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Downtown music returns July 2
 Page 7



District gives to veterans' charity
 Page 12

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JUNE 10 - 16, 2021



Courtesy Tab Hauser

New market takes root in Glen Cove

Lisa Sloane, Dillon Christie and Lisa Teich at the Deep Roots Farmers Market, which opened for the season last Saturday at its new location. Story, more photos, Page 3.

Community rallies after cat is shot

BY JILL NOSSA
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A Glen Cove family is coping with an incident that could have been a tragedy. On June 1, while out roaming the neighborhood, a beloved family pet — a cat named Gracie — was shot with a pellet gun, and her back legs were left paralyzed. Police are still searching for the shooter.

The cat was “crying in pain” when a woman heard her outside her home on Taft Place, according to Glen Cove police. The woman saw that the cat was unable to walk and contacted her neighbor, veterinarian Dr. Mara DiGrazia-Weigand, who took Gracie to her practice in New Hyde Park.

DiGrazia-Weigand discovered two gunshot wounds, initially believed to be from .22 caliber bullets. Gracie has a implanted microchip, so authorities were able to track down her family the next day.

According to the cat’s owners, D.J. and Christina Hunnicutt, Gracie is a friendly cat that regu-

larly wanders the neighborhood near their Sherwood Road home. In fact, she’s no typical outdoor cat, D.J. said, because she follows them on the walks they take with their three children and two dogs.

When the Hunnicutts adopted Gracie five years ago, D.J. said, they lived in an apartment in Sea Cliff and she was strictly an indoor cat. They moved to Glen Cove about three years ago, and D.J. bought a leash and began taking Gracie outside. Eventually, they didn’t need the leash, and trusted her to follow them, or to go out on her own and find her way home.

But on June 1, she never made it home.

“It’s extremely upsetting,” Christina said. “It’s very frightening to think this happened in our neighborhood.”

“Thankfully it wasn’t a .22 caliber bullet, because that likely would have killed her,” D.J. said. “But because they’re pellets and

We couldn’t have asked for more. It’s been very overwhelming.

D.J. HUNNICUTT
 Glen Cove

CONTINUED ON PAGE 16

County legislation would give military veterans more time off

BY JENNIFER CORR
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The Nassau County Legislature is taking steps to provide more support for veterans.

Legislator Steven Rhoads, joined by combat veterans, union officials, and county employees, announced a bill on Tuesday that would benefit employees who are veterans. The

measure, expected to come before the Legislative Committee on June 14, would give combat veterans who work for the county an additional five paid days off. They could be used for Veterans Affairs appointments, physical therapy or psychological or stress-related treatment.

“From the very founding of our nation, we have had brave men and women come forward

from every generation, willing to put on the uniform of this country and serve and defend our freedom here at home and across the world,” Rhoads said. “As a result of that service, many have sustained combat-related injuries, some visible, some not visible.”

Especially in June, which is Post Traumatic Stress Disorder

CONTINUED ON PAGE 9



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Photos courtesy Tab Hauser

THE DEEP ROOTS Farmers Market opened with a ribbon cutting on Saturday morning at its new location at 100 Garvies Point Road.

Deep Roots Farmers Market sees success on first day

BY ANNEMARIE DURKIN

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Saturday, June 5 marked the first farmers market of the season for the newly named and relocated market, Deep Roots Farmers Market.

Organized by resident Amy Peters, since the end of 2020 the formerly named Sea Cliff Farmers Market has been home to dozens of local businesses and vendors receiving support from their community.

Previously held in Village Square in downtown Glen Cove, the market will now be held under the new name on Saturdays from 9 a.m. until 1 p.m. from June until October at the Beacon, 100 Garvies Point Road, along the newly developed Glen Cove waterfront.

“The new location is definitely a benefit to the community. Amy is able to have way more vendors than at the winter market, which was indoors,” said Ylisa Kunze, director of Glen Cove community engagement at RXR Realty. “It’s a great place for people to enjoy being in the newly landscaped public access parks along Garvies Point.”

Kunze noted the clear success and how welcoming the community has been to Deep Roots. RXR brought 350 promotional tote bags to hand out to attendees, and by 11 a.m., just two hours after the market opened up, there were no more bags left to give out. “We were so happy with the turnout at the market, it was great. Amy sold out of eggs by 11:30, other vendors sold out of products early on as well; it was really just a great success,” said Kunze.

Deep Roots partnered with RXR Realty after operating indoors for the Winter/Spring 2020 market season, only able to feature around 10 vendors in the indoor space.

“The partnership has been great, Amy does a fantastic job curating the market for the community,” Kunze said. “Green markets are great for the community and important in promoting a healthy lifestyle. We wish Amy ever increasing success with the farmers market.”

Deep Roots will now feature over 30 vendors in the new outdoor location,



KEVIN HOGAN AND Mark Scoroposki of Garvies Point Brewery were happy to be a part of the market and promote their business, which is located across the street.

all offering products grown or produced on Long Island, or by Long Islanders.

Ian Siegel, who co-owns by Trubee Hill in Glen Cove with his husband Adam, noted the positive atmosphere the market boasted in its new location. “It was a beautiful weekend. Besides the wonderful 30-plus vendors, the new venue was wonderful and it was a beautiful day. I think people are feeling really happy that summer’s here, Covid is ending,” Siegel said. “It was overall a happy, positive experience, with all smiles and positive energy.”

By Trubee Hill have been attending the market as a vendor since winter of 2020, selling their line of luxury candles hand-poured in Glen Cove. “I think this first weekend was a huge success, for us personally and for the community as a whole. Amy has done a wonderful thing and an amazing job organizing the market and I believe it was a huge success overall.”



CANDLE MASTERS IAN and Adam Siegler, owners of by Trubee Hill, are regular vendors at the market.

Glen Cove man convicted of murdering coworker

BY JILL NOSSA

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Lawrence Grammer of Glen Cove was convicted Thursday in the August 2018 shooting death of his co-worker at an automotive repair shop in Glen Head.

According to the Nassau County District Attorney's Office, Grammer, 74, shot Bashir 'Bobby' Ward in the back of the head at the Citgo Gas Station/D&R Auto Services in Glen Head the day after the two men had an argument.

Grammer was convicted by a jury of second-degree murder (an A-I felony) and second-degree criminal possession of a weapon (a C violent felony).

The trial, before Judge Howard Sturm, began on May 24. The jury deliberated for less than a day before rendering their verdict. The defendant is due back in court on July 27 and faces up to 25 years to life in prison.

According to the indictment, Grammer shot and killed Ward, age 35, on Aug. 4, 2018, at approximately 11:20 a.m.

The defendant, who was 71 at the time of the incident, was employed as a

mechanic at the shop for approximately 15 years. On the day before the murder, Grammer and a third co-worker got into an argument over gas station receipts, officials said. Ward intervened and Grammer and Ward's argument became physical and Ward pushed Grammer onto the ground, according to the DA's office.

The following day, officials said, Ward was working on a customer's Jeep on a lift, while the defendant was working on his own vehicle, a Dodge Durango. According to the DA's office, Grammer retrieved a gun from his vehicle, walked up to Ward, shot him once in the back of the head from less than two feet away and left the location for a short period of time.

According to the DA's office, Grammer called 911 and told the dispatcher, "I just killed a guy," and that the murder weapon was in the seat of a Toyota. He returned to the shop a few minutes later and was placed under arrest. The gun was recovered in a Toyota Rav4, which was parked down the street and registered to the defendant's son.

Grammer's attorney could not be reached for comment at press time.



Courtesy Glen Cove Police Department


Teen arrested for painting graffiti throughout Glen Cove

On Thursday, June 3, Glen Cove Police arrested and charged an 18-year-old Glen Cove resident with 10 counts of making graffiti. According to officials, the police department became aware in April that someone was painting graffiti in various locations throughout Glen Cove. These locations included School Street, Pulaski Street, Glen Cove High School, Welwyn Preserve, New Woods Road, Roosevelt Street, Brewster Street, and the new RXR construction on Garvies Point Road. Police said they were able to connect the graffiti to the same suspect because it all contained the word

"OSHKKA." The graffiti was painted in different colors and sizes. Glen Cove Police officers Roberto Telese, Alexandra DiGregorio and Detective Steven Grella investigated the graffiti incidents. The defendant was released on an appearance ticket to return to Glen Cove Court later this month.

"The investigation by the Glen Cove Police Department led to the identification and arrest of this individual," Det. Lt. John Nagle said. "This arrest should prevent additional acts of this type of graffiti from occurring in the Glen Cove area."


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GLEN COVE HERALD

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Glen Cove Boys & Girls Club member receives scholarship

Chelsea K. Persaud has been selected to receive Glen Cove Boys & Girls Club's prestigious Louis M. Sanford College Scholarship, named in honor of past Executive Director Louis M. Sanford for his commitment to continuing education and improving the lives of Glen Cove youth.

Chelsea joined the club in 2016 and during her tenure focused on academics and demonstrated exemplary leadership abilities by immersing herself in several club and community-based initiatives. From serving as Club Teen Ambassador promoting the benefits of After School programs to helping organize and distribute meals to families and working on local clean-up projects, Chelsea was readily available and eager to help her community and fellow residents. "I want to help people," she said. Chelsea prides herself on having many interests by diving into new experiences that expand her knowledge about different cultures, cuisines, and languages. She is currently teaching herself to speak Japanese. In addition to her various interests, Chelsea is also quite talented and enterprising, recently turning her handiwork with the sewing machine into a business venture selling custom made masks.

"The club helped shape my personality. I was shy when I first joined, but the club offered me so many great opportunities and I am thankful to them because without the supportive staff, I would not have turned into the person I am today."

