

3,478

Infections as of March 7 3.421





Irish dancers perform at Atria

Page 17



Real Estate Movers and Shakers

Inside



41st anniversary for La Bussola

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MARCH 18 - 24, 2021



MARY DAVIS, OF Glen Cove, was checked in to the St. Hyacinth Covid-19 vaccine pop-up clinic by Northwell Health nurse Arianna Grimaldi on March 4.

Second vaccine pop-up clinic a 'godsend' for city

800 shots delivered to residents at two events

By JILL NOSSA

jnossa@liherald.com

The rollout of the Covid-19 vaccine came with a great deal of hope, especially for higher-risk senior citizens. But many have had difficulties scheduling appointments in Nassau County, and others have been hesitant to drive to areas where shots were more

Fortunately for hundreds of Glen Cove residents, city and county officials stepped in and coordinated two popup vaccine clinics this month, inoculating a total of 800 people. The first was on March 4. at St. Hyacinth Church in Glen Head, and it was followed a week later by a clinic at the Glen Cove YMCA.

"The pop-up site at St. Hyacinth's was such a godsend," Glen Cove resident Mary Ann Curley said, explaining that she isn't comfortable driving long distances. "It was so convenient, and so well run."

Curley, 73, said she began trying to book an appointment in early February through Nassau County, but **CONTINUED ON PAGE 3**

G.C. legislator heads Cuomo investigation

BY LAURA LANE

State Assembly Speaker Carl Heastie approved an impeachment inquiry of Gov. Andrew Cuomo on March 12. The Judiciary Committee, chaired by Assemblyman Charles Lavine, a Democrat from Glen Cove, will

conduct the investi-

gation.

As the claims of sexual harassment against Cuomo have grown more numerous, there have been call for his resignation by lawmakers from both political parties, but the governor has said he would not step down.

The office of state Attorney General Letitia James is also investigating the allegations against Cuomo.

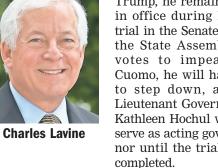
The impeachment inquiry in the Legislature could take a good deal of time. "The committee is in the process of retaining an independent counsel," Lavine explained. "Insofar as how long this could last, these things tend to take on a life of their own."

The Judiciary Committee will make a recommendation on whether Cuomo should be

impeached to the Assembly. If the committee's decision is to go forward with impeachment, the Assembly will vote on it. It the majority votes to impeach, a trial in the Senate will follow.

So far, the process is similar to former President Donald Trump's first impeachment, but here's where it differs. After the

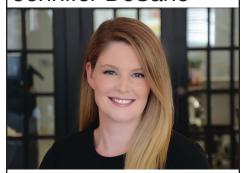
House of Representatives impeached Trump, he remained in office during his trial in the Senate. If the State Assembly votes to impeach Cuomo, he will have to step down, and Lieutenant Governor Kathleen Hochul will serve as acting governor until the trial is



Hochul, 62, of Buffalo, is an attorney who was briefly a member of Congress when, in 2011, she won a special election for a House seat. But she lost her reelection bid in 2012. Cuomo chose her to be his running mate in 2014. If he were to resign or to be found guilty and impeached, Hochul would be the first woman to serve as governor of New York.

CONTINUED ON PAGE 3

Ask The Expert: Jennifer DeSane



Every house tells a story.

Whether it be for 5 years or 50, in most cases, we are merely the temporary caretakers of these dwellings. Long-term houseguests adding our own special chapter to the story that lives just beyond the numbers on the mailbox and through the front door. With this in mind, when the time comes to turn the page and place your house into the hands of someone new, finding a real estate brokerage that honors the story of your home can make all the difference in the world.

Properly marketing a home to capture the attention of potential buyers is about more than taking a few pictures using a wide lens so the rooms appear larger and brighter. According to a recent survey done by Clever Real Estate, 44% of millennials say they would buy a home based on looking at photos alone, and buyers in this age group place a high value on emotionally connecting with their purchases and the brands that sell them

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Quality cuisine at discount prices: La Bussola brings back anniversary menu

BY JILL NOSSA

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Many businesses have been hit hard by the pandemic, and restaurants in particular have suffered from the various restrictions set in place over the past year. La Bussola Ristorante, a staple of the Glen Cove restaurant scene for more than 40 years, has not only been supported by the community enough to get it through these hard times, it has also been able to continue its annual tradition of thanking its customers during its anniversary month by offering a weekly special.

La Bussola Ristorante opened its doors at 40 School St. in 1980, a family owned and operated business offering authentic Italian cuisine in an elegant atmosphere that has since expanded to include restaurants in Mineola and Huntington. Founded by Pasquale Lubrano, an Italian immigrant who came to America in 1957, the business is now run by his four sons.

In 2010, La Bussola brought back the menu and prices from 1980 as a way to celebrate the restaurant's 30th anniversary. "We thought 30 years was a big deal, and we thought we should definitely do something to celebrate that," Carlo Lubrano, manager of La Bussola, said. He and his three brothers, he said, decided collectively it would be a way to honor their father and thank the community. "Every Monday, we roll back to the 1980 menu and prices."

It was such a success, he said, they decided to continue the anniversary tradition annually.

"The response was overwhelming," Lubrano said. "Normally, on a cold, winter Monday night, it's not so busy. Maybe we'll serve 25 to 30 people." During the anniversary month, however, regardless of weather, he said they serve more than 300 people on a Monday night. "It's pretty amazing. It's a lot of fun; to look at the menu from that time, the prices are a lot different. People come in and are in a celebratory mood. It's a lot of volume, but we love doing it."

Normally La Bussola celebrates its anniversary in February, but with mandated 50 percent capacity limit in place for indoor dining, Lubrano said, they weren't sure if they could do it this year. But towards the end of February, he said, they felt that, with five Mondays in March and the weather potentially warming up—creating the possibility of adding 10 to 12 tables outdoors—it was worth a shot. "But regardless, we're still able to do a decent amount of reservations, even with Covid restrictions."

The special menu is offered for in-person dining only, as the kitchen is not equipped to handle the volume of both takeout and indoor dining, and reservations are required. The restaurant can currently seat 15 to 16 tables, as opposed to the typical 30, but starting Friday, March 19, all restaurants will be allowed to open at 75 percent capacity for indoor dining, so they



Courtesy Carlo Lubrar

WITH SPRING COMING, La Bussola is looking forward to offering outdoor dining again.

will be able to accommodate more people for the final two weeks of the special.

So far this month, Lubrano said, the restaurant has had around 200 customers on each Monday. "More and more people keep finding out about it," he said, "so each Monday is busier than the last."

Glen Cove resident Joanne Yee said she has been a regular customer at La Bussola for the past 20 years, and reserves a table every Monday during the anniversary month for herself and her husband. "It's the best Italian restaurant in town," Yee said. "And the special menu prices are incredible."

The prices are so low, she said, that she cannot resist tacking on orders of side dishes and appetizers in addition to the entrees. She also said she loves hearing about the history and family stories that Lubrano shares, and felt it is especially important to support La Bussola this year. "They had a really tough time at the start of the pandemic. I'm glad it started picking up over the summer."

Patricia Holman, executive director of the Glen Cove Downtown Business Improvement District, said she enjoys the family environment and hearing old stories that Lubrano shares about what the downtown was like in the 1980s. "The food is consistently good," Holman said. "One thing I admire is that La Bussola is incredibly creative with its outdoor space. They want to make sure it looks beautiful, not only for its customers but for the betterment of the entire downtown."

When restaurants were given the OK for outdoor dining last June, La Bussola was able to add 20 tables, and they also added potted plants and lights to

make the space more elegant.

"The hardest part was the first three months, when we were just takeout," Lubrano said of the early days of the pandemic. "We did receive a lot of support, but it wasn't enough."

Between outdoor and indoor dining, Lubrano said, the restaurant had a really good run through mid-November, when it started to get cold again. "The only thing that shut it down was the weather," he said, "when we lost outdoor dining and that was nearly 50 percent of our business."

The last four months, he said, have been challenging, but with spring on the horizon, things are looking up. "We got through it, now the weather is getting warmer, and I can tell you that people who only ate outdoors for the past year, are now coming in since they have been fully vaccinated," he said. "I can see a change already occurring, where people feel more comfortable to venture out and do things they weren't doing over the last year."

