

HERALD



Here's to healthy holidays
Inside



Local runner supports veterans
Page 3



Fourth-graders learn archaeology
Page 4

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Tab Hauser/Herald

MICHAEL DANCHALSKI, a Glen Cove veteran who served in the Army in Operation Desert Storm, was this year's Veterans Day honoree.

Glen Cove honors local man at Veterans Day ceremony

BY JILL NOSSA
jnossa@liherald.com

Glen Cove residents gathered near the Doughboy Monument on the front lawn of the Glen Cove Public Library on an unseasonably warm and sunny Veterans Day to honor the men and women who have served in the military.

Veterans of Foreign Wars Post 347 Commander Henryk

Nowicki led the morning's ceremony, and explained the significance of the holiday. "On Veterans Day we honor all of the men and women in uniform who survived," Nowicki said, "and came home to their communities and their families."

The VFW has been organizing the holiday ceremony in Glen Cove "for many decades," Nowicki said, noting that it wasn't until 1993

that the Veterans Day Committee began choosing an honoree. The tradition started, Nowicki recounted, when he became the post commander and Don DeRiggi was mayor. DeRiggi wanted to honor a veteran who represented all of the veterans in the area, Nowicki said.

Nowicki then introduced this year's honoree, Michael Danchalski, who has lived in

CONTINUED ON PAGE 20

North Shore Soup Kitchen serves again

BY JILL NOSSA
jnossa@liherald.com

This week, after being closed for over a year and a half, the North Shore Soup Kitchen returned to its main purpose: serving hot meals to those in need. Volunteers and recipients reunited on Tuesday at the First Baptist Church of Glen Cove, where takeout meals will be handed twice a week.

"The people who really missed us were at our door," Estelle Moore, the soup kitchen's director, said, noting that about 40 meals were given out.

The soup kitchen has operated in the basement of the church on Continental Avenue for 32 years. Before the pandemic, recipients were served buffet-style and could sit at the tables to eat. Now, however, they must take their meals to go. Moore said that the benefit of the dining room — aside from providing a sheltered space to eat — is that it allows people to mingle and network.

"They get to know each

other," she said, "and they know nobody's judging them."

The soup kitchen feeds the homeless, and anyone else looking for a hot meal. Moore stressed that they know most people who come by name — but strictly first names only.

This aspect has withstood the test of time.

BERNIE ROSENBLUM
Volunteer, North Shore Soup Kitchen

"We really respect their dignity," she said. "We don't ask questions."

Board member Bernie Rosenblum, of Great Neck, has volunteered at the kitchen for 12 years, and agreed that its accepting atmosphere was an important factor.

"Anybody can come get a meal or turkey," Rosenblum said. "We have no

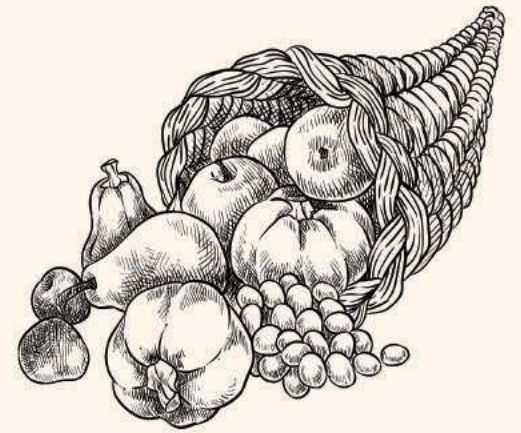
restrictions." However, Moore said, if people ask for help in other areas, such as obtaining a Metro card, scheduling a doctor's appointment or traveling to the social services department, soup kitchen volunteers can assist with making the arrangements.

"They come to us and then we can help them, but we don't go in

CONTINUED ON PAGE 19



An Expression of Gratitude



Dear Members the North Shore Community,

As we prepare to celebrate Thanksgiving, we find ourselves reflecting upon the things for which we are most grateful. As educators, we have much to be thankful for.

First and foremost, we are thankful for your children and the trust you place in us each day when you leave them in our care.

We are thankful and incredibly grateful to be back with our students in person.

We are thankful to work in safe buildings.

We are thankful to be part of a small community where we know our students and their families well.

We are thankful to this community for the support you give our schools. We simply could not do what we do without your backing.

North Shore's kids, from the little ones first stepping into kindergarten to the seniors nearing graduation, have shown amazing resilience in the face of so many obstacles throughout this pandemic. Being back in the classroom full time with your children has invigorated our spirits, reignited our passion for teaching and given us cause for gratitude.

We wish you much health and happiness as the holiday season approaches.

With Gratitude,
North Shore's Teachers, Teaching Assistants, and Secretaries
North Shore Schools Federated Employees



HERALD NEIGHBORS

GLEN COVE HERALD – November 18, 2021



Photos by Tab Hauser/Herald

TEAM E.V.A. RAN to various points of honor on the North Shore on Veterans Day.

Supporting veterans on Veterans Day

When Eva Casale heads out for a run, the heart-pounding exercise is much more than just a way to stay in shape. As the founder of Team E.V.A., which stands for “Every Veteran Appreciated,” the Glen Cove resident pounds the pavement in order to raise awareness and funds for a cause close to her heart – veterans.

With a route along Long Island’s North Shore which included Bayville, Oyster Bay, Glen Cove, Sea Cliff and Locust Valley, Casale and her team covered all 26.2 miles this Veterans Day while laying out flowers and wreaths in honor of fallen heroes.

Similarly, Casale spends each year running seven marathons in seven days to honor local servicemen. During this year’s event week-long event, Team E.V.A. delivered over 300 flowers with more than 100 stops at points of honor throughout the island. Casale and her team are planning the 2022 event to place the week of April 24-30.

“The sacrifices that veterans have made for our country is something that can never be matched so I want to bring awareness to them by the best way that I know how, through running,” Casale said. “We live in a free country because of these brave men and women and their selfless families, so anything that my team and I can do to give back to our veterans and to support their families is more than worth any distance.”



EVA CASALE, ABOVE, with local veterans Marc Wolf, left, and Ben Farnan, right.



THE RUNNERS STOPPED at the VFW Post 347 in Glen Cove, at right, to pay respect to local veterans.

GLEN COVE RESIDENT Eva Casale, top left, led her team of runners on Glen Cove Avenue.

HERALD SCHOOLS

Fourth-grade students become archaeologists

Recently, fourth-grade students from Connolly and Landing Elementary Schools in the Glen Cove City School District visited Garvies Point Museum and Preserve, a center for research on Long Island geology and a valued resource in the study of the island's Native American archaeology. The visit coincided with the students' Native American social studies unit.

Students observed a demonstration showing how Native Americans made and used tools, such as stone-working and woodworking tools, as a means of adapting their environment to meet their life needs. The students were able to handle authentic tools and other artifacts. They also had an opportunity to use replicated tools, such as mortars and pestles to grind corn, fire drills for making fire, and pump drills for drilling holes in the stone.

The students received a guided tour of selected museum exhibits, a look at pre-historic cultural development across North America in general, and a comprehensive look at the cultural development of the Eastern Woodland peoples as illustrated by New York and Long Island's Native American groups. They also got to



Photos courtesy Glen Cove City School District
CONNOLLY STUDENT ZOE Pappas gets hands-on experience with pottery using traditional Native American methods and using natural clay from the museum preserve.

experience hands-on exploration of pottery and the making of pottery using traditional Native American methods and



LANDING STUDENTS GET hands-on experience with pottery using traditional Native American methods and using natural clay from the museum preserve

using natural clay from the museum preserve. The Glen Cove City School District believes all students can gain from studying Native American history. Students will obtain a more nuanced grasp of their

state's history as they engage in a high-quality curriculum that incorporates many diverse Native American views across several areas.

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Five Towns times from the White Shul, Far Rockaway

1150636

New infections since Nov. 1
136
Infections as of Nov. 15
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GLEN COVE

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HOW TO REACH US

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& Bracelet

Warehouse 44-
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COMMUNITY UPDATE

Friday, Nov. 19

Family Game Night

Hosted by All Star Party Long Island via Zoom, game night includes virtual bingo, trivia, dancing and more. Bingo cards are priced as low as \$10 for one card and as much as \$40 for 7 cards. Game night will begin promptly at 7 p.m. those who wish to attend must register online at seacliffpca.net by 4 p.m. Friday.

Movie at the Library

Gold Coast Public Library Annex, 50 Railroad Ave., Glen Head, 2 to 4 p.m. Watch "Stillwater" (2021) at the library. A father (Matt Damon) travels from Oklahoma to France to help his estranged daughter, who is in prison for a murder she claims she didn't commit.

Saturday, Nov. 20

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. Saturday will be the final day of the outdoor market, before pivoting indoors for the winter beginning Dec. 4.

SC Civic Association Scavenger Hunt

The game will begin at 2 p.m. Teams will have a list of missions to complete around the Village of Sea Cliff. Each mission has a name, description and point value. 4-5 people is the ideal number for a team. Download Scav-Scavenger Hunt app and register your team (only one person from your team should register) to participate.

Sunday, Nov. 21

Holiday Concert and Coat Drive

A free concert to benefit the homeless will be held at 2 p.m. at Trinity Episcopal Church, Roslyn, featuring folk, musical theatre and classic organ music. In lieu of tickets, attendees are asked to donate a new or gently-used winter coat, for a joint program



Courtesy Wikimedia Commons

Virtual Program: Evening Yoga with Donna

Join the Glen Cove Library on Zoom Monday at 6 p.m. as Donna Harragan leads participants in an hour-long yoga session. If interested, go to glencovelibrary.org to register and receive the Zoom link to the class. Studies show yoga offers physical and mental health benefits for people of all ages; yoga has been proven to benefit patients experiencing arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other health issues.

by Trinity Church and Salem AME Church, Roslyn, to benefit the homeless. Local musicians Diane Menzel, Helen Kotzky and Ken Bongort will play various folk music tunes on acoustic instruments, including guitar, flute and concertina.

Oyster Bay Market

Located at the municipal lot on Audrey Avenue by the Bandstand next to Hive Market and Maker's Space, OB Market is a food driven market that also supports local small businesses, artisans and not for profits. From 10 a.m. to 2 p.m.

Monday, Nov. 22

Holocaust Distortion in Lithuania, presented by Silvia Foti

Join the Holocaust Memorial and Tolerance Center at 7 p.m. for a virtual program with

Silvia Foti, an award-winning investigative journalist and the author of "The Nazi's Granddaughter: How I Discovered My Grandfather Was A War Criminal," who will speak about how she learned of an official cover-up by the Lithuanian government about her grandfather's role in the Holocaust. Her grandmother had urged her to "Just let history lie," but Silvia did not understand the scale of what she would uncover. Learn about the way Holocaust history is distorted for national goals in Lithuania and in other countries of the former Soviet Union. Register for the Zoom link at HMTc.org.