Chelsea has excelled in school and received many awards including Principal's List, Honor Roll, National Honor Society, Excellence in Geometry and

Nassau County Legislators Certificate of Recognition. Her goal is to pursue a degree in medicine to become a heart surgeon. She is well on her way, having been accepted to New York Institute of Technology's College of Arts and Sciences.

To be eligible for the Louis M. Sanford Scholarship, members must be seniors accepted to a four-year universi-

ty, college or accredited trade school and have been actively engaged in the Club for a minimum of two years. All candidates are required to exemplify a sense of commitment and dedication to academics, community, their family, their future, and the club.

For more information on club programs and services, visit glencovebgc.org.



Courtesy Glen Cove Boys and Girls Club

CHELSEA PERSAUD HAS been awarded a college scholarship.

NEWS BRIEF

Glen Cove families are invited to attend community book fair

The Glen Cove City School District invites community members and their families to refresh their home library with books donated by the Book Fairies, a not-for-profit organization that collects reading materials for people in need throughout metropolitan New York. The fair will take place on Saturday, June 12 from 9 a.m. to 1 p.m., in front of Glen Cove High School.

The fair will provide a large selection of books for all ages from a wide variety of levels and genres. The National English Honor Society from Glen Cove High School will be in attendance to help guests make appropriate selections.

Re-Elect

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GAITLEY

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DEMOCRATIC PRIMARY JUNE 22

EARLY VOTING AT GLEN COVE CITY HALL JUNE 12-20

LOOK FOR GAITLEY’S NAME AT THE END OF THE ROW

Gaitley’s name may be the last on the ballot, but he **ALWAYS** puts Glen Cove First

COMMUNITY UPDATE

Friday, June 11

Movie at the Library

Gold Coast Public Library Annex, 50 Railroad Ave., Glen Head, 2 to 3:45 p.m. Watch "Supernova" at the library. Colin Firth and Stanley Tucci portray partners of twenty years, traveling across England in an old van. Following a life-changing medical diagnosis, their time together has become more important than ever. Room A will open at 1:40 p.m.

Saturday, June 12

Deep Roots Farmers Market

100 Garvies Point Road, Glen Cove, from 9 a.m. to 1 p.m. The weekly farmers market offers a selection of locally grown vegetables and eggs, fresh baked bread, honey, seafood and more.

Sunday, June 13

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 with local photographers. For more information, call (973) 281-4503.

SpringFest

Sea Cliff and Roslyn Avenues, Sea Cliff, 11 a.m. to 4 p.m. Sea Cliff Arts Council presents the eighth annual SpringFest, a day to celebrate Sea Cliff. People are invited to visit all the shops along Sea Cliff Avenue and Roslyn Avenue - some with special guests and sales. Look for artists and vendors next to Salon Solis, K, DiResta Collective, and the Village Green in front of the Library. Enjoy music by Frank Ferrara and friends at the library from noon to 4 p.m. and K. DiResta Collective from 2 to 4 p.m.

Tea in the Garden

Planting Fields Arboretum, 1395 Planting Fields Rd., Oyster Bay, 11 a.m. to 1 p.m. Enjoy springtime in bloom at Planting Fields by having a small variety of hot tea paired with individually bagged cookies outside in the Cloister Garden and aside the West Portico. Tickets \$24 for mem-



"Odmarr, Jahaad, Shaquan" from "Flower of Honor" series, Courtesy Harper Bella

Flower of Honor: A Tribute to Essential Workers

A virtual presentation through the Locust Valley Library on Wednesday, June 16, at 6:30 p.m. The Flower of Honor commemorates essential workers who have kept their communities thriving amid the Covid-19 crisis. This photographic series consists of 29 images taken during impromptu ceremonies involving gifting golden artificial foliage, a symbol of hopefulness and acknowledgment to honor individuals while they are living. Throughout this pandemic, a higher death rate occurs among African American and Latino individuals, many of whom are employed as essential workers. And despite the danger, these individuals persist; their services are the lifeblood of our society.

bers, \$30 for non-members.

Monday, June 14

Hooks & Needles

Bayville Free Library Library, 10:30 a.m. Join the casual knitting, crocheting, and conversation group on the library lawn. This meeting will take place every Monday morning, weather permitting. Bring your own lawn chair. Per CDC recommendations, masks are not required outdoors, but must be worn upon entering the library building. There is no need to register, just drop by.

Of Plants and Presidents

A virtual program through the Oyster Bay Library, 7 p.m. Which president lied to his wife in an attempt to prevent her from

planting vegetables at the White House? Which first lady misappropriated funds from the gardener's budget to pay for fine china? And which administration brought sheep onto the grounds in order to save on mowing expenses? Join garden writer Jessica Damiano on an eye-opening and inspiring historical tour of the White House gardens, from the founding of our nation to the present day. Register at oysterbaylibrary.org.

Tuesday, June 15

Lecture: The Power of Nature

Through the Bayville FreeLibrary, 7 p.m. Dr. Alison Branco will discuss the impacts of climate change on Long Island, with a focus on Bayville. She will share information about the natural assets in Bayville that are helping to keep the community

safe and how to protect them. Attendees will learn how sea level rise, storms, and rising groundwater interact to create flooding, and discuss some of the ways that communities can begin to prepare for the changes that are happening. Dr. Branco is the Director of Coastal Programs for The Nature Conservancy in New York. Register at bayvillefreelibrary.org.

Wednesday, June 16

Perennial Gardening

A virtual program through the Sea Cliff Village Library, 7 p.m. Presented by a Master Gardener from the Cornell Cooperative Extension of Nassau County. This lecture will cover their needs such as light, soil, fertilization, water and air circulation. Register at seaclifflibrary@hotmail.com.

Chef Rob Scott

Through Bayville Free Library, 7 p.m. Suitable for all ages, join Chef Rob Scott via Facebook Live. Cook along, or just watch and enjoy. Dishes will include: Greek Orzo and Grilled Shrimp Salad with Mustard-Dill Vinaigrette, Jerk Grilled Chicken with a Watermelon Fire & Ice Salsa, Summer-time Red, White, and Blueberry Shortcake Cake. Register at bayvillefreelibrary.org to receive the recipes prior to the class. Free.

Thursday, June 17

Virtual Bus Trip

Through the Glen Cove Public Library, 2 p.m. Join Art Historian Lauren A. Kaplan for a fascinating virtual tour! The new Moynihan Train Hall opened in December, just across the street from Penn Station in the historic James A. Farley Post Office Building. Though the timing is far from fortuitous, many people are flocking to see the new architecture and public art, even if they aren't boarding a train. Indeed, there are three uplifting installations by the contemporary artists Kehinde Wiley, Elgrien & Dragset, and Stan Douglas. Each one pays homage to the city and the history of the original Penn Station (demolished in 1963) in surprising ways. Register at hmtcli.org.

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

- Fitness in Village Square takes place every Saturday at 10 a.m. in Glen Cove.
- The Gold Coast Library Board of Trustees meets on June 16 at 7:30 p.m.
- The Glen Cove Pre-Council meeting is on June 15, at 6:30 p.m.
- The Sea Cliff Village Board of Trustees meets on June 14 at 7 p.m.
- TOB residents can sign up for summer athletic programs.

Downtown Sounds to return live this summer

BY JILL NOSSA
jnossa@liherald.com

For more than 20 years, live music has been a staple of Friday nights in downtown Glen Cove. Last year was the exception, of course, but this summer the live Downtown Sounds concert series is set to return in July and August with a full line-up.

"We're ready to go, full blast," Patricia Holman, executive director of the Downtown Business Improvement District, said. "We always look forward in a positive way, so my goal was to be able to do this, recognizing any Covid guidelines that we had to follow."

Last year, the concerts were moved to a virtual format, and while Holman was optimistic that they would be able to put on a live show this year, she said, she and the Downtown Sounds Committee met regularly to discuss options to ensure that it would be done safely, and that they would be ready to produce the concerts when the time came.

"We made preliminary plans," Holman said, "because we recognized that every day, it changed."

As of this week, Holman said, they will not have to limit attendance, though they are not clear yet on whether masks will be required. According to Glen Cove city attorney Greg Kalnitsky, signage will be required to remind people to practice social distancing. "We are aware that tomorrow or next week, that might change," she said, "but I am optimistic that everyone who attends the concerts will look out for their not only themselves, but their neighbors as well. It's really important for our audience to respect any guidelines that we set for them because we want to make sure that we can get through the full season."

Last year, the Downtown BID purchased television monitors for the virtual concerts so people could view

Downtown Sounds Schedule

July 2: Rusty Spur Band

July 9: The John Fogerty Tribute Project

July 16: A Decade of Soul

July 23: The Doobie Others

July 30: Lords of 52nd Street

Aug. 6: Therapi (Reggae)

Aug. 13: La Sonora 495

Aug. 20: Head Over Heals

Aug. 27: Nikki Torres and Girls of Summer

the shows while eating dinner in a downtown restaurant. This year, two of the screens will be brought out again so that those eating farther up School Street, at restaurants such as American Café, La Famiglia or La Bussola, can view the concerts. "Then hopefully when they finish their meals, they'll come down and enjoy the rest of the show," Holman said.

She said that streaming the concerts worked "incredibly well" last year and also gave the concerts a much broader audience, allowing Downtown Sounds to

be broadcast around the world. The shows will also be recorded and streamed live this year.

"We're thrilled that we're able to have live shows again," Fred Guarino, chairman of the Downtown Sounds Committee, said. "And we're excited to have a hybrid approach, similar to last year, because it's a nice way to document our live shows."

A handful of the bands that participated last year were given first priority to perform this year. "They helped us out during a tough time, and we're happy to have them back this year," Guarino said.