Lubrano has been in the restaurant industry since La Bussola opened when he was 14. His father opened the restaurant at age 50, after working at an Italian restaurant in Queens. Lubrano said he and his brothers were just happy to finally see him more often and were all happy to work with him. His brother, Marco Lubrano, is the executive chef who oversees the kitchens of all three locations. Brothers Tony Lubrano and John Lubrano manage Piccola Bussola in Huntington and Mineola.

"To be able to continue something that he started 41 years ago, and to have been a part of it since its inception," Lubrano said, "we're very blessed to say we've been here that many years, it's wonderful."

Pop-up vaccine sites a 'godsend' to residents

CONTINUED FROM FRONT PAGE

websites were constantly crashing, and the daily calls she made to the New York state appointment hotline were met with the message, "Vaccine unavailable due to supply." She acknowledged not being experienced with computers, but said the process was frustrating, especially since others seemed to be able to secure appointments.

"Out of desperation, I called the mayor's office to see if there was anything they could do," Curley said. Her name was put on a list, and she soon received word that she had secured a local appointment. "It was just a wonderful experience," she said.

Glen Cove Mayor Tim Tenke said he had "tirelessly" lobbied Nassau County and New York state over the past six weeks to secure vaccinations for the city's most vulnerable populations. The county and state used outreach groups, he said, to ensure equitable distribution of the vaccines.

At the vaccination pop-up at St. Hyacinth's Church, a partnership with Northwell Health, 500 local people were inoculated. The shots were targeted at vulnerable and hard-to-reach communities, including seniors, with an emphasis on residents who did not have transportation or access to computers. In addition, Long Island Cares provided 300 boxes of food that were distributed at the event to combat food insecurity.

"I'm extremely grateful to Nassau County Executive Laura Curran for her leadership to make the vaccine pop-up possible in our community," Tenke said. "I would also like to thank Father Daniel Nash, the Diocese of Rockville Centre and Northwell Health for partnering with Nassau County to make this vaccination site a reality for Glen Cove."

More good news arrived a week later, on March 11, when the second pop-up took place at the YMCA, in partnership with New York state and Stony Brook Medicine, and 300 Glen Cove residents received a first dose. Tenke said that the Glen Cove Senior Center, the NAACP, local churches and temples, and local food pantries helped make the clinic possible.

Brenda Lopez, who works at Iglesia Ciudad De Refugio, on Cottage Row, the church her parents founded more than 40 years ago, was a point of contact for the city's Spanish-speaking population. She is a former community outreach coordinator at Glen Cove Child Day Care Center, and said she had long helped the city with programs for the Hispanic community. For the pop-ups, Lopez said, she assisted more than two dozen people.

"I have access to a lot of people, many of whom have language barriers or are not very tech savvy," she said. "I helped ensure they had the proper information to make appointments and to reassure them that they were following the state guidelines."

Glen Cove City School District personnel also benefited from the clinics, with more than 125 staff members receiving inoculations. Superintendent Dr. Maria Rianna said that she had been providing staff with vaccine information since



Photos courtesy City of Glen Cove

THE FIRST VACCINE pop-up was held at St. Hyacinth Church in Glen Head, where 500 Glen Cove residents received the first dose of the Covid-19 vaccine.



GLEN COVE RESIDENT Bertha Adams, left, with a nurse from Northwell Health at the St. Hyacinth pop-up site.

early February, but many were discouraged by the lack of appointment availability or the apparent need to drive to sites as far as Westchester County. "I've tried to touch base with all of the influential people I know to get spots," Rianna said. "Many people have been looking for the opportunity, but by the time they know about an opening, it's taken."

The pop-up sites made it much easier for people, and Rianna said she was happy that Tenke and the city were able to make them happen. "Working together, we're ensuring the community has every opportunity to get the shot," she said.

Tenke said that future pop-up clinics could be coming, though no sites or dates or sites have been secured yet. "I'm working every day to try and make pop-up vaccine sites a more frequent event for our community," he said, "so that we can offer more shots with a specific focus on Glen Cove residents."



MEMBERS OF THE Glen Cove police and fire departments helped unload 300 boxes of food from Long Island Cares on March 4.

Cuomo's impeachment inquiry: same as Trump's?

CONTINUED FROM FRONT PAGE

U.S. Rep. Tom Suozzi, of Glen Cove, who ran for governor in 2006 against Eliot Spitzer and lost by a wide margin, said he had not thought about running for governor. Suozzi has said repeatedly that he does not want to weigh in on Cuomo's situation until after James's investigation is complete.

"I'm very happy in Congress," Suozzi said. "... During the virus, [my wife,] Helene, and I were talking about how any time I've planned ahead, it didn't turn out good. "When I ran in 2006, it didn't turn out too well for me or for my competitor, as it turned out. I don't plan. I will continue to do my job the best I can."



Courtesy Glen Cove Police Department

GLEN COVE POLICE officers rescued a man from a fire that broke out on March 14 on the property of the Glen Cove Mansion Hotel and Conference Center. He was not injured and refused medical attention.

Man rescued from house fire at Glen Cove cottage

On Sunday, March 14, at approximately 10:30 p.m., the Glen Cove Police Department responded to a house fire on the property of the Glen Cove Mansion Hotel and Conference Center located on 200 Dosoris Lane in Glen Cove. Upon police arrival, the cottage, which is located in the rear of the conference center property, was on fire.

According to police, the front door of the cottage was not accessible due to the flames. Glen Cove Police Officer Selena Gustella proceeded to the rear of the cottage, officials said, and kicked in the rear door to gain entry into the burning cottage. Once inside, Gustella forced open an interior bedroom door and discovered a 56-year-old male sleeping on a couch. The man was covered in blankets and was unaware that the cottage was on fire. Gustella woke the man up and pulled him out of the room.

Glen Cove Police Officers Frank Vezza and Derek Valance entered the cottage and escorted the man outside. Due to a language barrier, the man could not tell them if there was anyone else inside. The three officers then re-entered the cottage to search for others who could still be inside. Within seconds of re-entry the entire cottage was fully engulfed in flames and smoke forcing the officers to exit the building.

The Glen Cove Fire Department responded to the blaze, as did the Sea Cliff, Locust Valley, Glenwood and Roslyn Fire Departments. It was discovered that the man was the only person inside the cottage at the time of the fire, according to police, and he told the officers that he had used an outdoor grill before the fire started. The man was not injured and refused medical attention from Glen Cove EMS at the scene. Glen Cove Detective Division, Nassau Police Arson/Bomb, and Nassau Fire Marshals are jointly investigating the blaze.

"These three officers entered a burning building without hesitation or regard for their own safety," Glen Cove Police Det. Lt. John Nagle said, "which ultimately resulted in the saving of a life."

Courtesy Glen Cove Police Department; compiled by Jill Nossa

Glen Cove to receive \$2.9 million in federal funding

By JILL NOSSA

jnossa@liherald.com

Last week's passage of the American Rescue Plan by Congress meant good news for the City of Glen Cove: it is slated to receive \$2.9 million in aid from the federal government. The allocation is part of the more than \$23 billion going to New York meant to benefit counties and municipalities hit hard by the pandemic.

Congressman Tom Suozzi and Sen. Chuck Schumer both voted in favor of the legislation meant to ignite a rapid recovery of the U.S. economy and state and local governments and put people back to work. The \$1.9 trillion act passed the House of Representatives on March 10 and was signed into law by President Biden on March 11.

The City of Glen Cove does not yet have details on how the funds will be used.

"The City of Glen Cove would like to thank Senator Schumer and Congressman Suozzi for their efforts in obtaining these funds for our city," Mayor Tim Tenke said in a statement. "We are awaiting guidelines to best utilize the funds that have been appropriated for Glen Cove."

Suozzi held a Zoom press conference last week to discuss the plan and how provisions for state and local aid will directly benefit fiscally hard-hit Nassau and Suffolk Counties and local municipalities.

"A once-in-a-hundred-year-crisis such as this demands a historic, bold, and unprecedented commitment to provide meaningful aid to our fiscally devastated communities. Local officials have been working tirelessly to deliver critical services, despite rising budget shortfalls and ongoing uncertainty about the future of their finances," said Suozzi. "The American Rescue Plan will help real people, beat the pandemic into the ground, and ensure a rapid economic recovery."