Tuesday, Nov. 23

Bird Photography: Art and Spirit

Wildlife photographer and author Marie Read has forged a 30-year career out of

capturing special moments in birds' lives, creating images that combine artistry with impactful storytelling. In this photo-filled virtual presentation, she'll show how it's done, sharing the stories behind some of her most compelling images, including some from in her best-selling book Mastering Bird Photography. Marie's tales from the field will reveal the field strategies, photographic techniques and creative decisions that go toward capturing her beautiful bird images. Join North Shore Audubon Society at 7 p.m. via zoom for this presentation; register at northshoreaudubon.org.

Wednesday, Nov. 24

Circus Mind

Circus Mind is a New York-based rock outfit and the brainchild of ringleader Mark Rechler. The band is entering its

20th year and coins itself as a delightful mashup of the retro sounds of '70s rock and funk with N'awlins swamp rock mixed with late-Beatles pop. Beginning at 8 p.m. Still Partners, 225 Sea Cliff Ave. See Circus Mind live while enjoying the beer, wine and small-bite cuisine Still Partners has to offer.

Curator's Corner: HMTc's DP Camp Exhibition and Giving Thanks for the End of WWII

In advance of the Thanksgiving holiday, Thorin Tritter, the Holocaust Memorial and Tolerance Center's Museum and Programming Director, will talk about several images that are displayed in the HMTc museum about the displaced person (DP) camps that were established by the Allies after the war and which provided places for Holocaust Survivors to restart their lives. The DP camps offer a glimpse into the amazing resilience showed by Survivors in the wake of the war. Begins at 11 a.m. via Zoom. Register online at hmtc.org

Thursday, Nov. 25

Turkey Trot

The Glen Cove Education Foundation is holding a 5K walk/run. Registration begins at 8 a.m. at Glen Cove High School.

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 Glen Cove Board of Education will meet next on Dec. 1 at 7:30 p.m.
- The Oyster Bay Town Board will meet on Dec. 7, at 10 a.m.
- The Sea Cliff Village Board of Trustees will meet on Dec. 9, at 6 p.m. in Village Hall.
- The North Shore Board of Education will meet next on Dec. 16 at 7:45 p.m.
- The Locust Valley Board of Education will meet on Dec. 15.

Blakeman wins county executive after absentee count

By **JEFFREY BESSEN**
jbessen@liherald.com

Town of Hempstead Councilman Bruce Blakeman, a Republican, retained his Election Night lead over Democratic Nassau County Executive Laura Curran after all absentee ballots were counted on Nov. 15, finishing with a 2,150-vote lead.

"I'm very grateful to the voters of Nassau County to have confidence in me to do the job," Blakeman said. "I just received a very gracious phone call from Laura Curran congratulating me and saying that she will help with the transition. That was very classy. She is very talented, and it won't be the last we hear of Laura Curran."

Blakeman said he heard county residents complaints about crime, the property-tax reassessment and taxes, and those were the issues that drove his campaign. "I was very confident. I wouldn't run if I didn't think I had a pretty good handle on the mood of the county," he said. "I'm concentrating on the transition, which is a huge job. I started on it. I wasn't waiting and look

to hit the ground running on Jan. 1." That is the date when Blakeman, of Atlantic Beach, will be sworn in for a four-year term.

He was serving his second term as a town councilman when he was tapped by the county GOP to challenge Curran.

Blakeman, a lawyer, has also served in the Nassau County Legislature, for which he was presiding officer, and as a Port Authority commissioner.

Blakeman ran on a plan to cut taxes by more than \$128 million and said that he will return budget surpluses to the residents each year, while paring spending and reducing the county's debt. He said he would hire quali-

fied professionals to run the Assessment Department and "create a new, fair system." Blakeman also pledged to support the Nassau County Police Department and ensure that officers are properly trained and equipped to protect county residents. He said he would not mandate the Covid-19 vaccine for county workers.

"My focus is doing a good job for all the residents of the county," Blakeman said.



Bruce Blakeman

New role for Rechler

By **JILL NOSSA**
jnossa@liherald.com

Scott Rechler, chief executive officer and chairman of RXR Realty, has been elected to the Federal Reserve Bank of New York's board. The Glen Head resident is filling a vacancy until Dec. 31 and is expected to be nominated for a three-year term next month.

"I am humbled and honored to have been elected the New York Fed Board," Rechler said in an email to the Herald. "I believe that the best way to address many of the challenges facing the New York region is by finding regional solutions. I look forward to bringing this regional focus in my role with the New York Fed."

The New York Fed Board has nine members, divided into three groups. Rechler is a Class B director for Group 1, representing banks with capital and surplus of more than \$2 billion. In this role, according to the New York Fed website, he will represent the public and was chosen with consideration to the interests of commerce, industry, services, labor and consumers.

The board supervises the New York Fed, which regulates the financial services industry in Manhattan and implements interest rate changes by the Federal Reserve's Federal Open Market Committee. It is led by Denise Scott, executive vice president of Local Initiatives Support Corporation, a Manhattan-based nonprofit community development agency.

RXR Realty owns both the Garvies Point waterfront development and the Village Square development downtown Glen Cove.

Rechler currently serves as chair of the Regional Plan Association and as a trustee and vice chair of the National September 11 Memorial and Museum

at the World Trade Center. He is a member of the Real Estate Board of New York, chair of the Feinstein Institute for Medical Research and a member of the board of trustees for Northwell Health.

He has served as vice chairman of the board of commissioners of the Port Authority of New York and New Jersey and a member of the board of the New York Metropolitan Transportation Authority.



Courtesy RXR Realty

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Courtesy Helen Kotzky

MUSICIANS HELEN KOTZKY, Diane Menzel and Ken Bongort will perform folk songs at a free concert on Nov. 21.

Glen Cove musicians to perform at free concert

A free concert to benefit the homeless will be held this Sunday at 2 p.m. at Trinity Episcopal Church in Roslyn, featuring folk, musical theater and classic organ music. In lieu of tickets, attendees are invited to donate a new or gently-used winter coat, for a joint program by Trinity Church and Salem AME Church, Roslyn, to benefit the homeless.

Woods” and “Hello Dolly.” She studied voice at LI University- C.W. Post College and is currently the choir director at Trinity Church, as well as soprano soloist.

Arnold has more than 30 years of experience as a church organist and choir master. He has performed extensively as recitalist and soloist, and he has served in both Episcopal and Lutheran congregations in New York and New Jersey. He is currently the Interim Organist at Trinity Church and is completing his dissertation at Graduate Theological Foundation.

Local musicians Diane Menzel, Helen Kotzky and Ken Bongort will play various folk music tunes on acoustic instruments, including guitar, flute and concertina. Prior to Covid, Menzel and Kotzky, both of Glen Cove, performed regularly as the “Sunshine Music Duo” at senior centers and libraries. They love to bring joy to others as they fill rooms with music that entertains and engages audiences. Bongort, of Sea Cliff, plays and sings folk music at local gigs, accompanying himself on guitar, concertina or banjo. He said he is fascinated by the stories behind the songs and appreciates the inspiration they provide.

The concert will be held at Trinity Episcopal Church, 1579 Northern Blvd., Roslyn, just east of the Roslyn Viaduct (516-621-7925). Masks required regardless of vaccination status.

Those who cannot attend can donate a coat; coats can be dropped off at Trinity Church until Nov. 26. All sizes of coats are needed for men, women and children. A monetary donation can also be made by credit card through the Trinity website, www.trinityroslyn.org. For any questions, email office@trinityroslyn.org to arrange for a coat drop off.

The concert will include performances by Ariann Miller, who will be singing standards and songs from musical theater, and Lawrell (Larry) Arnold, who will perform a classic organ repertoire.

For those who choose not to attend in person, the concert can be accessed by Zoom – just email office@trinityroslyn.org for the link.

Miller is also known for her theatrical work in Long Island productions such as “South Pacific,” “Ragtime,” “Into The



‘She has an eye for it’ Teen creates music video for local songwriter

BY JILL NOSSA
jno50@herald.com

With the prevalence of iPhones, editing software and platforms such as YouTube and TikTok, anyone with a digital camera can create and share videos. Having the tools doesn't necessarily mean a person has talent, but for 16-year-old Ava Solange of Glen Cove, an unusual interest in videography led to a paid opportunity.

The high school junior already has a portfolio of completed video projects, including a professional music video. Initially, she said, her interest was in photography. But, she added, “As I started working with my camera more, I realized I could film videos.”

Like many teens, Ava taught herself how to use the camera by making TikTok videos, and expanded the scope of her projects. This summer, after hearing a song by singer-songwriter Chris Appala of O-

...bigger: shoot and edit a music video. She created a video for Appala's song “Gratitude” while vacationing in Southern California, enlisting her mother and her aunt as subjects. “I knew that I'd have some nice shots for scenes, and I thought that would go well with the song,” Ava said. “I was just picturing a lot of fun dancing and a good time, because that's what the song is about — appreciating the ‘happy moments.’”

After four days of filming with her iPhone and a drone, she spent two days editing down about 90 minutes of footage for the three-minute song. “I had to look for the best parts of the videos and see what went well with the rhythm of the song,” she explained. “Using the drone footage in

Celebrating art and autos
Artist Dean Adams spent last Saturday afternoon painting some of the cars on display at the Art and Automobiles event in downtown Glen Cove. Story, more photos, Page 3.

A new school year, more Covid challenges

BY JILL NOSSA
jno50@herald.com

...and the high school took the brunt of the storm.”
...high school had more

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NEIGHBORS IN THE NEWS



Courtesy Shannon Vulin

BACK ROW, FROM left: Mara Weigand, Joe Damiano, Aubrey Mercado, Arden Jimenez, Dave Jimenez, Brooke Simmons, Siena Scagliola, and Casey Miller. **Front row, from left:** Caroline DaSilva, Mia Lupinski, Avery Graziosi, Isabella Longobucco, Natalie Weigand, and Isabella Damiano

Championship win for Stingers

The Gold Coast Stingers '08 finished their undefeated softball season in the Double Header League with a championship win at their home field in Glen Cove

on Thursday. Earlier in the week, they also won the South Shore Athletics Fall Softball Championship in Hicksville.



Courtesy Glen Cove IAC

COLEEN SPINELLO PLANTED roses at the IAC Adopt-A-Spot

Roses donated to IAC Adopt-A-Spot

Several pink Knock Out roses were donated to the Inter-Agency Council Adopt-A-Spot by Glen Cove's Poet Laureate Victoria Crosby before she moved to the suburbs of Atlanta, GA.

Coleen Spinello, who is a board member of the IAC and a member of the Glen Cove Beautification Commission, planted the roses, which are thriving in their new location.

Crosby had been an active member of IAC, and former board member, since 1994 when she was director of the Glen Cove Mentoring Program during Tom Suozzi's terms as mayor of Glen Cove, then as president and founder of the Glen Cove Arts Council.

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Golf league celebrates end of season

On Thursday, Oct. 28, the Glen Cove Women's Nine Hole Golf League held its final luncheon of the year at The View Grill. Prizes were awarded for the many contests that were held throughout the season. The league plays its games from May through October on Thursday mornings at the Glen Cove Golf Course. It is a

social group of women who enjoy competing in the game in a friendly, fun manner. There are anticipated openings for the 2022 season. Interested women can contact Lainie Krasnoff, the current president, for membership information by email at helainie@yahoo.com.



