, 75, of Glen Cove, died on Feb. 8. Beloved wife of the late Jeremy; loving mother of Ahmed Altayev (Saiyeda), Cyril Nelson, Sharon Lewis and Joseph Nelson; proud grandmother of 11. Kempton was an active parishioner and member of the choir at St. Paul's Church and a volunteer at St. Francis Hospital. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove. Interment at St. Paul's Churchyard Cemetery. Donations may be made in her memory to St. Paul's Church, 28 Highland Road, Glen Cove NY 11542

Walter J. Moretto Sr.

Walter J. Moretto Sr., 98, of Glen Cove and East Hampton, died on Feb. 7. Beloved husband of Ana and the late Joan; loving father of Lauree (William), Robert (Tammy), and the late Mark and Walter Jr. (Barbara); cherished grandfather of Walter III (Kate), Allison (Jim), Amanda (Ken), Kaitlin, Gabrielle and Nicholas; dearest great grandfather of six. Arrangements entrusted to Whitting Funeral Home.

Giuseppe Savignano

Giuseppe Savignano of Glen Cove, died on March 2, 2021, at age 90. Beloved husband of Antonia. Proud father of Maria (Kevin and the late Philip), Joann (Thomas). Loving grandfather of Samantha, Kayla, Jonathan, Christopher. Wonderful uncle to many nieces and nephews. Visitation and service held at Dodge-Thomas Funeral Home, Glen Cove, www.dodgethomas.com. Interment East Hillside Cemetery.

Michelina Stanco

Michelina Stanco of Glen Cove died on March 4, 2021. Beloved wife of Angelo. Devoted mother of Mike (Palmira) and Rocco (Regina). Loving grandmother of Maria (Luigi), Daniela and Michael (Francesca). Dear great-grandmother of Sofia. Arrangements by McLaughlin Kramer Megiel Funeral Home. Mass at the Church of St. Rocco. Entombment Holy Rood Cemetery.

Vincenza Maruca

Vincenza Maruca of Glen Cove passed

away on March 5, 2021, at the age of 86. Devoted wife of the late Ippolito Maruca. Survived by Joseph (Ellen), Paul (Maria Lisa), six grandchildren and three greatgranddaughters. Funeral Mass at the Church of St. Rocco on March 10. Interment Locust Valley Cemetery.

Michael. J Rich

Michael. J Rich of Glen Head passed away March 6, 2021, at the age of 90. Beloved husband of Harriet Rich for 66 years. Loving father to Michael (Lora), Gina (Michael), and Michelle. Cherished grandfather of Corinne, Brittany (Anthony), Amanda (Scott), Michael. Dearest great-grandpa of Anthony, Michael, Savannah, and many nieces and nephews. Michael will be joining his beautiful siblings, Mary, Anthony, Dorothy, Francis, Catherine, Philip, Robert, and half-sister Martha in heaven. Leaves behind half-siblings Mike, Albert, and Jennifer. Michael grew up in Oyster Bay, resided In Glen Head and owned The Glen Head Tavern, and The Knotty Pine with his brother Bob. He was a proud veteran of the U.S. Navv. and served on the USS Smalley. Funeral service held Wednesday at Trinity Lutheran Church, Glen Cove. Burial at Locust Valley Cemetery to follow. Further information at www.whitting.com. In lieu of flowers, donations can be made to: Trinity Lutheran Church in Glen Cove, American Legion Post 336 in Glen Head, or The Glenwood Fire Department.

James J. Lynch

James J. Lynch, of Glenwood Landing, passed away on Feb. 27, 2021, at the age of 79. Loving father of Colleen (Sean), Tim (Jill), Kyle (Randi), and the late Ryan (Jennifer). Beloved grandfather of Riley, Julia Rose, Bernard James, Olivia, Letti, Alexander, and Cailyn Cherished uncle of Charles "Chin' Mackey and the late Thomas X. Mackey, and great uncle of Rita Maria, Sean, Tara Lynn, Liam and Sheila. Dearest brother of the late Thomas X. Lynch and Miriam Lynch Mackey, and cousin of Peggy, Mark, Maria and Christopher. Online mass held Saturday through St. Boniface Martyr Church, st-bonifacemartyr-church.freeonlinechurch.com/ live. Private interment to follow. In lieu of flowers, donations can be made to the Glenwood Landing Fire Department. Further information at Whitting Funeral Home, Glen Head, www.whitting.com.