New York is slated to receive over \$23 billion, with \$12.6 billion going to the state, which will enable the state to fulfill its commitments of state aid to all of our local school districts, and \$10.8 billion going to counties and other municipalities. There will be additional funding of millions of dollars for local villages as well. Estimated breakdowns of money going to select counties and local governments can be found below:

- New York State: \$12.6 billion
- New York City: \$5.6 billion
- Nassau County: \$397 million
- Suffolk County: \$286 million
- Queens County: \$437 millionCity of Glen Cove: \$2.9 million
- Huntington: \$21.6 million

The money below will be shared between towns and local villages within each town's jurisdiction, subject to completion of a formula from the U.S. Treasury Department:

- Oyster Bay: \$32.7 million
- North Hempstead: \$25.3 million
- Hempstead: \$84.3 million

This funding will be used to cover the cost of fighting the pandemic, make up lost revenue due to the economic shutdown, help our schools fully reopen safely, and help keep essential public employees such as teachers, firefighters, and police officers employed.



Have a great story?

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	How your legislator stands on Cuomo						
		Resign	Impeach	Step aside for now	Remain in office	Wait and see	
Assembly	Judy Griffin						
	Charles Lavine						*
	Dave McDonough		*				
	Melissa Miller		*				
	John Mikulin						
	Michael Montessao						
	Ed Ra		*				
	Michaelle Solages						
	Taylor Darling	Did not respond	before publication				
Senate	John Brooks						
	Todd Kaminsky			1			
	Anna Kaplan			1			
	James Gaughran						
	Kevin Thomas			1	omhluman Charles Lavine		

NOTE: In his capacity as the the chair of the State Judiciary Committee, Assemblyman Charles Lavine is leading the impeachment inquiry into Gov. Andrew Cuomo. Therefore, he could not comment.

Illustration by Christina Daly/Herald

L.I. senators call on Cuomo to 'step aside'

By SCOTT BRINTON

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Gov. Andrew Cuomo is under increasing pressure to step aside or resign while investigations into sexual harassment accusations by four women and his administration's handling of data Covid-19 deaths at nursing homes last year are investigated by State Attorney General Letitia James and the Assembly.

At the Herald, we wanted to know what the state lawmakers who represent the communities within our coverage area, on the North and South shores, are thinking. Should he resign? Stay put?

The chart above, by Herald Photo Editor Christina Daly, gives their viewpoints in brief.

Five members of the State Senate delegations, all Democrats, said he should step aside for now, allowing Lt. Gov. Kathy Hochul to assume his duties while the investigations are carried out.

In the Assembly, Democrat Judy Griffin, of Rockville Centre, said unequivocally that he should resign. Assemblywoman Michaelle Solages, a Democrat from Elmont, is reserving her judgment for now.

Republican Assembly members David McDonough, John Mikulin, Missy Miller, Michael Montesano and Ed Ra all said that he should be impeached or he should resign.

In a statement, the five senators wrote, "The recent allegations of sexual harassment and misconduct against the governor are beyond troubling and describe a disturbing pattern of behavior that also now includes a potentially criminal act

"The gravity of these claims makes it clear to us that the governor cannot lead the state while faithfully responding to multiple investigations. This is especially true in light of the impending state budget deadline, the need to continue guiding the state through the pandemic and the fragility of the state's economic recovery.

"The New York State Constitution demands that if the governor is 'unable to discharge the powers and duties of the office of governor, the lieutenant-governor shall act as the governor until the inability shall cease.' We call on the governor to step aside, at least until such time that the attorney general's investigation is complete. We are confident that the lieutenant governor will ably serve the people of New York."

U.S. Rep. Kathleen Rice, who represents the South Shore's 4th District, was among the first lawmakers from New York to call on Cuomo to resign after a third woman came forward accusing him of sexual harassment. Rice, a Democrat, tweeted, "The time has come. The Governor must resign."

Below it, she posted a New York Times story detailing the third woman's accusations that Cuomo had inappropriately approached her at a wedding in 2019, wrapping his hands around her cheeks, as seen in a photograph, and asking to kiss her. The incident, according to The Times, was recorded contemporaneously in text messages.

Cuomo has said he will not resign. More as this story develops.

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IAC

The Glen Cove IAC includes community leaders representing a variety of human and social service agencies serving the Glen Cove area. It reflects Glen Cove's rich cultural, ethnic and religious diversity and meets monthly to identify and address changing needs in the community.

The IAC is saluting our Past Presidents

1971-1995 Rhoda Finer, Joan Parry

1996-2003 Dr. Daniel Vogrin, Juan Castoro

2004-2014 Sharon Harris
2014-2018 Carolyn Wilson
2018-2019 Kathie Flynn
2019-Present Spiro Tsirkas

Save the Date: 50th Anniversary Gala, October 1, 2021

The Metropolitan

Member Agencies of the Month:



Glen Cove Senior Center





COMMUNITY UPDATE

Thursday, March 18

Book Talk with Wendy Lower

Virtual event from the Holocaust Memorial & Tolerance Center of Nassau County at 1 p.m. Historian Wendy Lower will discuss her book, "The Ravine: a Family, a Photograph, a Holocaust Massacre Revealed," which explores a single photograph, an exceptionally rare "action shot" that is documenting the horrific final moment of the murder of a family during the Holocaust. The book follows Lower's forensic and detective work to identify details about the image and unlock a new understanding of the place of the family unit in the ideology of Nazi genocide. Go to www.hmtcli.org to register.

Friday, March 19

Symphonic Pops Virtual Video

The Symphonic Pops of Long Island, a 60 member community orchestra, will be releasing a new video to salute and thank our first responders who have gallantly answered the call over the past year. The music and link will be unveiled at www.symphonicpopsli.org at 7:30 p.m.

Saturday, March 20

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.

Observation and Notation

Planting Fields Aboretum, 1395 Planting Fields Road, Oyster Bay, 12 p.m. Weaving together science and art, this drawing class offers participants an opportunity to combine field ecology and art as they investigate the Great Bird Blind Debate exhibition through



Courtesy Wikimedia Commons

Healthy Habits for a Healthy Lifestyle

Through this online workshop courtesy of the Locust Valley Library, attendees will learn how to maintain a healthy lifestyle by eating healthy foods and avoiding junk foods and sweets. The workshop is presented on Zoom by Belinda C. Basaca, MS, MD and starts at 7 p.m. on March 24. For more information, call (516) 671-1837 or visit locustvalleylibrary.org.

guided observation and notational instruction. Instructor Hara Woltz is an artist and scientist who addresses the destruction and conservation of ecological systems through a variety of visual media. Participants should bring a drawing pad, blue or black pen, and colored pencils. Admission is \$42 for members and \$55 for guests. For more information, call (516) 922-9210.

World Water Day Beach Clean-Up

Garvies Point Museum and Preserve, 50 Barry Drive, Glen Cove, at 10 a.m. Help keep the community clean and safe for animals. Twice daily tides leave debris on beach. By cleaning it up, we prevent it from landing on another beach or in an animal's stomach. Call (516) 571-8010 to reserve a spot.

Sunday, March 21

$\label{eq:minimum} \textbf{Mini photo sessions at T.R. Park}$

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.

Passover Gift Shop at CTI

Congregation Tifereth Israel, 40 Hill St. Glen Cove, 11:30 a.m. to 1 p.m. The shop has hostess gifts, Passover toys and items for your own table. For more information, visit ctionline.org.

Monday, March 22

The Life of Ruth Bader Ginsburg

Virtual program from the Glen Cove Library at 11 a.m. James Coll, a retired NYPD detective and professor of constitutional history at Hofstra University, will discuss one of the most beloved, and controversial Supreme Court justices of the modern era. For more information, call (516) 676-2130.

Seasonal Allergy Relief

Virtual program through the Gold Coast Public Library, 7 p.m. Join Marney White - herbalist, health coach and licensed biology teacher - for an online seminar on exploring your natural wellness options. For more information and to register visit www.goldcoastlibrary.org.

Tuesday, March 23

Meet the Author

Virtual program from the Glen Cove Public Library at 2 p.m. Meet Pulitzer Prize-winning writer Connie Schultz, author of "The Daughters of Erietown." The debut novel is set in the mid-1940s and weaves together the lives of three generations of women living in a rural Ohio town. For more information, visit www.glencovelibrary.org or call (516) 676-2130.