CAROL CIRINA, SILJA Melts, Dolly Dahringer, and Lainie Krasnoff

Photos courtesy Glen Cove Women's Nine Hole Golf League



MARION HOROWITZ, LIZ Heilig, Anne Fitzgibbon, Nili Biondi, Ann Kelly, Phyllis Satz, Marie Graziose, and Carol Cirina.



LORA CUSUMANO, LIZ Heilig, Dolly Dahringer, Pam Panzenbeck, and Lainie Krasnoff

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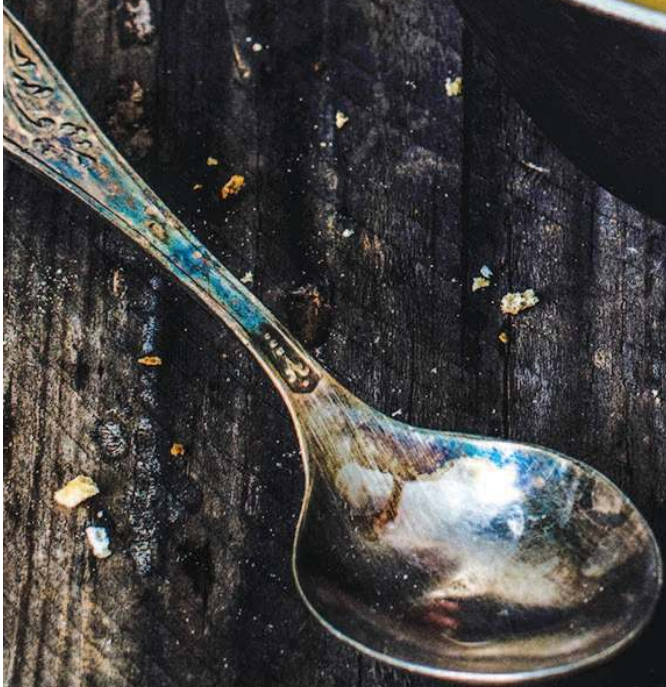
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You are what you eat

Don't let overindulgence get the best of you

As we head into another pandemic-affected holiday season, we're ready to take the leap and celebrate — safely — with family and friends. It's also a time to let loose when so many individuals love to eat, drink and be merry. However, this can also be the time when a lot of individuals put on quite a few pounds (not too mention that some of us have just shed our pandemic pounds). Because there are so many delicious treats, snacks, and entrees to enjoy, most don't hold back as much during these times.

When we think of healthy eating, holiday meals don't necessarily come to mind. Treats like pumpkin pie, gingerbread cookies and eggnog can make it hard to maintain self control, especially when your normal routines are upended.

Unfortunately, they regret many of those decisions when the new year rolls around. Not only do individuals struggle with buyer's remorse during the first month of the year, but they also deal with wanting to lose a bunch of weight as a result of gluttony during the holidays. If you'd like to change the trajectory and eat healthy during the holidays, understand this is possible. However, you'll need to put a few guidelines in place to succeed. Get to know some of the best ways of eating healthy during the holidays now.

Eat mindful meals

Too often, individuals eat when they're in a rush and thus, they constantly eat on the go. There are so many reasons why the fast food industry is successful and popular as it is. The majority of individuals like the convenience of fast food because they need to eat something quickly before they move on to the next thing on the agenda. They don't want to take time to sit down and eat their food.

This is especially true during the holidays. Individuals book their schedules to the max during the holiday season. There are so many loved ones to see and so many places to be. However, when you eat mindful meals, you're able to be present and not mindless. You're able to remain in the moment and know what's going on around you. You'll also be able to think about how you feel in the moment, how you feel about the food you're eating, and savor it differently. When it comes to food, be mindful and not mindless.

Control your portions

If you focus on eating only when you're hungry, this is half the battle. Many times, individuals eat because the food is right there.

A great way to get through the process is to always walk with a large bottle of water. Add lemon slices and fresh mint leaves into the bottle or infuse berries for a dif-

ferent taste. Focus on drinking the water until the bottle is finished. If you are truly hungry, your body will let you know. Otherwise, continue to drink. The water will help you remain fuller for a longer period. You might be surprised at the amount of success you experience with more water in your system. It can really help you avoid excessive snacking and eating.

Plan and prepare your food

It might seem impossible to plan and prepare your food when you're walking into a party and you don't know what's going to be served. However, there are few things to consider. If you're planning on going to a Christmas dinner party, eat light in the morning and afternoon. Drink a green smoothie for breakfast and for lunch, enjoy a lean protein and a fresh salad. This way, you'll be able to save most of your daily calories to enjoy food at the Christmas party.

If you're out and you're ordering food, eat half of the food at the restaurant and eat the other half at another meal. When you know you'll be on your own schedule, develop a meal prep practice where you make your meals at the beginning of the week. When you prepare your meals like this, it decreases your chances of binge-eating at restaurants. It'll also help you avoid running to the nearest spot to hurry up and get something to consume.

Eat slowly

If you're used to eating on the go, eating slowly will feel like a foreign practice. Instead of sitting down to eat and watch television at the same time, work on setting aside time exclusively dedicated to eating. Don't turn on any electronics and don't scroll through social media.

Focus on chewing and digesting your food

In many cases, individuals chew their food fewer than ten times before swallowing. In reality, you should chew each bite at least fifty times before swallowing. When you're able to completely digest and enjoy your food, you'll develop a habit of keeping your body and digestive system healthy.

Don't wait until the holidays to begin these steps. It's a great idea to start now and work toward improving. If you're disciplined and regularly work toward improving your relationship with food, you'll be able to see changes over time. If you focus on developing and perfecting this process during the holidays, it can carry over and impact the rest of your life.

Above photo: Create a pre-holiday strategy that includes eating before the big holiday sit-down, choosing healthy options before preparing the meal, bringing your own dish if invited to a holiday party, and getting enough rest.



Celebrate your best self

Share the joy while keeping up with your health goals

The season upon us is full of festive events, good food and cherished memories. However, it can also be a time for more stress, unhealthy eating and getting sick. Check out the seven tips for staying healthy during the holidays below.

Keep moving!

Although days are shorter and your schedule may be full, try to devote time to being active. Take a short walk while on break at work, do a free yoga video after your morning coffee, or ride your bike to grocery store to pick up that one forgotten item.

Playing hide-and-go seek, building a fort, or having a jump rope contest are easy and fun ways to help the whole family stay active. Research shows being active can strengthen your immune system and decrease stress, besides keeping that unwanted weight off.

Focus on fun, not food and drinks

Swap out the usual cookie baking tradition or gingerbread house decorating and establish a nonfood based holiday tradition like making homemade ornaments or volunteering.

Get enough sleep

Being tired can lead to increased stress, low energy and making unhealthy eating and drinking decisions. Don't overbook yourself with holiday events and try to stick to a regular bedtime every night.

Don't skip meals, especially breakfast

Skipping meals can lead to you making unhealthy choices and over-eating at a later meal. If your schedule is busy, plan ahead and pack a snack so you don't have an excuse.

Drink water

Colder weather and indulging in holiday party drinks can make us forget we still need to drink water. Bring a water bottle with you wherever you go to help remind you to stay hydrated.

Try healthier holiday favorites

Try to change recipes or ingredients for your favorite holiday dishes to make them healthier.

Don't forget your fruits and veggies

Just because there are more sweet treats, comfort foods and fun holiday drinks, don't forget about the fruits and vegetables. They are low calorie and good sources of vitamins and minerals that can help keep your immune system strong.

Just because it's the holiday season, you needn't lose your healthy focus. Your holiday is what you want it to be — and what's best for your family.

Above photo: It's easy to become over-wrought this time of year, especially if you believe something is lacking in your holiday celebration. Your healthy lifestyle can also take a hit.

NSPC Brain & Spine Surgery launches new NSPC Mobile Service

NSPC Brain & Spine Surgery, Long Island's largest independent neurosurgery practice group, has launched a mobile service to make it easier for people with an acute or chronic spine or brain condition to get examined by an experienced neurosurgeon. Housed in a customized 26-foot van, the NSPC "mobile office" is equipped to visit work sites, public offices, and other locations anywhere in Nassau, Suffolk, or Queens Counties.

According to William S. Sonstein, M.D., President, NSPC Brain & Spine Surgery, the launch of "NSPC Mobile" was driven, in part, to accommodate patients who might be reluctant to visit a medical office because of Covid-19 concerns. In addition, he points out, many patients delay seeing a physician because they believe "they don't have the time for an appointment."

"I've been in practice for over 20 years," notes Dr. Sonstein, "and the reason many patients do not consult with me sooner is the difficulty associated with taking time off from their job or finding time in their personal schedule to make an appointment. Bringing a doctor to the workplace changes everything."

According to Dr. Sonstein, "The NSPC Mobile office provides patients with a convenient alternative to a conventional office because it will be available during the business day. Best of all, this new service may allow us to quickly determine if a more thorough exam is needed at an NSPC medical office or if a referral to another specialist is appropriate." A NSPC "telemedicine" follow-up appointment option is available, too.

Equally convenient is scheduling an appointment for a NSPC Mobile visit. Interested patients can call (516) 255-9031 or visit www.nspc.com/mobile to request a consultation or learn more about the service.

About Neurological Surgery, P.C. (NSPC)

Founded in Freeport in 1958, NSPC Brain & Spine Surgery (NSPC) has grown to become one of the largest, independent neurosurgical groups in the U.S. with seven conveniently located offices on Long Island.

The practice's 22 experienced neurosurgeons are experts in "Bloodless" spine and brain surgery, including endoscopic spine surgery, laser spine surgery, ultrasonic spine surgery, radiosurgery, endoscopic brain surgery, and other advanced, minimally invasive techniques which are used to treat herniated disc, spinal stenosis, chronic back pain, brain tumors, brain aneurysms, trigeminal neuralgia, and other conditions. Visit www.nspc.com for more information.



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Queens Long Island Renal Institute provides dialysis patients care, safety and convenience

The award-winning Queens Long Island Renal Institute focuses on care, safety and convenience for kidney dialysis patients in the New York metropolitan area. Located in the lobby level of Parker Jewish Institute for Health Care and Rehabilitation with its own entrance, the center provides care to Parker's residents and patients as well as to the general public.

Queens Long Island Renal Institute offers the finest quality of care, state-of-the-art technology and uncompromised dignity, in a bright, ultra-modern and comfortable setting.

The center is a certified 5-Diamond Status Facility, and is recognized for its demonstrated commitment to quality improvement by building and promoting a culture of patient safety. To earn this status, dialysis facilities must apply for the recognition each year. They must complete the program's Culture of Safety module each year. A facility's entire staff - including dietitians, management, nurses, medical directors, social workers and technicians - must participate in the program in order to qualify.

Licensed by the New York State Department of Health, QLIRI is led by a dedicated, interdisciplinary team of experienced nephrologists and dialysis registered nurses, a



renal social worker, and a registered renal dietitian. The team is ready to meet the individual needs of dialysis patients and families, and provides individual and family health education, as well as nutritional counseling and social work services.