Modern country music band Rusty Spur will open the series on July 2. "We're super excited," Nick Troiani, keyboardist of Rusty Spur Band, said. "Luckily, we've been able to play, especially lately as restrictions have been lifted, so we're getting the vibe from the live audience again."

Fans at Rusty Spur shows tend to get up and dance, Troiani said, and line dancing is popular; but hasn't been allowed under the pandemic restrictions. "I'm hoping those restrictions will be completely lifted by the time we're able to play," he said. "It's a great venue, and I think people are just itching to get out and see live music again."

The concerts will take place at the new Village Square, and it will be the first time since 2016 that the BID's stage, as opposed to the portable showmobile rented from , will be used. The managers at Village Square are "totally supportive" of Downtown Sounds, Holman said, and will make sure the apartment residents are aware of the concerts. "We're hopeful they'll either be watching from their balcony or will come down and enjoy it in person."

As far as the lineup goes, Holman said, "I'm really excited because I feel like we have a little mix of everything."

GLEN COVE HERALD - June 10, 2021




Re-Elect

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GLEN COVE CITY COUNCIL

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ReelectMarshaSilverman.com

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HERALD SPORTS

Essential Quality rallies to win Belmont

By **TONY BELLISSIMO**
tbellissimo@iherald.com

Coming off the only defeat of his career, finishing fourth as the Kentucky Derby favorite, Essential Quality got redemption last Saturday when he edged past intense pacesetter Hot Rod Charlie down the stretch for a thrilling 1 1/4-length victory in the 153rd running of the Belmont Stakes.

Sent off as the 6-5 betting favorite, Essential Quality triumphed for the sixth time in seven starts and provided trainer Brad Cox and jockey Luis Saez with their first career Triple Crown wins. Owned by Dubai-based Godolphin Stables, the Tapit colt completed the famed 1 1/2-mile "Test of the Champion" in 2:27.11 and paid \$4.60 to win. Preakness winner Rombauer finished a distance third.

"With the Tapit on top we really thought he would get the mile and a half when given the opportunity," Cox said. "We always thought he had the ability. After the Derby, you just have to see what it takes out of them. It's a demanding race as well as the Belmont. We were watching him for a week or so. We put our heads together and felt like if we're going to keep him in training we might as well run him."

In the winner's circle, Godolphin President Jimmy Bell said Essential Quality, who last year won an Eclipse Award as champion 2-year-old, has never run a bad race in his life. "He probably ran as good a race as he's run in the Derby," Bell added. "We all wish sometimes to work out a better trip, but it wasn't meant to be and that's horse racing."

It was an ideal trip for Essential Quality in the eight-horse Belmont, however. He broke clean from the No. 2 post and sat chilly in fifth place as Hot Rod Charlie set a blistering pace just ahead of Rock Your World, going 22.78 seconds in the first quarter and 46.49 for the opening half mile.

"He broke well, but it took four or five strides to get position going into the first turn," Cox said. "I was a touch shocked. I thought we'd be a little closer on our own. When we saw the opening quarter, I felt good. And then the 46 he was laying mid-pack and on the outside."

Still in a comfortable spot as the hot pace continued through a mile run in 1:37.40, Essential Quality made a strong move coming out of the final turn as Rock Your World backtracked out of contention, setting the stage for a crowd-pleasing two-horse stretch duel.

"Luis did a good job of getting him into position," Cox said. "Turning for home, we were pretty much on even terms with the leader. Hot Rod Charlie ran a tremendous race to hang around that late after doing most of the dirty work. Our horse really showed his talent and stamina."

Essential Quality, who earned \$800,000 to boost his career bankroll to more than \$3.2 million, moved a neck in front of Hot Rod Charlie at the eighth pole and inched



Courtesy NYRA/Adam Coglianese



Courtesy NYRA/Janet Garaguso

ESSENTIAL QUALITY, TOP right, with jockey Luis Saez aboard, overtook Hot Rod Charlie down the stretch to capture the 153rd running of the Belmont Stakes before a crowd of 11,238 last Saturday.

ESSENTIAL QUALITY'S CONNECTIONS, from left, Godolphin Racing President Jimmy Bell, trainer Brad Cox and jockey Luis Saez celebrated in the winner's circle after capturing the Belmont Stakes.

further away in the final strides as the 11,238 fans in attendance roared.

"It was a pretty nice trip," Saez said. "That's what I was expecting, we knew there was going to be a lot of speed, so we tried to get a clean break and be right there. I knew he was going to run his race at the top of the stretch. On the backside, he picked up the bridle and was moving pretty well, so I'm not going to try to take him

back and go inside when he was running pretty well."

Jockey Flavian Prat, who returned to ride Hot Rod Charlie in the Belmont Stakes after piloting Rombauer to his Preakness win, said: "We had a good race. He was traveling well on the lead and he was really game today. It was a great effort. We had a lot of pressure, but I don't think it would have mattered today. I'm really proud of

my horse."

Contested without spectators in 2020 due to the pandemic and shortened to 1 1/8 miles as the first leg of the Triple Crown, the Belmont was again held in front of fans (limited to approximately 12-percent capacity) and at its standard distance.

Rounding out the order of finish was Known Agenda, Bourbonic, Rock Your World, Overtook and France Go de Ina.

Vets would receive more support with county bill

CONTINUED FROM FRONT PAGE

Awareness Month, Rhoads said, it is lawmakers' responsibility to take care of county employees who are veterans by recognizing their service and the results of that service. PTSD is a condition of persistent mental and emotional stress resulting from injury or severe psychological shock. Symptoms can include disturbance of sleep, vivid recollections of the experience and dulled responses to others and the outside world.

New York state military law allows public officers or employees to receive additional paid leave. "Today, the majority is filing legislation to provide those five service days, five days credit, for all combat veterans to seek that treatment if they feel they need it," Rhoads said. "We want them to feel that they're not alone."

Legislator Delia DeRiggi-Whitton, of Glen Cove, said she supported the bill and believed the county should support its veterans in any ways it can. "Any time we can assist veterans financially, I'm all for it," she said. "We're trying to make it as easy as possible for them to benefit from the assistance available to them."

Matthew Schmidt, president of the Nassau Police Veterans Association, said the bill was important, and long overdue. "There are these county workers out there that have to go to appointments related to their illnesses and injuries that they got while they were serving in combat," said Schmidt, a combat veteran and a retired Nassau County police officer. "Some of these injuries aren't visible, including PTSD. A lot of these guys don't want to come forward."

The legislation would also excuse veteran employees from having to tell their employers what they were being treated for. Rather, all they would have to say is they have a combat-related illness or injury.

"A lot of times, people say that this is

going to cost the county money," Schmidt said. "One thing I want to say is when that veteran raised their hand and said, 'I'm going to serve to protect this country, this county and give us the freedom that we have today,' they didn't ask if it was going to cost their life."

Just because veterans are no longer on the battlefield, he added, doesn't mean they aren't still fighting internal battles.



Jennifer Corr/Herald

COUNTY LEGISLATOR STEVEN Rhoads announced a bill that would provide additional paid time off to county employees who are combat veterans so they could seek treatment for their combat-related injuries or illness.

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PERRONE

Danielle
**FUGAZY
SCAGLIOLA**

Rocco
TOTINO

Eve
**LUPENKO
FERRANTE**



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- ✓ Road and Municipal Parking Garage Improvements



Quality of Life

- ✓ Created a Safe Bright Downtown Atmosphere Allowing for Outdoor Dining
- ✓ Revitalized City Website Allowing Residents User Friendly Access to City News, Payment Options, Form/Permits, and Registration
- ✓ Implemented Foreclosure Registry Protecting Our Residential Neighborhoods
- ✓ Launched Pop Up COVID-19 Vaccination Sites for City Residents

Post traumatic stress disorder and veterans

■ Operation Iraqi Freedom and Enduring Freedom: About 11 to 20 of every 100 veterans who served have PTSD in a given year.

■ Gulf War (Desert Storm): About 12 out of every 100 Gulf War veterans have PTSD in a given year.

■ Vietnam War: About 15 of every 100 Vietnam veterans were diagnosed with PTSD at the time of the most recent study in the 1980s. It is estimated that about 30 percent of Vietnam veterans have or had PTSD.

—U.S. Department of Veterans Affairs

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CELINA CULLEN

GLEN COVE

ENL Teacher,
Finley Middle School,
Glen Cove High School
Glen Cove



This year has been extremely challenging teaching English to newcomers due to mask-wearing protocols and the hybrid model. It really is difficult to teach and practice a new language while wearing a mask and learning online. However, I am impressed with my students' flexibility and enthusiasm. They want to learn and it makes me realize how lucky I am to be their teacher. Their positivity is contagious.

All teachers had to adapt to teaching online and with different platforms. I was really fortunate to have collaborative relationships with all of my peers and co-teachers; we shared ideas, websites, co-planned and created curriculum that worked online and in the classroom synchronously. We were each other's support and sounding board.

The students were always my motivation; I knew it had to be engaging and still rigorous. I also tried to make it fun, and my students were great at telling me what they enjoyed and also telling me when I needed help. "Mrs. Cullen, you are muted" are words I can still hear in my sleep. The students always kept me laughing, and I think that was an important part of teaching this year — remembering we're in it together and that laughter is the best medicine. I look forward to the time that we're all back together and the classroom can return to normal while still incorporating the virtual strategies and activities that worked and helped us get through this new teaching paradigm. The students are my heroes; they have been amazing through this entire experience.

HERALD HOMETOWN HERO

LEONARD MINERVA

NESCONSET

Assistant Principal,
McVey
Elementary School
East Meadow



When school closed because of the coronavirus, McVey stayed open to keep the food pantry open for our needy families. Our teachers and administrators went to remote learning, which some people think teachers had it easy, but with digital learning, they never worked so hard.