Gold Coast Mansions and Estates

Virtual program from the Bayville Free Library at 7 p.m. The North Shore of Long Island was where many millionaires built elaborate mansions on huge estates in the late 19th and early 20th centuries. Architect, author, and historian Gary Lawrance will give a digital exploration of the magnificent estates and mansions of Long Island's Gold Coast . For more information, visit www. bayvillefreelibrary.org or call (516) 628-2765.

Wednesday, March 24

Glen Cove BOE Meeting

The Glen Cove Board of Education meets on Zoom at 7:30 p.m. Find the link at www.glencove.k12.ny.us.

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
jnossa@liherald.com

5 things to know about your town

- The Locust Valley Library will hold a document shredding event on March 27.
- The Glen Cove City Council will hold a meeting on March 23 at 7:30 p.m.
- The Sea Cliff Village Library is looking for a new member of its Board of Trustees.
- Friends of the Bay offering "Oyster Gardening 101" presentation on March 25 at 7 p.m.
- North Shore School District budget adoption meeting on March 25 at 7:45 p.m.

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NCPD's chief of support talks historic promotion

LORNA ATMORE, THE first Black woman to be named Nassau Police Department's chief of support, joined Police Commissioner Patrick Ryder, left, and County Executive Laura Curran, right, on Feb. 25.

By MATTHEW FERREMI

mferremi@liherald.com

For the first time in Nassau Police Department history, a Black woman has been promoted to the position of chief of support.

Lorna Atmore, a 25-year member of NCPD, was promoted to the chief support position on Feb. 25. She succeeds Chief Ronald Walsh, who recently left to serve as Long Beach police commissioner.

Atmore is now commander of the Support Division, one of the department's

largest units that includes the 911 center, information technology and the upcoming police body camera program. With the new position, Atmore is fifth in line for command of the department.

"I really appreciate the support of Commissioner Patrick Ryder and County Executive Laura Curran for their confidence in my abilities," Atmore said. "I'm just really excited to step into the role and hopefully do a good job.

Ryder said she is well qualified for her new role. "The promotion of Assistant Chief Lorna Atmore to three-star chief of support was an easy decision, as she is known to be one of the most dedicated and intelligent professionals in the executive ranks," Ryder said in a statement. "I have great confidence in her ability to get the job done and to serve the residents in Nassau County."

Curran said that she was pleased to promote Atmore to her new role. "I'm proud of the efforts Nassau continues to make to ensure our law enforcement reflects the rich diversity of our communities - especially for positions of leadership," Curran said in a statement. "Chief Atmore's dedication to the department and her command experience have defined her as a true professional, a leader and a trailblaz-

Atmore began in the force as an officer and eventually rose to sergeant in the 3rd Precinct. She also led the 7th Precinct's Detective Squad and was later promoted to captain, inspector and deputy commanding officer in the 4th Precinct, before being promoted to deputy chief of the support division. Family members who were in the New York City Police Department inspired her initial interest in a law enforcement career.

"I really thought the job wouldn't be a fit for me at first, but my cousins assured me that I would enjoy the job and to give it a chance," she said. "I took their word for it, and by the time I got done with the police academy, I was in love with the job."

Atmore noted she wants to inspire young people of color who might be interested in a law enforcement career. "I hope that young people look up and see myself and other people of color in prominent positions and see what we've accomplished so they can visualize themselves as future leaders in law enforcement," she said. "I think that we represent these opportunities that exist that young people may not

Atmore added that she hopes in the future that more people of color are promoted to prominent law enforcement posts. "I understand and appreciate the excitement of my promotion and its uniqueness," she said. "In my mind, I'm hoping that in the next five to 10 years that promotions like this will be more commonplace.'

HERALD Staying Local for College

MODERATOR



Skye Ostreicher, MPH, MA **Herald Community Newspapers**



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MEDICAL STAFF

DR. SREEVATHSA BORAIAH

OLD WESTBURY

Orthopedic Surgeon, Northwell Health, Great Neck



he pandemic has been stressful for all of us, especially for people who are taking care of patients. Most of the elective surgeries I do, like hip and knee replacements, were canceled, so I covered all emergency orthopedic surgeries, like people who break their hips or people who break some bones that need to be fixed. They obviously cannot wait because it's broken — it has to be fixed, and they have other medical issues surrounding it. My role during the pandemic was essentially taking care of all these orthopedic emergencies which could not wait and had to be taken care of, regardless of a patient's Covid status.

It doesn't affect my personal life a whole lot, but the work we do in terms of seeing patients in the office has changed. A lot of people are still very afraid of seeking help. They

would rather be in pain a little bit than expose themselves to that, so in that sense, things have changed. But the people who are in real pain, who are in emergencies, they seek help.

Some patients have fractures, but they're not willing to go to the emergency room. There are a lot of things like that that we have to deal with. In those circumstances, we have to coordinate the admission, testing, planning for surgery, everything remotely, then coordinate all that and do the final surgery face to face. That has been the challenge in terms of logistics, of patients being scared, and we have to work around that. So, in a way, things were a lot different, except that some care cannot be given remotely, but the logistics around this have been extremely different.

DR. WILLIAM BENNETT

HUNTINGTON

Geriatrics and Family Medicine, Oyster Bay

he past year has been challenging. You see so much death and suffering around you. Being 75, I wasn't chosen to help at the hospital. But I know the younger doctors, and I know they had a very difficult time. Nurses, physicians — including my own daughter, who's a physician's assistant at North Shore and was assigned to a Covid floor — have been exposed to the most harrowing of experiences. Bombs weren't dropping, but it was like wartime medicine. I don't think I could have done it, and I'm glad I was spared it. But my daughter hadn't been exposed to that level of death and dying before. We've had daily talks to help her through it.

At my office, things became much slower. People didn't know a lot about the illness and were concerned about everything —



opening the mail, getting groceries, touching a doorknob. We all thought it was like the bubonic plague. So, we haven't seen patients for a long time who may have needed to be seen. Patients who put off surgical procedures. Illnesses that ought to have been better controlled. Now we're seeing people who have had an untreated condition for eight months. So as a matter of health care management, we have yet to see all the downstream effects of the quarantine.

The pandemic has given us an even greater appreciation for the value of the everyday health worker. It's also taught us an important lesson: We are a nation that needs strong institutions, good leadership, faith in science and compassion. And we need to do a better job of educating people about public health.

HERALD HOMETOWN HERO

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HERALD HOMETOWN HERO

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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.

To nominate, go to LIHerald.com/NominateAHero today!

THEIR FRONT-LINE STORIES IN THEIR OWN WORDS

DR. ANA CERNA-HELFER

HUNTINGTON

Pediatric Healthcare Solutions Glen Cove

t was a challenging year; it still is, but it's getting a little bit better. In terms of being a pediatrician, it did affect our care because a lot of people were afraid to go out to their well-care visits, so a lot of children were delayed on their vaccines. There was a lot of fear. But we try to keep everybody healthy, so we were trying to do our best at the office to have everybody protected, including our employees.

But with our patients, it was definitely very challenging. Now, they feel a little more comfortable going out, so we're starting to pick up and catching up with a lot of the children's well-care visits and their immunizations. We did get a lot of sick patients and actually got a couple that wound up in the ICU, but thank God, they did OK. The good thing was, in the pediatric population,



although there were children getting sick [from Covid-19], they were not as severely affected as the older patients.

There was a lot of fear, but we made it through. We had to adopt a lot of new protocols. We had to triage sick patients, and what we started doing with possible Covid patients — and still are doing — is seeing them in their cars; we don't bring them into the office. We want to avoid mixing them with the healthy children. We see the well-care visits only up to a certain time of day, and then we switch to all sick visits. We're still seeing some cases here and there, but it's definitely going

DR. STEVEN LINZER

BELLMORE

Family Practice Physician, East Meadow

n the beginning of the pandemic, it was a little scary because even us doctors didn't know what was going on and what to expect. We would have patients come in who looked fine and would say that they didn't have a sense of smell or taste. We didn't have an ability to test them back then. The biggest thing was when we knew how to identify people who had the virus.

We started wearing masks very early on. When we were told we could go virtual, we had no method of doing that. We had never considered it before. I learned how to use Doxy. My sister-in-law told me about it. Doxy ended up being easy and worked perfectly. But the physical exam was limited this way, like I couldn't take anyone's blood pressure.

Three months later we opened up again. We

public participation in the pursuit of our

common goals of preserving our history

while planning for our future.



had plexiglass shielding installed in the office, and the four patient rooms were cleaned and disinfected continually. We screened people on the phone and still do.