QLIRI is outfitted with an in-center chronic hemodialysis. It features comfortable, state-of-the-art, private treatment stations with personal TVs. There is also a homelike reception area with a large-screen TV as well as free wireless access. It

accommodates stretchers, and offers valet parking.

"With Queens Long Island Renal Institute conveniently located in Parker's first-floor lobby, we continue to safely and comfortably meet the needs of our patients and residents, as well as members of the New York community who also benefit from our services," said Michael N. Rosenblut, President and Chief Executive Officer of Parker Jewish Institute for Health Care and Rehabilitation.

About Parker Jewish Institute for Health Care and Rehabilitation

Parker Jewish Institute for Health Care and Rehabilitation, which is headquartered in New Hyde Park, is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical department, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Social Adult Day Care, Home Health Care, Medical House Calls, Palliative Care and Hospice.



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HEALTH MEMO



Make your health a priority

By AgeWell New York

The importance of good health is top of mind these days. Health insurance can protect us from health and financial risks but choosing the right plan can be daunting. Knowing where to turn for health care that fits your needs can make all the difference.

Whether you're aging into Medicare or are eligible for a special election period, AgeWell New York offers Medicare Advantage Prescription Drug Plans for those with Medicare, Medicare and Medicaid and a Medicaid Advantage Plus (MAP) program designed for people who have both Medicare and full Medicaid and need coordinated care at home.

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- One dedicated care manager to coordinate your benefits and services.

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Parker Jewish Institute offers unparalleled care, comfort for older adults

Founded in 1907, Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park. The facility is a leading provider of short term rehabilitation and long term care.

At the forefront of innovation in patient-centered health care and technology, Parker Jewish Institute is a leader in teaching and geriatric research, serving as a teaching affiliate of Albert Einstein College of Medicine and Long Island Jewish Medical Center. Parker features its own medical department, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice.

Parker's Indian Cultural Unit is the first of its kind serving South Asian and Indo-Caribbean older adults in Nassau and Queens. It is staffed by medical team members fluent in Hindi, Punjabi, Malayalam, Gujarati and Bengali. Here, residents and patients stay connected with their traditional lifestyle and traditional Indian vegetarian cuisine is always served.

Parker At Your Door provides Medical House Calls to patients in Nassau, Queens and Brooklyn. With this service, patients receive the medical care they need, right in the comfort of their home so that they can achieve the best level of health possible. Parker is also home to Queens-Long Island Renal Institute, providing safe, comfortable hemodialysis treatments in a relaxed setting.

Through the unprecedented pandemic, Parker remains a leader. As mandates changed rapidly, Parker continues to drive new policies ahead of regulatory protocols. This includes Parker's Infection Control Patrol, through which a multidisciplinary team rounds the facility's care areas, ensuring that team members comply with



meticulous standards. It includes Parker's virus-killing ultraviolet light system for its HVAC units, and upgraded generator system. Parker also launched a COVID 19 testing center and vaccination site.

And with Parker's Family Call Center, staff communicate regularly with families, providing resources as needed. During the height of the pandemic, Parker's Family Call Center played an important role in enabling families to stay connected.

"It is so important for families to see and speak with each other to stay in touch and enjoy companionship," said Michael N. Rosenblut, Parker's President and CEO. "Parker's new Family Call Center continues to extend our ability to help families get the information they need, quickly. And the ability to connect family members through virtual technology helps to foster family relationships."

Parker continues to offer programs that residents enjoy. This

includes a regular concert series, during which residents sing, dance and clap along to the music. Through Virtual Reality experiences, residents can see Broadway shows, visit new cities, or even stop by an animal exhibit at a world-class zoo. And there are arts and crafts and other activities that remain popular year-round, promoting engagement and overall wellness.

Today's Parker is well positioned to continue its leadership in patient care, teaching and research, on the wings of compassion, excellence and innovation.

Learn more about Parker Jewish Institute by visiting parkerinstitute.org, or call (718) 289-2100.

About Parker Jewish Institute for Health Care and Rehabilitation

Parker Jewish Institute for Health Care and Rehabilitation, which is headquartered in New Hyde Park, is a leading provider of short term rehabilitation and long term care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical department, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Social Adult Day Care, Home Health Care, Medical House Calls, Palliative Care and Hospice.



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Back together again

As the pandemic stretches on, we're eager to be with one another

The circumstances surrounding the upcoming holiday season are certainly different than last year. But the guidance regarding in-person gatherings is still a bit ... complicated. Despite new Covid-19 cases continuing to emerge across the globe, even the CDC admits it fully expects Americans to travel and gather after being apart for the 2020 holidays. The key, they emphasize, is doing so safely.

Although Thanksgiving, Hanukkah, Christmas and New Year's are sure to look different once again, we'll be back to celebrating this year. While we're looking forward to resume festivities as we knew them pre-pandemic, we're not quite there.

Enjoy the season while reuniting safely with friends and loved ones.

Start with honest, open communication. It is your prerogative — not to mention, your safest bet — to set boundaries for holiday gatherings. Whether you are planning to host or have been invited to attend someone else's celebration, it's ok to be selective.

"It's unfortunate that Covid-19 vaccinations have become such a divisive topic of conversation," says Dr. Scott Hetzel, internal medicine physician. "But making decisions that are best for your health, and for the health of your loved ones, is never the wrong choice. It's important to be open and honest about your comfort level."

Need help starting the conversation with loved ones? He suggests the following approach:

Have the discussion early. This provides everyone with additional time to come to a resolution that makes sense for the majority and/or

allow the opportunity to get vaccinated.

Go first. Gently share your vaccination status and position on the matter first. This will remove some of the pressure and open the door for more natural conversation.

Be respectful. Try to understand and empathize with the viewpoints of others, even when they differ significantly from your own.

You may receive a negative reaction or resistance no matter how careful you are to avoid it, and that can be difficult to manage — particularly from a family member. Even if you must choose to forego an in-person gathering, virtual celebrations remain a safe option for connecting with others from a distance.

Consider your surroundings. Clearly, there is much to consider when it comes to taking a safe approach to holiday celebrations. Some groups may still opt to gather outside if doable. When it comes to Thanksgiving and Christmas, however, we don't have much choice but to be indoors, increasing opportunities for transmission.

In addition to considering if your guests are vaccinated, you might want to pay attention to where they're coming from, and if the case numbers and transmission rates are particularly high in that area.

"Your gatherings may very well include people from different areas of the country where transmission rates vary," says Dr. Hetzel. "Even if all eligible attendees are vaccinated, it is wise to continue practicing good hand hygiene, keep the area well ventilated, mask when possible and avoid over-crowding — especially in the presence of more vulnerable individuals like



children, the elderly, and the immunocompromised."

Follow travel recommendations. Planning to travel? Protect yourself and others from Covid-19 by following CDC recommendations.

"The primary difference between vaccinated and unvaccinated travelers is the need to get tested before and after your trip," says Dr. Hetzel. "All travelers, regardless of vaccination status must wear a mask on public transportation, take other general precautions and self-monitor for symptoms."

If possible, the CDC encourages unvaccinated people to hold off on holiday travel altogether. When an unvaccinated individual must travel — including children — safer travel options such as short trips by car, and flights with fewer stops or layovers are suggested.

If you have been exposed to Covid-19, are sick, test positive for Covid-19, or are waiting for the results of a Covid-19 test, you should NOT travel.

Do what makes sense for your specific circumstances. Generally speaking, if your gath-

ering includes only vaccinated people, you should feel empowered to enjoy the holidays and honor celebratory traditions as you have in the past. If not, it's important to continue practicing caution in the form of:

- ✓ Wearing masks
- ✓ Avoiding crowded, poorly ventilated spaces
- ✓ Gathering outdoors, when possible
- ✓ Getting tested
- ✓ Washing your hands often

"There are multiple layers of protection available to all of us," says Dr. Hetzel. "Ultimately, you should use as many as possible to keep you and your loved ones safe, based on your particular situation. If we all follow that mindset, we'll be back to traditional holiday gatherings sooner, rather than later."

Above photo: The CDC says the riskiest thing about family holiday gatherings is how multi-generational they are.

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North Shore Soup Kitchen reopens

CONTINUED FROM FRONT PAGE

and ask questions about them,” she said. “We just try to help any way we can.”

The nonprofit has an account at the pharmacy and is able to cover the cost of medications, when needed, and also has a dedicated social worker available to assist.

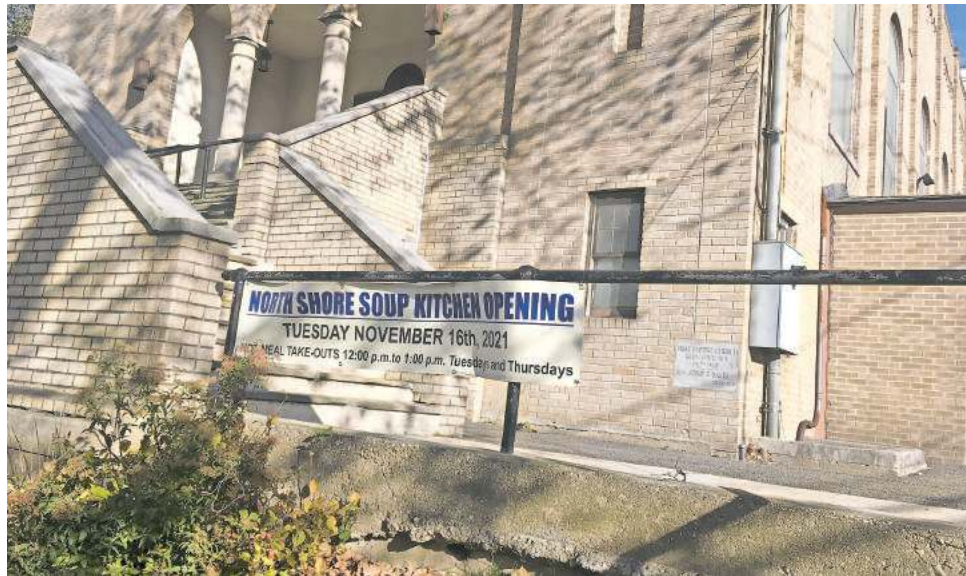
“We have a volunteer army,” Rosenblum said, noting that the organization has about 80 volunteers who help with everything from performing administrative duties to serving meals. “We only pay for exterminators, plumbers, electricians and a dishwasher.”

Rosenblum said the soup kitchen’s model is an important one, as compared to food deliveries. “This aspect has withstood the test of time,” he said.

“We are the original,” Moore added. “Then, when the pandemic started, and we had to shut down, we were very happy that NOSH started, and we did everything we could for them.”

Since meals could not be either cooked or served during the pandemic, NOSH started as an arm of the soup kitchen, filling in as a meal delivery service to the meet the community’s needs, which grew as a result of the mandated shutdowns that left many people out of work.