I helped families connect. My day consisted in part at teacher meetings on Zoom, but most of my work was with children directly.

I had some kids who felt isolated and alone. Their parents were first responders, so they had to work, as did other children's parents. Some of the children, three of them, I spoke to on a regular basis because they experienced anxiety. Another 15 I touched base with once or twice a week. The kids just needed to communicate. We'd play games, computer games, drew

pictures together of the same thing and compared our pictures. We'd talk. Some of the children had to be quarantined from their own families and some didn't understand why. I was an open line of communication for them to talk if they needed to. But it wasn't a therapy session.

Once we came back, I had some kids who were afraid of another kid coming near them, some were upset if a kid took off their mask, and other kids said they couldn't wear one because they said the mask was smothering them. I learned things since Covid that I never planned on learning, some of which was technology. I like to think that I'm a grounded person, but I felt stress and anxiety too. I couldn't help but always think of what it must be like for a child.

HERALD HOMETOWN HERO



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THEIR FRONT-LINE STORIES IN THEIR OWN WORDS

PATRICIA STANTON

SEA CLIFF

Owner,
Little People Day Care
Sea Cliff



This year has been a crazy ride. It's been up and down with the new changes and regulations that we have to follow due to Covid. Since we opened last fall, the guidance changed every other week. At the beginning, we weren't full, but were able to fill up by January. We were lucky enough that all of the parents were comfortable with sending their kids to us and knew people that were moving in who decided that Little People was the way to go because they didn't want to go with a bigger daycare.

When we reopened, we didn't have the kids wear masks, because with all the changes, we figured they were fine. But when he had the second wave in November and the cases started rising, we asked parents of children ages 3 and up to wear their masks inside in

order to keep everybody safe. We try to keep the kids outside as much as possible, but I have to say, the parents were very helpful all the way.

We're almost at the end of the school year and only had to close once, not because anyone got sick, but because somebody came into contact with the virus and we felt it was safest to close. Everybody got tested, and luckily nobody had it. The kids adapted very quickly to the changes and knew they couldn't share toys and that the teachers had to clean toys before someone else could play with it.

They're all very into following the rules this year. They knew they had to do it, and they were all on it. It was very good and made our lives as teachers easier.

HERALD HOMETOWN HERO

ALLYSON KAY

MINEOLA

Kindergarten Teacher,
McVey Elementary
School, East Meadow
School District



I've been in this building for 28 years, and I've been teaching kindergarten for about 20 of the 28 years. I just love the kids and their innocent ways. They are so excited to learn, and I love giving them their first start to education.

It's been a very hard year. I've been doing this for so long, and I do a lot of great things, but I really had to reinvent my entire curriculum. A lot of things had to change, so I had to make it more fun. It was almost like I was a first-year teacher.

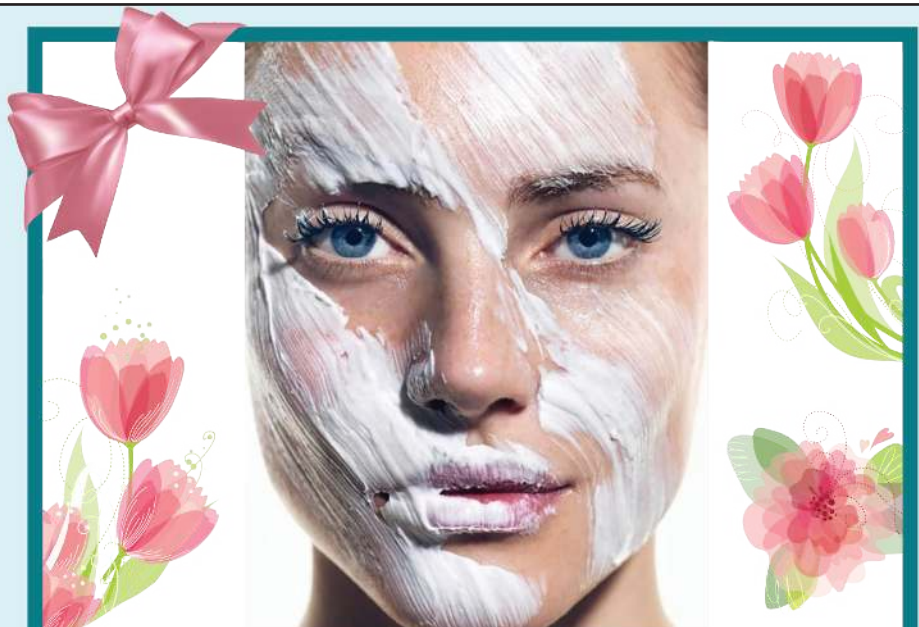
I made their desks into Jeeps when they first came to school, because they had the shields on the desk and they had to wear their masks. I was so worried that they were going to be scared. They really loved the

desks. We had a lot of these days that we did that I created this year to make it extra special for the children.

In the beginning, it was rough, but kids are so resilient. They had a great year. I think it was hard for parents because they were worried about their kids, but the kids were so happy. It was also hard for the educators, because we knew what they were missing, but the students didn't know what they were missing.

I hope that next school year we get into some sense of normalcy. I'm hoping to have a regular routine, [with] all my toys and furniture back in my class. Hopefully, it will be like years of the past. If it's not, we rise to the challenge.

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HERALD SCHOOLS

District honors the fallen for by giving back

In honor of Memorial Day, Glen Cove High School Rho Kappa National Social Studies Honor Society and Finley Middle School Jr. Rho Kappa National Social Studies Honor Society hosted "Jeans for Troops" Day for staff while students participated in "Operation Shoebox." Both initiatives were used as a way to give back to veterans and honor those who made the ultimate sacrifice.

Faculty and staff donated \$5 each and in exchange for their support, they wore jeans to school for the day. In total, \$1,030 was raised and all of the donations went to aiding veterans with employment, housing, and health-care. While faculty and staff members participated in Jeans for Troops, students participated in Operation Shoebox and collected various personal care items and supplies for those that are currently serving and homeless veterans.

Students packed items such as coffee, socks, toothpaste, and sports gear into care packages and sent letters of encouragement to those who are currently serving our country. They also started their own fundraisers and collection boxes for the supplies for homeless veterans. Both Jeans for Troops and Operation Shoebox brought the entire district together for a worthy cause.



TEACHERS AT LANDING Elementary School participated in "Jeans for Troops," an initiative created to raise money for aiding veterans with employment, housing, and healthcare.



DEASY ELEMENTARY SCHOOL principal Melanie Arfman and staff participated in the cause.

Photos courtesy Glen Cove City School District

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Steps to a healthier you

If you're like most men, you probably have a career plan and a retirement plan. And maybe even a plan for starting or providing for your family. But do you have a plan for keeping yourself healthy? While some health issues are beyond your control, there are several ways you can keep your mind and body strong and healthy.

June is Men's Health Month — a good reminder for men to pay a little more attention to their health than usual. Start your healthy living plan today!

Hang out with friends and family

You might think you're too busy for a boys' night out or lunch with your mom. But activities like these, which we so missed during the throes of the pandemic, may save your life. Research shows that social ties can help you survive health problems, make you happier, and even prolong your life. One study even found that social bonds can protect your physical health as much as quitting smoking. So, now, with vaccines in place, we can begin to reconnect with family and friends we've so sorely missed.

Eat a healthy diet

Take-out food may be tasty and easy. And certainly throughout the pandemic, many of us turned to take out frequently, also comfort foods and snacking were a coping mechanism for many.

Now's the time to get back on track and return to healthier lifestyle. If take-out is still your thing, be smart about the kind of quick food choices you make. Too many fatty foods and sugary drinks increases your risk of developing heart disease, diabetes, and cancer. And you'll risk packing on the pounds. Instead, work on eating more vegetables, fruits, lean proteins, and whole grains

Break a sweat

We all know how important exercise is: it can reduce your risk of heart disease, stroke, diabetes, colon cancer, and other health problems. It can also keep your weight down and sharpen your judgment. Plus, you will likely sleep better and live longer.

Even the most diligent guys may have been sidetracked during the pandemic. With stay at home orders and just general malaise, along with binge-watching TV, losing focus last year was understandable. But there's no reason now not to pick up the pace and refocus on your fitness goals. So try to get at least two and a half hours of moderate-intensity activity every week. Even yard work counts!

Unplug and take a break

Small amounts of stress can energize you and sharpen your ability to perform well. But too much stress over time can cause serious physical and mental health problems, including heart disease, diabetes, digestive problems, sleeplessness, and depression. To de-stress, get some exercise, meet up with friends and at long last take a break from the smart phone and computer screens.

Get the sleep you need

It seems like there are never enough hours in the day. As a result, at least 25 percent of Americans are sleep-deprived. Too little sleep is linked to obesity, accidental

trauma, heart disease, depression, and diabetes. It also puts you at risk of car accidents due to drowsy driving. Sleeping seven to nine hours per night can improve your work performance, your physical safety and your body's ability to fight disease.

Check your skin

Men don't usually pay attention to their skin, outside of shaving in the mirror. This June, spend a little time looking for new or unusual growths on your skin and help detect skin cancer in its early stages. Keep the "ABCD" rule in mind and be on the lookout for moles with the following characteristics:

- √ Asymmetry (one side is bigger than the other)
- √ Uneven borders (lines around the mole are jagged or uneven)
- √ Red or uneven color (moles should be one color, generally brown)
- √ Large diameter (moles shouldn't be bigger than 6 mm, which is about the size of a pencil eraser)
- √ Pay attention to any moles that change in appearance, either in size, color or border.

If you have concerns about a mole, contact your provider or a dermatologist.