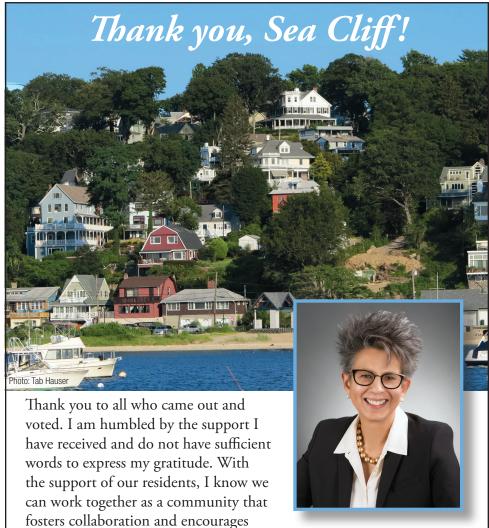
When the virus first hit, I was worried I'd bring it home. I'd change my clothes and put them in a bag before I saw anyone. I don't think the virus changed me much. But I am more aware of my surroundings now.

I'm hoping this won't happen again, but the pandemic of 1917 did. My biggest fear is that everyone will get vaccinated, but we will continue to see cases. Hopefully, the vaccines will work and will wipe this out. But there are multiple variants. I hope the vaccines will work on them.

HERALD HOMETOWN HERO

HERALD HOMETOWN HERO





Elena Vilafane, Mayor Sea Cliff

Evillafane@seacliff-ny.gov

HERALD SCHOOLS

Glen Cove students prepare to enter workforce

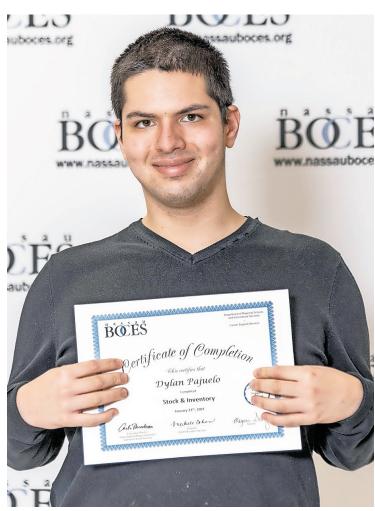
Two adult students from Glen Cove recently completed coursework in the Nassau BOCES Intensive Support Program (ISP). The pair was presented with certificates of achievement by administrators at the Adult Education Program, which is housed at the Joseph M. Barry Career and Technical Education Center in Westbury. Jalon Cullum studied building maintenance, while Dylan Pajuelo took the stock and inventory course.

The goal of the ISP, which is part of the agency's Adult Education Program, is to prepare students like Cullum and Pajuelo for employment in their chosen fields. Courses incorporate intensive training in a variety of essential trades including porter/custodial, custodial services, building maintenance, stock and inventory, auto tech and direct care. Each course includes a component in employability skills training. Job placement specialists work closely with students throughout the semester to arrange appropriate job placement and provide support services.

"Perseverance is the word that comes to mind when I think of this cohort of graduates," said Adult Education Assistant Principal Brad Slepian. "This group started their studies right before Covid shut down the island, yet they all found their way back, completed their respective courses and are career ready for jobs in their selected fields. We're really proud of them."



JALON CULLUM OF Glen Cove recently completed a building maintenance course in the Nassau BOCES Intensive Support Program.



DYLAN PAJUELO OF Glen Cove recently completed a stock and inventory course in the Nassau BOCES Intensive Support Program.

Exploring Black American history and the Holocaust

Recently, eighth-grade students at Robert M. Finley Middle School in the Glen Cove City School District joined with eighth- grade students from Locust Valley Middle School for an exciting opportunity to participate in a live presentation with Helen Turner, Director of Education at the Holocaust Memorial and Tolerance Center (HMTC) that focused on acceptance, diversity, and character education. The presentation, "Double Victory Campaign," presented a story of two victories for Black Americans; a victory at home and a victory abroad.

Students from both middle schools were arranged into small groups to connect and discuss these topics in a symposium-style setting. They covered what the Double Victory Campaign was and the effects the campaign had on the Civil Rights Movement. The students then explored where they see moments of growth and challenge within their own community, both past and present. The students were encouraged to be gentle

with themselves, as these are difficult topics to discuss.

This initiative was a joint collaboration by Glen Cove's Dr. Sheena Jacob, K-12 Coordinator for Social Studies; Locust Valley's Bryan Sarandrea, Coordinator of Social Studies and Business; HMTC; R.M. Finley Middle School eighth grade teachers: Thomas Smith, Amanda Corazza, Christopher Contorno, and Jordan Friedlander; and Locust Valley Middle School 8th grade teachers: Nina Ring, Penny McElwain, Grayson Valentino, Michele Gaglione, and Alison Gallagh-

The HMTC mission is to raise awareness and educate the public about the dangers of anti-Semitism, racism, bullying and all other manifestations of intolerance. The museum focuses on promoting resistance to prejudice and advocating respect for every human being.

For more information about the Glen Cove City School District, visit www.glencoveschools.org.



Courtesy GCSSD

GLEN COVE AND Locust Valley eighth-grade students listened to Helen Turner explain the Double Victory Campaign and its effect on Black American history.



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eana has been working for Richard B. Arnold Real Estate for the past eight years as the Office Administrator. She now has a Real Estate Salesperson License as well, and looks forward to working with clients and customers on a different level. She has a true passion for real estate and hopes to follow in her father's footsteps. Her father, John Langone, has over 30 years of experience in real



DEANA LANGONE ROPER Licensed Real Estate Salesperson

estate. She grew up in Glen Head and attended North Shore Schools. Growing up on the North Shore, she has a vast knowledge and love for the community.

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C: 516.369.3144 deana@ richardbarnold.com

s a Licensed Real Estate Agent who was born and raised in Glen Head, Denise possesses great knowledge of our community. Her many years in sales have provided her with valuable skills that she uses in Real Estate to negotiate, educate buyers and sellers and effectively market homes. Denise's great communication skills, confidence and guidance to her clients during



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transition to real estate was a natural choice for Howard, coming from the finance sector and people management. Howard brings a strong business acumen and is outgoing and personable, connecting in an intelligent and intuitive way with customers and clients. Howard lends his knowledge to educate customers about the North Shore real estate market and matches people with homes



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ayAnn started her journey in real estate over 16 years ago. About 2 years ago she brought her daughter Kayla on. Together they bring an energetic team, working hard toward making the



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buying and selling process as smooth as possible. Being a part of Richard B. Arnold Real Estate is an extension to our team, as we all work closely to help each other. It is a great environment and that filters into the happiness of our customers, whether a buyer or seller.

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Sea Cliff \$910K



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he Russo Kaufman Team at Richard B. Arnold Real Estate is here for all of your real estate needs. John Russo & Tom Kaufman are both long time North Shore residents and are highly regarded in the community. Their unique ability to market properties matches buyers with sellers very efficiently. Their dynamic approach to building relationships creates a comfort level for buyers & sellers during every step of a real estate transaction. Contact John or Tom today!



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Committed to Excellence!

ori has lived in Sea Cliff for over 26 years. She raised her daughter here who attended the award winning North Shore School District. She has been part of the team at Richard B. Arnold Real Estate over 20 years ago. She has listed and sold many homes in this charming community, and has been fortunate enough to have many buyers become her neighbors. Lori is a loyal professional well experienced realtor that will put attention and detail to all your real estate.



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Love of Community!

Tom and his family moved to the area over 10 years ago and immediately immersed themselves in all the community has to offer. His children have played soccer for the North Shore Soccer Club, where he also coached, played lacrosse for the PAL, run CYO track, participated in summer theater, and been a member of Boy Scout Troop 195 in Glen



TOM DOYLE Licensed Real Estate Salesperson

Head where his son became an Eagle Scout. Tom is an avid boater and fisherman who loves all of the beaches and parks in the area. They say "it takes a village to raise a child," and Tom is exceedingly grateful for the "village" that he's a part of and can often get carried away talking about how great it is to live in our North Shore community.

He's very glad to be a part of the amazing team at Richard B. Arnold, where everyone loves the area as much as he does!