The soup kitchen helped NOSH get started by providing resources, financial help, supplies and even shared volunteers. NOSH was able to operate under the soup



Jill Nossa/Herald

THE NORTH SHORE Soup Kitchen reopened on Tuesday.

kitchen’s legitimate tax-free charity status. NOSH Operations Manager Linda Eastman said that NOSH and the soup kitchen feed more than 1,200 families in need. NOSH is currently operating in the St. Hyacinth Church in Glen Head.

“We were very happy and very supportive, but we now we feel like, hopefully we can come back,” Moore said, adding they are still very careful about the virus, requiring masks and social distancing.

The high vaccination rate in the coun-

ty — and the fact that most, if not all, of the volunteers are vaccinated — coupled with the low infection rate, made soup kitchen volunteer feel comfortable about opening. “The numbers were down, so it felt safe,” Moore said.

When people come, Rosenblum said, he will ask them to mask up, and will supply a mask to those who do not have one.

“When we open the dining room,” Moore said, “we will require everyone to be vaccinated.”

There’s no timeline yet on when that will be; for now, volunteers said they are just happy to be able to serve people again. Still, Moore, said, with the shelter closed, she worries about the homeless, who come to the soup kitchen for a hot meal and warm place to escape the cold. When the soup kitchen is able to fully reopen, she said, people will again have access to donated clothing, groceries, toiletries and diapers, as well as a hot meal.

Earlier this month, Rabbi Irwin Huberman, of Congregation Tifereth Israel, presented a \$3,500 check to Moore on behalf of his congregation.

“While thoughts, prayers and introspection play a critical role during the High Holidays,” Huberman said, “Jewish tradition teaches that is even more important that we support our good intentions with action.”

Currently, the soup kitchen is open on Tuesdays and Thursdays from noon to 1 p.m. With Thanksgiving approaching, the kitchen is also providing a limited number of turkeys for those who want one, with tickets being handed out this week. It will be closed on Thanksgiving day, though meals will be served at St. Patrick’s Church cafeteria from 11 a.m. to 3 p.m. Donations can be made by sending checks or gift cards to the North Shore Soup Kitchen, P.O. Box 168, Glen Cove, N.Y. 11542.

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Photos by Tab Hauser/Herald

GLEN COVE'S ANNUAL Veterans Day ceremony took place by the Doughboy Monument in front of the Glen Cove Library.

Veterans honored at Glen Cove ceremony

CONTINUED FROM FRONT PAGE

Glen Cove since 2002. Danchalski, who grew up in Queens, enlisted in the Army after high school and entered basic training at Fort Knox, in Kentucky, in July 1987. He trained as a flight operations coordinator at Fort Rucker, Alabama, and joined the 82nd Airborne Division. When Iraq invaded Kuwait in August 1990, Danchalski was sent to Dhahran Airbase, and after a seven-month wait in the Saudi desert, he participated in the ground invasion of Iraq, part of Operation Desert Storm.

Danchalski separated from the Army in June 1991 as a Specialist (E4) with the following awards: the Army Good Conduct Medal, the Southwest Asia Service Medal with two bronze service stars, the Kuwait Liberation Medal and the Army Parachute Badge.

After returning from the Persian Gulf, he attended the New York Institute of Technology and earned a degree in architecture. He is a member of VFW Post 347 and American Legion Post 336.

"It is a privilege to honor you on this Veterans Day," Mayor Tim Tenke told Danchalski, inviting him to the podium.

Danchalski thanked the attendees for supporting veterans. "I am deeply humbled to be named the Veterans Day honoree," he said. "I would like to share this honor with all of my brothers and sisters in arms who are here, and those who didn't make it back."

He was presented with a certificate of special recognition from Tenke on behalf of the City of Glen Cove.

"Every day should be Veterans Day," Tenke said. "They never gave up on us, and we can't give up on them."

Tenke recalled the fire that ruined the second floor of the VFW Hall on Hill Street in August. "This year in particular, the veterans were reminded of just how appreciated they are," he said. "The Glen



LOCAL VETERANS HOWARD Stillwagon, Fred Nielsen and Phil Campbell.

Cove community came together to show support and give donations towards the rehabilitation of their building."

The hall, built 100 years ago by World War I veterans, is in need of thousands of dollars' worth of repairs. Those interested in donating can send checks to VFW

Post 347, 15 Hill St., Glen Cove, N.Y. 11542.

Normally, the post invites the community for a barbecue at the hall after the ceremony, but that celebration had to be put on hold because of the needed repairs.

"Hopefully we'll be able to do it next year," Nowicki said.



FATHER AND SON veterans Vinnie Martinez Jr. and Vinnie Sr. attended the ceremony.



VFW POST 347 Commander Henryk Nowicki spoke.

EXTENDED TO NOVEMBER 23

HERALD

**WRAPPING
PAPER
DESIGN
CONTEST**

CONTEST RULES:

Who can enter: There will be 2 categories:

Students in grades K-5 • Students in 6-12

One entry per student

Deadline: Entries must be received by 5 p.m.

Friday, Nov. 19, 2021

Grand prize: Winners will have their design printed as wrapping paper in the Herald and will be featured in an article in their local Herald paper.

Entry format: Please use an 8 1/2 by 11 inch piece of unlined paper All entries should have the student's name, age, address, telephone number, email, grade and school printed on the back. Design can be reflective of all religious holidays. Entries will not be returned.

Mail or hand-deliver to:

Wrapping Paper Contest

Herald Community Newspapers

2 Endo Boulevard, Garden City, NY 11530 **OR**

Scan or email to: mariaromero@liherald.com

(must be a high-res jpg)

Winners will be notified by email or phone by November 27

ATTENTION KIDS:

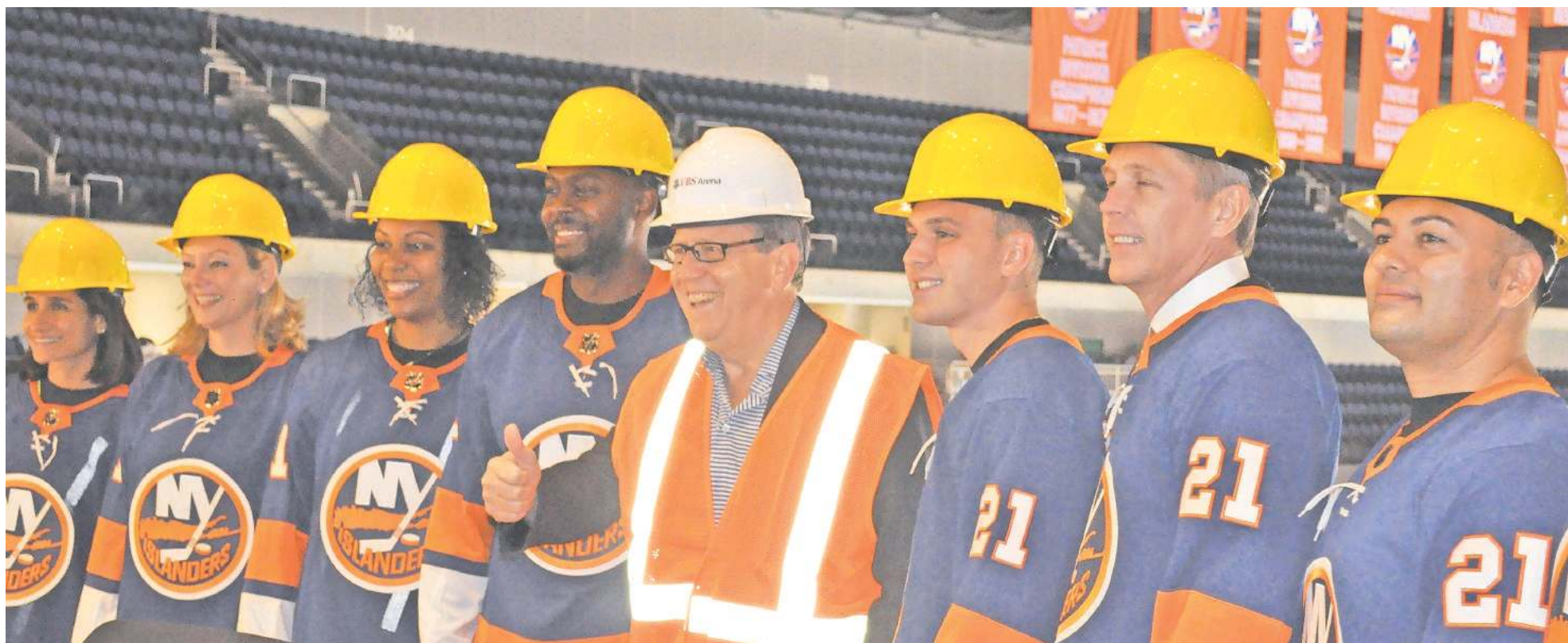
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 - **Be creative & original.**
 - **Use bright colors.**
 - **Fill the entire page.**
- **Choose paint, crayon, chalk, markers or pens, or other creative materials.**
- **Remember your design will be repeated to make a real sheet of wrapping paper.**

**For more information please contact Maria Romero at
Mariaromero@liherald.com or call 516.569.4000 ext. 347**



Photos by Tony Bellissimo/Herald

ISLANDERS CO-OWNER JON Ledecky hosted veterans for a tour of UBS Arena on Nov. 11.

Islanders pay homage to veterans with Chair of Honor

By TONY BELLISSIMO

tbellissimo@iherald.com

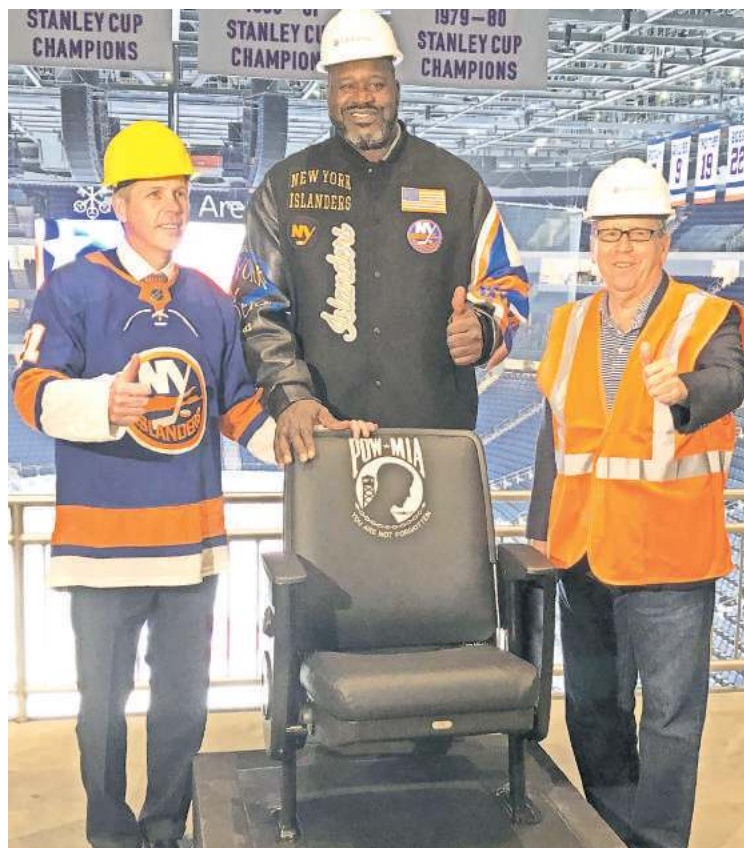
The much-anticipated opening of UBS Arena will take place this Saturday night when the New York Islanders host the Calgary Flames.