PUBLIC NOTICES

votante ausente votada a menos que haya sido recibida en la oficina de Secretario de Distrito, en la Biblioteca Publica de Glen Cove, 4 glen Cove Ave,. Glen Cove, a las 5:00 pm hora del dia, en el Fecha de la eleccion. Gina Rant

LEGAL NOTICES search by publication name, go to: www.newyorkpublicnotices.com

LEGAL NOTICES. search by publication name, www.newyorkpublicnotices.com

OPINIONS

Reflections on a pandemic year

've grown

the quiet of my

stark contrast to

bedroom, in

a newsroom.

used to the

ow strange the past 12 months have been, for us all. Personally, I've been holed up for most of it at my desk in my bedroom, papers stacked up around me, my cellphone always at the ready, resting against my computer.

I'm not complaining. I know how fortunate I am during this coronavirus pandemic



SCOTT BRINTON

to be able to work as a newspaper editor from home most of the time.

My two adult children, both in college, Zoom in to their classes from their bedrooms one floor below. My wife, a teacher, works at her school, but on occasion has been called to teach virtually from home.

I can't help but feel cloistered, hemmed in by my bedroom walls. There's a world outside, waiting for me, but I can't venture far very often. So few of us can these days, our lives dictated by the ebbs and flows of an insidious viral invader.

I leave my house in Merrick only for short, well-planned errands — no more browsing in stores — to teach three hours a week at Hofstra University, to take walks around the neighborhood or at a local park

with my family, or to report a story.

I've realized that I've never before spent so much time by myself. I had grown accustomed to the nervous energy of a newsroom on deadline, the constant tapping of fingers on keyboards, the chatter of reporters

speaking at breakneck pace with sources on the phone, the sound of footsteps moving hurriedly across a carpeted floor.

Then, suddenly, seated at my home desk, there was only quiet whenever I stopped to listen. I could hear nothing but the faint sound of cars on the Meadowbrook Parkway nearby or, here and there, the howling wind. There was no movement, only stillness.

At first, I felt alone. Then, as the months passed, a funny thing happened: I started to embrace the aloneness. My mind was less cluttered. I found I could think faster, write faster. I became a more efficient editor.

As still more time passed, my mind started to wander during the precious moments of free time between editing and writing stories or teaching classes. Often it turned to the woods of my childhood in Yaphank, in Suffolk County — the hundreds of acres of oaks and pines behind my family's home where I trekked off for hours, learning, by trial and error, to differentiate between poi-

son ivy and Virginia creeper or to navigate by paying close attention to unusual landmarks. It was the only other time when I was as alone as I am now. It was also when I was most at peace — when I could think freely.

As a child, I spent more time than most in

the woods. Not only did I grow up surrounded by forest, but also, as a Boy Scout, I ventured into many an upstate park, from the Catskills to the Adirondacks, always feeling a sense of oneness with the earth in the woods. That was, in part, why I spent four summers as a Fresh Air Fund counselor in Fishkill. I could do good for the world — the camp was for underprivileged children from the inner city - while living entirely out-

doors. It was also why, the week I finished my master's degree, I headed off to northern Maine to climb Mt. Katahdin — alone.

The early days of the pandemic are a blur to me, a rapid-fire succession of hard-news stories that I had to write or edit. Over the summer. I marched alongside the Black Lives Matter protesters for miles to document that history-making movement, never stopping to think whether I might become infected with Covid-19 while walking among so many thousands of people.

Then, during the fall, I began to settle into my lonesome routine, sending my mind in search of my past. I wondered why I thought so often about the woods. The answer, I believe, is simple: In the forest, I was without fear.