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Glen Head \$825K

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Sea Cliff \$789K



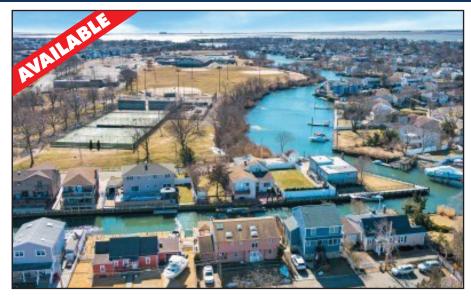
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AFTER THE PERFORMANCE ended, the dancers delivered handmade cards and flowers to the Atria Glen Cove residents in attendance.



II Nossa/Herald

MARY, ALEX AND Monica from Ciara Greene School danced on the patio at the Atria.

Continuing a St. Patrick's Day tradition

By JILL NOSSA

jnossa@liherald.com

While parades and large gatherings have been canceled again for St. Patrick's Day this year, certain traditions have been able to continue during the pandemic. Residents at Atria Senior Living in Glen Cove were treated to an Irish Step Dancing performance by students at the Ciara Greene School of Irish Step Dancing on Saturday afternoon. The dancers, ranging in age from 6 to 17 showcased a medley of traditional step dances and jigs while a small group gathered on the back patio. As the weather was brisk, several other residents opted to watch through the windows. Throughout the show, select dancers took a moment to provide the history of Irish Step Dancing, the possible reasons behind not using arms in the dance and to describe the shoes required for dancers. At the conclusion of the performance, the dancers handed cards and flowers to the attendees.



EMILY, MADELINE AND Holly showcase a traditional step dance.

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Wendell Miller

Administrative Program Manager
of Neurological Services
Emerge Nursing and
Rehabilitation at Glen Cove



Constantina
Papageorgiou, Esq.

Partner

Vishnick McGovern

Milizio, LLP



Cheryl Paris
Independent Wellness
Advocate
DoTerra



Ken Shah
Senior Coordinator for
the Cardiopulmonary Program
Glen Cove Center for
Nursing and Rehabilitation

This webinar welcomes experts to discuss your health and wealth as the pandemic continues to affect our everyday lives. Topics covered will include brain and heart health, breathing and core exercises, estate planning and asset protection, and using essential oils for food preparation, beauty and health practices. All attendees will be entered to win prizes.

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Billions still available in loan program

By LAURA LANE

llane@liherald.com

There is lots of money left in the Paycheck Protection Program, and small businesses, independent contractors and sole proprietors remain eligible for a portion of the program's \$128 billion. Those who work as consultants can also apply for what is left of the original \$380 billion.

Rushi Patel and Rajeev Maini, co-owners of the Metropolitan catering hall in Glen Cove, attended news conference on March 1 and encouraged other small businesses to apply. They did so last year, and received a loan. Maini said he had been in business for only six month at the time, and had little to show in the way of profit. What he did have was overhead costs.

"I have \$60,000 worth in expenses to just open the doors," said Maini, adding that he had applied for the second round of PPP. "It's a challenge every day."

Richie Krug Jr., president of the East Meadow Chamber of Commerce, said at the news conference that many small businesses are not aware of who is eligible or how to apply for the funds.

"Small businesses need to take advantage of this," Krug said. "People have no idea that there are resources out there to help them to apply. We have the resources to point businesses in the right direction. And you don't have to be a member of the chamber to get this information."

Krug joined a group of local chamber members, business owners, representatives of Vision Long Island and Long Island Main Street Alliance and others in Hicksville to urge small businesses to take advantage of PPP loans by the

To get help applying for PPP

Vision Long Island ea@visionlongisland.org

East Meadow Chamber of Commerce info@eastmeadowchamber.com

East Meadow Chamber President Richie Krug Jr.

richiejr@krugteam.com

Asset Enhancement Solutions neil.seiden@assetenhancement.com



aura Lane/Herald

LOCAL CHAMBER MEMBERS, business owners, representatives of Vision Long Island and Long Island Main Street Alliance and others gathered to spread the word that small businesses can apply for PPP loans.

March 31 deadline.

The program was enacted last April as part of the Coronavirus Aid, Relief, and Economic Security Act to help struggling businesses. Consultants, including home repair contractors, beauticians and

small independent retailers, were also eligible, but during the first round of funding few applied. Many big businesses did, and benefited.

On Feb. 22, President Biden announced changes to the program (see box) to increase lending to small businesses and independent contractors. During a 14-day window created by the Small Business Administration, which ended on Tuesday, loans were initially offered to businesses with fewer than 20 employees. It was an opportunity for those businesses and contractors to go to the head of the line, said Neil Seiden,

of Asset Enhancement Solutions, a financial advisory firm in Uniondale. At the news conference, Seiden encouraged attendees to "apply, apply,"

To find out how much funding they are eligible for, applicants provide their Schedule C from their federal tax returns. "Now they want the revenue amount on

Schedule C because of the fraudulent claims," explained Seiden, who is an agent for multiple lenders. "The first time around they were basing the loan on line 31, which lists the net profit or loss. If the income was \$50,000 and the net was

he agitation

started

banks gave the

loans to bigger

companies.

ALEXANDER

Vision Long Island

ERIC

Director,

when the

\$10,000, the loan would be based on the 10. That has changed. Now it's based on the \$50,000."

In some ways it is more difficult to apply, he said, because more documentation is required to reduce fraud. The process was chaotic last year, Seiden said, because banks didn't have procedures in place and were overwhelmed by applicants. When people didn't quickly find out whether they had been approved, they applied to multiple lenders, which made matters worse

Then the money ran out, and even though it was

replenished, some businesses gave up. "Commercial real estate brokers didn't even know they're eligible," Seiden said. "A decorator didn't know. You have to beg people to apply. The \$128 billion is waiting."

The government needs to promote the program, he said, like it does recruitment in the armed forces, with commercials on television.

Eric Alexander, the director of Vision Long Island and the founder of Long Island Main Street Alliance, who spoke at the event, said that his coalition call its 45 member groups monthly to help them gain access to government services like PPP loans.

"The agitation started when the banks gave the loans to bigger companies," Alexander said. "We've been getting the word out, hitting the drum pretty hard. We want to reach as many people as we can. These are federal funds that you won't get unless you apply."

Biden's changes to the PPP

- Before Tuesday, only businesses with fewer than 20 employees could apply, so lenders focused on the smallest businesses.
- The loan calculation formula has been altered to benefit sole proprietors, independent contractors and the self-employed.
- A restriction preventing small business owners with prior non-felony convictions from taking part was eliminated.
- A restriction preventing small business owners who are delinquent on federal student loans was eliminated.
- Non-citizen small business owners who are lawful U.S. residents can use Taxpayer Identification Numbers to apply.

-The White House

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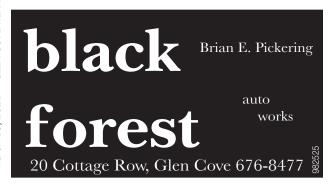
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He said he had called over 2,500 businesses in the past year, 2,000 of them in Nassau County. "One-third of the people didn't know about it," Alexander said. "I'm glad the Biden administration stepped up to make it more available to small businesses. Hopefully it will be extended beyond March 31."

In the week after the news conference, Alexander said, he received 20 emails and calls inquiring about the program.

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OPINIONS

A resilient return to normal, whatever that means

ow, as the vaccines

questions stoke

our fears. Is the

new world safe?

roll out, new

year ago, we faced many new challenges as the coronavirus threw the world into a panic. Many unanswered questions made us fearful of both the known and the unknown. Despite this heightened level of stress, we adjusted, and new approaches to cope with the pandemic

arose.



ROBERT GOLDMAN

We Zoomed from room to room, and country to country, without having to pack our bags or experience jet lag. We found a new dress code for our virtual meetings: mullet outfits with "business on the top, party on the bottom," and made sure to turn

off the cat filter. Masks became more than just a protective measure: They became a fashion statement, or an advertisement or promotion for a business, product or cause. For some of us, reality TV became an escape: Joe Exotic was anointed the "Tiger King," as the mystery of who killed Carole Baskin's husband still lingers. Speaking of lingering, some of us put on the pandemic

pounds as we binged on series and food.

All of the changes emerging from the pandemic are linked to our human need to stay connected during times of adversity. Fads are an expression of belongingness. Sadly, the social deprivation

that we all experienced left a hole in this fundamental human need for contact and connectedness. As we had to increasingly remain socially distant, our need for emotional connectedness grew stronger.