On Veterans Day, Nov. 11, Islanders co-owner Jon Ledecky hosted a dozen United States veterans for a tour of the team's new home and also unveiled a "Chair of Honor" on the main concourse. It will remain empty to honor those that are Prisoners of War or Missing in Action and symbolizes there will always be a place for them at UBS Arena awaiting their safe return. The Chair of Honor will

also serve as a remembrance of those who have fallen in service of our country.

"We want to make sure at UBS Arena that we are always remembering veterans as well as current servicemembers who serve our country with such valor, determination and patriotism," Ledecky said.

Another guest of Ledecky's on Veterans Day was NBA Legend Shaquille O'Neal, who formally announced his Big Chicken brand will make its New York-area debut at the arena. O'Neal was joined by Donald Rosner, owner of Huntington-based Blue Line Deli & Bagels, which collaborated with Big Chicken on a specialty sandwich for the arena.



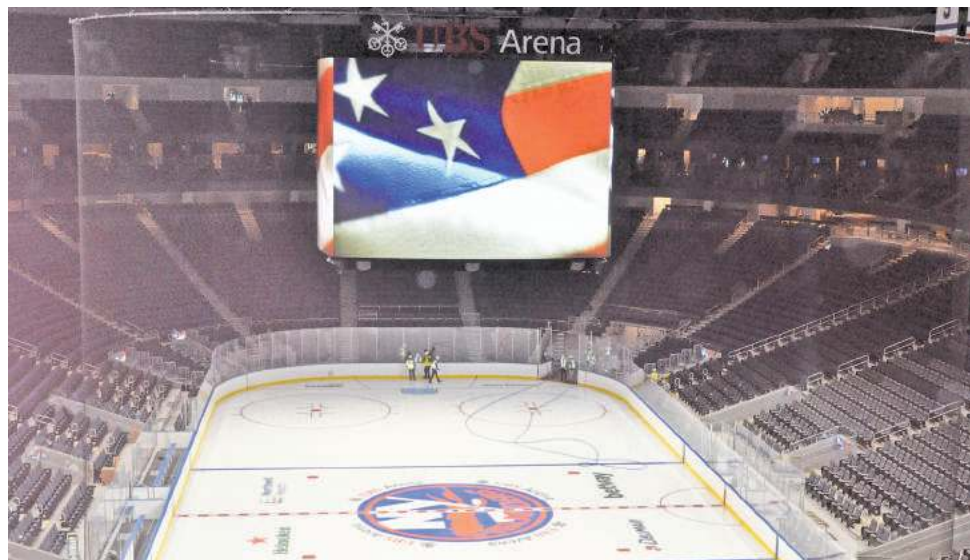
NBA LEGEND

SHAQUILLE O'Neal, center, joined Ledecky and Chris Baxter, left, of the U.S. Marine Corps to unveil the "Chair of Honor" at UBS Arena.

THE ICE SURFACE and scoreboard at UBS Arena will be put to work Saturday night when the Islanders host Calgary.



THE MAIN ENTRANCE at UBS Arena got some last-minute cosmetic work last week.



CRIME WATCH

Arrests

- On Oct. 31, a 19-year-old Glen Cove male was arrested for two counts each of second-degree assault, aggravated family offense and third-degree criminal possession of a weapon, three counts of second-degree menacing, and one count each of first-degree unlawful imprisonment, second-degree kidnapping, first-degree criminal contempt and second-degree strangulation on Brewster Street.
- On Nov. 1, a 72-year-old Glen Cove male was arrested for second-degree menacing (two counts) and fourth-degree criminal possession of a weapon on Harmony Lane.
- On Nov. 1, a 47-year-old Glen Cove male was arrested for resisting arrest on Burns Avenue and on an open warrant.
- On Nov. 2, a 65-year-old Glen Cove male was arrested for public lewdness on Glen Keith Road.
- On Nov. 2, a 63-year-old Glen Cove male was arrested for leaving the scene of an accident on Frost Pond Road.
- On Nov. 4, a 58-year-old Hempstead male was arrested for second-degree aggravated unlicensed operation (two counts) and registration plate display violation on Kennedy Heights, as well as an open warrant.
- On Nov. 5, a 44-year-old Glen Cove male was arrested for first-degree criminal

- contempt and second-degree harassment on Continental Court.
- On Nov. 6, a 23-year-old Glen Cove male was arrested for third-degree robbery, fifth-degree criminal possession stolen property, fourth-degree stalking and fourth-degree criminal mischief on Forest Avenue.
- On Nov. 7, a 42-year-old Bayville male was arrested for third-degree criminal possession of a controlled substance (two counts), one count each of fourth-degree criminal possession of a controlled substance and seventh-degree and third-degree aggravated unlicensed operation on Mason Drive.
- On Nov. 9, a 21-year-old Glen Cove male was arrested for second-degree criminal contempt on Valentine Street.
- On Nov. 11, a 35-year-old Glen Cove male was arrested for third-degree menacing, second-degree reckless endangerment and third-degree attempted assault on Robinson Avenue.
- On Nov. 11, a 29-year-old Bronx male was arrested for second-degree aggravated unlicensed operation and operate MV by unlicensed driver on McLoughlin Street.
- On Nov. 13, a 26-year-old Queens female was arrested for second-degree aggravated unlicensed operation, operating MV with improper plates and numerous other VTL violations on Arterial Highway.



Herald file photo

A MARCH WILL be held Saturday, ahead of the celebration that will take place virtually again in January.

March for solidarity

The City of Glen Cove Rev. Dr. Martin Luther King, Jr. Commission invites community members and all others to join them on Saturday, Nov. 20, to march together to honor the life and legacy of Rev. Dr. Martin Luther King, Jr. Families, agencies, businesses, organizations, everyone interested can join the group at noon in a march from the First Baptist Church at 7 Continental Place to the Finley Middle School on Forest Avenue to support this great American hero. The

march will be recorded for inclusion in the City of Glen Cove's 38th Annual Community Program in honor of Dr. King to be offered virtually on Jan. 17, 2022. Join in for a march in solidarity in memory of the one who marched for justice and equality for all. Contact Sheryl Goodine at (516) 385-4179 for more information.

*Mask wearing and social distancing are highly recommended and strongly encouraged.

OBITUARIES

Barbara F. Hammel

Barbara F. Hammel, lifelong resident of Locust Valley, died on Nov. 10, 2021, at age 88. Graduate of Glen Cove High School. Beloved daughter of the late Ernest and the late Clara Hammel. Loving sister of the late Arlene DeDora. Dear aunt of Thomas DeDora, Denise Albach and Janet DeDora. Visiting at Dodge-Thomas Funeral Home of Glen Cove. Mass at St. Patrick RC Church. Interment at Locust Valley Cemetery.

John (Jack) Skvarla

John Skvarla, 73, passed away peacefully at home on Nov. 16, 2021. He is survived by his beloved wife Happy, and three sons, John, Michael, Brian. He is loved and will be missed. Skvarla was born in Brooklyn, and his happiest memories were spent with his family on fishing adventures and BMX races. He worked for the Glen Cove Post Office. The family will receive friends Thursday, Nov. 18, 3 to 5 p.m. and 7 to 9 p.m. at Whitting Funeral Home, 300 Glen Cove Avenue, Glen Head.

HERALD PUBLIC NOTICES

LEGAL NOTICE

NOTICE
The ordinance, a summary of which is published herewith, has been adopted on November 9, 2021, and the validity of the obligations authorized by such ordinance may be hereafter contested only if such obligations were authorized for an object or purpose for which the City of Glen Cove, in the County of Nassau, New York, is not authorized to expend money or if the provisions of law which should have been complied with as of the date of publication of this Notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty days after the publication of this Notice, or such obligations were authorized in violation of the provisions of the constitution.

John W. Charon
City Clerk
BOND ORDINANCE OF THE CITY OF GLEN COVE, NEW YORK, ADOPTED NOVEMBER 9, 2021, AUTHORIZING THE CONSTRUCTION OF A PACKED TOWER AERATION SYSTEM

(PTAS) TO REMOVE FREON-22 AND OTHER CONTAMINANTS FROM THE DUCK POND ROAD STATION WELLS 30, 31, AND 32, STATING THE ESTIMATED MAXIMUM COST THEREOF IS \$3,000,000, APPROPRIATING SAID AMOUNT FOR SUCH PURPOSE, AND AUTHORIZING THE ISSUANCE OF \$3,000,000 BONDS OF SAID CITY TO FINANCE SAID APPROPRIATION
The bonds are authorized to finance construct a Packed Tower Aeration System (PTAS) to remove Freon-22 and other contaminants from the Duck Pond Road Station Wells 30, 31, and 32. The maximum amount of obligations authorized to be issued is \$3,000,000. The period of probable usefulness is forty (40) years.
A complete copy of the Bond Ordinance summarized above shall be available for public inspection during normal business hours at the office of the City Clerk, City of Glen Cove, City Hall, Glen Cove, New York,
Dated: November 9, 2021
Glen Cove, New York
128522

LEGAL NOTICE
NOTICE OF PUBLIC HEARING
CITY COUNCIL OF THE CITY OF GLEN COVE
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the City Council on Tuesday, November 23, 2021 at 7:30 p.m. at the City of Glen Cove City Hall located at 9 Glen Street, Glen Cove, New York. The hearing will be on proposed Ordinance 13-2021 amending the speed limit to 15 mph for the entire length of West Stuart Drive.
The proposed Ordinance 13-2021 may be viewed at <https://glencovegov.gov/city-council-documents/>. If you are unable to access the document, please contact Shannon Vulin via email at svulin@glencovegov.gov.
128521

Search for notices online at www.newyorkpublicnotices.com
LEGAL NOTICE
Notice is hereby given pursuant to the NYS Alcoholic Beverage Control Law, GARVIES POINT RESTAURANT, LLC, has applied for a license, Serial Number 1340399, to sell wine, beer and spirits, for retail on-premises consumption at

GARVIES POINT RESTAURANT, located at 45 Herb Hill Road, Glen Cove, Nassau County, New York 11542. 128518

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LEGAL NOTICE
NOTICE OF PUBLIC HEARING
CITY COUNCIL OF THE CITY OF GLEN COVE
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the City Council on Tuesday, November 23, 2021 at 7:30 p.m. at the City of Glen Cove City Hall located at 9 Glen Street, Glen Cove, New York. The hearing will be on Local Law 01-2021 which proposes that the City of Glen Cove opt out of allowing cannabis retail dispensaries and on-site consumption sites as authorized under Cannabis Law Article 4. The proposed Local Law 01-2021 may be viewed at <https://glencovegov.gov/city-council-documents/>. If you are unable to access the document, please contact Shannon Vulin via email at svulin@glencovegov.gov.
128520

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OPINIONS

Political mischief while you're sleeping

To the relief of many in the political world, the 2021 elections are behind us. Whether your candidate won or lost, our mailboxes will no longer be stuffed with attack brochures, and we can be happy that the robo calls have ended. But if you think the strategizing and mischief is over, you are mistaken.