We are all, I think, searching for some modicum of peace now. We must cling to some form of past happiness, because in it, we find hope, which we so desperately need to give us the inner strength to endure these final months of the pandemic before we reach herd immunity — we hope, sometime over the summer.

In the future, I determined, I must return to the woods more often — to live, as Henry David Thoreau implored us, deliberately. In the woods, as Thoreau wrote, I can "front the essential facts of life."

I decided to buy a pair of Vasque Sundowner hiking boots — beautiful, brownleather, Italian-made hiking boots — the same pair that I purchased before I drove off to Maine, but somehow lost as a Peace Corps volunteer.

I hope to climb Bear Mountain, Mount Marcy and Mount Katahdin again, and perhaps others as well. I hope. I hope. I hope. We must keep hope alive to remember why we should do all we can to survive these terrible and terrifying times.

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.

Fighting the good fight against conspiracies (Part 2)

niveral,

education will

robust

help our children

become critical

thinkers.

merica has been fertile ground for conspiracy theories. Some social scientists say that the conspiracy world began to flourish with the Kennedy assassination in 1963. A succession of violent events shocked a public that demanded an explanation.

Before our eyes, our young president was shot down, and days

later the shooter.

through Dallas?

Dozens of books

and movies fed

Lee Harvey Oswald,



RANDI KREISS

hollow. Or probably inhabited by beings who live in the netherworld below.

You can't even begin to count the vampires in the royal family, and some believe that a footman found human remains in the queen's family freezer. Snack food?

Most conspiracy propaganda is ridiculous and not particularly threatening, but what happens when a lunatic fringe goes more mainstream? What happens when a dangerous conspiracy theory gains traction with hundreds of thousands of people and more? What is the consequence of a conspiracy group getting one of theirs elected to the United States Con-

House Speaker Nancy Pelosi.

conspiracy theories and hate groups is uni-

that QAnon has surged during a pandemic when everyone is trapped inside with little to do but weave webs of deception online.

Do you love America? Help make our education system the best in the world, not just in science, technology, engineering and

math, or STEM, but also in civics. We have to teach constitutional democracy, and make it come alive for kids as a living, breathing way of life.

Please read "America must embrace civics and history instruction for the sake of our democracy," an editorial in the Washington Post on March 2. As adults, we have a lot to learn about how to support our freedoms and recognize authoritarianism when it emerges.

We can all help our children become sharper, more critical thinkers instead of classroom sponges.

As a former teacher, a parent and a grandparent, I have both experienced and witnessed the droning boredom of rote learning and "teaching to the test," and lifetime jobs for teachers who long ago cashed in their chips. When we send our kids to school, we are entrusting their minds and futures to teachers who must inspire and sow creativity

to pursue proof in the face of dogma is someone who can resist conspiracy theories with intellect and moral courage. Actively curious children become intellectually healthy adults. We can all learn better to question assumptions, be aware of our own biases and evaluate evidence.

According to the Foundation for Critical Thinking website, "Critical thinking is just deliberately and systematically processing information so that you can make better decisions and generally understand things better.'

I don't know how we get there from here, but I am absolutely sure that quality education blows the cobwebs out of the corners and engenders creative thinking and questioning in the face of false information and demagoguery.

Did you know that Finland doesn't exist? That Meghan Markle is a robot? That 5G causes Covid-19? That 9/11 was an inside job by the U.S. government? And so on. People believe this stuff, and generally their flights of fantasy do no harm. But today QAnon has emerged, raising a big tent for haters and fear-mongers from every corner of America.

Many of our fellow Americans are buying what Q is selling.

We must do better than this as a nation. Change begins with teaching our children how to learn.

Copyright 2021 Randi Kreiss. Randi can be reached at randik3@aol.com.

Well, here we are, folks, with Marjorie Taylor Greene, late of QAnon, in the House of Representatives. Early on, she allied herself with the group that believes that prominent elected officials and Hollywood celebrities are devil worshippers and child molesters. Greene expressed her support for threats of violence against

How do you counter a new, popular, destructive belief system? The solutions are neither quick nor easy.