Lend a hand

Studies have found that helping other people can decrease blood pressure, stress levels, and chronic pain. It can also reduce your likelihood of having depression and can even help you live longer. And helping others doesn't have to be a big deal. You can donate to a fundraising drive, mow a neighbor's grass or run a race for a charity.

Throughout Covid-19, neighbors — and communities — supported one another in ever greater numbers. Let's keep it going.

Limit alcohol

Happy hour, hitting the bar and watching the ball game with your pals can be a fun time. But too much alcohol can lead to injuries, cancer, psychological problems, damaged relationships, and high blood pressure. Try to limit alcohol to two drinks — such as a bottle of beer or one and half ounces of hard alcohol—per day if you drink. Health providers recommend drinking even less.

Drink in moderation, if you drink at all. And be sure to always have a designated driver whenever you consume alcohol.

Schedule a doctor's appointment

Research shows that men are less likely to see a doctor than women, putting their health at risk and helping women generally outlive them by at least five years. One of the best ways to maintain your health is to see your provider at least once a year.

During your checkup, your provider will check your blood pressure, blood glucose levels and cholesterol, as well as recommend other screenings based on your age and risk factors. This appointment is also a great time to ask any questions or talk about any concerns you have about your health.

Above photo: Stay on top of your health guys. The sooner you do it the better.



That snooze matters

Sleep well, live better

It's well-established that sleep is essential to our physical and mental health. But despite its importance, a troubling percentage of people find themselves regularly deprived of quality sleep.

Though there's a wide range of causes and types of sleeping problems, expert consensus points to a handful of concrete steps that promote more restful sleep. For many, trying to implement all these strategies can be overwhelming. But remember it's not all-or-nothing; start with small changes and work your way up toward healthier sleep habits, also known as sleep hygiene.

Create A Sleep-Inducing Bedroom

Make your bedroom a place of comfort and relaxation. Though this might seem obvious, it's often overlooked, contributing to difficulties getting to sleep and sleeping through the night. Focus on maximizing comfort and minimizing distractions.

Use a high-performance mattress and pillow: A quality mattress is vital to making sure that you are comfortable enough to relax. It also ensures, along with your pillow, that your spine gets proper support to avoid aches and pains.

Choose quality bedding: Your sheets and blankets play a major role in helping your bed feel inviting. Look for bedding that feels comfortable to the touch and that will help maintain a comfortable temperature during the night.

Avoid light disruption: Excess light exposure can throw off your sleep and circadian rhythm. Blackout curtains over your windows or a sleep mask for over your eyes can block light and prevent it from interfering with your rest.

Cultivate peace and quiet: Keeping noise to a minimum is an important part of building a sleep-positive bedroom. If you can't eliminate nearby sources of noise, consider drowning them out with a fan or white noise machine. Earplugs or headphones are another option to stop abrasive sounds from bothering you when you want to sleep.

Find an agreeable temperature:

You don't want your bedroom temperature to be a distraction by feeling too hot or too cold. The ideal temperature can vary, but most research supports sleeping in a cooler room that is around 65 degrees.

Optimize Your Sleep Schedule

Taking control of your daily sleep schedule is a powerful step toward getting better sleep.:

Set a fixed wake-up time: It's close to impossible for your body to get accustomed to a healthy sleep routine if you're constantly waking up at different times. Pick a wake-up time and stick with it, even on weekends or other days when you would otherwise be tempted to sleep in.

Budget time for sleep: If you want to make sure that you're getting the recommended amount of sleep each night, then you need to build that time into your schedule. Considering your fixed wake-up time, work backwards and identify a target bedtime. Whenever possible, give yourself extra time before bed to wind down and get ready for sleep.

Be careful with naps: To sleep better at night, it's important to use caution with naps. If you nap for too long or too late in the day, it can throw off your sleep schedule and make it harder to get to sleep when you want to. The best time to nap is shortly after lunch in the early afternoon, and the best nap length is around 20 minutes.

Adjust your schedule gradually: When you need to change your sleep schedule, it's best to make adjustments little-by-little and over time with a maximum difference of one to two hours per night. This allows your body to get used to the changes so that following your new schedule is more sustainable.

Craft pre-bed routine: If you've a hard time falling asleep, it's natural to think that the problem starts when you lie down in bed. In reality, though, the lead-up to bedtime plays a crucial role in preparing you to fall asleep quickly and effortlessly.

Above photo: A good night's sleep is just as important as regular exercise and a healthy diet.

Get out there and get moving

Start the countdown to a better workout

Drop the remote — let's go!

After a long bout of 'couch potato Olympics,' brought on for many by the pandemic, getting started — or restarted with your fitness regimen can be a battle. The best place to begin is to look at all the positives of getting active and staying active:

- √ It burns body fat and helps to deflate the old spare tire around your waistline.
- √ It's a natural stress buster.
- √ It helps to control your blood cholesterol. It reduces the 'bad' cholesterol while
- √ Increasing the 'good' cholesterol in your blood.
- √ It gives your heart a good workout, helping to keep it pumping strong.
- √ It increases certain chemicals in the brain that make you feel good.
- √ It increases muscle mass.
- √ It reduces the risk of developing some diseases and can add years to your life.
- √ It can assist in boosting your self-esteem, via a better body image.
- √ It helps to keep your bowel habits regular.
- √ It gives you the opportunity to meet new friends.
- √ It helps you to sleep better — so you'll feel more refreshed and lively throughout the day.
- √ It's great for your bones — helping to keep them strong.
- √ It can help to maintain strength, stamina, flexibility and a high metabolism — all things that we tend to lose with age.

Cardio Workouts Versus Weights

Is your goal to lose body fat or simply gain muscle? Or is it a combination of both? If you

want to lose the extra weight, then cardio workouts are the thing for you. If it is big muscles that you are after, then add weights training to your weekly routine.

If you want to drop the weight and achieve better muscle definition, then your weekly program should include cardio workouts plus weight training.

The best types of cardio workouts for fat loss include 'weight bearing' exercise like fast walking, jogging, aerobics, football, soccer, tennis, squash, snow skiing and so on. Weight supported exercise like swimming and cycling are less effective in shifting unwanted fat stores.

For a safe and effective weight training program see a gym instructor or a personal trainer rather than designing your own. They can tailor a weights program to your needs and provide instruction on how to handle the weights correctly without injuring yourself.

Flatten The Spare Tire

Carrying a spare tire (excess fat) around your middle is a burden on one of our most important internal organs — the heart. So, if you get rid of the bulge, you'll be happy and your ticker will be over the moon too!

Try these strategies to deflate the spare tire.

Clock up some 'incidental activity' time.

This includes things like walking around the office, taking the stairs instead of the elevator and yard work. The more incidental activity you do, the more calories you will burn during the day. Remember — every little bit counts!

Block out some 'me' time. Make a one-hour appointment with yourself, three to four times a



week. And consider this appointment as important as any other work-related appointment or meeting. It's important not to let other things override your exercise time.

Think Beyond The Gym

We learned during the pandemic that there are

plenty of fitness alternatives to a gym workout. Throwing a frisbee to your kids in the park or taking the dog for a walk or jog counts as physical activity. So if the gym is not your scene, try and think of what you really like doing and just do it.

The most important thing is to move your body, get the heart pumping and have fun while doing it.

Find an exercise buddy. An exercise buddy can help you get motivated and keep motivated. You will both benefit from the partnership.

Make a schedule that works for you. You've probably heard that it's best to exercise in the morning to kick-start your metabolism for the day and help you sleep at night. You may have also read that your workout will be more productive if it's done between 4 and 6 p.m. when your body temperature is highest.

The most important thing about your workout schedule is that it fits you. If you're not a morning person, a workout plan that requires you to get up two hours early every day may not last. The same goes if you're consistently "running on empty" after work — force yourself into an evening workout regimen and you'll likely throw in the towel before long.

Find a time that works for you, whether in the morning, during your lunch break or in the evening, and stick with it.

Above photo: You're ready to work out. Whether you let your workout routine lapse during the Covid-19 crisis or just recently gave up the recliner and set aside the bowl of chips to pursue a healthier lifestyle, take the one body you've been given and make it look and work its best.



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Love and support for Gracie the cat

CONTINUED FROM FRONT PAGE

not bullets, they can't be traced by the police."

X-rays taken during Gracie's emergency veterinarian visit show two pellets, police said, one in her spine and the other in her abdomen.

Though the cost was high, the family immediately decided to have Gracie undergo surgery on June 3. Posts on the Glen Cove Neighbors Facebook page were quickly shared, with the hope of finding the shooter. Christina's cousin Nathaniel Booth created a GoFundMe account to help the family, and support poured in. In less than a week, the effort raised more than \$18,000 to cover Gracie's medical expenses.

She is now recovering at Long Island Animal Hospital in Plainview, and the Hunnicutts hope she'll come home on Saturday. "She's good — she's stable," D.J. said, though he added that he had received contradictory reports from doctors on whether there was muscle movement in Gracie's back legs. She has a long road of physical therapy and acupuncture treatments ahead of her, but D.J. said he hoped he would eventually be able to take her out for walks again, even if she's on wheels.

"The neighbors will want to see her," he said. "They used to always come out and take pictures and videos of her walking with us."

D.J., who was born and raised in Glen Cove, owns DJH Painting and Power-washing. Christina grew up in Sea Cliff, and they have a 3-year-old son and 6-month-old twins. The support they've received from the community, D.J. said, is "unbelievable." Neighbors have dropped off food and money, and the GoFundMe raised more than they needed.

"We couldn't have asked for more," he said. "It was surprising to see this much support for an animal, especially a cat, but a lot of people knew her and a lot of people really care. It's been very overwhelming."

Any money left over, he said, will be donated to charity.