During the coming months and most of 2022, legislative bodies all over America will be participating in a process called redistricting.

Every 10 years, upon the completion of the federal census, legislatures at every level begin drawing the maps that will



**JERRY
KREMER**

decide who will represent you in Congress and at the state and local level for the *next* 10 years. The redrawing of local maps is generally ignored by the public, and the only way you find out about it is when you enter the voting booth and find that your favorite elected official no longer represents you.

Is the redistricting a fair process? Generally not. In some states, the maps are drawn under the supervision of an independent commission, and every effort is made to see that districts are balanced and no incumbent is given an unfair advantage. But, generally, partisans whose goal is to hold on to power or increase it draw the maps. That practice is known as gerrymandering, and it is intended to give one party an unfair advantage.

Gerrymandering will play a major role in deciding who will control the next Congress, and possibly many future Congresses until 2030. Some states have already finished drawing their maps, and are in court defending their machinations. Others, including New York, are in the midst of the map-making process. Because the current census left our state short of the required number of voters per district, New York will lose one member of the House of Representatives in the 2023 Congress.

While no one knows now what New York's congressional districts will look

like, it's a sure bet that our state will play a pivotal role in determining whether the Democrats maintain control of Congress — while, at the same time, a number of Republican incumbents will likely face the possibility of primary contests, and potential extinction.

I don't claim to be an expert, but I know from personal experience what redistricting can do to your political career. Back in the 1970s, the State Legislature was controlled by the Republicans. As a Democrat, I expected the worst, and those fears came true. My district, most of which was in the middle of Nassau County, running from Long Beach to East Rockaway,

was combined with the Five Towns, which was represented by the late Eli Wager, a fellow Democrat.

That deliberate drawing of the lines led to a bitter primary battle with a colleague and friend. Only one of us could survive a primary, and I was fortunate to win that battle, and went on to become a member of the Albany power structure as chairman of the Assembly's Ways and Means

Committee. Happily, Wager went on to enjoy a successful career as a Nassau County Supreme Court justice — but we learned how nasty redistricting can be.

No community is exempt from the district map-makers. Following the 2010 census, the County Legislature redrew its maps and cut the Five Towns in half. One portion of the community is now attached to the Elmont area, and the balance remains with the Long Beach area.

Because map-making is kept under wraps, there isn't much the average citizen can do about this legislative sleight of hand. There are usually public hearings before a final map is unveiled but they aren't well publicized, and the party in power isn't going to broadcast the new lines. Redistricting has been a dirty word for as long as I've been on this planet, and nothing in the years to come will make it any easier to accept.

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.

Sticks and stones – words can never harm me

You cannot burn a book in 2021. You can burn the paper and the ink and the cardboard, but in our world of e-books, you cannot ever kill the words and ideas that an author created. That makes the news of last week's book burning threat in Virginia both an empty gesture and a symbolic but devastating embrace of censorship.

It says, we are the thought police. We will decide what your children can read. We are here to destroy the ideas we do not want them to see and hear.

We have always struggled with censorship and

book banning in this country, but this next step, to set fire to books we don't approve of, is an homage to the Nazis and every authoritarian regime that tries to suppress freedom.

Last week, the Spotsylvania County school board in Virginia advocated for burning certain books. According to the Free Lance-Star newspaper, in a unanimous vote, the school staff would decide which books were "objectionable." Rabihi Abuismail and Kirk Twigg, two board members, suggested burning the books

that have been removed. "I think we should throw those books in a fire," Abuismail reportedly said.

Two years ago in this space, I wrote, "We can almost hear the crisp curling of burning pages in the dangerous rhetoric coming from President Donald Trump. His people aren't burning books yet, but it could happen. When authoritarian leaders consolidate power, they always kill ideas first."

Book burning is a cliché of dictatorial control. It didn't begin with the Nazis, although they did it better than most, with the burning of tens of thousands of books under the leadership of the German Student Union in the 1930s. The burned books were deemed dangerous because of anti-Nazi ideas.

Authoritarian censorship starts by discrediting legitimate news sources and reliable reporting. From ancient Alexandria to the decade-long Chinese Cultural Revolution, throughout all modern wars, to the bonfires of rare manuscripts by Isis in Mosul in 2015, ashes are all that remain of millions of irreplaceable works.

Book burnings are fueled by ignorance, and fear is the accelerant. Historically, book bans foreshadow other fires to come; therefore, it is more important than

ever to stand up for intellectual freedom.

Trump loyalists, proliferating in our communities, call out opposing ideologies as unpatriotic or treasonous, just as their leader targeted the press as "enemies" of America. Trump's rants and actions triggered a fire alarm, and now

the flames are rising from places like Virginia. In Texas, the governor has ordered school officials to review schoolbooks for "pornography and other obscene content." He did not define pornography or obscenity.

In my own life, books have been the oxygen, the food and light that helped me grow as a human being.

When I was an eighth-grade English teacher in Hewlett in 1970, a parent on Open School Night stood up and publicly protested my teaching of "The Diary of Anne Frank" because it mentions menstruation. We discussed his concerns privately, and he eventually saw the merits of the book. That process, of goodwill and a respectful exchange of opposing ideas, seems to have given way to rancor and vitriol.

A civilized society doesn't burn books. We talk about them. My grandson is reading "The Things They Carried," by Tim O'Brien, in sophomore English. It is brutal, violent, deeply disturbing and abso-

lutely essential for an understanding of war and the legacy of trauma.

Great books disturb the field. When school boards and parents and teachers disagree, I say put down the matches and begin a conversation. The more distressing question is, how do we move forward as an intellectually free democracy when a school board and the parents and the community *agree* to ban or burn books they deem inappropriate?

That would be a dark place indeed.

Over the years, many books have been banned in the U.S., for reasons ranging from sexually explicit material to homosexual material to challenging religious ideas to depictions of racism, nudity, Marxism, drugs and alcohol and Satanism. Don't read me wrong: Not every book is appropriate for every reader, especially children; however, no book should be banned. Burning? I don't think so.

The book the Virginia school board wants to burn is "Beloved," by Toni Morrison, perhaps the most profound and moving novel about slavery in America.

How do we push back at the know-nothing, anti-intellectual yahoos lighting the pyres? We read. And we talk. And we comfort ourselves with the knowledge that in our e-book world, paper books may go up in smoke, but the ideas will float in the digital clouds forever.

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



**RANDI
KREISS**

I know from personal experience what redistricting can do to your career.

Not every book is appropriate for every reader, but burning them? I don't think so.

GLEN COVE HERALD

Established 1991
Incorporating
Gold Coast Gazette

JILL NOSSA
Editor

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HERALD EDITORIALS

Covid is still raging – get your shot ASAP

Let's stop equating the coronavirus with the flu, please. The Centers for Disease Control and Prevention estimates that the flu kills, on average, 36,000 people a year. Right now, not yet two years after Covid-19 swept across the planet, it is still killing more than a thousand people a day in the U.S.

From Nov. 7 to 13, an average of 1,128 people died in America per day. If the death toll were to continue at that rate, one year from now, another 412,000 people would have succumbed to this disease.

The virus has already killed 762,000 Americans.

We mustn't forget these horrible and horrifying statistics. It seems of late that we have, however. We're so eager to

carry on with our normal lives that we forget this disease is still raging across this country, and around the world.

We're now seeing Covid-19 cases rapidly tick up across Western Europe. A rising rate on the other side of the Atlantic has thus far been a precursor of things to come here in the U.S. This past week, we saw the infection rate rise across Long Island and New York state. As of press time, it stood at nearly 3 percent statewide. That's lower than it was earlier in the fall, but still significantly higher than it was in June, when we saw a lull in new cases and the rate dropped to less than 1 percent.

No one can force anyone to take a vaccine, but understand this: We will only overcome this pandemic through their widespread use. The stubborn reluc-

tance to be vaccinated on the part of many holdouts is jeopardizing public health. It's as simple as that.

So, we urge the unvaccinated to get a vaccine — and a flu shot — as soon as possible. And if you're already vaccinated and coming up for your booster, get it.

We understand the reluctance on the part of some parents to vaccinate their children. It's one thing to take the shot — and accept the minimal risks — yourself. It's another to impose those possible risks on your kids. The thing is, the risk of falling ill with the coronavirus — and potentially spreading it to vulnerable populations, including immuno-compromised children — outweighs any risks from the vaccines themselves.

The bottom line: Get vaccinated, now, not later.

L.I.'s future solar users are getting a raw deal

New York is headed in the wrong direction on solar power.

The New York State Energy Research and Development Authority, which is in charge of the state's solar programs, is offering special funding to help homeowners offset the cost of a new fee on rooftop solar installations charged by local power companies — but it's for upstate solar users, not Long Islanders.

Isn't the state supposed to be encouraging solar, according to the ambitious plans laid out by Andrew Cuomo, when he was governor, to drastically reduce the state's carbon footprint? What gives?

NYSERDA officials say the agency has no jurisdiction over the Long Island Power Authority's solar power plan, and thus cannot offer a financial offset here, according to Newsday. The "transition" fee, as it's being called, is expected to amount to \$5 to \$10 a month, starting in January, on solar systems installed after Jan. 1.

In 2019, Cuomo signed the Climate Leadership and Community Protection Act. The state now aims to reduce greenhouse gas emissions by 85 percent by 2050, with 100 percent zero-emission electricity production by 2040. Rooftop solar figures centrally into the state's plans.

So, why are local power companies like LIPA charging a fee on new solar installations? It's not entirely clear.