The only antidote to the proliferation of versal, robust education. It's no coincidence

A child who learns from their parents to be curious about the world, to ask questions,

was killed on live TV by Jack Ruby, a nightclub owner. Who was Oswald, the strange guy in the Texas Book Depository who took out JFK as he rode in a motorcade

the "real" stories.

places, where they thrived. Who said men ever walked on the moon? How many humans have actually been snatched by aliens for visits to outer space? Elvis is really alive, and Paul McCartney is

Enter the internet in the 1990s, and sud-

denly strange ideas, random sightings and

pseudo explanations for phenomena of all

kinds proliferated, striking roots in dark

Apparently, the earth is flat. Or possibly

Gold Coast Gazette

JILL NOSSA Editor

JUDITH RIVERA

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HERALD EDITORIALS

Cuomo's days in office appear numbered

year ago, the coronavirus pandemic arrived in New York, and fear and confusion ensued. People had no real idea what this terrible disease was - how deadly it could be or how, precisely, it spread. We needed a calming voice to talk us through the crisis.

Gov. Andrew Cuomo was that voice. Day after day, week after week, he spoke directly to New Yorkers at daily televised news conferences, which quickly became popular not only here, but also across the country. He told us hard truths and offered credible solutions that brought calm — and results. By summer, New York's Covid-19 infection rate, once the highest in the nation, had plummeted to 1 percent.

That is, in part, why it has been so disturbing and disheartening to hear a series of accusations against the governor — first,

that his administration may not only have under-reported nursing home deaths, but also altered the reports, and second, that he may have sexually harassed four women.

If the growing number of accusations against Cuomo and his administration are proven true in the independent investigations now taking place, then he should resign, so as not to put the state through the long agony of an impeachment proceeding.

U.S. Rep. Kathleen Rice, a Democrat from Garden City who represents the 4th Congressional District, has already called on Cuomo, a fellow Democrat, to step down. Rice made the announcement on Twitter March 1. Meanwhile, her House colleague Tom Suozzi, a Democrat from Glen Cove who represents the 3rd District, is taking more of a wait-and-see approach, allowing the investigations to play out.

According to a Quinnipiac poll last week, 55 percent of New Yorkers said they believe Cuomo should not resign, though the results were released the day before revelations that his aides may have changed death reports to reflect more favorably on the governor, so we may see that number drop. At the same time, 59 percent of New Yorkers said they do not want to see him

Cuomo is a fighter who doesn't back down, so we don't expect him to resign, though the allegations against him are mounting daily, so he may have no choice. New York has been through hell over the past year, and we don't expect the coming year to be much easier. We will recover, but it will take time. What we need now is a strong leader at the helm, not one so damaged by scandal as to become ineffectual.

Vote Epstein, Versocki for village board

ea Cliff residents will have a choice between three candidates for two open seats on the village board on March 16. They will be making an important decision that will greatly influence the village's future, and the Herald enthusiastically endorses Dina Epstein and James Versocki as the two best candidates to help usher in a new era of success in Sea

The incumbent Epstein has spent the last six years on the board doing everything she can to better Sea Cliff. Whether she is advocating for municipal water, coordinating community events or collaborating with the North Shore School District, she has consistently succeeded in her mission to make Sea Cliff a better place to live. The pandemic halted some of her 2020 plans for the village, and she is driven to make sure she can accomplish as much as possible in

her next term.

Perhaps most important, Epstein adores Sea Cliff. She is proud to represent her village, not only because it is a great place to live, but also because the people who live there do great things. Sea Cliffians truly care about their community, and she believes it is a privilege to represent and serve them.

Versocki is as active in the Sea Cliff community as anyone. He has been at the forefront of the fight for public water in the village, having been appointed to serve on a committee dedicated to bringing a municipal water feasibility study to the area. This is one of the paramount issues facing the village today, and bringing his experience to the village board would only benefit ratepayers. He is also dedicated to helping Sea Cliff grow and welcome new residents and plans to be as available and transparent as possible.