The Glen Cove Police Department has requested the community's help in identifying the person who shot Gracie, and said the incident most likely occurred on June 1 between 7 and 7:20 p.m. on Taft Place or Sherwood Road in Glen Cove. Tips can be called in anonymously to the department at (516) 676-1002, or shared online at tips@glencovepd.org or on the department's Facebook page. Additionally, the Nassau County Society for the Prevention of Cruelty to Animals is offering a \$5,000 reward for information leading to the arrest and conviction of the shooter. Call (516) THE-SPCA.

"We know Gracie will never be the same cat, but we hope we can still give her a full life, filled with strolls around the



Courtesy Glen Cove Police Department

GRACIE WAS SHOT twice on June 1, and is now at least temporarily paralyzed.

neighborhood and lots of love," D.J. posted on Facebook. "With any money left over we would like to donate it to a local

animal/cat rescue. It is truly amazing to see how everyone came together for our little Gracie."

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FROM THE DESK OF NASSAU COUNTY LEGISLATOR DELIA DERIGGI-WHITTON

County committed to supporting small businesses

As the Minority Caucus representative on Nassau County Executive Laura Curran's Covid-19 Economic Advisory Council, I am committed to determining the best uses of federal American Rescue Plan funding, and am laser-focused on ensuring that residents, businesses and organizations receive the support they need to regain what they lost during the pandemic and the boost they need to build back stronger.

This year, Nassau County is poised to receive nearly \$200 million in American Rescue Plan Act. Of that amount, County Executive Curran has proposed \$100 million in direct payments to Nassau County homeowners and a \$25 million investment in grants, loans and other timely assistance for small businesses. The County Executive's approach, which requires Legislative approval, is based upon the feedback we received through a survey conducted by the Nassau County Coronavirus Economic Advisory Council and Hofstra Uni-

versity.

Of the \$25 million proposed for small business relief, County Executive Curran's plan calls for dedicating approximately \$10 million from those funds to launch the Boost Nassau Main Street Recovery Grant Program. Consistent with the approach used for the County's successful Restaurant Recovery Grant program applicants with 10 or fewer employees will be eligible to receive up to \$5,000 through the Main Street program, while those with 11 to 50 employees can apply for up to \$10,000. Visit www.nassau-countyny.gov/boostnassau for more details.

Limited funds remain available for Restaurant Recovery Grants, which are open to full-service restaurants

and banquet halls with catering staff, including those run by charitable and religious organizations. Visit www.nassaucountyny.gov/restaurantrecovery for details and to apply.



Nassau County Legislator Delia DeRiggi-Whitton

In addition, the county plans to offer new stabilization loans to small businesses, including start-ups and minority- and women-owned business enterprises, which will enjoy longer pay-back periods and lower interest rates.

"Small businesses employ our neighbors, family, and friends and are the heart of our vibrant downtown communities that need help," Curran said in a recent interview. "We need to expand our efforts to support these businesses by providing direct assistance while also helping them take advantage of the

programs available from federal and state sources as well."

However, these funds are only as effective as our efforts to connect homeowners and small businesses with them. Nassau County has launched a resource website at www.nassaucountyny.gov/boostnassau and announced plans for a physical Boost Nassau Resource Center at Eisenhower Park to ensure residents and business owners will have every available resource - including rental assistance programs and support for nonprofits - at their fingertips. The Towns of Hempstead, North Hempstead and Oyster Bay will be offered office space to make it a comprehensive, user-friendly one-stop shop for residents, businesses and nonprofits.

And, as always, my legislative office staff is ready to assist. Please feel free to contact my office about this or any other topic at 516-571-6211 or dderiggiwhitton@nassaucountyny.gov.

Courtesy Ladies Ancient Order of the Hibernians

MAUREEN RUSH, SHEILA Zeneith, Patricia Victoria, and Eileen Petrucci



Garage sale gives back

The Ladies Ancient Order of the Hibernians, St. Dymphna, Division 8, Glen Cove held a garage sale on Saturday, June 5 on the porch of St. Boniface Martyr Church in Sea Cliff. It was a very successful day, according to the sale organiz-

ers, and 100 percent of the proceeds were donated to missions and charities. The garage sale was organized by Ann Madigan and made possible with the help of volunteers from the LAOH.

HERALD PUBLIC NOTICES

LEGAL NOTICE
CITY OF GLEN COVE
ZONING BOARD OF APPEALS
NOTICE OF PUBLIC HEARING
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, June 17, 2021, at 7:30 p.m., at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York.
CASE # 3- 2021 -
Applicant is requesting 5

Variances from Sections 280-56 D (6) (7); 280-45 R (1) B (10) and 280-45 R (1) of the Glen Cove Zoning Code. The Variance requested are to maintain an existing swimming pool, wood deck, raised patio, wood gazebo and metal garage with less than the required front and side yard setback and exceeding the maximum lot coverage. The structures also violate the sky exposure plane. The property is located at

5 Viola Drive, Glen Cove N.Y. designated as Section 23, Block 61, Lot 6 located in the City's R-2 Half Acre Residence District. The above Application is on file at the City offices located at 9 Glen St., Glen Cove, NY where it may be seen during regular hours of the usual business days until the time of the hearing. All interested parties will be given an opportunity to be heard.
Dated: June 3, 2021.

BY ORDER OF THE BOARD OF ZONING APPEALS OF THE CITY OF GLEN COVE
TERI MOSCHETTA,
CHAIRPERSON
126322

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THE GREAT BOOK GURU

Happy Bloomsday!

Dear Great Book Guru,
I was checking my calendar and I see that next Wednesday, June 16, is Bloomsday. I usually celebrate with friends reading excerpts of "Ulysses," but this year I wanted to do something outdoors and a little more special. Any thoughts?
- Bloomsday Celebrant



ANN DIPIETRO

Dear Bloomsday Celebrant,
I have a wonderful suggestion for you. As most of our readers know, Bloomsday is celebrated every year to commemorate the day James Joyce's "Ulysses" takes place - June 16, 1904. Joyce spent most of his adult life in exile, but he wrote obsessively about one place and one place only: his birthplace - Dublin.

In "Ulysses," we follow three main characters throughout the day and into the night, seeing and experiencing Dublin as they did. But "Ulysses" is more than the portrait of one city on one day.

It is also the study of the epic wanderings of the Greek hero Odysseus (Ulysses), mocking the wanderings of the most unlikely of heroes: Leopold Bloom.

On June 16 at 7 p.m., the James Joyce Society of Sea Cliff will lead a tour of Sea Cliff/Dublin stopping at parallel locations along the way. The tour will begin at the Metropolitan Bistro / Sea Cliff Water Tower (Martello Tower). This costumed, musically-accompanied excursion will take about an hour. Not necessary, but you might want to read "Ulysses and Us," by Declan Kieberd, or "The Most Dangerous Book," by Kevin Birmingham. Happy James Joyce Jaunt and Happy Bloomsday!

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

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Republicans, Dems choose candidate slates

With the Democratic primary less than two weeks away, political season in Glen Cove is getting underway. The current City Council candidates have been campaigning for the past few weeks, and those on the Republican slate are just getting started ahead of the general election in November.

The Glen Cove Republican Committee officially announced its chosen slate of candidates for the November election. After careful consideration, party leaders said, they have selected Pamela D. Panzenbeck as the mayoral candidate.

Panzenbeck is a lifelong Glen Cove resident who served three terms on the Glen Cove City Council member, from 2013 to 2019. She is retired from the Levittown School District, where she taught for 34 years, and currently serves on multiple boards that are devoted to veterans, senior citizens, and youth. Panzenbeck is an active parishioner, lector and fundraiser at St. Patrick's Church, as well as a member of the Ladies Ancient Order of Hibernians and St. Rocco Rosary Society. She has been the chair of the ride ticket booth at the St. Rocco's Feast for 10 years, and is active in Veteran Affairs and entrusted with the Ten-Year Veteran Monument Refurbishment program. She is also a member of the Veteran's Council and Memorial Day Parade Committee. Additionally, she is a member of the Glen Cove Hospital Auxiliary, the Glen Cove Rotary, and the Glen Cove Beautification Commission, and is a charter member of the community garden.

Running for City Council on Team Panzenbeck are Joseph Capobianco, James Greenberg, Roni Jenkins, Kevin Maccarone, Jack Mancusi, and Barbara Bella Peebles.

"My team is a great group of experienced, multi-talented people who are extremely active in many different areas of the community," Panzenbeck said. "We love Glen



Tony Gallego, Gill Associates

RONI JENKINS, JOSEPH Capobianco, Pamela Panzenbeck, Jack Mancusi, Barbara Bella Peebles, Kevin Maccarone, and James Greenberg make up Team Panzenbeck for the 2021 Glen Cove city election.

Cove and are dedicated to its residents. All members of Team Panzenbeck look forward to serving our beautiful city."

Capobianco is an attorney in private practice who served two and a half terms on the Glen Cove City Council. Greenberg is an adoption and immigration attorney who is currently the vice president and intramural soccer coordinator for the Glen Cove Junior Soccer League. Jenkins is an award-winning advertising executive specializing in digital marketing and a "Hometown Hero" award recipient for her car parade endeavors during the pandemic. Maccarone is a Glen Cove attorney who served on the Glen Cove City Council. Mancusi is a retired Glen Cove Police Sergeant and is currently a security consul-

tant. Barbara Peebles, former Glen Cove Deputy Mayor, is the clerk and treasurer of the Village of Plandome.

Tim Tenke, a Democrat, is seeking reelection for a third term as mayor. Running on his slate are council members Danielle Fugazy Scagliola, Rocco Totino, Eve Lupenko-Ferrante and John Perrone. Also seeking reelection are Democratic council members Marsha Silverman and Gaitley Stevenson-Mathews. Roderick Watson, who served on the city council from 2016 to 2018, is also on the primary ballot. Early voting begins on Saturday, June 12, through Sunday, June 20, at Glen Cove City Hall, 9 Glen St., with varied hours. On June 22, polls will be open from 6 a.m. to 9 p.m. at designated polling locations.