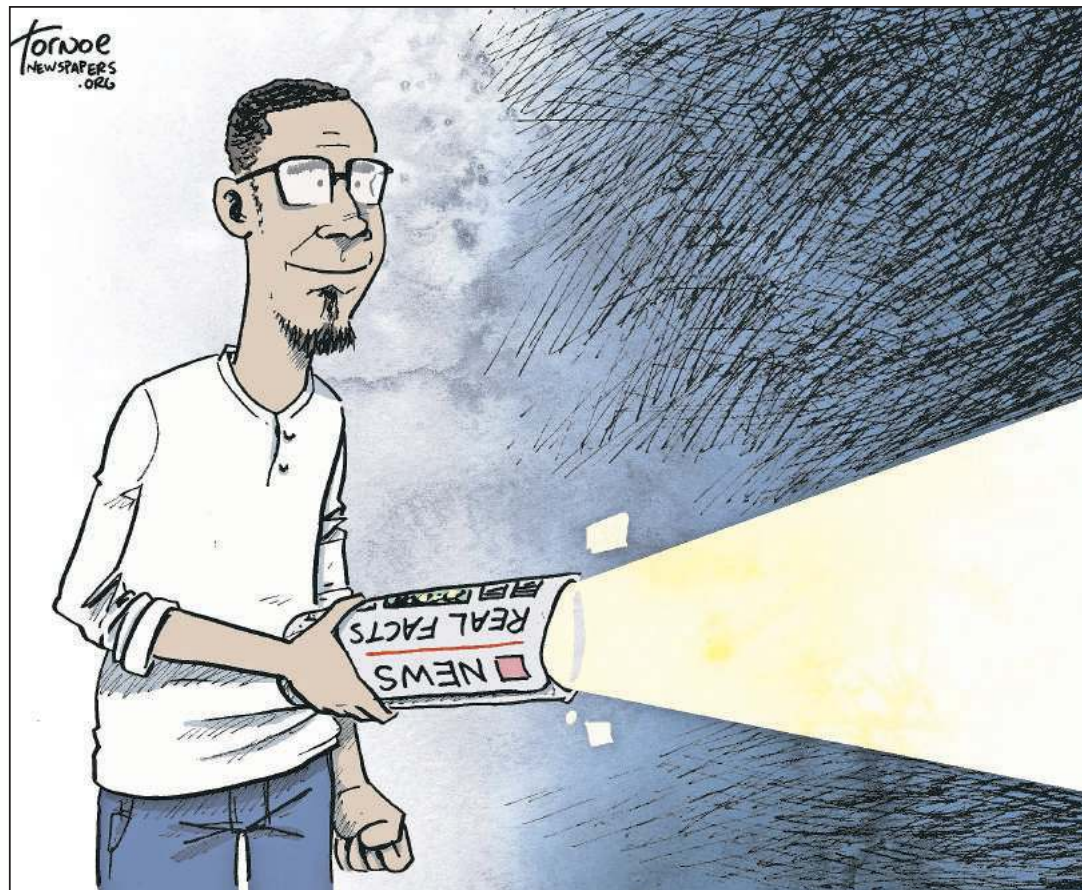
World leaders convened in recent weeks in Glasgow, Scotland, to hash out a new climate agreement that, among

other measures, seeks to reduce the release of methane gas from any number of sources and the use of coal as a major fuel source to produce electricity. The world, as the summit made clear, is racing toward potential climate disaster, and swift action is required.

The clearly unfair treatment of Long Island's future solar users stands to

potentially slow the spread of a technology that would only help New York meet its climate goals and obligations. LIPA shouldn't impose any fee on new solar users.

At the same time, it seems, NYSERDA is abandoning its obligation to Long Island electric customers. It really should step in and step up here.



OPINIONS

Slavery on L.I.: We should talk about it in school

I recently joined five Long Island high school students for a visit to the Joseph Lloyd Manor in Lloyd Harbor, the 18th-century site where many enslaved people of African descent lived. The visit yielded a fascinating discussion with significant implications for education on Long Island.



ELAINE GROSS

The five diverse students are part of ERASE Racism's Student Task Force, a student-led initiative that advances racial and socio-economic equity on issues that impact their everyday lives. The students came from four school districts in Nassau and Suffolk counties. The visit was part of a series of similar events happening across the country called Teach the Truth Day of Action.

What was initially so striking to me was that none of the students knew that slavery had existed on Long Island. They were surprised that they had not learned such a notable historical fact in school.

The extent to which the history of actions detrimental to people of color

has been left out of history books was underscored by this year's 100th anniversary of the 1921 Tulsa Race Massacre, which destroyed 35 blocks of a renowned Black community and killed as many as 300 Black people. As the History Channel stated, "The riot reflected terribly on the city and subsequently wasn't included in history books or newspapers for decades." A survey conducted by The Oklahoman this year found that the vast majority of Oklahomans learned about the massacre outside of school.

There is a growing national debate about the extent to which school curricula should address the less-than-noble aspects of American history, especially as they relate to the experiences of people of color. On one side of the debate is New York state, whose Education Department has taken substantial steps to recognize diversity, equity and inclusion in curricula. In 2018, the state published a framework for culturally responsive curricula, on which I had been asked to comment while it was in draft form. The framework supports local districts in creating curricula that elevate historically marginalized voices, affirm diverse identities, perspectives and cultures, assure

rigor and foster independent learning.

This past April, the State Education Department issued a second document, "The NYS Board of Regents Framework on Diversity, Equity, and Inclusion in New York's Schools: A Call to Action." In May, it approved a Diversity, Equity, and Inclusion Framework and Policy Statement, which requires all school districts to develop and implement diversity, equity and inclusion policies.

On the other side of the issue, eight states have passed legislation — and another 20 are considering it — that directs educators to avoid teaching about the role of racism and oppression in American history. Much of the passed and proposed legislation contains vague language that allows for a student — or a parent — to state that he or she experienced "discomfort" with the discussion of race and for a teacher to be deemed guilty without much recourse. How, after all, could the teacher prove that the student did not *feel* discomfort?

New Hampshire's House Bill 2 explicitly forbids a teacher to state that an individual might be "inherently racist, sexist, or oppressive, whether consciously or unconsciously." This stands in opposi-

tion to the current consensus of scientific research on how racism operates.

These legislative efforts are focused on protecting students from the reality of American history, as if they could not handle the truth. But in my experience working with hundreds of Long Island high school students, they relish the opportunity to explore race and its implications for America's past, present and future.

As a white student who was with me at Joseph Lloyd Manor wrote, "Our past consists of more than just heroes . . . Not allowing us to discuss and explore 'sensitive topics' avoids essential conversations. Developing a safe learning environment is impossible if accurate information is restricted."

As this national debate unfolds, it is vital to hear from America's students. Those whom I talk to aren't looking to be protected from the truth, but rather are eager to explore it. They know that they will inherit a world in which race remains an inescapable reality. They are not looking for comfort. They are eager for a thorough understanding of diverse perspectives that will be essential to their success in the workplace. Why should education deprive them of that?

Elaine Gross author is president of the civil rights organization ERASE Racism.

Legislators focus on protecting students from the reality of American history.

This Thanksgiving, give what you can

This Thanksgiving is shaping up to be one of the most difficult in a long time for many Long Island families who were adversely affected by the economic calamity brought on by the pandemic.

First, there were record job losses, layoffs, reduced work hours and, in some cases, voluntary job losses because of child/family care issues. To make matters worse, we now have supply-chain issues, labor shortages and rising costs for food and other goods that amplify the hardship for many people who continue to struggle.

Last year, food prices rose about 4 percent when few could afford that kind of an increase. This price hikes were far above the rate of inflation. Essentials like meat, poultry, fish and eggs rose even higher, and are predicted to continue increasing in cost. Price spikes are driven mainly by supply-chain instability, labor shortages, gasoline price increases and climate-change issues.

In the end, what does this mean for the average person raising a family on Long Island? It's frightening, actually, and adds more stress to an already difficult time for far too many people.

Families hoping for a good, healthy holiday-style classic meal must find the money to somehow put that turkey dinner on the table, keep gas in the car

to get to work and school and keep their homes warm this winter. It's frustrating, because there is so much pressure this time of year to spend on gifts and fancy meals, so add the stress of advertisers bombarding us with messages of how we must provide this big, fancy holiday meal. And yet, at our food bank we are hearing more and more about families who know that it just won't happen without support from Long Island's network of food pantries supported by Island Harvest, along with its direct-distribution programs to our neighbors in need.



RANDI SHUBIN DRESNER

Yet despite the adversity, there remains optimism and a sturdy beacon of hope on Long Island's horizon. On the other side of the struggles so many are facing are the generous friends who want to help us as we distribute more than 16,000 holiday meal packages to families in the weeks ahead. And we are

so grateful for their generosity. If we can successfully distribute all those meals this year, imagine the smiles on the faces and warmth in the hearts of 16,000 families that will have the opportunity to sit together and enjoy something that many of us take for granted.

Randi Shubin Dresner is president and CEO of Island Harvest, one of Long Island's largest food banks.

LETTERS

Glen Cove needs to opt out

To the Editor:

Legislation signed by Gov. Andrew Cuomo in March allows adults to use and purchase marijuana legally in New York. Where will people on the North Shore buy it? The answer is Glen Cove, unless the mayor and City Council pass a local law by the end of December that prohibits dispensaries.

The new law paves the way for brick-and-mortar dispensaries where people can purchase and smoke cannabis products. Localities can opt out of allowing dispensaries, and have until the end of the year to do so. All of the surrounding municipalities have passed opt-out legislation. The Town of Oyster Bay has passed legislation that limits dispensaries to areas zoned for light industry — none of which are near Glen Cove.

It is hard to believe that Glen Cove, which outlawed hookah lounges in 2014, would permit the sale and consumption of marijuana in the middle of downtown. As part of the state law that legalized the sale of marijuana, they promised the establishment of an Office of Cannabis Management, but no board members have yet to be appointed. Additionally, the state has provided no tools to law enforcement to detect driving under the influence. Both the Glen Cove Police Department and Glen Cove SAFE have urged the council to opt out while they still legally can. The city can always rescind the law later if it is deemed to be in its best interest, but it can't opt out after Dec. 31.

I ask two simple questions. Will the council's lack of action, by not opting out, adversely or positively affect public health? Would the City Council put financial gain ahead of public health? This is an issue that can seriously impact the quality of life of residents. I have to believe that they want to protect the residents and maintain a safe community for our children, so I urge them to schedule a hearing to opt out before it is too late.

BRUCE KENNEDY
Glen Cove

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2020-2021 **TWO** long pandemic years for us all.

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with **gratitude**, 2021 sales & rentals

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sales

- 76 The Promenade, Glen Head
- 71 Park Place, Sea Cliff
- 31 Jessica Place, Roslyn Heights
- 63 Elm Avenue, Glen Cove
- 62 Clinton Street, Sea Cliff
- 3 Roosevelt Street, Glen Head
- 137 12th Avenue, Sea Cliff
- 357 Glen Avenue, Sea Cliff
- 100 Garvies Point Road, 1208, Glen Cove
- 63 14th Avenue, Sea Cliff
- 119 Dubois Avenue, Sea Cliff
- 748 Glen Cove Avenue, Glen Head
- 9 Roslyn Drive, Glen Head
- 154 Dayton Street, Sea Cliff
- 61 Locust Avenue, Sea Cliff
- 157 Shore Road, Glen Cove
- 33 Mineola Court, Hampton Bays
- 29 Cleveland Avenue, Glen Head
- 141 St Andrews Lane, Glen Cove
- 58 Park Way, Sea Cliff *Highest sale in Sea Cliff in 2021*
- 3 Coolidge Avenue, Glen Head
- 32 Scudders Avenue, Glen Head

rentals

- 52 Prospect Avenue, Sea Cliff
- 20 Horace Place, Sea Cliff
- 120 Prospect Avenue, apt 2, Sea Cliff
- 293 Sea Cliff Avenue, Sea Cliff
- 203 Glen Cove Avenue, apt. 2, Sea Cliff
- 27 Radcliff Boulevard, Glen Head
- 63 Elm Avenue, apt. 1, Glen Cove
- 62 Elm Avenue, apt. 2, Glen Cove

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