Supporting Sea Cliff's youth is also one of

Versocki's chief priorities. As the commissioner of the Sea Cliff Junior Baseball & North Shore Softball Association, he spends year after year helping young Sea Cliffians develop a sense of teamwork while enjoying America's pastime. This was especially tough in 2020, but he dedicated himself to bringing pandemic-safe baseball and softball to Sea Cliff's youth, further proving his unwavering drive to support them.

Fellow challenger Jim Mozer is a dedicated member of the Sea Cliff community with a wealth of experience on different boards. We applaud him for running and encourage him to continue serving the community he holds so dear however possible, if he were to lose.

As voters make their way to the polls on Tuesday, the Herald encourages them to vote for Epstein and Versocki to lead Sea Cliff into the future.

LETTERS

Fee increases need public hearings

To the Editor:

Once again, the Glen Cove City Council and Mayor Tenke tried to pull the wool over the eyes of the people of Glen Cove with their proposed fee increases for permits from the Building Department. In the past there have always been public hearings on fee increases, but not with this crowd. Since this City Council took office in 2020, there have been six resolutions proposing fee increases, and not one of them had a public hearing where the people could be heard.

Some might say this is because of Covid-19, but these meetings are conducted online and public hearings have been held on other matters. Contrast



OPINIONS

The pandemic gives states one more thing to fight about

f it's not

electrical

power, there's

always Covid

restrictions to

battle over.

n case you haven't noticed it, there are all kinds of battles going on between legislators and governors all over the country. As far south as Texas and as far north as Albany, elected officials are fighting over electrical power and political power. Unlike a boxing match, when the dust has settled and



JERRY KREMER

the fighters retreat to their corners, there will be no winners.

The most horrible case of government malpractice has occurred in Texas. It's hard to believe that the most energy-rich state in the nation can go into a deep freeze impacting the lives of 28 million people. Wher-

ever you travel in Texas, you'll find oil rigs, natural gas facilities and ancient coal plants. With all those sources of power, a major cold wave hit the state in mid-February and froze much of the energy-generating equipment.

When the temperature dropped, the state's public utility corporation was totally unprepared to stop its generators from freezing. This is especially discon-

certing considering that in 2011, the Federal Energy Regulatory Commission, the federal agency in charge of America's energy resources, told Texas energy officials that they had to winterize their power facilities to prevent them from freezing over if hit by a

Texas has always taken the position that its power plants shouldn't be regulated by the federal government. They have gone as far as to decline to be tied into any power system in a neighboring state. New York, for example, is connected to a national grid, and when the state suffers a power loss, it can buy excess power from our sur-

major storm.

rounding states. During a typical summer heat wave, utilities such as Con Edison and PSE&G buy out-of-state power.

When the cold descended on Texas, the first thing the Republican governor and lieutenant governor did was to blame the freeze on the wind and solar industry, claiming those energy sectors had caused the shutdown. They even attacked the so-called Green New Deal, which is a proposal and not a law. After a few days of ducking and weaving from Democratic assaults, Lt. Governor Dan

Patrick conceded that the state-owned system needed to be winterized. In the interim, some homeowners are getting energy bills in the thousands of dollars due to the breakdowns in the system.

Back here in New York, there's a fist-

fight going on between the Long Island Power Authority and PSE&G, which has a contract to run the power system. Their battle is focused on Tropical Storm Isaias last August, which left record numbers of homeowners without power for almost two weeks. LIPA is suing PSE&G, and the politicians are talking about creating a publicly owned power system. If I had a choice

between PSE&G or Con Edison and a publicly run system, I'd stick with private enterprise.

The other battle for power is going on between numerous governors and their state legislatures over Covid restrictions. It seems that a number of legislatures, including New York's, are tired of their governors dictating to the states on mask wearing, business openings and a variety of other restrictions. It has gotten so bad in some states that Republican legislators are battling Republican governors,

calling them "dictators."