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OPINIONS

Ranked-choice voting? Not my choice.

I must confess that I'm an old-fashioned guy who honors certain customs. I hold doors open for women and people with packages. I put my hand over my heart when they play "God Bless America" at a baseball game. I greet the staff at my law firm every time I walk in the door. And I have never



**JERRY
KREMER**

missed an opportunity to vote in any election, major or minor. Which brings me to the discussion about the voting system that's going to be used in the New York City mayoral primaries on June 22. For the first time in the city's history, voters will be asked to participate in a process known as "ranked-choice voting." Long Islanders might think that what goes on in the city is none of their business, but I learned during my service in Albany that when New York City sneezes, Long Island catches a cold.

In ranked-choice voting, you can rank the candidates in your order of preference, instead of choosing just one. You get to rank five candidates. If any candidate receives 50 percent or more of the first-choice votes, he or she will be declared the winner. If no candidate earns 50 percent, the counting will continue in rounds. Your first-choice vote will be skipped over to your second choice, and your other votes will be counted until there are just two candidates left, and the one who gets the most remaining votes is the winner.

According to the brochure provided by the New York City Board of Elections, you must carefully follow its rules. Can you vote for just one candidate? Yes, but then your vote means nothing in the next round. Can you vote for your favorite candidate more than once? No; you can't give the candidate you like best multiple votes. Can you declare all of your picks first choices? No. If you do that, your ballot won't be counted at all. The

Board of Elections is assuming that all primary voters will read its multi-lingual brochure and have no problem participating in the system.

When will the final vote tally be released? It will probably take several weeks, because absentee and military ballots must be counted as well. That's the system, according to the board.

There's no doubt that there will be mass confusion on Primary Day. If you wait to vote on June 22, the lines will be long, and voters will be agitating over how to cast valid ballots. The Board of Elections did a terrible job in last year's presidential election, so there is reason for worry.

How did New York City get into this mess? The 2019 election took place during a very quiet voting year. There were no serious contests, and the vast majority of voters stayed home. The Working Families Party and progressive groups decided it was the year to get voters to approve ranked-choice voting. With a small turn-

out, the new system was approved by over 70 percent of voters.

Supporters of the system will tell you that Alaska and Maine use it for local elections. Some 20 cities around the country also use it. Their officials will tell you that it's a great way to get more choices on the ballot in any year, especially a year with a mayoral election, when the turnout is large. The New York City election is a test case for the progressive groups who hope to make this a statewide system.

As we approach Primary Day, there are a trio of candidates who are leading the field. One of them could emerge as the winner depending on how the election is conducted. As I said, I like the old-fashioned way. A slate of candidates, and the one who gets 51 percent is the winner. So let's hope that whoever wins is someone who is highly capable and knows how to take on a very difficult job.

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.

Are we immune to Texas-style xenophobia?

There is a trifecta of trouble deep in the heart of Texas: Gov. Greg Abbott, the Texas legislature and the Texas Board of Education.

Last week they joined forces to launch a number of conservative initiatives that could be heading to a community near you soon. My concern is that these initiatives are seeded with a brand of xenophobia and racism that is spreading nationwide.



**RANDI
KREISS**

This is a cautionary tale, because what happens in Texas doesn't stay in Texas. I wrote about this over a decade ago, when the state used its massive buying power (it has some five million schoolchildren) to influence how the nation's history books would be written. At the time, the Texas school board consulted no historians, sociologists or economists before creating more than 100 amendments to the social studies curriculum.

It decided, unilaterally, to focus more on the military, Christian values, modern Republican office holders and American enterprise (while banning the word "capitalism"). Specifically, it chose to note the

contributions of George Wallace, Lester Maddox and Phyllis Schlafly. Texas could do that because it was buying more social studies books than any other state, and the publishers of those books were willing to consider alternative facts.

In January, The New York Times analyzed the most widely used textbooks in Texas and California, the most populous state. Dana Goldstein reported that while social studies books generally covered the same history, the content "diverges in ways that reflect the nation's deepest partisan divides." She said there were hundreds of differences between the Texas version of the textbooks and the California version, some subtle, others "extensive." That's crazy.

Last week the Texas legislature passed the most restrictive anti-choice law in the land, making abortions illegal any time after a heartbeat is detected, which could be just six weeks after conception, before most women know they are pregnant.

But Texans will be Texans: Paxton Smith, 18, surprised an audience of family and friends at her commencement at Lake Highlands High School in Dallas when she offered a passionate support of a woman's right to abortion. Her talk went viral after she ditched her "vetted"

graduation speech and said what she really wanted to say.

Last week, Texas also took aim at "critical race theory," the concept that racism is systemic, not just a collection of individual prejudices. Critical race theory, as I read it, urges educators to help students see how racism in America has affected education, law, entertainment — in fact, every facet of our national life.

The concept has ignited cultural wildfires. People are reacting — not thinking, not listening, just pulling hot-button words like "reparations" out of the air. Part of the problem is the actual language of the initiative. Critical race theory is not an easily accessible term. But it suggests finding common ground and creating equal opportunity and acceptance where there has been bias. It suggests it isn't enough to right the historical wrongs; the wrongs must be acknowledged.

Last week, Florida Gov. Ron DeSantis demanded that the state Board of Education kill this race initiative. "If we have to play whack-a-mole all over this state, stopping this critical race theory, we will do it," he said.

I see this as a teachable moment for those of us not fully aware of the toxic

effects of racism manifested during our lifetime. I don't think I completely understand critical race theory, but I do understand that it will shine a light in some dark corners of American history.

America's story is threaded with racial bias. Does anyone seriously question that we would move forward more effectively if we all move together? Does Texas really think it can suppress its non-white majority in coming elections?

Activism begins at the school board. Whether or not Texas-style conservatism heads our way, whether or not our local districts bring critical race theory into the curriculum, serving on a school board keeps us informed and offers a platform for our views.

South Africa confronted apartheid. Germany acknowledged the Holocaust. We Americans have a tragic history of racism that began with slavery and has never ended. We cannot be afraid to look at our own past.

I recently came across a photo from the 1940s of a young boy of 8 or 9 drinking from a "colored" water fountain in North Carolina. That is the definition of systemic racism, and proof that racial bias and the American legal system have been intertwined during our ongoing fight for equality in the United States.

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GLEN COVE HERALD

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HERALD EDITORIAL

Saving the planet, in your backyard

The Central Long Island Chapter of the Surfrider Foundation, an international nonprofit environmental organization dedicated to protecting the world's oceans, recently constructed an "ocean-friendly garden" at Pennsylvania Avenue and Ocean Beach Park in Long Beach, with knee-high, solid-wood pine planter boxes for tomatoes, eggplants, peppers and herbs and paver paths surrounded by mulched beds.

Mulch will be created in the garden's composter, essentially a plastic box with long slits where dead plants can decompose into rich soil.

The project is a demonstration garden, intended to inform the public about what's possible in the small space of the typical Nassau County backyard. If you're

in Long Beach, stop by and take a look. We should all pay close attention to this garden.

If enough of us adopt the practices employed here, we could make a big difference in protecting the environment. The garden is laid out in such a way as to prevent rainwater from running off into the surrounding environment. If this were a backyard, it would stop rainwater from running into local streets and down into our storm drains and bays.

As rainwater sloshes over our streets, it picks up contaminants like dog feces, motor oil and all manner of synthetic fertilizers and pesticides, and sends them straight into the bays. That's why, during a downpour, there's often a deluge of fecal matter in our bays, causing bacterial lev-

els to soar and town authorities to shut down shellfishing.

Ocean-friendly gardens are based on three central tenets: conservation, permeability and retention. Conservation means planting non-invasive, drought-resistant plants that require relatively little watering, so we draw less water from our aquifers — ancient stores of water hundreds of feet below the surface — thus conserving them for future generations. The mulched paths are permeable, drawing water into the ground rather than allowing it to run off into the bays.

No one's saying you should rip out your entire lawn. The basic concept is this: Fill your yard with many plants and trees that will keep water in rather than sending it out. Future generations will thank you.