As an attorney and practicing psychologist, I witnessed firsthand how many of my attorney colleagues reported on social media feeling stressed. This was a shocker, as

attorneys are known for being loath to admit they struggle. I felt a call to action, and started offering resiliency training over Zoom to my fellow attorneys. Little did I know that this group would offer me support as I mourned the passing of my father during the pandemic, when public gathering was prohibited. The Virtual Lawyers Lounge continues to be relevant, and is more than 500 members strong.

The pandemic was a rare event in which human distress was universal, as

we learned early on that Covid-19 does not discriminate. Our common experience of living through the pandemic created a space for empathy across the world, even if we couldn't give a hug or wipe a tear for those who needed it the

most. The buzzword born out of our universal experience is resilience: the ability to overcome adversity. By our evolutionary nature, resilience is tied to our need to survive. We survived by finding new ways to connect. These new ways should not be forgotten, but rather incorporated into our "new normal," whatever that is.

Now, as the vaccines roll out and the new world

opens up, questions stoke our fears. Is the new world safe? What will the new normal look like? This anxiety is the reality for adults and children who were abruptly thrown into a new lifestyle, without any mental or emotional buffers. For example, the child who will awaken from his Covid-19 slumber of gaming and return to a classroom setting where he will barely recognize his classmates through the mask-covered mouths and protective Plexiglas that separates them from one another.

As we venture into the new normal, I envision a world of hope and reprioritized values. For a resilient march to this new normal, we must acknowledge that much of what we believe in having control over is just an illusion; we need to remain present in all that we do and appreciate the temporary nature of all circumstances.

When the inevitable, unpredictable event happens, embracing it with optimism, fortitude and courage helps us through the rough patch and aids us as we move forward to where we want to be. Most important, in the resilient march to the new normal, we must never forget the need and value of hugging one another, rebuilding our personal connections, wiping away a tear and offering an approving smile that may be seen with or without a mask.

As of this writing, 2.65 million people across the world have died because of the coronavirus. In honoring those we lost and keeping alive the lessons learned, we must become more vigilant about tending to our health, physically and mentally.

Dr. Robert Goldman is the chief psychologist and co-CEO of TLC Virtual Resiliency and an adjunct professor at Hofstra University and St. Joseph's College. Learn more at tlcvirtualresiliency.com.

Fragments: surviving a season of loss

ven friends who died

of something

other than Covid

were deprived of

comforting rituals.

didn't tune in to the news at all yesterday, and that was a happy change from one year ago, when I couldn't not watch, but when I did watch, the grim predictions from epidemiologists, juxtaposed with the misinformation coming from the White House, had me worried sick.



RANDI KREISS

Doctors told us to wear masks, stay at home, close schools and avoid contact even with our parents and children and grandchildren. At the same time, the president rolled out his no-big-deal message. He promised that the coronavi-

rus would just go

away. Yet people were dying, and refrigerator morgue trucks were parked on New York City streets. For me, not trusting our highest elected officials to keep us safe in the face of a historic pandemic was psychologically destabilizing. The message was: You're on your own.

We did what we had to do. No kids, no supermarkets, no friends and no communal events of any kind.

Now, one year later, I don't need to hear the news because I trust that the government is going about its business, fighting the best fight it can against the virus.

What does this pandemic anniversary mean to us?

My husband and I are just past two weeks since our second vaccine. I think we'll be fine, but there is a definite process to reemerging and rebooting a full life.

With the second jab, it isn't as if this dreadful year gets erased. Just a glance in the mirror reminds me that I'm not the same person I was last March. I made a joke in a

column last year about my own personal silver lining as my hair turned gray. Now it's even more so, and very long, a kind of metaphor about time and change and a new acceptance of mortality

I'm thinking about my friends of the heart who died over the past year, Marlene and Marty and Don. I mention their names to write them into my world and honor their memory. They didn't all die of Covid-19, but they left this world too

soon and without the comforting rituals of traditional funerals and visiting among family and friends after the loss. Letting them go is more difficult because there was no way to say a real goodbye or hold the hands of their loved

ones. My husband has photos of these buddies pasted on a full wall in his office, like the man without a country, yearning for "home."

Living through this year, with plenty of food and access to the Internet and the ability to work online, reminded me that good fortune shines on only some people. More than 530,000 of us died, many because they had to

go to work, or lived in large family groups or couldn't figure out the byzantine vaccine rollout protocols. I don't know their names, but I want to carry them with me into the post-pandemic world, with a kind of "never forget" mantra. They shouldn't just disappear.

In the beginning I was Zooming with the grandkids pretty often, and then less often, and then we had hardly anything to share because we weren't doing anything all day. I thought from the beginning that the teenagers suffered most from the isolation and emotional vacuum that can follow months of down time with no other kids around. I have faith in their resilience, though, and history teaches us that young people have survived other deprivations, especially during wartime

We ventured out the other evening for the very first time, to sit in an outside tented area of a restaurant. It wasn't perfect. It felt strange to wait for food, and I was impatient. I realize I have to give this new normal some time.

One year after the pandemic began surging across America and the world, my freezer is still packed. I have more toilet paper than I need. I remember some of my parents' behaviors, which I called a Depression-era mentality, and I know we have adopted some slightly irrational habits as a result of our anxiety during the worst days of Covid-19.

I expect all of this will evolve as our faith in the future — any future — is restored. I would like to live long enough to read the great books that will surely be written about this year, especially the fiction, which so often touches the most profound truths.

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Gold Coast Gazette

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HERALD EDITORIALS

Federal aid gives Nassau a shot in the arm

assau County got some very good news last week after passage of the \$1.9 trillion American Rescue Plan: The county will receive \$397.7 million in federal aid to pay for expenses after it fell into a deep budget hole caused by the coronavirus pandemic.

Covid-19 has not only killed more than 530,000 people in the United States, but also has ravaged the finances of our state and local governments and school districts. States and counties — which depend heavily on sales taxes for funding - were particularly hard hit over the past year. People haven't been shopping at local businesses the way they did before the pandemic, in part because many fear contracting the virus in public, and many simply haven't the money to shop.

We hope and trust that the ARP will be a vital shot in the arm to reignite the economy, both here in New York and across the country. It is certainly giving local elected leaders the opportunity to breathe easier, knowing they won't have to lay off essential workers, including police officers and emergency medical technicians.

In total, New York state will receive \$12.6 billion in aid, which will be used to mitigate the spread of the virus and enhance the vaccination effort, as well as balance the state's budget so it, too, can avoid layoffs. School districts will also benefit from the funding allocation.

No doubt, the ARP is far-reaching. We should all be thankful that state and local governments will be made whole after a historically devastating year. Leaving them to fend for themselves essentially the plan of Republican leaders like Senate Minority Leader Mitch McConnell — could have, and likely would have, been disastrous. Mass layoffs of front-line workers would have meant a double whammy for the nation: We would have lost not only many people entrusted with protecting our safety during the pandemic, but also their spending power and tax dollars.

The first round of federal pandemic aid provided by the Coronavirus Aid, Relief, and Economic Security Act, or CARES, was a \$2.2 trillion economic stimulus bill, passed last March, that provided aid to states and, in a more limited way, local governments, as well as loans to businesses. It saved tens of thousands of businesses, especially small ones, and many, many lives, in particular through vaccine research.

The trouble was this: Any aid that state and local governments accepted could be used only to fund coronavirus mitigation efforts. There was no aid to those governments to continue operations while the economy was tanking last spring. State and local elected leaders pleaded — practically begged — for greater aid beyond funding for coronavirus mitigation, but the Republican-controlled Senate and President Trump would not budge.

The second round of aid, a hotly contested bill signed late last year, provided \$900 billion, again without unrestricted aid to state and local governments.

With this third round of federal aid, we are seeing the load lifted for state and local elected leaders. At the same time, the American Rescue Plan will increase funding for vaccination programs, and provide \$1,400 in direct aid to a majority of working families and individuals and greater funding for small businesses.

Yes, we continue to add to America's debt — a debt that will one day have to be repaid. U.S. debt now stands at \$27 trillion — or 128 percent of our gross domestic product. Only 10 years ago, we worried that our debt had surpassed 90 percent of GDP. So yes, we will have to cut back in the future.

Now, however, is not the time. In the here and now, we must focus on economic recovery, and the only way to lift ourselves out of our current fiscal quagmire and jump-start spending is through federal aid.