The New York legislative battle between Gov. Andrew Cuomo and the leaders of the Legislature has been temporarily resolved with an agreement that Cuomo's executive powers will be suspended by the end of April and the Legislature will play a greater role. Much of what will happen is linked to the fate of Cuomo, who is under fire amid allegations of sexual harassment.

There is more to this power struggle than just a tug of war for control. Individual legislators have claimed that Cuomo has threatened them personally, and they are looking to restrict his powers. It's no secret in Albany that Cuomo has a reputation for being a tough boss, and he never hides his feelings, but new laws will not settle this brawl.

I'm not an expert on health issues, but it seems that the Covid-19 has another side effect. It causes politicians to go into fits of rage and attack each other for weeks on end with little to show for it.

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

this to 2019, under the former City Council, when there were five proposed fee increases, and each one had a public hearing.

Jan. 22, 2019 – Golf fees: public hearing held. Youth Bureau fees: public hearing held. Feb. 12 – Public Works fees: public hearing held. March 12 – Public Works fees: public hearing held. March 26 – Public Works fees: public hearing held.

Yet in 2020 under this City Council: March 10 – Golf fees: no public hearing. Filming fees: no public hearing. June 23 – Youth Bureau Summer Program fees: no public hearing. July 28 – Police Department Accident Report Fees: no public hearing. Building Department fees: no public hearing. Nov. 24 – New fee for rental registrations: no public hearing.

Folks, we are dealing with a very dangerous bunch that has contempt for the people of Glen Cove. Nobody is saying that fees can't be raised or reviewed, but this City Council and mayor have made a deliberate decision to stomp out

your voices and ram through fee increase after fee increase by keeping the public from being heard.

Council members Eve Lupenko Ferrante, John Perrone, Danielle Fugazy Scagliola, Marsha Silverman, Gaitley Stevenson-Mathews and Rocco A. Totino are the ones doing this. They are the ones who ran on transparency. The days of them using their inexperience as an excuse are over. They need to stop this nonsense and stop using the city attorney to give them excuses on how to get away with keeping the voice of the people from being heard.

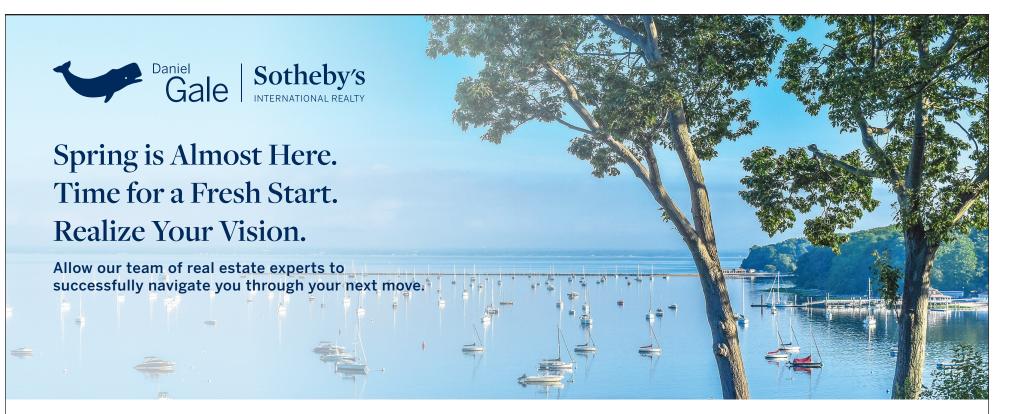
Every day, the people are getting more and more fed up with how they are disgracing themselves. They need to stop hiding behind Covid-19 and face their constituents. Open the meetings to the public. One thing you can be sure of is that as Election Day nears, you will suddenly see them all out in the public, and Covid-19 won't be their concern.

BRIAN F. PEMBERTON
Glen Cove

FRAMEWORK by Lisa Melillo



It seems like just last week — Bayville Creek Beach





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