LETTERS

She's seeking a third term

To the Editor:

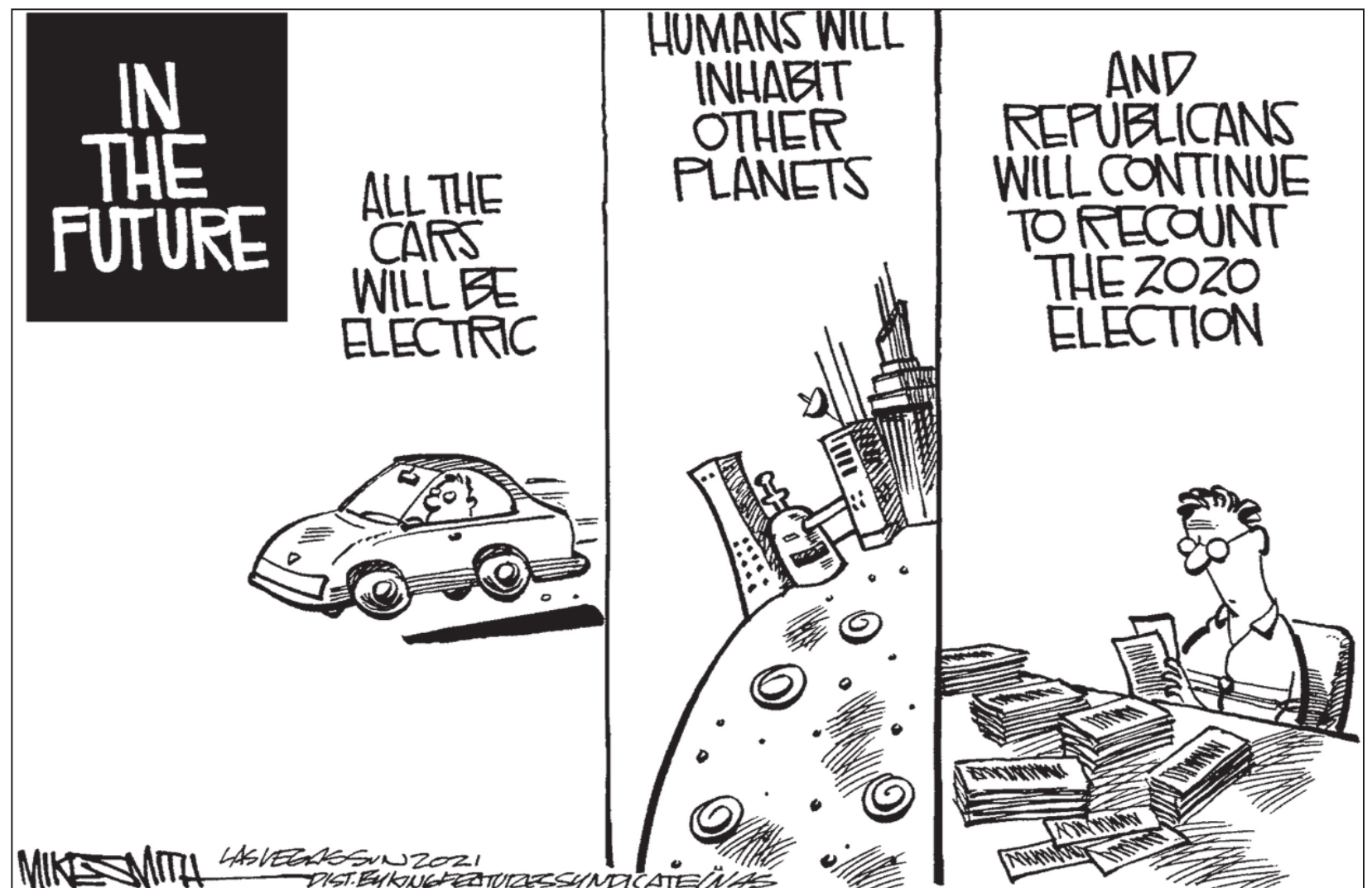
I am running for re-election for Glen Cove City Council. My platform, which I have remained committed to, is fiscal conservatism, long-term planning, transparency and objective decision-making on behalf

of the public interest. Well before I ran for office, I was a strong proponent of fiscal discipline with long-term planning, and while in office I have driven fiscal policies that protect taxpayers. If re-elected, I am committed to continuing to represent all residents, to protect taxpayer dollars and to improve the economic viability of our city

while protecting the natural gifts that Glen Cove has to offer.

There is a Democratic primary election on June 22 to select the candidates who will comprise the Democratic slate for the general election on Nov. 2. Only registered Democrats are eligible to cast votes in the

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OPINIONS

We must reduce the dangers of fire-retardant chemicals

Our brave firefighters risk their lives every day to keep our communities safe. The least we can do is protect them from dangerous, cancer-causing chemicals.

The same goes for our children. We must do all we can to keep them healthy and foster their growth. Ensuring that

they don't come into contact with hazardous chemicals that can cause serious intellectual and developmental disabilities is a no-brainer.

That's why I sponsored the Firefighter and Family Protection Act, a bill that would ban toxic flame retardants in mattresses, fur-



**TODD
KAMINSKY**

niture and electronic enclosures in New York. Our first responders and children are simply too valuable to be sold out to chemical companies.

The statistics are scary: a study by New York University found that exposure to flame retardants among kids resulted in serious IQ loss over a 15-year period. Worse, according to Dr. Leonardo Trasande, the study's lead researcher,

once a child is exposed to these toxins, the damage is irreversible.

Flame retardants evaporate from products such as furniture and mattresses, and attach to dust particles. When children play on the floor — or simply breathe in their homes — they are in jeopardy of being exposed. That is not a risk worth taking. We cannot gamble with our kids' health.

As if flame retardants aren't toxic enough, during a fire, these chemicals become even more dangerous, combining with other substances to produce potent compounds. They can seep into firefighters' protective gear and penetrate their breathing masks, putting our first responders at grave risk of contracting cancer.

And the hazards of flame retardants for firefighters don't end when they make their way out of burning buildings. These toxic chemicals stick to firefighters' gear and come back with them to their fire stations and homes, exponentially increasing the potential for exposure.

Cancer poses a serious threat to our firefighters, accounting for nearly two-thirds of all line-of-duty deaths between

2002 and 2019. Firefighters have contracted cancer at an alarming rate, and face a 14 percent greater risk of death than the general public. Studies have found that firefighters face double the danger of developing mesothelioma than civilians.

That's why unions representing volunteer and New York City firefighters alike have endorsed my bill. Our firefighters are willing to risk their lives and to have our backs day in and day out. It's time we had theirs, and took this small step to keep them safe.

Flame retardants are harmful to our environment as well. Electronic disposal is one of the most rapidly growing waste problems in the world, growing by 21 percent in just five years. When e-waste containing flame retardants is sent to a landfill, incinerated or even recycled, it creates a serious hazard as these chemicals escape into our water and soil.

What's more, flame retardants do little to actually stop fires and stem their spread. After conducting rigorous experiments, the U.S. Consumer Product Safety Commission concluded that "fire-retardant foams did not offer a practically significantly greater level of open flame safe-

ty than did the untreated foams." There is no good reason why these potentially cancer-causing chemicals should continue to be added to products in our state.

Corporate chemical manufacturers and their lobbyists have employed dubious tactics — including fabricating quotes in news stories — in a brazen effort to protect their products at the expense of our children and first responders. This shows their desperation and the growing strength of our efforts.

My bill would prohibit the sale of furniture, mattresses and electronic enclosures that contain flame retardants. It would also ban custom upholsterers from adding retardants to existing products. By stemming these likely carcinogens, we can make significant strides in protecting the health and safety of our children and firefighters.

Thirteen other states have already taken similar actions to protect their citizens, as has the European Union. It is time we acted, too. With just a few days left in the legislative session in Albany, it is imperative that the Legislature act on this critical bill to protect the health of our kids and first responders. They deserve nothing less.

Todd Kaminsky represents New York's 9th Senate District and chairs the State Senate's Environmental Conservation Committee.

They stick to firefighters' gear and come back with them to their stations and homes.

LETTERS

CONTINUED FROM PREVIOUS PAGE

primary, and they can vote for up to six candidates. Early voting will begin on Saturday and continue through June 20 in Glen Cove City Hall. You can vote early or on Primary Day. If you vote on June 22, go to your regular polling location.

My commitment has been and will always be about making sure that all residents have a fair opportunity to be heard, that taxpayer dollars are spent judiciously and that all decisions are handled with due diligence and objectivity. My door is always open and my phone is always on for every resident of Glen Cove. If you would like more information, please go to my website, ReElectMarshaSilverman.com, and/or please join me at one of my monthly community forums to discuss issues or make suggestions. I am here to facilitate your voice to help make Glen Cove what <ITAL>you<UNITAL> want it to be.

Democratic voters have a choice on June 22. I hope you will support my continued efforts on behalf of you and the public interest.

MARSHA SILVERMAN
Glen Cove city councilwoman

A promise to continue to serve

To the Editor:

At the May 25 Glen Cove City Council meeting, I asked that our community please reflect on the meaning of Memorial Day. Too often, that weekend is primarily credited as being the opening of the summer season, with barbecues, sales and a day off from work, rather than being a remembrance of those who made the ultimate sacrifice for our country.

At the laying of the wreaths that Sunday, and at the ceremony and Honor March on Monday, I was drawn to reading the names of Glen Cove's lost soldiers, and was fascinated by the extraordinary stories of the honorees. It really hit me with the question of whether what I've been doing for others is enough, and what I can do in the future.

Although I've never done anything as selfless as serving in the military, I'm proud of the service that I *have* been able to contribute — service to my local communities, whether it be in Syosset, Charlottesville or Glen Cove. I can guarantee you that I've provided my neigh-

FRAMEWORK by Christina Daly



And we have liftoff — Nickerson Beach, Lido Beach

bors with any support they've needed, no matter what stage of my life I've been in.

In Glen Cove alone I've served residents at numerous events and in various organizations and commissions for over 25 years. I've been doing this since before I became a city councilwoman, I've continued and expanded my activities *while* I've been a councilwoman, and I can promise you that I will continue to serve

you far long after I finish my tenure as a councilwoman.

Each council member has chosen their path for different reasons, but mine is simple: a continuation of what I have always done — serve my neighbors.

DR. EVE LUPENKO FERRANTE
Glen Cove city councilwoman

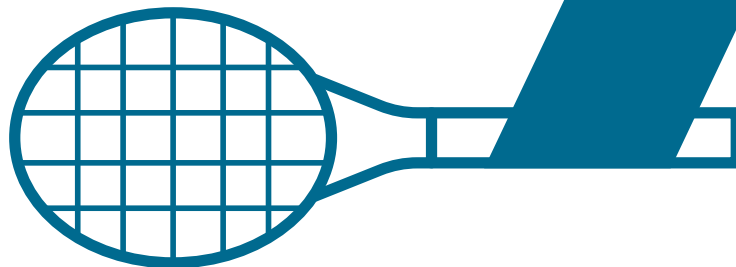
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