Going forward, we will have to work harder than ever — and we will have to do so together, united as one country, Republicans and Democrats. And we will have to innovate, which means we will have to focus more than ever on providing educational resources not only to our children, but to people of all ages.

As a nation, we will survive, but we will have to do a lot better than we did in 2020.

LETTERS

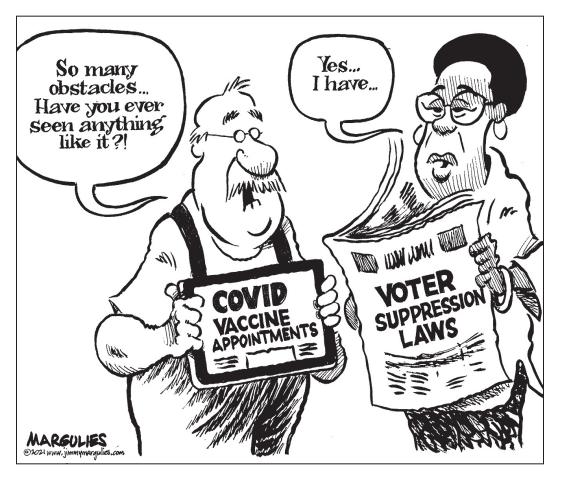
We are approaching a crossroad

To the Editor:

I have been involved in our community for almost 30 years and have had many roles, from participation in our youth programs, zoning and planning boards and now as a city councilman. I pride myself on my ability to listen. While on the Zoning Board, I visited every applicant's location. On the Planning Board, I always explored whether the changes sought would help or burden our community. As a councilman, I always do my due diligence before any vote. My goal has been and always will be to make Glen Cove better.

Becoming a councilman in 2020 was a challenge that I was excited to conquer. I never expected what was on the horizon. The learning curve was tremendous, because 60 days into office the world shut down because of the coronavirus pandemic. All members of the council not only had to get up to speed with regular city business, but had to figure out a way to deal with the continual punches thrown by Covid-19.

We all wanted to achieve some semblance of normalcy throughout the pandemic. We assessed



OPINIONS

L.I. Greenway would save lives, create jobs

S afe places to bike

and walk are an

important part of

a solid economic

recovery.

uring the coronavirus pandemic, many of us have needed to get outside, and have rediscovered the joy of walking or riding a bike to see friends and exercise. Should this trend continue — and record bike sales suggest that it will — then New Yorkers will be healthier, traffic will be



CARTER STRICKLAND

less congested and air quality will improve. But for walking and biking to be realistic options for most people, we first need to invest in safe and adequate infrastructure, just as we have done for every other mode of transportation.

This is a critical public safety

issue for Long Island. Today, our roads are too risky — Nassau and Suffolk counties were ranked second and third most dangerous in the state, as measured by the number of fatalities, personal injuries and property damage resulting from traf-

fic crashes. In fact, in 2019, Long Island accounted for over a quarter of all bicycle fatalities in New York. Too many lives have been lost because of dangerous roads.

Safe places to bike and walk are also part of a holistic economic

recovery. Civic leaders seeking to attract and retain young professionals with amenities comparable to any major city and to solidify a strong "sense of place" across the Island have already invested in revitalizing downtowns with walkable communities and affordable multi-family housing. The missing commercial part of that mix may follow even faster than

expected now, as many people who have worked from home for more than a year question the value of long commutes. In fact, the large redevelopment areas proposed for Long Island are mixed use, with the intention of creating live-work-play communities — and future residents and workers will look for recreational opportunities and better connections to parks.

The good news is that both Nassau and Suffolk counties have started to invest in safe biking and walking trails. There are first-class bike paths in Eisenhower Park and Bethpage State Park, as well as several trail systems in parks and a few north-

south trails. What is missing is a main artery to tie this all together, much as the Long Island Expressway did for an earlier generation that wanted to drive their cars to the post-war suburbs.

A proposed Long Island Greenway would provide this connectivity and jumpstart a true network of trails for point-to-point travel across the Island. Stretching 175 miles from Manhat-

tan to Montauk, the greenway would be a multi-purpose trail that would be mostly off-road along power lines, connecting downtown redevelopment areas such as Innovation Park and the Nassau Hub, 26 parks and 46 train stations. It would make walking and biking safe for people on Long Island and a real option for exercising, visiting friends, even picking up gro-

ceries. And it would be good for downtown business as well: Trail users spend about \$250,000 per mile annually on trail-related local businesses, according to a 2012 study by the Rails to Trails Conservancy.

This project could be shovel-ready and provide jobs in the near term while setting the foundation for Long Island's success over the long term. The state has already built the Empire State Trail from Buffalo to New York City, and has invested in preliminary engineering studies to extend it across Long Island. According to a study released recently by New Yorkers for Clean Water and Jobs, 65,000 jobs could be created by the \$3 billion New York State Environmental Bond Act, which would support projects like the Long Island Greenway. We need those jobs now to help our economic recovery, and those investments would pay back health and economic dividends for years. Long Islanders should call on their elected officials to support investments in park infrastructure.

Carter Strickland is the New York state director for the Trust for Public Land.

LETTERS

how to protect our city workers while they continued to do their jobs. And we remotely held our City Council meetings, which has been challenging because we cannot speak with our community face to face.

Everyone in our city pulled together, and yes, we stumbled, but we adapted to move forward in these trying times. Our city now approaches a crossroad. Many want progress, while others resist change. Many want the services that the city offers, but few want to accept the costs. People are quick to criticize, while few residents offer solutions.

When a resident engages in any public forum, I always hope to hear them constructively add to the discussion for the right reasons. I listen to every resident who decides to voice an opinion in any of our City Council meetings or public hearings. And I always hope when residents stand up to speak, they are doing so to help make Glen Cove better.

In the week before each council meeting, I review, question and think through every resolution presented. I call, meet with or look for any person or place that the resolution affects. I do not take my position lightly. By the time any given resolution is brought before us, it has already been through hours of scrutiny by the mayor and council. By the time we vote, we should frankly be unified as one with the simple goal of doing the right thing for the community. Our job is not to look out for ourselves, but rather to represent the community as a whole. Each resolution we pass is a culmination of our collective ideas becoming one voice - that of the people of Glen Cove.

Times are tougher now than ever

before. This pandemic has caused the loss of loved ones and financial strain on all of us. I must say, however, I am grateful how well our city has fared in the face of such adversity. We adapted quickly to help local businesses stay open, and we did what was necessary to cut any excess spending to remain financially sound. It is my sincere hope that our country has turned a corner, and as the vaccine becomes more available, we will look back on this hardship triumphantly.

JOHN PERRONE Glen Cove councilman

Stimulus bill delivers relief

To the Editor:

Congressional passage of the most recent stimulus bill, called the American Rescue Plan, is great news for all Americans, regardless of your politics. Beyond delivering much-needed relief to people struggling to make ends meet, this bill also provides the bold federal investment necessary to accelerate vaccine distribution, ensure that schools fully reopen and support struggling small businesses, like our restaurants.

I am especially pleased that this bill funds local governments like Nassau County, particularly as we continue to hold the front line in our fight to defeat the coronavirus once and for all.

> LAURA CURRAN Nassau County executive

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Protocols are subject to change in accordance with NYS COVID-19 Guidelines.

La celebración está limitada a 150 personas. Se pide a todos los asistentes que usen máscaras y practiquen el distanciamiento social. El servicio también se transmitirá simultáneamente a través de Facebook Live en la página oficial de Facebook de Community Easter Dawn. Los protocolos están sujetos a cambios de acuerdo con las pautas de NYS COVID-19.

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Pastor Glen Cove Christian Church

Rev. Fr. Mark L. Fitzhugh Pastor St. John's of Lattingtown Episcopal Church

Rev. Fr. Kevin J. Dillon Pastor St. Boniface Martyr Catholic Church

> Rev. Fr. Shawn Williams Pastor St. Paul's Episcopal Church

Rev. Lance Hurst Pastor First Presbyterian Church

> Rev. Gia Lynn Hall United Methodist Pastor

Rev. Roger C. Williams Pastor First Baptist Church

Assisting with the Service / Ayudar con el Servicio

Merle Richards Evangelist Calvary AME Church Josue Correa
Associate Pastor / Pastor Associado
Erika Bautista
Service Leader / Líder de Servicio
Iglesia Ciudad de Refugio

Gaitley Stevenson-Mathews Elder First Presbyterian Church

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